



Index of Community Resources with direct links to the external websites

Below the index are longer descriptions.

As of: May 26, 2020 (noon)

[Aging and Disability](#)

[APANO](#)

Child Abuse - [Oregon Child Abuse Hotline](#) or (1-855-503-SAFE)

Child Care - [Reach Out Oregon](#) or (1-833-REACH-OR)

Child Care - [Oregon Early Learning](#)

Child Care - [DHS Employment Related Day Care assistance](#)

[Community Care resources](#)

COVID-19 resources: [Click here to sign up to receive a COVID-19 resources newsletter](#)

Crisis line (Multnomah Co.): (503) 988-4888

Day Care - [DHS Employment Related Day Care assistance](#)

Delivery resource for seniors: (503) 360-0058

Domestic violence crisis line: 1-888-235-5333

Domestic violence help (Native Americans): [StrongHearts Native Helpline](#)

Domestic violence hotline (SEI): (503) 972-3698

Emergency Household Stabilization Funds: [Click here for more information.](#)

Energy Assistance Appointment Line: (503) 713-5590

Entertainment: [Museums you can visit virtually](#)

Food resources: Familias en Acción alejandra@familiasenaccion.org

Food resources: [free meals at restaurants](#)

Food resources: Oregon Food Bank partnerships at the following PPS locations

- Franklin HS, 5405 SE Woodward, (Friday, 11:30 - 1:30)
- Lent K-8, 5105 SE 97th Ave (Monday, 11:30 - 1:30)
- Rosa Parks Elementary, 8960 N Woolsey Ave (Thursday, 12:00 - 2:00)
- Scott Elementary, 6700 NE Prescott St (Tuesday, 11:00 - 1:00)
- Woodmere Elementary, 7900 SE Duke St (Wednesday, 11:00 - 1:00)
- Sitton Elementary, 9930 N Smith St (Monday, 11:00 - 1:00)
- Dr. King Elementary, 4906 NE 6th Ave (Thursday, 11:00 - 1:00)

Food resources: [Oregon Food Bank](#)

Food resources: [Pandemic EBT & apply for Free / Reduced Meals](#)

Food resources: [Rose Quarter list](#)

Food resources: [SEI's list](#)

Food resources: [Sunshine Division food box delivery](#)

Gun Safety Resources: <https://besmartforkids.org/>

Gun Safety Resources: <https://projectchildsafe.org/parents-and-gun-owners>

Homeless Resource: [Outside In](#)

Immigrant Families Resource: [Lutheran Community Services](#)

Internet Resource: [Charter](#) or call 1-844-488-8395
Internet Resource: [Comcast](#)
Internet Resource: [Keep Americans Connected Pledge](#)
[Latino Network resources page](#)
LGBTQIA+ Resource: [National Center for Transgender Equality COVID-19 Guide](#)
LGBTQIA+ Resource: [PDX Trans Housing Coalition](#)
LGBTQIA+ Resource: [Transgender Legal Defense Fund](#) - trans people and navigating COVID-19
LGBTQIA+ Resource: [The Trevor Project](#)
Library Resource: [Book Riot \(audio books\)](#)
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[Multnomah County community resources page](#)
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Multnomah County Crisis Line: (503) 988-4888
[Multnomah County Culturally-Specific Behavioral Health Resources](#)
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Portland Parks & Recreation [Free Lunch + Play program](#)
Rental Assistance: [This Oregonian article](#)
SafeOregon Tip Line: 844-472-3367 or [SafeOregon website](#) or email tip@safeoregon.com
[Self Enhancement Resources from SEI](#)
Special Education Resource: [INCIGHT](#)
Special Education Resource: [Multnomah County resources for SpEd](#)
Special Education/Disability Resource: [OHSU Resource Page](#)
[StrongHearts Native Helpline](#)
Suicide Prevention Resource: [from Harvard University](#)
Suicide Prevention Resource: [from Oregon Health Authority](#)
Transportation Resource: [HOP cards](#)
Transportation Resource: [Free Spin](#)
Unemployment Resource: [Restaurant Workers Community Foundation COVID-19 Relief Fund](#)
Unemployment Resource: call 503-280-2600 to apply for unemployment benefits
Utilities payment resource: call 211

Longer descriptions of the resources mentioned above:

PPS COVID-19 Page: A list of urgent resources for families can be found on the PPS website [here](#), including in translation in the five supported languages.

Aging and Disability Resource: [Aging and Disability Resource Connection \(ADRC\)](#) | 1-855-ORE-ADRC
Call for resources.

Asian Pacific American Network of Oregon [resource list](#)

Caregiving Resource: [Reach Out Oregon](#) has information and support for families and direct caregivers (or by phone at 1-833-REACH-OR)

Child Abuse Hotline: The [Oregon Child Abuse Hotline](#) for reports of concerns about suspected abuse or neglect (or by phone at 1-855-503-SAFE).

Child Care Resources

- www.oregonearlylearning.com
- DHS Employment Related Day Care Assistance has expanded! Kate Brown approved the DHS Employment Related Daycare program to cover costs of approved daycare providers with a \$0.00 copay! The income eligibility limit has increased to \$4,012 per month for a single parent with 1 kid, and goes up with more people in the household. DHS approved child care providers can be found through 211. Need childcare? [Apply here through ERDC.](#)

Community Care Resources: <https://www.coalitioncommunitiescolor.org/ccm-members>

COVID-19 resources: sent out by the Multnomah County EOC (Emergency Operations Center) culturally specific liaison team [Click here to sign up to receive a COVID-19 resources newsletter](#)

Crisis Line (Multnomah County Crisis Line): (503) 988-4888: 24/7/365 mental health support. Confidential and staffed by trained mental health providers.

Culturally Specific Resources: [Multnomah County Culturally-Specific Behavioral Health Resources](#) For Native American, African American, Russian, Latinx, Asian and Pacific Islander, and more.

Delivery Resource: Roosevelt students have created a free grocery delivery service for seniors and our neighbors who have an underlying medical condition that puts them at risk during the pandemic.

- People over the age of 60 and those with underlying medical conditions can call (503) 360-0058 to place an order. The phone line is open from 8 a.m. to 6 p.m., seven days a week.
- Groceries will be delivered as soon as possible, typically 24-72 hours after placing the order. Volunteers will also deliver meals from food pantries within the service area. Volunteers will follow all available safety precautions, such as wearing gloves and masks at delivery time
- Spanish-speaking volunteers are available.
- The service area covers the neighborhoods of St. Johns, Cathedral Park, Portsmouth, Kenton, University Park, Arbor Lodge and Overlook.
- To qualify, people must either be over the age of 60 or have a serious underlying medical condition that prevents them from safely shopping by themselves.

Domestic Violence Resources

- 24/7 Multnomah County domestic violence crisis line (1-888-235-5333)
- Domestic Violence Hotline (SEI): (503) 972-3698
- [StrongHearts Native Helpline](#) | 1-844-7NATIVE (762-8483) - Domestic violence and dating violence helpline for American Indians and Alaska Natives.
- [Proyecto UNICA](#): 24/7 support and advocacy for domestic violence survivors with a focus on Latinx individuals and families (503-232-4448)

Emergency Household Stabilization Funds: The Portland Housing Bureau has reallocated \$1 million from its budget into a COVID-19 Emergency Household Stabilization Fund for households suffering a loss of income due to the COVID-19 pandemic. The fund will provide limited direct cash assistance to at least

2,000 households to help cover urgent needs like groceries, rent, utilities, and medical expenses. [Click here for more information.](#)

Energy Assistance Appointment Line: (503) 713-5590

Entertainment Resource: If you're looking to keep your kids entertained and learning, check out this guide to [30 virtual field trips](#) of educational places you can explore together from your couch. Or [visit a museum virtually.](#)

Food Resources

- **Pandemic EBT:** Oregon was recently approved to provide the Pandemic EBT (Electronic Benefit Transfer program) benefits to families with school aged children. Pandemic EBT provides families financial support to cover the cost of groceries while children are missing free meals during school closures. This benefit is provided to ALL families whose children receive free and reduced-price school meals in Oregon. To read more and to find out if your household is eligible, [please click here](#). Note: households who previously did not qualify for the program, but are now financially impacted by COVID-19, may now qualify. To submit an application for free and reduced price meals, [please click here](#).
- **Familias en Acción:** As a response to COVID-19, Familias en Acción is sharing food resources available for the Latinx Community. They are hosting webinars in the coming weeks, to learn together how to access food during this pandemic. These webinars will be in Spanish. For more information and to register, please contact Alejandra Gurrola at alejandra@familiasenaccion.org
- There are Oregon Food Bank partnerships at the following PPS locations:
 - Franklin HS, 5405 SE Woodward, (Friday, 11:30 - 1:30)
 - Lent K-8, 5105 SE 97th Ave (Monday, 11:30 - 1:30)
 - Rosa Parks Elementary, 8960 N Woolsey Ave (Thursday, 12:00 - 2:00)
 - Scott Elementary, 6700 NE Prescott St (Tuesday, 11:00 - 1:00)
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- Here's the link to the [food resources from Oregon Food Bank](#).
- SEI (Self-Enhancement Inc.) has Community Food Resources listed [here](#).
- For those in need, the Portland food community is coming together to provide free meals to the recently unemployed or anyone who needs extra help. Eater rounded up a [full list of Portland restaurants offering free meals](#).
- [The Rose Quarter has curated a list of organizations](#) in our community providing food, mental health services, and activities for kids. You can also donate to local nonprofits and support organizations in need.
- The [St. Vincent de Paul Food Pantry at Holy Cross](#) is open Tuesdays and Fridays 10:00 AM - noon and Thursdays 5:30-7:00 p.m. To receive food and services, call 503-233-5589
- [Sunshine Division is offering food box delivery](#) if families are not able to make it to the warehouse.

Gun Safety Resources: Securely storing your guns can save a student's life, especially during times of social isolation. Parents can get free gun locks from the Multnomah County Sheriff's Office and the Portland Police Department. Information about gun safety:

- <https://besmartforkids.org/>
- <https://projectchildsafe.org/parents-and-gun-owners>

Homeless Resource: [Outside In](#) offers assistance with OHP enrollment, food, housing, and so many wonderful great resources.

Immigrant Families Resource: [Lutheran Community Services](#) is offering free support for immigrant families.

Internet Resources

- Effective Monday, March 16, 2020, Comcast Internet Essentials will provide two free months of Internet service to anyone who signs up: <https://www.internetessentials.com/covid19>.
- [Keep Americans Connected Pledge](#) - Companies such as Verizon, Sprint, T-Mobile, AT&T, and others have agreed to not terminate service due to nonpayment, are waiving late fees, and offering WiFi hotspots
- [Charter Communications](#) - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. To enroll call 1-844-488-8395. Installation fees will be waived for new student households. Wifi spots opened up for public use

Latino Network Resource List in [Spanish](#) or [English](#)

LGBTQIA+ Resources

- [The Trevor Project](#)
- [Transgender Legal Defense Fund](#) - trans people and navigating COVID-19
- [The National Center for Transgender Equality COVID-19 Guide](#)
- [PDX Trans Housing Coalition](#)

Library Resources

- If you have students concerned about returning materials, please tell them that the district is on hold, just like the public library, on returns and that no fines will be assessed.
- Your teen can sign up for [two free audiobooks a week](#) through the summer. Great line up!
- [Here's a good, short guide](#) to using Google Books (if you scroll down on your Google apps icon at the top right of your page (the box of dots), you'll find Books there.
- [Here's a doc](#) that has some ways for students to access reading materials.
- Motivated students can take all kinds of practice tests (SAT, AP) [at this link](#). Register once you get to the landing page.
- Access tons of resources on the [Roosevelt Library webpage](#). Note that there are multiple pages!
- The Library of Congress has a WEALTH of materials, including videos from the [National Book Festival](#).
- Good news for creative students! Literary Arts this year is doing [Virtualandia](#) instead of Verselandia. There will be five video lessons on slam, students can submit poems to poets for comment after May 11th, and at the end there will be a virtual event where poets will come together not to compete, but share work. This sounds pretty robust. Please invite your student to check it out and participate!

Multnomah County [COVID-19 community resources page](#)

NAYA Family Center Resource list is [here](#).

Parenting resource: [Help Me Grow Oregon](#) (or) 833-868-4769 (or) helpmegrow@providence.org For parents of children ages 0-5. In English and Spanish

Portland Parks and Recreation SUMMER FREE FOR ALL: Portland Parks & Recreation is planning to operate the Free Lunch + Play program this summer. Access to nutritious food has proven to be one of the highest needs in our community during this public health crisis. PP&R and our partners will play an important role in keeping kids healthy this summer. Concerts in the Park, Movies in the Park, Washington Park Summer Festival, and Portland World Soccer Tournament are canceled this summer. For more information, [click here](#).

Rental Assistance: [This Oregonian article](#) includes links to agencies who will receive \$8.5 million in funds to help Oregonians who have lost income due to COVID-19.

Resource listing: [Rose City Resource Guide](#) is a new online resource listing from Street Roots.

SafeOregon Tip Line: Keeping with our commitment to student safety, PPS joined school districts across the state a couple years ago in using the SafeOregon Tip Line. We want to remind you about this important resource.

SafeOregon was funded by the Oregon Legislature as part of a statewide effort to improve school safety. **It provides a secure means for anyone to anonymously report suspicious or imminently unsafe situations that may occur either in person or online.**

Examples of suspicious or imminently unsafe situations include: threats of violence/access to weapons, fights, substance use, bullying/harassment, discrimination, intimidation, suicidality, self-harm, bias/hate crimes, and hate speech that is intended to insult, offend, or intimidate based on the attributes of an individual or a group (including disability, gender, gender identity, race/ethnicity, religion, or sexual orientation).

Anyone, from students to parents to community members, can access the system in a variety of ways:

- The “Report unsafe behavior” button found on every PPS school’s website
- The [SafeOregon website](#)
- A live call/text (844-472-3367)
- An email to tip@safeoregon.com
- The mobile app that can be downloaded from your Smart Phone via iTunes or Google Play

Trained staff are available 24 hours a day, 365 days a year, to respond. Please be sure to share this information with your friends and family. Remind your students: **If you see or hear something, say something – immediately.** Let’s work together to keep our community safe.

Self Enhancement Resources: www.selfenhancement.org/resource

Senior Resource: [Senior Loneliness Line](#) | 503-200-1633 or 800-282-7035 - For Oregonians 55+ years old. Get ongoing support, resources, and listening sessions

Special Education Resources

- Due to COVID-19, local nonprofit, [INCIGHT](#) (youth and young adults with disabilities) is providing distance learning options for teen students stuck at home during the pandemic. The INCIGHTFUL Transitions Curriculum is designed for high school students who are preparing for life after high school. For more information and for a free demo lesson, go to incight.org/curriculum.

- SpEd Resource: <https://multco.us/dd>
- Special Education/Disability Resource: [OHSU Resource Page](#)

Suicide Prevention

- <https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/plan.aspx>
- <https://www.hsph.harvard.edu/means-matter/>

Transportation Resources

- Trimet is offering low income support for HOP cards [here](#).
- **Reduced BIKETOWN fees:** BIKETOWN, the city's bikeshare system, is offering significantly discounted pricing through April 30 to provide all Portlanders who need to complete essential trips with a convenient and affordable transportation option that allows for social distancing. Rides on the pay-as-you-go plan will now be only \$0.01/minute with a \$0.10 one-time sign-up fee, compared to the regular \$.08/minute with \$5 signup fee. Overage fees for all current and new annual and month-to-month members will also be reduced to \$0.01/minute, compared to the regular \$0.08/minute.
- **Reduced Spin e-scooter fees:** PBOT has partnered with Spin—one of Portland's e-scooter providers—to reduce the cost of e-scooter rentals in order to encourage Portlanders to take advantage of this option for essential travel. Through the end of this month, Spin e-scooter rides will be 50% off. PBOT and Spin may extend this offer further, and PBOT will be increasing Spin's fleet by 250 scooters to recognize their support for the community. Spin has also announced unlimited, free 30-minute rides for "Everyday Heroes," like healthcare workers—medical professionals can apply for that benefit on their website: <https://www.spin.app/covid19>

Unemployment Resources

- [Restaurant Workers Community Foundation COVID-19 Relief Fund](#) - individual restaurant workers can apply for direct relief
- Urban League of Portland - call the Resource Line at 503-280-2600 for assistance applying for unemployment benefits

Utilities payment resource: Families can **call 211** if they need help paying utilities. They can ask to be connected to any agency that has funds for utility payments. Many agencies like El Programa Hispano, NAYA and others do have funds for utility payments that must be disbursed by June 30th, the end of that fiscal year. A call to 211 will put families in contact with one of these agencies. They can also call the city water bureau directly and ask for assistance with payments. Some families can get \$200/billing cycle, and one request will last for a 12 month period.