HEALTH CARE

Washington County Health & Human Services
155 N. First Avenue, Suite 160
Hillsboro, OR 97124
Phone: (503) 846-8881

The Washington County Clinic provides services on a sliding scale; no one is refused because of inability to pay. Services include immunizations, reproductive health, teen clinic, etc.

Virginia Garcia Memorial Health Center
44 North 11th Street
Cornelius, OR 97113
Phone: (503) 359-5564

Virginia Garcia Memorial Health Clinic provide primary health care for the whole family with a special emphasis on migrant and seasonal farm workers and others with barriers to receiving healthcare. Services offered on a sliding scale fee.

Essential Health Clinic
266 West Main St.
Hillsboro, OR 97123
Phone: (503) 846-4904
Web: http://www.essentialhealthclinic.org/

The Essential Health Clinic offers free urgent healthcare to children and adults without health insurance or access to medical care. No appointment needed.

Mondays and Thursdays
5:00 pm Random numbers given out
Patient registration begins
6:00 pm Health care providers begin seeing Patients

Everyone will have a consult with a registered nurse, not every patient will see a provider. Please plan to be at the clinic for 3-4 hours.

Oregon Prescription Drug Program
Phone: 1.800.913.4161
Web: http://www.opdp.org/

Need help paying for medications or are you without prescription drug coverage? Enroll in the state’s FREE Prescription Drug Program.

Kaiser Child Health Program

Parents - Are you looking for affordable health care for your uninsured child? Kaiser Permanente Child Health Plan is a quality health care option that may meet your needs.

If you have a student enrolled in the Hillsboro School District and they are not covered by a medical plan, inquire with a counselor at your child’s school. Staff can assist families to see if they qualify for this grant and help with the application process.

Planned Parenthood-Beaverton Clinic
12220 SW First, Suite 200
Beaverton, OR 97005
Phone: (503) 788-7273
Web: http://www.ppcw.org

Planned Parenthood provides family planning, annual exams (pap, pelvic exams), STD testing and treatment for men and women, pregnancy testing and options counseling, HIV testing.

HOUSING

Washington Co-Affordable Rental Housing
111 NE Lincoln Street, Suite 200-L
Hillsboro, OR 97124
Phone: (503) 846-4794
Web: http://www.co.washington.or.us/housing

Washington County Housing Services provides affordable rental housing for low to moderate income households. Complete details regarding each property may be obtained from the Housing Services website.

MENTAL HEALTH

Iris Clinic | Pacific University
222 SE 8th Ave, Suite 232
Hillsboro, OR 97123
Phone: (503) 352-7333

The Iris Clinic is a private, non-profit, outpatient mental health training treatment clinic, providing a wide range of affordable (sliding scale fee) psychological services to individuals and families. The clinic offers the most current, effective interventions, some of which include treatment for: anxiety & worry, uncontrollable anger, depression, trauma, loss & grief, relationship problems, self-esteem problems, parent-child problems.

Cascadia Hillsboro Family Center
720 SE Washington Street
Hillsboro, OR 97124
Phone: (503) 648-0753
Web: http://www.cascadiabhc.org

The Cascadia Hillsboro Family Center is a community mental health center for children, families, couples and individual adults. Alcohol and drug treatment are provided for adolescents and adults.

FREE FOOD PROGRAMS

There are several programs that can help provide nutritious food for you and your family when your income does not cover all of your expenses.

Oregon Food Bank
Phone: (503) 439-6510

Provides places near you where you can get emergency food for you and your family.

Cornellius and Hillsboro Food Basket
Hillsboro
Hillsboro Family Resource Center
372 N.E. Lincoln, Hillsboro, 97123
Phone: (503) 844-1063
When: 2nd & 4th Monday of each month
Time: 4 to 5 p.m.

Cornellus
Emmanuel Lutheran Church
1124 S. Beech St., Cornelius, 97113
When: 2nd & 4th Wednesday of each month
Time: 10 a.m. to noon

Food Basket provides supplemental groceries for low-income individuals in Hillsboro and Cornelius.

Participants purchase a three month membership for $10 and receive extra groceries twice a month and a monthly newsletter which includes recipes, budgeting tips, and other community resources. Members have the option to sponsor individuals that can't pick up food themselves.

How to sign up
- Find the site closest to your home
- Come in on distribution day
- Fill out a short application
- Pay $10 for a three-month membership

Washington County Holiday Basket
Hillsboro Family Resource Center
222 NE 6th Ave.
Hillsboro, 97124
Phone: (503) 844-1063

Hunger is a year-round issue. But it is especially hard to go without food during the holiday season.

This program is specifically for Washington County residents who need help during the holiday season.
To qualify, households or individuals must:
- meet low-income guidelines
- live in Washington County

**CHILD CARE**

**A Child's Place**
1340 E. Main St.
Hillsboro, OR 97123
Phone: (503) 648-8413
Web: [http://www.acp-hillsboro.org/](http://www.acp-hillsboro.org/)

A Child's Place is a bilingual education and child care service center for lower-income and single parent families. School readiness program for children ages 2½ to 5 years of age. Programs before and after-school are available for children 6-12 years of age. Works with 3 elementary schools: WL Henry, Minter Bridge and Vern McKinney.

**Oregon Child Development Coalition**
Migrant Head Start In Washington County
1389 S Dogwood Street
Cornelius, OR 97113
Phone: (503) 359-0144
Web: [http://www.ocdc.net](http://www.ocdc.net)

Migrant Head Start provides an early childhood program for children of migrant farm worker families.

**Inukai Family Boys and Girls Club of Hillsboro**
560 SE Third Avenue
Hillsboro, OR 97123
Phone: (503) 640-4558
Web: [http://www.bgcportland.org](http://www.bgcportland.org)

This is a youth development program focusing on education, recreation, games, crafts, computers, field trips, day camps, hiking/camping, leadership clubs, and drug/alcohol/gang resistance. Boys and girls ages 6-18 years are eligible with a $5 yearly membership fee.

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**Community Action Child Care Resource & Referral of Washington County**
1001 SW Baseline Street
Hillsboro, OR 97123
Phone: (971) 223-6100 or 1(800) 624-9516
Web: [http://www.oregonchildcare.net/](http://www.oregonchildcare.net/)

Child Care Resource & Referral runs the Washington County Child Care Connection, which provides services for parents. These services include referrals for child care options; information on choosing quality care; information on classes, support groups and special events; and assistance in applying for child care subsidy programs.

**DOMESTIC VIOLENCE**

**Family Violence Intervention Program-DVRC**
150 N First Avenue
Hillsboro, OR 97124
Phone: (503) 469-8620
Web: [http://www.dvrc-or.org](http://www.dvrc-or.org)

The Family Violence Intervention Program (FVIP) is a program of the Domestic Violence Resource Center and works to prevent family violence and improve the quality of life in our community by providing pro-active outreach services to victims of family violence as well as advocacy, education and counseling. Services include: individual and group counseling, educational lasses, community education, crisis counseling, and follow up calls.

**LEGAL ASSISTANCE**

**Legal Aid Services-Hillsboro Regional Office**
230 NE Second, Suite A
Hillsboro, OR 97124
Phone Toll Free: (888) 245-4091
Web: [www.oregonlawhelp.org](http://www.oregonlawhelp.org)

Helpline about public health benefits, domestic violence, tenant hotline, services to seniors, public
education issues, child support help line, farm worker services, bankruptcy clinics and tax disputes

MISCELLANEOUS SERVICES

Hillsboro Family Resource Center
J.B. Thomas Middle School
222 NE Sixth Avenue
Hillsboro, OR 97124
Phone: (503) 844-1063
Fax: (503) 615-4137

The Hillsboro Resource Center is operated by Youth Contact. It provides resources such as information and referral, Food Pantry and a Clothes Closet. The Resource Center coordinates facilities used for parent training and other types of groups. The Family Resource Center can be reached by public transport: MAX train - Eighth and Washington stop in Hillsboro.

Centro Cultural
1174 N. Adair Street
Cornelius OR, 97113
Phone: (503) 359-0446 x24
Web: http://www.centrocultural.org/
Centro’s mission is to promote social and economic development, meet basic human and community needs, and increase cultural consciousness and understanding among diverse groups of the community. Centro Cultural provides the following programs: Access Technology/Adelante con Tecnologia, Childcare Amigos, Arts and Culture, Community Organizing, Day Labor, Education, GED Classes, Citizenship Classes, ESL Classes, Information and Referral, the Loaves and Fishes (hot meals).

WEB RESOURCES

The Beehive
http://www.beehiveliveshillsboro.org/