

RESOURCE GUIDE

FOR THE COLUMBIA RIVER GORGE

2024





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SOCIAL: @WascoCountyExtension

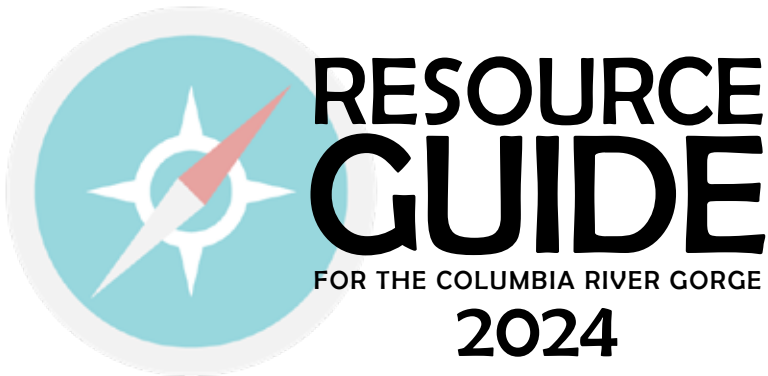


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ONLINE: extension.oregonstate.edu/Sherman
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Sherman County 4-H on Facebook





It is hard to believe, but this is the fourth printing of the Resource Guide of the Columbia Gorge. It has been such a wonderful collaboration with so many amazing community partners. And, as always, Chelsea Marr and her team at the Columbia Gorge News did an incredible job of collecting sponsors and printing the Guide.

Each year the demand for the Resource Guides throughout the five county Columbia Gorge Region (Wasco, Sherman, Hood River, Klickitat, Skamania) has grown. And we have not only increased the number of Guides each year, but the number and type of resources. The Resource Guide is meant to support and strengthen the capacity of our local organizations in their work with underserved communities and vulnerable populations.

So many organizations have found the Guide useful and continue to want more, and we are hearing from new organizations each year. We appreciate all of you who provided feedback and information to us for this printing. Every year you help make the Resource Guide better and more useful for the people that need it.

The Resource Guide of the Columbia Gorge is an on-going project. Not only do we have the hard copy Resource Guide, but the Guide is also available online (<https://c-gorge-resourceguide.com/>). We are grateful for all the people who are participating in making it a success. Thank you.

Please contact the Hood River County Prevention Department for additional copies or if there are any changes or additions.

Belinda Ballah
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Guía de recursos del Columbia Gorge 2024

Es difícil de creer, pero esta es la cuarta edición de la Guía de Recursos del Columbia Gorge. Ha sido una colaboración maravillosa con tantos socios comunitarios increíbles. Y, como siempre, Chelsea Marr y su equipo de Columbia Gorge News hicieron un trabajo increíble al recolectar patrocinadores e imprimir la Guía.

Cada año ha crecido la demanda de las Guías de Recursos en los cinco condados de la región de Columbia Gorge (Wasco, Sherman, Hood River, Klickitat, Skamania). Y no solo hemos aumentado el número de Guías cada año, sino también el número y el tipo de recursos. La Guía de Recursos está destinada a apoyar y fortalecer la capacidad de nuestras organizaciones locales en su trabajo con comunidades desatendidas y poblaciones vulnerables.

Muchas organizaciones han encontrado útil la Guía y continúan queriendo más, y estamos escuchando de nuevas organizaciones cada año. Agradecemos a todos los que nos proporcionaron comentarios e información para esta impresión. Cada año, usted ayuda a que la Guía de recursos sea mejor y más útil para las personas que la necesitan.

La Guía de Recursos del Columbia Gorge es un proyecto en curso. No solo tenemos la Guía de recursos impresión, sino que la Guía también está disponible en línea (<https://c-gorge-resourceguide.com/>). Agradecemos a todas las personas que están participando para que sea un éxito. Gracias.

Comuníquese con el Departamento de Prevención del Condado de Hood River para obtener copias adicionales o si hay algún cambio o adición.

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WAGAP – Helping people. Changing lives.

By Leslie Naramore, Executive Director

Washington Gorge Action Programs' mission is strengthening community by inspiring hope and helping people help themselves. Since 1966, our nonprofit Community Action Agency has served individuals and families to address basic human needs in Skamania and Klickitat counties.

When times are tough, we help our clients navigate troubled waters so they can take control and find an independent path forward. Through short-term assistance and long-term solutions, we help thousands of people each year.

We support and provide Food Banks and Nutrition Assistance, Emergency Housing / Shelters, Comprehensive services for the Houseless, Domestic Violence / Sexual Assault Intervention and Prevention, Care Coordination, Home Energy Assistance, Youth Substance Use Prevention Coalitions, Youth Drop-In / Family Resource / Community Youth Centers, and operate a Community Thrift Store.

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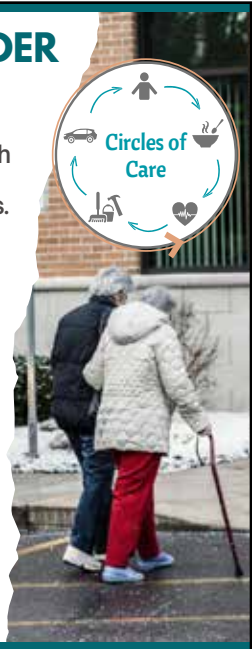
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QUESTIONS?

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HOOD RIVER VALLEY
ADULT CENTER





WAGAP – Ayudando a personas. Cambiando vidas.

Por Leslie Naramore, Directora Ejecutiva

La misión de Washington Gorge Action Programs es fortalecer la comunidad inspirando esperanza y ayudando a las personas a ayudarse a sí mismas. Desde 1966, nuestra Agencia de Acción Comunitaria ha servido a individuos y familias para abordar las necesidades humanas básicas en los condados de Skamania y Klickitat.

Cuando los tiempos son difíciles, ayudamos a nuestros clientes a navegar caminos difíciles para que puedan tomar el control y encontrar un camino independiente hacia adelante. A través de asistencia a corto plazo y soluciones a largo plazo, ayudamos a miles de personas cada año.

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Nuestros equipos se preocupan por todos los miembros de la comunidad de todos los orígenes, y siempre estamos listos para ayudar a las personas a defender sus necesidades. Juntos, marcamos la diferencia.

Attention

By Debby Jones, Wasco County Prevention Specialist

I'm watching the Sound of Music. I have always loved that movie. It was actually the first movie I ever saw in a theater. Yep, that makes me pretty old. What I didn't know then was what an influence this movie would be on me later in life.

Yes, ask any of my family members, I have been known to break out in song at any moment pretending I am crossing the Alps, but that's not the memory that sticks with me the most.

There is a scene midway through the movie where Maria is enjoying a picnic with the children in the mountains. After getting to know the children better she is confused and says to the children ... "Children as nice as you, how can you play such mean tricks on others"? The children answer, "how else can we get father's attention"?

Attention. A word that I use to associate with a forth coming lecture from an adult, as in "why aren't you paying attention" or the snap of heels coming together to stand up straight and listen. But now I have a deeper understanding and appreciation for the word. The dictionary provides the following example ... notice taken of someone or something; the regarding of someone or something as interesting or important.

Everyone wants attention. Everyone wants someone to notice them. We are not meant to face this world alone. We cannot thrive without the attention and connection of another human being. In fact, we will do just about anything to get it.

Sometimes that "anything" even means negative behaviors such as in the Sound of Music example. Captain Von Trapp was a busy man and was mourning the loss of his wife. He had begun to shut down emotionally. The only way his children could get his attention was behaving negatively. His children wanted his attention so much that they would settle for negative attention.

When it comes to our children, what attention do we give them? Do we look for when they are doing something right or only engage when their behavior is negative? If attention is so important why do we mostly focus on the negative? What would our relationships look like if we closely paid attention to what we paid attention to?

What if we made a concentrated effort to look for the good in each other? That doesn't mean we completely ignore negative behavior, but we spend more time noticing the do's instead of the don'ts.

For example, is there a behavior that you are struggling with regarding your children? Try flipping it upside down. Do a little detective work and try to determine what is going on right before the negative behavior shows itself. Remember you are the detective right now and not the judge. You are observing, learning. Often, what happened first was a feeling that pushed out the behavior. Do we know what that feeling was? Does your child know what the feeling was?

If we don't teach our children how to deal with challenging feelings they most likely will go with the behavior that gets them the most attention. What if we taught our children how to deal with mad, frustrated and disappointment in appropriate ways? What if we taught them that it was okay to be mad, but it's what we do with that mad that makes all the difference?

If we model our own appropriate behavior and pay close attention to when our children follow that example, we can create a positive connection. A connection that encourages that behavior to happen again and again. Remember connect to the do's.

It doesn't happen overnight, just like building a new road. It takes work and effort but eventually a streamlined freeway is created – just like a strong connection in the brain that becomes a default behavior. When your child experiences frustration they've learned to ask for help instead of throwing something or throwing a tantrum in the middle of the grocery store.

Sound too good to be true. Maybe, but that is up to you. Are you willing to pay attention to what you are paying attention to?

Atención

Por Debby Jones, Especialista en Prevención del Condado de Wasco

Estoy viendo the Sound of Music. Siempre me ha gustado esa película. De hecho, fue la primera película que vi en un cine. Sí, eso me hace bastante vieja. Lo que no sabía entonces era la influencia que esta película tendría en mi vida más adelante.

Sí, pregúntale a cualquiera miembro de mi familia, se me conoce por cantar en cualquier momento fingiendo que estoy cruzando los Alpes, pero ese no es el recuerdo que más se me queda grabado.

Hay una escena a mitad de la película en la que María está disfrutando de un picnic con los niños en las montañas. Después de conocer mejor a los niños, se confunde y les dice a los niños ... "Niños tan amables como tú, ¿cómo puedes jugar trucos tan malos a los demás?" Los niños responden: "¿De qué otra manera podemos llamar la atención de nuestro padre?"

Atención. Una palabra que utilizo para asociar con una próxima conferencia de un adulto, como en “¿por qué no estás prestando atención?” o el chasquido de tacones que se juntan para pararse derecho y escuchar. Pero ahora tengo una comprensión y un aprecio más profundos por la palabra. El diccionario proporciona el siguiente ejemplo... Fijarse en alguien o en algo; considerar a alguien o algo como interesante o importante.

Todo el mundo quiere atención. Todo el mundo quiere que alguien se fije en ellos. No estamos destinados a enfrentarnos solos a este mundo. No podemos prosperar sin la atención y la conexión de otro ser humano. De hecho, haremos casi cualquier cosa para conseguirlo.

A veces, ese “cualquier cosa” incluso significa comportamientos negativos, como en el ejemplo de *Sound of Music*. El capitán Von Trapp era un hombre ocupado y estaba de luto por la pérdida de su esposa. Había comenzado a cerrarse emocionalmente. La única forma en que sus hijos podían llamar su atención era comportándose negativamente. Sus hijos querían tanto su atención que se conformaban con atención negativa.

Cuando se trata de nuestros hijos, ¿qué atención les damos? ¿Buscamos cuándo están haciendo algo bueno o solo nos involucramos cuando su comportamiento es negativo? Si la atención es tan importante, ¿por qué nos centramos en lo negativo? ¿Cómo sería nuestras relaciones si prestáramos más atención a aquello a lo que prestamos atención?

¿Qué pasaría si hiciéramos un esfuerzo para buscar lo bueno en los demás? Eso no significa que ignoremos por completo el comportamiento negativo, pero pasamos más tiempo notando lo que se debe hacer en lugar de lo que no se debe hacer.

Por ejemplo, ¿hay algún comportamiento con el que esté luchando con respecto a sus hijos? Intenta darle la vuelta. Haz un poco de trabajo como detective y trata de determinar qué está sucediendo justo antes de que se muestre el comportamiento negativo. Recuerde que usted es el detective en este momento y no el juez. Estás observando y aprendiendo. Muchas veces, lo que sucede primero es un sentimiento que empuja hacia afuera el comportamiento. ¿Sabemos cuál fue ese sentimiento? ¿Sabe su hijo cuál fue el sentimiento?

Si no enseñamos a nuestros hijos cómo lidiar con los sentimientos desafiantes, lo más probable es que opten por el comportamiento que les llame más la atención. ¿Qué pasaría si enseñáramos a nuestros hijos a lidiar con el enojo, la frustración y la decepción de manera apropiada? ¿Qué pasaría si les enseñáramos que está bien estar enojado, pero que es lo que hacemos con ese enojo lo que marca la diferencia?

Si modelamos nuestro propio comportamiento apropiado y prestamos mucha atención a cuando nuestros hijos siguen ese ejemplo, podemos crear una conexión positiva. Una conexión que fomenta que ese comportamiento se repita una y otra vez. Recuerde conectarse a lo que se debe hacer.

No sucede de la noche a la mañana, al igual que la construcción de una nueva carretera. Requiere trabajo y esfuerzo, pero finalmente se crea una autopista optimizada, al igual que una fuerte conexión en el cerebro que se convierte en un comportamiento predeterminado. Cuando su hijo experimenta frustración, ha aprendido a pedir ayuda en lugar de tirar algo o hacer un berrinche en medio de la tienda.

Suena demasiado bueno para ser verdad. Tal vez, pero eso depende de ti. ¿Estás dispuesto a prestar atención a lo que de verdad estás prestando atención a?



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Building Dementia-Friendly Communities in the Gorge

By Roni Hyde (Greater Oregon Behavioral Health Inc.)

Do you know anyone living with dementia? People living with memory loss are part of our families, neighborhoods and communities. Dementia doesn't just affect the person living with the condition, but everyone surrounding them. According to 2023 data from the Alzheimer's Association, about 1 in 9 people in the United States over the age of 65 are living with Alzheimer's Disease, the most common cause of dementia. While there is no cure, there are things that we can do to improve the quality of life for people living with dementia, family caregivers, and all people in our communities.

A Dementia Friendly Community is a village, town, city or county that is informed, safe and respectful of individuals living with dementia, their families and caregivers and provides supportive options that foster quality of life. A Dementia Friendly Community informs and educates the many sectors that we all interact with; banks, libraries, police and fire, businesses, etc. about how to respond to someone with memory loss.

In 2018, local advocates with the Aging in the Gorge Alliance / Alianza de la Tercera Edad, applied for and received the recognition of Hood River and Wasco counties in Oregon and Klickitat County in Washington as Dementia-Friendly Communities. This is an on-going effort that you can be a part of! Here are two steps to get started:

- 1) Watch two short videos to become a Dementia Friend:
www.dementiafriendsusa.org/become-a-dementia-friend
- 2) Contact Roni for more information about opportunities to get involved. Roni Hyde, rhyde@gobhi.org.




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Construyendo comunidades amigables con la demencia en el Gorge

Por Roni Hyde (Greater Oregon Behavioral Health Inc.)

¿Conoces a alguien que vive con demencia? Personas que viven con la pérdida de memoria son parte de nuestras familias, vecindades y comunidades. La demencia no solo afecta a la persona que vive con la condición, sino a todos que la rodean. Según datos de 2023 de la Asociación de Alzheimer, aproximadamente 1 de cada 9 personas en los Estados Unidos mayores de 65 años viven con la enfermedad de Alzheimer, la causa más común de demencia. Aunque no hay cura, hay cosas que podemos hacer para mejorar la calidad de vida de las personas que viven con demencia, los cuidadores familiares y todas las personas de nuestras comunidades.

Una Comunidad Amigable con la Demencia es una población, un pueblo, una ciudad o un condado que está informado, es seguro y respetuoso con las personas que viven con demencia, sus familias y cuidadores y brinda opciones de apoyo que animan la calidad de vida. Una Comunidad Amigable con la Demencia informa y educa a muchos sectores con los que todos interactuamos; bancos, bibliotecas, policía y bomberos, empresas, etc. sobre cómo responder a alguien con pérdida de memoria.

En 2018, los defensores locales de la Alianza de la Tercera Edad solicitaron y recibieron el reconocimiento de los condados de Hood River y Wasco en Oregon y el condado de Klickitat en Washington como Comunidades Amigables con la Demencia. ¡Este es un esfuerzo continuo del que puedes ser parte! Aquí hay dos pasos para comenzar:

1) Mira dos videos cortos para convertirte en un Amigo de la Demencia: www.dementiafriendsusa.org/become-a-dementia-friend

2) Póngase en contacto con Roni para obtener más información sobre las oportunidades para participar. Roni Hyde, rhyde@gobhi.org.

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- To reduce hunger and malnutrition and promote food security.

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- Family Resources and Connections
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Well-Being for All

The Hood River County Prevention Department is excited to share the updated Resource Guide for the Columbia River Gorge! Since the last publication, our office has increased its staffing capacity with the addition of two new Prevention Education Specialists, a returning Prevention Specialist, and four contractors involved in increasing opportunities for a healthy Hood River County.

With the clear connection between mental and physical health, we focus on the promotion of positive influences (connectedness, resources, policies) for youth, shaping curriculum to prevent early experimentation with drugs and alcohol to prioritize their present and future health. Our work continues to focus on well-being for all throughout Hood River County, with in-school health clubs (recently renamed Impact-ar Club) at Hood River Middle School, Hood River Valley High School, and Wy'east Middle School and provide evidence-based drug and alcohol prevention curriculum to students from 5th through 11th grade. As a result of strong partnerships throughout the community, we can focus on suicide prevention through QPR (Question, Persuade, Refer) training for the school district and high school students as well as mental health awareness at events throughout the county. The guide contains a comprehensive list of regional mental health resources in a continued effort to bring awareness and support for anyone experiencing a mental health challenge.

Additionally, this year we were awarded funds to provide Opioid Rescue Training along with the Health Department, to community members, offering instruction on the administration of medication as well as take home kits containing two doses of opioid rescue medication. Due to increases in fatalities related to opioids and the misuse of prescription medications across the United States, we also provide a Counterfeit Pill Education Course to middle and high school students, with the hope that early prevention reduces misuse among youth and their families.

With the expansion of our team, we look forward to increased opportunities to educate and inform our community, utilizing best-practices, cultural humility, and the core principle of equity in all that we do. We are grateful for the partnerships that make this work possible and anticipate the ways in which this guide will foster greater connection and support throughout the Columbia River Gorge.

Bienestar para todos

¡El Departamento de Prevención del Condado de Hood River se complace en compartir la Guía de recursos renovada para el Columbia River Gorge! Desde la última publicación, nuestra oficina ha aumentado su capacidad de personal con la adición de dos nuevas Especialistas en Educación Prevención, un Especialista en Prevención que regresa y cuatro contratistas involucrados con ayudar en el aumento de oportunidades saludables para el Condado de Hood River.

Con la clara conexión entre la salud mental y física, nos enfocamos en la promoción de influencias positivas (conexión, recursos, políticas) para los jóvenes, dando forma al plan de estudios para prevenir la experimentación temprana con drogas y alcohol para priorizar su salud presente y futura. Nuestro trabajo continúa enfocándose en el bienestar de todos en todo el condado de Hood River, con clubes de salud en las escuelas (recientemente renombrado como Impact-ar Club) en la Escuela Secundaria de Hood River, la Escuela Secundaria de Wy'east Middle School y la Preparatoria de Hood River Valley High School y brindan un plan de estudios de prevención de drogas y alcohol basado en evidencia a los estudiantes de 5° a 11° grado. Como resultado de asociaciones hechas en toda la comunidad, podemos enfocarnos en la prevención del suicidio a través de un entrenamiento llamado QPR (Preguntar, Persuadir, Referir) para el distrito escolar y los estudiantes de secundaria, así como la concientización sobre la salud mental en eventos en todo el condado. La guía contiene una lista completa de recursos regionales de salud mental en un esfuerzo continuo por crear conocimiento y apoyar a cualquier persona que experimente un problema de salud mental.

Además, este año recibimos fondos para brindar entrenamientos sobre cómo responder a una sobredosis de opioides junto con el Departamento de Salud, a los miembros de la comunidad, ofreciendo instrucciones sobre cómo administrar el medicamento, así como kits para llevar a casa que contienen dos dosis del medicamento de rescate para la sobredosis de opioides. Debido al aumento en las muertes relacionadas con los opioides y el uso indebido de medicamentos recetados en los Estados Unidos, también ofrecemos un curso de educación sobre pastillas falsas a estudiantes de secundaria y preparatoria, con la esperanza de que la prevención temprana reduzca el uso indebido entre los jóvenes y sus familias.

Con la expansión de nuestro equipo, esperamos tener mayores oportunidades para educar e informar a nuestra comunidad, utilizando las mejores prácticas, la humildad cultural y el principio fundamental de inclusión en todo lo que hacemos. Estamos agradecidos por las asociaciones que hacen posible este trabajo y anticipamos las formas en que esta guía fomentará una mayor conexión y apoyo para todo el Columbia River Gorge.

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Mental Health Awareness

“The pandemic has significantly affected the mental health of adults and children . . . Rates of anxiety, depression, and substance use disorders have increased since the beginning of the pandemic. (National Institute of Health, [covid19.nih.gov/covid-19-topics/mental-health](https://www.covid19.nih.gov/covid-19-topics/mental-health)).” The Gorge region has not been immune to this impact on our community. What are we doing here to address these issues?

The Hood River County Prevention Department, in collaboration with the Hood River County Health Department, School District, and other organizations are providing several evidence based suicide prevention trainings in both Spanish and English. Question, Persuade and Refer (QPR) suicide prevention training is a 90 minute training that equips people to ask the question if someone is thinking about suicide, persuade them to get the help they need and then refer to appropriate professionals. The Hood River County School District has adopted this as a mandatory training for all staff and now high school students are also being trained. The Adult and / or Youth Mental Health First Aid training, also offered, is a 7 hour training that goes deeper into mental health conditions.

The Gorge Wellness Alliance is working on a student led project to raise awareness amongst their peers about mental health and suicide prevention.

The Alcohol, Tobacco, and Other Drug (ATOD) Prevention Coalition is launching the ‘Anchor Box Campaign’ to provide these suicide prevention boxes to various public locations around Hood River County with an emphasis on schools, libraries, and other places where families and individuals spend time. Anchor Boxes are the result of the premise that each person needs an anchor, “. . . a dependable, stable, secure base that you can hold on to, one that keeps you firmly planted, no matter what winds or storms may come.” (<https://findyouranchor.us/>) Start looking for these blue boxes around the area in early spring.

The Trauma Intervention Program, (TIP) is a national organization that has trained volunteers in the Gorge to respond to traumatic events. First Responders request volunteers to provide emotional support to those individuals that have experienced a sudden death, domestic violence, rape, or school violence. TIP also supports communities that have had a major incident and travelers in crisis. No incident is too small or too big. Providing immediate emotional support has proven to have better outcomes for the victims of these incidents.

Since 2011 there has been a registered site in the Gorge for the American Foundation for Suicide Prevention's annual International Survivors of Suicide Loss Day event. It is always held on the Saturday before Thanksgiving.

The 2-hour event offers support, networking, and resource connection to people who have lost a loved one to suicide. An outcome of the 2019 event is a Survivors of Suicide Loss Support group to enable those interested in gathering and sharing to meet more often. The group meets monthly on the second Tuesday from 5:30-6:30pm at various locations. For more information and up to date meeting status, contact Belinda.ballah@hoodriver-county.gov.

Other efforts include placing 'Signs Of Hope' around the community to encourage people that they are loved and a billboard that talks about the new number for the suicide and crisis lifeline, 988.

All these efforts and more are working towards destigmatizing mental health issues, correcting myths such as asking a person if they are thinking of suicide will put the thought into their head and rallying our region to be compassionate and informed.

For more information, contact Belinda Ballah at Belinda.ballah@hoodriver-county.gov

Concientización sobre la Salud Mental

"La pandemia ha afectado significativamente la salud mental de adultos y niños. . . La velocidad de ansiedad, depresión y trastornos por consumo de sustancias han aumentado desde el comienzo de la pandemia. (Instituto Nacional de Salud, [covid19.nih.gov/covid-19-topics/mental-health](https://www.covid19.nih.gov/covid-19-topics/mental-health))". La región Gorge no ha sido inmune a este impacto en nuestra comunidad. ¿Qué estamos haciendo aquí para abordar estos problemas?

El Departamento de Prevención del Condado de Hood River, en colaboración con el Departamento de Salud del Condado de Hood River, el Distrito Escolar y otras organizaciones, están facilitando varios entrenamientos de prevención del suicidio basadas en evidencia tanto en español como en inglés. El entrenamiento para la prevención del suicidio Preguntar, persuadir y referir (QPR) es un entrenamiento de 90 minutos que equipa a las personas para hacer la pregunta si alguien está pensando en suicidarse, persuadirlo para que obtenga la ayuda que necesita y luego referirlos a los profesionales adecuados. El Distrito Escolar del Condado de Hood River ha adoptado esto como un entrenamiento obligatorio para todo el personal y ahora también se está capacitando a los estudiantes de preparatoria. El entrenamiento en Primeros Auxilios de Salud Mental para Adultos y / o Jóvenes, también ofrecida, es un entrenamiento de 7 horas que profundiza en las condiciones de salud mental.

El Gorge Wellness Alliance está trabajando en un proyecto dirigido por estudiantes para crear conciencia entre sus compañeros sobre la salud mental y la prevención del suicidio.

La Coalición para la Prevención del Alcohol, el Tabaco y Otras Drogas (ATOD) está lanzando una 'Campaña Anchor Box' para proporcionar estas cajas de prevención para suicidio a varios lugares públicos en todo el condado de Hood River, con énfasis en escuelas, bibliotecas y otros lugares donde las familias y las personas pasan más tiempo. Las cajas de anclaje son el resultado de la premisa de que cada persona necesita un ancla, "... Una base confiable, estable y segura a la que puedas aferrarte, una que te mantenga firmemente plantado, sin importar los vientos o tormentas que puedan venir". (<https://findyouranchor.us/>) Comience a buscar estas cajas azules en el área a principios de la primavera.

El Programa de Intervención de Trauma (TIP) es una organización nacional que ha capacitado a voluntarios en el Gorge para responder a eventos traumáticos. Los socorristas solicitan voluntarios para brindar apoyo emocional a aquellas personas que han experimentado una muerte repentina, violencia doméstica, violación o violencia escolar. TIP también apoya a las comunidades que han tenido un incidente importante y a los viajeros en crisis. Ningún incidente es demasiado pequeño o grande. Se ha demostrado que brindar apoyo emocional inmediato tiene mejores resultados para las víctimas de estos incidentes.

Desde 2011, ha habido un sitio registrado en el Gorge para el evento anual del Día Internacional para sobrevivientes de la pérdida por el Suicidio de la Fundación Estadounidense para la Prevención del Suicidio. Siempre se celebra el sábado antes del Día de Acción de Gracias. El evento de 2 horas ofrece apoyo, redes y conexión de recursos a las personas que han perdido a un ser querido por suicidio. Uno de los resultados del evento de 2019 es un grupo de apoyo para sobrevivientes de pérdidas por suicidio para permitir que los interesados en reunirse y compartir se reúnan con más frecuencia. El grupo se reúne mensualmente el segundo martes a las 5:30 a 6:30 p.m. en varios lugares. Para obtener más información y actualizar el estado de la reunión, póngase en contacto con Belinda.ballah@hoodrivercounty.gov. Otros esfuerzos incluyen la colocación de "Señales de Esperanza" por toda la comunidad para decirle a todas las personas que son amadas y también una cartelera publicando que todos hablen sobre el nuevo número, 988 que es el número de línea de prevención del suicidio y crisis.

Todos estos esfuerzos y más están trabajando para de estigmatizar los problemas de salud mental, corregir mitos como que preguntarle a una persona si está pensando en suicidarse pondrá el pensamiento en su cabeza y movilizar a nuestra región para que sea compasiva e informada.

Para obtener más información, comuníquese con Belinda Ballah al Belinda.ballah@hoodrivercounty.gov

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911 and Emergency numbers / 911 y Números de Emergencia

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Child Abuse Hotline WASHINGTON https://www.dcyf.wa.gov/services/child-welfare-system/cps	866-363-4276
Confederated Tribes of Warm Springs -- Crisis Hotline 1233 Veterans Street, Warm Springs, Or https://warmsprings-nsn.gov/program/community-counseling/	541-553-1171
Domestic Violence and Crime Victims: 24 Hour Crisis Line (Toll Free) https://www.thehotline.org/help/	844-493-1709
Emergency Alert System Oregon https://oralert.gov/ (sign up to receive life-saving information about disasters)	541-386-6665
Helping Hands Against Violence -- 24 Hour Domestic Violence Crisis line http://www.helpinghandsoregon.org	541-386-6603
Mental Health Crisis Line ■ https://www.mccfl.org/services/mental-health/crisis/	888-877-9147
National Suicide Prevention Lifeline ◆ https://suicidepreventionlifeline.org/	800-273-8255
Poison Control (Washington and Oregon) https://www.poison.org/	800-222-1222
Police, Fire, & Medical Emergencies	911
Sexual Assault	911
Skamania Klickitat Community Network Safety Crisis Hotline (Toll Free) http://www.skcnparents.net/child-abuse-and-neglect.html	800-352-5541
Southwest Washington Crisis Line https://namiswwa.org/resources/mental-health-crisis-line/	800-626-8137
Suicide	911 or 988
Trevor Project Lifeline (24/7 LGBTQ Suicide Hotline) https://www.thetrevorproject.org/get-help/	866-488-7386
Veterans Crisis Line https://www.veteranscrisisline.net/about/what-is-988/	988 then press 1

DIRECTORY / DIRECTORIO

Animal Shelters and Control / Refugios y Control de Animales

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Goldendale Animal Control
115 Wing Rd, Goldendale, WA 509-773-3771
<https://www.ci.goldendale.wa.us/police-department/animal-control>

Hood River Adopt-A-Dog
3910 Heron Drive, Hood River, OR <https://hoodriveradoptadog.org/> 541-354-1083

Hood River County Animal Control
309 State Street, Hood River, OR <https://hoodriveradoptadog.org/> 541-387-7037

Klickitat County Animal Control
205 S Columbus Avenue, Goldendale, WA 509-773-4545

Skamania County Animal Control
200 Vancouver Avenue, Stevenson, WA 509-427-9490
<https://www.countyoffice.org/stevenson-animal-control-stevenson-wa-677/>

Wasco / Sherman Counties Home At Last Animal Shelter
200 River Road, The Dalles, OR <https://homeatlasths.org/> 541-296-5189

Wasco County Animal Control
200 River Rd, The Dalles, OR <http://homeatlasths.org/> 541-296-5454

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Child Care Partners (Columbia Gorge Community College)
400 East Scenic Drive, The Dalles, OR <https://www.cgcc.edu/childcare> 541-506-6131

Educational Service District (ESD) 112 ■
520 NW Loop Rd, White Salmon, WA 360-921-2309
<https://www.esd112.org/ece/white-salmon-community-preschool/>

Four Rivers Early Learning Hub ▲
400 E Scenic Drive #207, The Dalles, OR <https://www.4relh.com/> 541-506-2234

Mid Columbia Children's Council Early Head Start ■
(Hood River Country Club) 820 Country Club Road, Hood River, OR
<https://mccheadstart.org/> 541-386-3269

Mid Columbia Children's Council Early Head Start (Belmont Drive) ■
2168 Belmont Drive, Hood River, OR 541-386-1955
<https://mccheadstart.org/belmont-center/>

Mid Columbia Children's Council Early Head Start (Carson) ■
441 Hot Springs, Carson, WA 509-427-5815
<http://mccheadstart.org/carson-center/>

Mid Columbia Children's Council Early Head Start (Goldendale) ■
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Mid Columbia Children's Council Early Head Start (Klickitat) ■
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<https://mcccheadstart.org/klickitatdallesport/>

Mid Columbia Children's Council Early Head Start (Petersburg) ■
 3855 Fifteen Mile Road, The Dalles, OR 541-370-2536
<https://mcccheadstart.org/petersburg-center/>

Mid Columbia Children's Council Early Head Start (The Dalles) ■
 1717 W 10th Street, The Dalles, OR 541-298-8801
<https://mcccheadstart.org/the-dalles-center/>

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<https://mcccheadstart.org/tygh-valley-head-start/>

Mid Columbia Children's Council Early Head Start (Wahtonka) ■
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Oregon Child Development Council (Administration) ■ ◆ ▲ 541-296-0143
 1300 W. 9th Street, The Dalles, Oregon <https://www.ocdc.net/>

Oregon Child Development Council (Odell Center) ■ ◆ ▲ 541-354-6232
 3485 Early Road, Odell, Oregon <https://www.ocdc.net/>

Oregon Child Development Council (Parkdale Center) ■ ◆ ▲ 541-352-6232
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Gorge Thrift Store 509-427-5444
 62 SW Russell Avenue, Stevenson, Washington <http://www.gorgethriftstore.com/>

Father's House (household items, clothing, furniture) 509-773-4719
 207 S Klickitat, Goldendale, Washington

Hood River Valley Adult Center
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<http://www.alfordabledental.com/index.html>

Kidz Dental Zone ■
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Kidz Dental Zone ■
1935 E 19th St. Suite 200, The Dalles, OR <https://www.akidzdentalzone.com/> 541-296-8901

Klickitat Valley Health ■
310 S Roosevelt Avenue, Goldendale, WA <http://www.kvhealth.net/> 509-773-4022

One Community Health (Hood River) ■
849 Pacific Avenue, Hood River, OR 541-386-6380
<https://www.onecommunityhealth.org/>

One Community Health (The Dalles) ■
1040 Webber Street, The Dalles, OR 541-296-4610
<https://www.onecommunityhealth.org/>

Stevenson Dental Care 509-427-8605
52 NW 2nd Street, Stevenson, Washington <https://www.stevenson dental.com/>

Disabilities / Discapacidades
Information and support for people with disabilities and their families.
Información y apoyo para personas con discapacidad y sus familias.

New Hope Farms/Adult Developmentally Delayed Residential Home 509-773-3939
46 New Hope Farm Rd, Goldendale WA,
<https://www.facebook.com/newhopefarmsusa/>

Area Agencies on Aging (AAA) Seniors & People with Disabilities ■
<https://adrcforegon.org/consite/index.php> (Toll Free) 800-452-2333

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Community Action Program of East Central Oregon (CAPECO) 541-705-5434
 (Serves older adults and people 18+ with disabilities)
 3641 Klindt Drive, The Dalles, Oregon <https://www.capeco-works.org/>

Disabled American Veteran's (DAV) Van
 520 Mt. Hood St., The Dalles, OR 503-721-7804
<https://www.portland.va.gov/VTP/DAV.asp>

Eastern Oregon Center for Independent Living
 (specialized resources for parents)
 400 E Scenic Drive, Bldg 2, Suite 2382, The Dalles, OR 844-370-2810
<https://eocil.org/>

Lifespan Respite Washington (Toll Free)
 6316 S 12th Street, Tacoma, WA 800-572-7368
<https://www.lifespanrespitewa.org/>

Mid-Columbia Senior & Disabled Services ■
 3641 Klindt Drive, The Dalles, OR 541-298-4114
<https://www.oregon.gov/dhs/seniors-disabilities/Pages/index.aspx>

Opportunity Connections ■
 1107 13th St, Hood River, OR 541-386-3520
<https://www.facebook.com/opportunityconnections/>

Parent to Parent of Klickitat County
 (support for parents of children with disabilities)
 (apoyo para padres de niños con discapacidades) WA
<http://www.skcnparents.net/special-needs-parenting.html> 509-426-4813

Social Security Office Administration
 401 E 3rd Street, The Dalles, OR <https://www.ssa.gov/> 877-405-3526 or 800-772-1213

DMV

Department of Motor Vehicles (DMV) Office (Hood River) ■
 600 E Marina Way, Hood River, Oregon 541-386-3231
<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Department of Motor Vehicles (DMV) Office (Wasco County) ■
 3313 Bret Clodfelter Way, The Dalles, Oregon 541-296-9458
<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Goldendale Driver Licensing Office
 203 E Main Street, Goldendale, Washington 509-773-5400
<https://fortress.wa.gov/dol/dolprod/dsdoffices/OfficeInfo.aspx?cid=250&oid=48>

Klickitat County Vehicle License
 205 S Columbus #203 Goldendale Washington 509-773-4001
<https://fortress.wa.gov/dol/dolprod/vehoffices/DisplayOffices.aspx?County=20>

Oregon Department of Motor Vehicles (DMV) ■
<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Washington State Licensing (DOL) ■
 Washington <https://www.dol.wa.gov/>

White Salmon Driver License Office ■
 156 NE Church Avenue, White Salmon, Washington 509-493-1131
<https://fortress.wa.gov/dol/dolprod/dsdoffices/OfficeInfo.aspx?cid=711&oid=52>

DIRECTORY / DIRECTORIO

Domestic Violence and Sexual Assault / Violencia Doméstica y Agresión Sexual

Information on how to get help for crime/domestic violence survivors.

Información sobre cómo obtener ayuda para los sobrevivientes de delitos y violencia doméstica.

Crime Victim's Assistance Gilliam County ▲
221 S. Oregon St., Condon, OR 541-384-4704
http://www.co.gilliam.or.us/government/index/Victim_s_Assistance.php

Crime Victim's Assistance Hood River County ■
309 State Street, Hood River, OR 541-386-3103
<https://www.co.hood-river.or.us/?SEC=D4C497A6-9F2B-4621-A05E-587E4993A666>

Crime Victim's Assistance Klickitat County
205 S Columbus Avenue MS-CH-18, Goldendale, WA 509-773-5838
<https://klickitatcounty.org/311/Victim-Witness-Services>

Crime Victim's Assistance Sherman County
500 Court Street, Moro, OR 541-565-3534
<https://www.co.sherman.or.us/victims-assistance-program/>

Crime Victim's Assistance Skamania County
240 NW Vancouver Avenue, Stevenson, WA 509-427-9406
<https://www.skamaniacounty.org/departments-offices/prosecutor/victim-witness>

Crime Victim's Assistance Wasco County ■
511 Washington Street, The Dalles, OR 541-506-2680
https://www.co.wasco.or.us/departments/district_attorney/victim_services.php

Domestic Violence and Crime Victims: 24 Hour Crisis Line
Victimas de violencia doméstica y crimen: Línea de crisis las 24 horas (Número Gratuito)
<https://www.thehotline.org/help/> (Toll Free) 844-493-1709

Haven From Domestic and Sexual Violence ■
(Gilliam, Sherman, Wasco & Wheeler Counties)
PO Box 576, The Dalles, OR 541-296-1662
<https://haventhedalles.org/>

Helping Hands Against Violence (Hood River) ■
PO Box 441, Hood River, Oregon <http://www.helpinghandsoregon.org> 541-386-6603

Programs for Peaceful Living (Goldendale)
116 W. Main Street, Goldendale, Washington 509-773-6100
<https://www.wagap.org/programs-for-peaceful-living>

Programs for Peaceful Living (Bingen)
115 W. Steuben Street, Bingen, Washington 509-493-1533
<https://www.wagap.org/programs-for-peaceful-living>

Programs for Peaceful Living (24 hour crisis pager)
<https://www.wagap.org/programs-for-peaceful-living> 844-493-1709

Skamania County Council on Domestic Violence and Sexual Assault
(SCCDVSA) 96 NW Columbia Street, Stevenson, WA 877-427-4210
<https://skamaniadvsa.webs.com/>

DIRECTORY / DIRECTORIO

Skamania County Council on Domestic Violence and Sexual Assault
Women's Support Group (Tuesdays 2-3:00pm)

Education/Advocacy / Educación / Abogacía

School Districts and other educational resources.

Distritos escolares y otros recursos educativos

Columbia Gorge Community College (Hood River Campus) ■
1730 College Way, Hood River, OR <https://www.cgcc.edu/> 541-308-8211

Columbia Gorge Community College (The Dalles Campus) ■
400 E Scenic Drive, The Dalles, OR www.cgcc.cc.or.us 541-506-6000

Columbia Gorge Education Service District Migrant Education ■
400 East Scenic Drive, Suite 207, The Dalles, OR 541-296-8271
<https://www.cgesd.k12.or.us/>

Columbia Gorge Educational Service District ■
400 E Scenic Drive, Suite 207, The Dalles, OR 541-298-5155
<https://www.cgesd.k12.or.us/>

ESD 112 Behavioral Health Program (multiple school-based services,
Klickitat and Skamania Counties), WA <https://www.esd112.org/safety-center/> 360-952-3372

Four Rivers Early Learning Hub ■
400 E Scenic Drive #207, The Dalles, OR <https://www.4relh.com/> 541-506-2234

Hood River Community Education (Hood River County School District) ■
1011 Eugene Street, Hood River, OR 541-386-2055
<https://www.hoodriver.k12.or.us/domain/64>

Hood River County Early Intervention ■
1011 Eugene Street, Hood River, OR 541-387-5077
<https://www.hoodriver.k12.or.us/Page/358>

Klickitat County Early Intervention 509-493-4224
<https://www.esd112.org/special-services/early-support-for-infants-and-toddlers-esit/>

Mid Columbia Children's Council Early Head Start (Administration) ■
1100 E Marina Way, Hood River, OR 541-386-2010
<https://mccheadstart.org/head-start/>

North Central Education Service District (Gilliam,
Sherman, Wheeler Counties) (Toll Free)
135 S. Main Street, Condon, OR <https://www.ncesd.k12.or.us/> 800-450-2732

Oregon Child Development Council (Administration) ■ ◆ ▲
1300 W. 9th Street, The Dalles, OR <https://www.ocdc.net/> 541-296-0143

Sherman County Early Intervention 541-565-3600
<https://www.ncesd.k12.or.us/EI-ECSE>

Wasco County Early Intervention & Early Childhood Special Education
1721 W 10th Street, The Dalles, OR 541-296-1478
<https://www.cgesd.k12.or.us/domain/29>

Washington State Education Service District 112
2500 NE 65th Avenue, Vancouver, WA <https://www.esd112.org/> 360-750-7500

DIRECTORY / DIRECTORIO

School Districts / Distritos Escolares

Arlington School District ▲ 1200 Main Street, Arlington, OR https://www.ncesd.k12.or.us/Page/29	541-454-2632
Centerville School District 2315 Centerville Hwy, Centerville, WA https://www.centervilleschool.org/	509 773-4893
Condon School District 210 E Bayard Street, Condon, OR https://condon.k12.or.us/	541-384-2441
Dufur School District #29 802 NE 5th Street , Dufur, OR https://www.dufur.k12.or.us/	541-467-2509
Glenwood School District 320 Bunnel St, Glenwood, WA http://www.glenwood.k12.wa.us/	509 364-3438
Goldendale School District 404 604 E. Brooks Street, Goldendale, WA https://www.goldendaleschools.org/	509-773-5177
Hood River County School District ■ 1011 Eugene Street, Hood River, OR http://www.hoodriver.k12.or.us	541-386-2511
Klickitat School District 98 School Drive, Klickitat, WA https://www.klickitat.wednet.edu/	509-369-4145
Lyle Schools (Lyle and Dallesport) 625 Keasey Road, Lyle, WA https://www.lyleschools.org/	509 356-2191
Mill A School District 1142 Jessup Rd, Cook, WA http://www.milla.k12.wa.us/	509 538-2522
Mosier Community School ■ 1204 1st Ave, Mosier, OR https://www.mosier.k12.or.us/Page/1	541-478-3321
North Wasco County School District ■ 3632 West 10th Street, The Dalles, OR https://www.nwasco.k12.or.us/	541-506-3420
Sherman County School District 65912 High School Loop, Moro, OR https://shermancountyschooldistrict.weebly.com/	541-656-3500
South Wasco School District 699 4th Street, Maupin, OR https://www.swasco.net/	541-395-2225
Stevenson-Carson School District ■ 350 NW Bulldog Drive, Stevenson, WA http://www.scsd303.org/	509-427-5674
Trout Lake Schools 2310 WA-141, Trout Lake, WA https://www.troutlake.k12.wa.us/	509 395-2571

DIRECTORY / DIRECTORIO

White Salmon Valley School District ■
171 NW Washington Street, White Salmon, WA 509-493-1500
<https://www.wsvsd.org/>

Wishram Schools
135 Bunn Street, Wishram, WA 509 748-2551
<https://www.wishramschool.org/>

Employment (see Job Training) **Empleo** (ver Capacitación laboral)

Barrett Business Services (Employment and Temp Services) ■
3591 Klindt Drive Suite 100, The Dalles, OR 541-296-4455
<https://mybbbsi.com>

Oregon Employment Department / Worksource Oregon ■
700 Union Street, Suite 105, The Dalles, OR 541-296-5435
<http://www.worksourceoregon.org>

Oregon Human Development Corporation (Job Assistance) ■
1100 E Marina Way Suite 102, Hood River, OR 541 386-0333
<http://www.ohdc.org>

People for People ■ (Goldendale)
116 East Main Street, Goldendale, Washington 509-969-6322
<https://www.pfp.org/pfp/Agency/ContactUs.aspx>

People for People ■ (Goldendale)
750 Broadway Avenue, Goldendale, Washington 509-773-8170
<https://www.pfp.org/pfp/Agency/ContactUs.aspx>

People for People ■ (Stevenson)
40 SW Cascade Avenue Suite 60, Stevenson, Washington 509-379-4709
<https://www.pfp.org/pfp/Agency/ContactUs.aspx>

People for People ■ (White Salmon)
170 W Jewett Blvd, White Salmon, WA 509-493-0315
<https://www.pfp.org/pfp/Agency/ContactUs.aspx>

Stevenson Unemployment Career Center Office
704 SW Rock Creek Drive, Stevenson, WA 509-427-4464
<https://unemploymentoffice.us/washington-unemployment-offices/stevenson-wa-unemployment-career-center-office/>

White Salmon Unemployment Career Center
107 E. Jewett Blvd, White Salmon, WA 509-493-1210
<https://unemploymentoffice.us/washington-unemployment-offices/white-salmon-wa-unemployment-career-center-office/>

WorkSource Oregon (Hood River) ■
1730 College Way Room 301, Hood River, OR 541 386-6300
<http://www.worksourceoregon.org>

WorkSource Oregon (The Dalles)
700 Union Street, Suite 105, The Dalles, Oregon 541-791-5850
<http://www.worksourceoregon.org>

Primary Care

Let us be your partner



**Providence Hood River
Women's Clinic**

541-387-8940

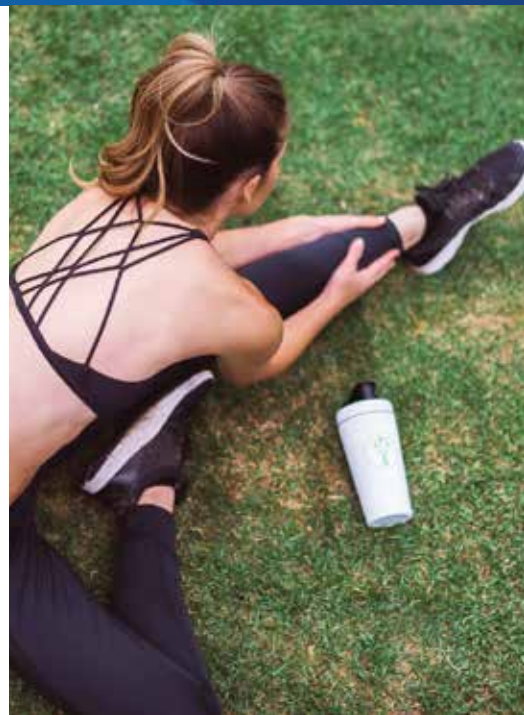


**Providence Hood River
Family Medicine Clinic**

541-387-1300

Providence.org

are Clinics on your health journey



Providence Hood River Weekend Clinic

541-387-8940

Saturday/Sunday 9AM-3PM

Providence Hood River Internal Medicine

541-387-6125



DIRECTORY / DIRECTORIO

Worksource Washington (Goldendale) 509-493-5009
116 East Main Street, Goldendale, Washington <https://worksourcewa.com/>

Worksource Washington (Stevenson) 509-774-7631
40 SW Cascade Avenue Suite 60, Stevenson, Washington <https://worksourcewa.com/>

Family and Children Services / Servicios para Familias y Niños

Resources and support for families experiencing a variety of challenges.
Recursos y apoyo para familias que experimentan una variedad de desafíos.

Child Care Partners (Resource and Referral) ■
400 East Scenic Drive, The Dalles, OR <https://www.cgcc.edu/childcare> 541-506-6131

Child Protective Services & Family Services (Toll Free) 855-420-5888
(Washington) (CPS Hotline) 509-363-3333
<https://www.childwelfare.gov/topics/supporting/support-services/>

Child Protective Services & Family Services (West) ■
211 N Main Avenue, White Salmon, WA 509-493-6180
<https://www.childwelfare.gov/topics/supporting/support-services/>

Child Support Enforcement (Klickitat County) (Prosecuting Attorney)
205 S Columbus Avenue, Goldendale, WA 509-773-5838
<https://klickitatcounty.org/287/Prosecuting-Attorney>

Child Support Enforcement (Klickitat County) (Toll Free) 800-580-0228
<https://klickitatcounty.org/287/Prosecuting-Attorney>

Child Support Enforcement (Oregon) (Toll Free) 800-850-0228
<https://www.doj.state.or.us/child-support/services/enforcement/>

Child Support Enforcement (Washington) (Toll Free) 800-729-7580
<https://www.childsupportoffice.net/washington-child-support-office-co47>

Child Welfare (DHS) Sherman County ■
103 S Main Street, Condon, OR 541-384-2882
<http://www.dhs.state.or.us/communityforum/docs/wasco.pdf>

Child Welfare (DHS) (Self-Sufficiency) (Gilliam County) ■
103 S Main Street, Condon, OR 541-384-4252
https://www.financialhelpresources.com/details/gilliam_county-OR.html

Child Welfare (DHS) Gilliam County ■
103 S Main Street, Condon, OR 541-384-2882
https://www.financialhelpresources.com/details/gilliam_county-OR.html

Child Welfare (DHS) (Self-Sufficiency) (Hood River County) ■
1610 9th Court, Hood River, OR 541-386-3199
<https://www.oregon.gov/dhs/offices/pages/self-sufficiency.aspx>

Child Welfare (DHS) (Self-Sufficiency) (Sherman County) ■
103 S Main Street, Condon, OR 541-384-2882
<https://www.oregon.gov/DHS/Offices/Pages/General-Public.aspx>

Child Welfare (DHS) (Self-Sufficiency) (Wasco County) ■
700 Union Street, The Dalles, OR 541-296-4661
<https://www.oregon.gov/dhs/offices/pages/self-sufficiency.aspx>

DIRECTORY / DIRECTORIO

Child Welfare (DHS) Hood River County ■
 1610 9th Court, Hood River, OR 541-386-2962
<https://www.dcfoffices.org/office/hood-river-dhs-office>

Child Welfare (DHS) Wasco County ■
 700 Union Street, The Dalles, OR 541-298-5136
<https://www.oregon.gov/dhs/offices/pages/child-welfare.aspx>

Child Welfare Department of Human Services (DHS)
 (Children & Youth Abuse Hotline) (Toll Free) 855-503-7233
<https://www.oregon.gov/dhs/children/Pages/index.aspx>

Children & Family Services (Stevenson)
 266 SW Second Street, Stevenson, WA 509-427-0700
<https://www.dcyf.wa.gov/node/559>

Columbia Gorge CASA
 P.O. Box 663, Hood River, OR <http://www.gorgecasa.org> 541 386-3468

Department of Social & Health Services (DSHS) (Goldendale) ■
 806 S Columbus Avenue, Goldendale, WA 509-773-7450
<https://www.dshs.wa.gov/location/dshs-cso-062>

Department of Social & Health Services (DSHS) (White Salmon) ■
 211 N Main Avenue, White Salmon, WA 509-493-4814
<https://www.dshs.wa.gov/location/dshs-cso-020>

Eastern Oregon Center for Independent Living
 (specialize resources for parents)
 400 E Scenic Drive, Bldg 2, Suite 2382, The Dalles, OR 541-370-2810
<http://www.eocil.org>

Expecting in the Gorge
 890 Roberts Drive, Hood River, OR 541-619-4123
<http://www.expectinginthegorge.com>

Four Rivers Early Learning Hub ▲
 400 E Scenic Drive #207, The Dalles, OR <https://www.4relh.com/> 541-506-2234

Gorge Youth Mentoring (The Next Door) ■
 965 Tucker Road, Hood River, OR <https://nextdoorinc.org/gym/> 541-386-6665

Healthy Families Oregon (The Next Door, Inc) (Hood River) 541-436-0320
 965 Tucker Road, Hood River, Oregon <https://nextdoorinc.org/familysupport/>

Healthy Families Oregon (The Next Door, Inc) (The Dalles) 541-296-8118
 1113 Kelly Avenue, The Dalles, Oregon <https://nextdoorinc.org/familysupport/>

Hood River Community Education (Hood River County School District) ■
 1011 Eugene Street, Hood River, OR 541-386-2055
<https://www.hoodriver.k12.or.us/domain/64>

Hood River County Prevention ■
 309 State Street, Hood River, OR 541 386-2500
<https://www.hoodriverprevents.com/>

DIRECTORY / DIRECTORIO

Hope Medical Center -- Family Care Pregnancy Resource (Hood River) ■
 1240 12th Street, Suite 100, Hood River, OR
<https://www.hopemedicalclinic.org/> 541-386-1050

Hope Medical Center -- Family Care Pregnancy Resource (The Dalles) ■
 3206 West 6th Street, Suite 200, The Dalles, OR
<https://www.hopemedicalclinic.org/> 541-296-0650

The Harbor Family Resource Center
 125 W Main Street, Goldendale, Washington 509-281+2508

KLASAC Klickitat Lyle Against Substance Abuse Coalition
 115 W Steuben, Bingen, WA 509-493-2662 x 211
<https://www.ourklickitat.org/community-partners>

One Prevention Alliance
 Stevenson, Washington 509-427-9490
<http://onepreventionalliance.org/>

Our Klickitat Prevention Coalition (WAGAP / DFC)
 115 W Steuben, Bingen, WA <https://www.ourklickitat.org/> 509-493-2662 ext 211

Parent to Parent of Klickitat County (support for parents of children with disabilities)
 (apoyo para padres de niños con discapacidades) Washington 971-236-8791
<https://peacenw.org/what-we-do/parent-to-parent-p2p-klickitat/>

PFLAG (Parents & Families of Lesbians & Gays)
 (Padres y Familias de Lesbianas y Gays) <https://pflag.org/> 202-467-8180

Pregnancy Resource Center (Goldendale)
 120 W Allyn, Goldendale, WA <https://www.goldendaleprc.org/> 509-773-5501

Safe Kids Columbia Gorge (Carseat / Bike Helmet /
 Life Vest Safety for Children) (Oregon) The Dalles, OR 541-980-1019
<https://www.safekids.org/coalition/safe-kids-columbia-gorge>

SafeSpace Children's Advocacy Center of the Gorge ■
 1625 Woods Court, Suite 102, Hood River, OR 541-436-2960
<http://www.safespaceac.org>

Sherman County Family Care & Resource Referral, Oregon 541-565-3434
<https://www.co.sherman.or.us/resources-contacts/>

Sherman County Prevention Coalition, Oregon 541-565-5036
<https://www.co.sherman.or.us/departments/prevention/>

Skamania Klickitat Community Network (Parenting Resources),
 Washington <http://www.skcnparents.net/> 509-426-4813

Washington State Department of Children, Youth & Families ■
 Washington <https://www.dcyf.wa.gov/node/533> 360-902-8060

Washington State Department of Children, Youth & Families ■
 (Goldendale) Goldendale, WA (Toll Free) 800-557-9671
https://fortress.wa.gov/dshs/ca/CAOfficesPub/offices/general/OfficeShow.asp?q5_City=179

Young Life ■ 541-386-5433
 PO Box 1186, Hood River, OR

DIRECTORY / DIRECTORIO

Youth Empowerment Shelter (YES)
514 E 9th Street, The Dalles, OR <http://www.yeshelter.org> 541-705-4777

YouthThink
610 Court Street, The Dalles, OR <https://youththink.net/> 541-506-2673

Financial Assistance / Asistencia Financiera

Assistance with food and other issues.

Asistencia con alimentos, servicios públicos y otros asuntos.

Community Action Program (Oregon)
350 Mission Street SE Suite 201, Salem, OR <https://caporegon.org/> 503-316-3951

Consumer Credit Counseling Service <https://credit.org/> 800-431-8157

Department of Human Services (DHS) (Self-Sufficiency) (Gilliam County) ■
103 S Main Street, Condon, OR 541-384-4252
https://www.financialhelpresources.com/details/gilliam_county-OR.html

Department of Human Services (DHS) (Self-Sufficiency) (Hood River County) ■
1610 9th Court, Hood River, OR 541-386-3199
https://www.financialhelpresources.com/details/hood_river_county-OR.html

Department of Human Services (DHS) (Self-Sufficiency) (Sherman County) ■
103 S Main Street, Condon, OR 541-384-4252
<https://www.oregon.gov/dhs/offices/pages/self-sufficiency.aspx>

Department of Human Services (DHS) (Self-Sufficiency) (Wasco County) ■
700 Union Street, The Dalles, OR 541-296-4661
<https://www.oregon.gov/dhs/offices/pages/self-sufficiency.aspx>

Department of Social & Health Service(DSHS) (Stevenson) ■
66 2nd St, Stevenson, WA 509-427-0713
<https://www.dshs.wa.gov/location/dshs-cso-030>

Department of Social & Health Services (DSHS) (Goldendale) ■
806 S Columbus Avenue, Goldendale, WA 509-773-7450
<https://www.dshs.wa.gov/node/7613>

Department of Social & Health Services (DSHS) (White Salmon) ■
211 N Main Avenue, White Salmon, WA 509-493-4814
<https://www.dshs.wa.gov/>

Mid -Columbia Community Action Council ■
312 E. 4th St, he Dalles, OR <https://mccac.com/> 541-298-5131

SNAP / EBT (Supplemental Nutrition Assistance Program ■
(Food Stamps) (Hood River) 1610 9th Court Street, Hood River, OR 541-386-3199
<https://www.dshs.wa.gov/location/dshs-cso-030>

SNAP / EBT (Supplemental Nutrition Assistance Program (Food Stamps) ■
(Stevenson) 266 SW 2nd Street, Stevenson, WA 877-501-2233
<https://www.benefits.gov/benefit/1364>

DIRECTORY / DIRECTORIO

SNAP / EBT (Supplemental Nutrition Assistance Program (Food Stamps) ■
(The Dalles) 700 Union Street, Suite 128, The Dalles, OR 541-296-4661
<https://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx>

SNAP / EBT (Supplemental Nutrition Assistance Program (Food Stamps) ■
(White Salmon) 221 N Main Avenue, White Salmon, WA 877-501-2233
<https://www.benefits.gov/benefit/1364>

Social Security Office Administration (The Dalles)
401 E 3rd St., The Dalles, OR <https://www.ssa.gov/> 800-772-1213

Washington Gorge Actions Programs (Toll Free) 800-755-1192
<https://www.wagap.org/>

Washington Gorge Action Programs ■
115 W. Steuben, Bingen, WA <https://www.wagap.org/> 509-493-2662

Washington Gorge Action Programs (WAGAP) (Goldendale)
150 W Main Street, Goldendale, WA <https://www.wagap.org/> 509-773-6834

Washington Gorge Action Programs (WAGAP) (Stevenson)
683 Rock Creek Drive, Stevenson, WA <https://www.wagap.org/> 509-427-8229

Food / Comida

Bingen Food Bank ■
115 W Steuben Street, Bingen, WA <https://www.wagap.org/> 509-493-2662

Bread and Blessings (Assistance with food, housing, gas, clothing) ■
St. Vincent de Paul, 315 W 3rd Street, The Dalles, OR 541-296-9566
<https://svdpthedalles.org/>

Columbia Gorge Food Bank ■
610 Crates Way, The Dalles, OR 541-370-2333
<https://www.oregonfoodbank.org/about-us/locations/the-dalles/>

Community Action Program (Oregon) ■
350 Mission Street SE Suite 201, Salem, OR <https://caporegon.org/> 503-316-3951

Father's House Food Pantry
207 S Klickitat, Goldendale, WA 509-281-2203

FISH Food Bank (Cascade Locks) ■
140 SW Wa-Na-Pa Street, Cascade Locks, OR <http://fish-food-bank.com> 541-374-8484

FISH Food Bank (Hood River) ■
1130 Tucker Road, Hood River, OR <http://fish-food-bank.com> 541-386-3474

Goldendale Food Bank (Washington Gorge Action Program) ■
112 E Main Street, Goldendale, WA 509-493-2662
<https://www.wagap.org/food-banks-nutrition>

Gorge Gleaning
203 2nd Street, Hood River, OR <http://gorgegleaning.com/> 541-490-6420

Gorge Grown Food Network ■
203 2nd Street, Hood River, OR <https://gorgegrown.com/> 541-490-6420

Klickitat County Meals on Wheels (Klickitat County Senior Services) ■
136 N Main, White Salmon, WA 509-493-3068
<https://klickitatcounty.org/347/Nutrition-Program>

Klickitat Food Bank (Washington Gorge Action Program) ■
92 Main St., Klickitat, WA <https://www.wagap.org/food-banks-nutrition> 509-493-2662

DIRECTORY / DIRECTORIO

Meals on Wheels (Hood River) ■
 2010 Sterling Place, Hood River, OR 541-386-2060
<https://www.hrvac.org/meals-on-wheels>

Meals on Wheels (The Dalles) ■
 1112 W 9th St, The Dalles, OR 541-298-8333
<https://www.facebook.com/tdmealsonwheels/>

Mid-Columbia Community Action Council (MCCAC) ■
 312 E 4th Street, The Dalles, OR <https://mccac.com/> 541-298-5131

Mobile Food Bank (Klickitat and Skamania Counties) 509-281-0230

Rufus Food Bank
 304 W 2nd Street, Rufus, OR 541-980-1114
<https://www.fish-food-bank.com/about>

Salvation Army Shopping Pantry ■
 811 E 2nd Street, The Dalles, OR 541-296-6417
<https://thedalles.salvationarmy.org/>

Seventh-day Adventist Church (food pantry / clothing)
 1222 Oak St , Hood River, OR 541-386-3220
hoodriveror.adventistchurch.org

Skamania County Meals on Wheels ■
 710 SW Rock Creek Drive, Stevenson, WA 509-427-3990
<https://www.skamaniacounty.org/departments-offices/senior-services/services/nutrition-programs>

SNAP / EBT (Supplemental Nutrition Assistance Program Condon) ■
 103 South Main Street, Condon, OR 541-384-4252
https://www.financialhelpresources.com/details/gilliam_county-OR.html

SNAP / EBT (Supplemental Nutrition Assistance Program (Food Stamps) ■
 (Hood River) 1610 9th Court Street, Hood River, OR 541-386-3199
<https://govstatus.egov.com/or-dhs-benefits>

SNAP / EBT (Supplemental Nutrition Assistance Program (Food Stamps) ■
 (Stevenson) 266 SW 2nd Street, Stevenson, WA 877-501-2233
<https://www.snapoffices.com/ci/wa-stevenson>

SNAP / EBT (Supplemental Nutrition Assistance Program (Food Stamps) ■
 (The Dalles) 700 Union Street, Suite 128, The Dalles, OR 541-296-4661
<https://govstatus.egov.com/or-dhs-benefits>

SNAP / EBT (Supplemental Nutrition Assistance Program (Food Stamps) ■
 (White Salmon), 221 N Main Avenue, White Salmon, WA 877-501-2233
<https://medicaidoffice.us/washington-medicaid-offices/white-salmon-wa-medicaid-food-stamp-and-welfare-office/>

St Marks (emergency food / gas voucher)
 400 11th Street, Hood River, OR 541-386-2077
<https://episcopalchurch.org/parish/st-marks-episcopal-church-hood-river-or>

DIRECTORY / DIRECTORIO

St Vincent de Paul (Community Meals) ■
505 W 9th Street, The Dalles, OR communitymeal.com 541-296-9566

St. Vincent de Paul Food Bank (The Dalles) ■
505 W. 9th Street, The Dalles, OR 541-296-9567
<http://www.svdpthedalles.org>

Stevenson Food Bank (Washington Gorge Action Program) ■
683 Rock Creek Drive, Stevenson, WA 509-493-2662
<http://www.wgap.ws/home/food-banks-and-nutrition>

Wahtonka Community School Food Pantry
3601 W 10th Street, The Dalles, OR 541-370-2333
<https://www.oregonfoodbank.org/columbia-gorge-food-bank-opens-dalles/>

Wasco County Meals on Wheels, Oregon ■ 541-298-8333

Washington Gorge Actions Programs (Toll Free) 800-755-1192
<https://www.wagap.org/>

Washington Gorge Action Programs ■
115 W. Steuben, Bingen, WA <https://www.wagap.org/> 509-493-2662

Washington Gorge Action Programs (WAGAP) (Goldendale)
150 W Main Street, Goldendale, WA <https://www.wagap.org/> 509-773-6834

Washington Gorge Action Programs (WAGAP) (Stevenson)
683 Rock Creek Drive, Stevenson, WA <https://www.wagap.org/> 509-427-8229

WIC (Women, Infants, & Children) (Goldendale) ■
228 W Main Street, Goldendale, WA 509-773-4565
<https://www.klickitatcounty.org/289/Public-Health>

WIC (Women, Infants, & Children) (Hood River) ■
1109 June St., Hood River, OR https://www.co.hood-river.or.us/index.asp?Type=B_BASIC&SEC={88E4CED7-3C8F-4074-9C7A-075198E38804}&DE= 541-387-6882

WIC (Women, Infants, & Children) (Stevenson) ■
710 SW Rock Creek Drive, Stevenson, WA 509-427-3860
<https://www.klickitatcounty.org/289/Public-Health>

WIC (Women, Infants, & Children) (The Dalles) ■
419 E 7th Street, The Dalles, OR 541-506-2610
https://www.wicprograms.org/li/wasco_county_wic_clinic_97058

WIC (Women, Infants, & Children) (White Salmon) ■
501 NE Washington Street, White Salmon, WA 509-493-1558
<https://www.klickitatcounty.org/289/Public-Health>

Funeral Homes / Funeraria Assistance with final arrangements for your loved ones.

Anderson's Celilo Chapel (The Dalles) 541-296-2600
204 E. 4th Street, The Dalles, Oregon <https://www.andersontributecenter.com/the-dalles>

Anderson's Tribute Center (Hood River) 541-386-1000
1401 Belmont Avenue, Hood River, Oregon
<https://www.andersontributecenter.com/hood-river>

Columbia Gorge Cremation 541-386-1000
1401 Belmont Avenue, Hood River, Oregon

Columbia River Crematory 509-773-4646
300 W. Broadway, Goldendale, Washington

DIRECTORY / DIRECTORIO

Gardner Funeral Home (White Salmon) 509-493-1323
1270 N Main Avenue, White Salmon, Washington <https://gardnerfh.com/>

Gardner Memorial Chapel Funeral Home (Goldendale) 509-773-4646
300 W. Broadway, Goldendale, Washington <https://gardnerfh.com/>

Smith Callaway Chapel, 311 Union Street, The Dalles, OR 541-396-3135
<https://www.imortuary.com/funeral-homes/oregon/the-dalles/smith-callaway-chapel/>

Spencer Libby & Powell Funeral Home 541-296-3234
1100 Kelly Avenue, The Dalles, Oregon <https://www.spencerlibbyandpowell.com/>

Medical Examiner / Coroner

Hood River County Medical Examiner and Coroner 541-386-1115
1109 June Stree, Hood River, Oregon

Klickitat County Coroner 509-773-5838
205 S. Columbus Avenue, Goldendale, Washington

Skamania County Coroner (combined with Prosecutor Office) 509-427-3796
240 NE Vancouver Avenue, Stevenson, Washington

Wasco County Medical Examiner and Coroner 541-506-2600
1815 East 19th Street The Dalles Oregon

Government, City / Gobierno, Cuidad

Cascade Locks Administration, City Recorder, Finance,
Ordinance Enforcement, Planning, Public Works
140 SE Wa-Na-Pa Street, Cascade Locks, OR 541-374-8484
<https://www.cascade-locks.or.us/>

Cascade Locks Justice Court
430 SW Wa-Na-Pa Street, Cascade Locks, OR 541-374-8558
<https://www.co.hood-river.or.us/?SEC=66617F8C-C5E9-4A5D-9965-5AE0204F92E4>

Condon Administration, Public Works ■
128 S Main Street, Condon, OR <http://cityofcondon.com/> 541-384-2711

Goldendale Administration, Building Inspector,
City Clerk / Treasurer, Planning ■
1103 S Columbus, Goldendale, WA 509-773-3771
<https://www.ci.goldendale.wa.us/>

Hood River City Main Number ■
211 2nd Street, Hood River, OR <https://cityofhoodriver.gov/> 541-386-1488

Hood River Municipal Court / Número Principal ■
216 Cascade Street, Hood River, OR 541-386-3942
https://www.courts.oregon.gov/courts/hood_river/Pages/default.aspx

The Dalles Main Number / Número Principal
313 Court Street, The Dalles, OR 541-296-5481
<http://www.ci.the-dalles.or.us/>

DIRECTORY / DIRECTORIO

White Salmon Main Number / Número Principal ■
 100 N Main Street, White Salmon, WA 509-493-1133
<https://www.white-salmon.net/>

Government, County / Gobierno, Condado

Gilliam County Main Number / Número Principal ▲
 221 S Oregon Street, Condon, OR 541-384-3303
<http://www.co.gilliam.or.us/>

Gilliam County District Attorney ▲
 221 S Oregon Street, Condon, OR 541-384-3844
http://www.co.gilliam.or.us/government/district_attorney/index.php

Gilliam County Juvenile Department ▲
 221 S Oregon Street, Condon, OR 541-384-2398
http://www.co.gilliam.or.us/government/juvenile_department/index.php

Hood River County Administration ■
 601 State Street, Hood River, OR <https://www.co.hood-river.or.us/> 541-386-3970

Hood River County Adult Parole & Probation ■
 309 State Street, Hood River, OR 541-387-6862
<https://www.co.hood-river.or.us/?SEC=63A8B693-F32F-4C2F-8B06-2CB1E0FF7124>

Hood River County District Attorney ■
 309 State Street, Hood River, OR 541-386-3103
<https://www.co.hood-river.or.us/?SEC=4F759AC5-D4F8-4C51-B740-1F45870AC655>

Hood River County Health Department ■
 1109 June Street, Hood River, OR 541.386.1115
<http://www.co.hood-river.or.us>

Hood River County Juvenile Department ■
 309 State Street, Hood River, OR 541-386-1030
<https://www.co.hood-river.or.us/?SEC=C268D03A-5BA1-42CB-8919-EB58F9ADA158>

Hood River County Prevention Department ■
 309 State Street, Hood River, OR 541-386-2500
<https://www.hoodriverprevents.com/>

Klickitat County Adult Parole & Probation ■
 205 S Columbus Avenue, Goldendale, WA 509-773-3776
<https://klickitatcounty.org/153/Adult-Probation-Services>

Klickitat County Main Number ■
 205 S Columbus Street, Rm 204, Goldendale, WA 509-773-5744
<https://www.klickitatcounty.org/>

Klickitat County District Attorney ■
 205 S Columbus Avenue, Goldendale, WA 509-773-5838
<https://klickitatcounty.org/287/Prosecuting-Attorney>

DIRECTORY / DIRECTORIO

Klickitat County Health Department (White Salmon) ■
 501 NE Washington, White Salmon, WA 509-493-1558
<https://www.klickitatcounty.org/289/Public-Health>

Klickitat County Juvenile Department (East End) ■
 131 W Court Street, Goldendale, WA 509-773-3355
<https://klickitatcounty.org/254/Juvenile-Department>

Klickitat County Juvenile Department (West End) ■
 501 NE Washington Street, White Salmon, WA 509-493-3980
<https://www.klickitatcounty.org/254/Juvenile-Department>

Sherman County Main Number
 500 Court Street, Moro, OR <https://www.co.sherman.or.us/> 541-565-3505

Sherman County Adult Parole & Probation, Oregon 541-384-2852
<https://www.co.sherman.or.us/departments/tri-county-community-corrections/>

Sherman County Community Corrections, Oregon 541-384-2852
<https://www.co.sherman.or.us/departments/tri-county-community-corrections/>

Sherman County District Attorney
 500 Court Street, Moro, OR 541-565-3534
<https://www.co.sherman.or.us/departments/district-attorneys-office/>

Sherman County Emergency Services, Oregon 541-565-3100
<https://www.co.sherman.or.us/departments/emergency-services/>

Sherman County Justice of the Peace
 500 Court Street, Moro, OR 541-565-3572
<https://www.co.sherman.or.us/departments/sherman-county-justice-court/>

Sherman County Juvenile Department
 500 Court Street, Moro, OR 541-565-3461
<https://www.co.sherman.or.us/departments/juvenile-court/>

Skamania County Main Number
 240 Vancouver Avenue, Stevenson, WA 509-427-3770
<https://www.skamaniacounty.org/>

Skamania County Adult Parole & Probation
 240 Vancouver Avenue, Stevenson, WA 509-427-3709
<https://www.skamaniacounty.org/departments-offices/probation-office>

Skamania County Community Health
 710 Rock Creek Drive, Stevenson, WA 509-427-3850
<https://www.skamaniacounty.org/departments-offices/community-health>

Skamania County District Attorney
 240 Vancouver Avenue, Stevenson, WA 509-427-3796
<https://www.skamaniacounty.org/departments-offices/prosecutor>

DIRECTORY / DIRECTORIO

Skamania County Juvenile Department
200 Vancouver Avenue, Stevenson, WA 509-427-9462
<https://www.skamaniacounty.org/departments-offices/juvenile-services>

Wasco County Main Number
511 Washington Street, The Dalles, OR <https://www.co.wasco.or.us/> 541-506-2550

Wasco County Adult Parole & Probation
502 Washington Street, The Dalles, OR 541-506-2570
https://www.co.wasco.or.us/departments/community_corrections/index.php

Wasco County Circuit Court ■
511 Washington Street, The Dalles, OR 541-506-2700
<https://www.courts.oregon.gov/courts/wasco/Pages/default.aspx>

Wasco County District Attorney
511 Washington Street, The Dalles, OR 541-605-2680
https://www.co.wasco.or.us/departments/district_attorney/index.php

Wasco County Juvenile Department
202 E 5th Street, The Dalles, OR 541-506-3715
https://www.co.wasco.or.us/departments/youth_services/index.php

Wasco County Public Works
2705 East 2nd St, OR 541-506-2640
https://www.co.wasco.or.us/departments/public_works/index.php

Health / Medical/ Salud y Medicina

Hospitals and health service providers for all income levels.

Hospitales y proveedores de servicios de salud para todos los niveles de ingresos.

Bridges to Change Services (Peer-run Referral and Support Program) 503-374-2869
212 Washington, The Dalles, Oregon

Bridges to Health Pathways Program 541-705-2705
610 Court Street, The Dalles, Oregon
<https://www.cghealthcouncil.org/bridges-to-health>

Bristol Hospice of the Gorge 541-386-1942
407 Portway Avenue, Suite 201, Hood River, Oregon
<https://bristolhospice.com/hood-river/>

Greater Oregon Behavioral Health, Inc (GOHBI)
3729 Klindt Drive, The Dalles, OR <https://www.gobhi.org/> 541-298-2101

Heart of Hospice (Hood River) ■
2621 Wasco Street, Hood River, OR <http://heartofhospice.org/> 541-386-1942

Heart of Hospice (The Dalles) ■
508 Washington Street, The Dalles, OR <http://heartofhospice.org/> 541-296-2289

Hood River County Health Department ■
1109 June Street, Hood River, OR <http://www.co.hood-river.or.us> 541-386-1115

Klickitat Valley Health Hospice ■
711 East Collins, Goldendale, WA <http://www.kvhealth.net/> 509-773-0380

DIRECTORY / DIRECTORIO

Klickitat County Health Department (Goldendale) ■
 228 W Main St, Goldendale, WA 509-773-4565
<https://www.klickitatcounty.org/289/Public-Health>

Klickitat County Health Department (White Salmon) ■
 501 NE Washington, White Salmon, WA 509-493-1558
<https://www.klickitatcounty.org/289/Public-Health>

Klickitat Valley Health ■
 310 S Roosevelt Avenue, Goldendale, WA <http://www.kvhealth.net/> 509-773-4022

Klickitat Valley Health Family Medicine ■
 317 Sanders Way, Goldendale, WA 509-773-4017
<http://www.kvhealth.net/index.php/kvh/services/family-medicine>

Lifespan Respite Washington (Número Gratuito) ■
 6316 S 12th Street, Tacoma, WA (Toll Free) 800-572-7368
<https://www.lifespanrespitewa.org/>

North Central Public Health Department
 419 E 7th Street, The Dalles, OR <https://ncphd.org/> 541-506-2600

North Shore Medical Group (Stevenson) (No Urgent Care Hours) ■
 (No hay horas de atención urgente)
 875 Rock Creek Drive SW, Stevenson, WA 509-427-4212
<http://www.northshore-medical.com>

North Shore Medical Group (White Salmon) / Urgent Care Atención de urgencias ■
 212 Skyline Drive, White Salmon, WA <https://northshore-medical.com/> 509-493-2133

One Community Health (Hood River) ■
 849 Pacific Avenue, Hood River, OR 541-386-6380
<https://www.onecommunityhealth.org/>

One Community Health (The Dalles) ■
 1040 Webber St., The Dalles, OR <https://www.onecommunityhealth.org/> 541-296-4610

Outside In Health Center (LBGTQ youth) (LBGTQ juventud) ■
 1132 SW 13th Avenue, Portland, OR <http://www.outsidein.org> 503-535-3866

Pathways Care Coordination
 115 W Steuben Street, Bingen, WA <https://www.wagap.org/pathways> 509-281-0829

Pathways HealthConnect 509-427-3850
 710 SW Rock Creek Drive, Stevenson, Washington
<https://www.skamaniacounty.org/departments-offices/community-health/pathways/-fsiteid-1>

Providence Hood River Memorial Hospital ■
 810 12th Street, Hood River, OR 541-386-3911
<http://www.providence.org/hoodriver>

Providence Hospice of the Gorge (Hood River) ■
 1630 Woods Court, Hood River, OR 541-387-6449
<https://oregonhospice.org/program/providence-hospice-of-the-gorge/>

Providence Hospice of the Gorge (The Dalles) ■
 751 Myrtle Street, The Dalles, OR 541-296-3228
<https://oregonhospice.org/program/providence-hospice-of-the-gorge/>

DIRECTORY / DIRECTORIO**Skamania County Community Health ■**

710 Rock Creek Drive, Stevenson, WA

509-427-3850

<https://www.skamaniacounty.org/departments-offices/community-health>**Skyline Health (family medicine) ■**211 Skyline Drive, White Salmon, WA <https://myskylinehealth.org/>

509-493-1101

Skyline Health Clinic (family medicine)

509-637-2745

710 SW Rock Creek Drive, Stevenson, Washington

<https://myskylinehealth.org/>**Skyline Hospital ■**211 Skyline Drive, White Salmon, WA <https://myskylinehealth.org/>

509-493-1101

Health Insurance / Aseguransa de Salud

Help with low-income insurance options. Ayuda con opciones de seguro de bajos ingresos.

Health Finder Washington (Número Gratuito) ■

(Toll Free) 855-420-9752

<https://www.wahbexchange.org/contact-us/>**Medicare (Número Gratuito) ■**

(Toll free) 800-633-4227

<https://www.medicare.gov/forms-help-resources/contact-medicare>**Medicare (Washington) (Número Gratuito) ■**

(Toll Free) 800-562-6900

<https://www.medicare.gov/forms-help-resources/contact-medicare>**Medicare Advantage**

855-492-4169

<https://www.medicarehelp.org/2019-medicare-advantage/county/hood-river?state=oregon>**Molina Healthcare (Klickitat, Skamania Counties)**

800-294-8620

Washington <https://www.molinahealthcare.com/members/wa/en-us>**Oregon Health Plan Medicare (Número Gratuito) ■**

(Toll Free) 800-336-6016

<https://www.oregon.gov/oha/hsd/ohp/pages/index.aspx>**Oregon Health Plan Customer Service ■ (Número Gratuito)**

(Toll Free) 800-699-9075

<https://www.oregon.gov/oha/HSD/OHP/Pages/OHP-Contacts.aspx>**PacificSource Community Solutions (Hood River, Wasco Counties)**

800-431-4135

Oregon <https://communitysolutions.pacificsource.com/>**SHIBA (Senior Health Insurance Benefits Assistance) ■**

Medicare & Medicaid

(Toll Free) 800-722-4134

<https://healthcare.oregon.gov/shiba/get-help/Pages/who-we-are.aspx>**Washington Apple Health (M-F 7:30am-5:30pm) ■**

626 8th Avenue SE, Cherry Street Plaza, Olympia, WA

855-923-4633

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage>**Washington Health Care Authority ■**

Cherry Street Plaza, 626 8th Avenue SE, Olympia, WA

855-682-0787

<https://www.hca.wa.gov/>**Housing and Shelter / Vivienda y refugio**

Low income and homeless help with housing options.

Bajos ingresos y ayuda para personas sin hogar con opciones de vivienda.

DIRECTORY / DIRECTORIO

Bridges to Change Services (Peer-run Referral and Support Program) 503-374-2869
212 Washington, The Dalles, Oregon

Columbia Cascade Housing Corporation (CCHC) 888-356-8919
(Hood River, Sherman, Skamania, Klickitat, and Wasco Counties)
500 2nd Street, The Dalles, Oregon
<https://www.mid-columbiahousingauthority.org/housing-assistance-programs/>

Columbia Gorge Habitat for Humanity
111 E 5th Street (Basement), The Dalles, OR 541-296-4486
<https://www.habitat.org/us-or/dalles/columbia-gorge-habitat-humanity>

Community Youth Center (Klickitat County)
453 Jewett Blvd, White Salmon, WA <https://www.wagap.org/youth-center> 509-493-4233

Fair Housing Council of Oregon ■
1221 SW Yamhill St. #305, Portland, OR <http://fhco.org/> 503-223-8197

Father's House (emergency shelter 1-2 nights)
207 S Klickitat, Goldendale, WA 509-773-4719

Give Them Wings Inc. (WINGS) (Women and children) (mujeres y niños)
The Dalles Oregon <http://www.getwings.net> 541-380-3820

Guided Path Shelter and Permanent Housing (WAGAP) ■
115 W. Steuben St, Bingen, WA wagap.org 509-493-4234

Helping Hands Against Violence (Survivors of Abuse)
Hood River, OR <http://www.helpinghandsoregon.org> 541-386-6603

Hood River Shelter Services (cold weather only) (solo clima frío) ■
317 State St, Hood River, OR www.HoodRiverCares.org 541-399-2057

Mid-Columbia Housing Agency (HUD Section 8) rent assistance asistencia de alquiler ■
500 2nd Street, The Dalles, OR 541-296-5462
<https://www.mid-columbiahousingauthority.org/>

Rock Creek / Cascade Village
530 NW Viewpoint Drive, Stevenson, WA 509-427-8141
<https://www.mercyhousing.org/northwest/cascade-village/>

Skamania County Shelter 509-427-8229
<https://www.wagap.org/emergency-housing> The Dalles

HOPE Warming Place Shelter (cold weather only) (solo clima frío) ■
315 W. 3rd Street, The Dalles, OR 541-296-9566
<http://www.svdpthedalles.org>

Transitional Housing (WAGAP) ■
112 E Main Street, Goldendale, WA <https://www.wagap.org/> 509-773-6834

The Harbor Youth Drop-In Center
125 W Main Street, Goldendale, WA 509-281-028

Turning Point Rapid Rehousing (Goldendale)
Goldendale, WA 509-773-6834

Youth Empowerment Shelter (YES) ■
514 E 9th Street, The Dalles, OR <http://www.yeshelter.org> 541-705-4777

Immigration Law / Ley de Inmigración

Immigration Counseling Service (Nonprofit Law) ■
216 Columbia Street, Suite B, Hood River, OR <https://www.ics-law.org/> 541-399-8029

DIRECTORY / DIRECTORIO

Northwest Justice Project Washington <https://nwjustice.org/home> ■ 360-693-6130

Oregon Legal Aid (Portland Regional Office) ■
520 SW 6th Avenue, Suite 700, Portland, OR <https://lasoregon.org/> 503-224-4086

Job Training / Capacitación laboral

Columbia Gorge Community College (Hood River Campus) ■
1730 College Way, Hood River, OR <https://www.cgcc.edu/> 541-308-8211

Columbia Gorge Community College (The Dalles Campus) ■
400 E Scenic Drive, The Dalles, OR www.cgcc.cc.or.us 541-506-6000

Give Them Wings Inc. (WINGS) (Women and children) (mujeres y niños) ■
The Dalles, OR <http://www.getwings.net> 541-380-3820

Opportunity Connections (Job Assistance) (Hood River) ■
2940 Thomsen Road, Hood River, OR
www.opportunityconnections.org 541-386-3520

Oregon Human Development Corporation (Job Assistance) (Asistencia Laboral) ■
100 E Marina Way Suite 102, Hood River, OR <http://www.ohdc.org> 541-386-0333

People for People ■
170 W Jewett Blvd, White Salmon, WA
<https://www.pfp.org/pfp/Agency/ContactUs.aspx> 509-493-0315

Law Enforcement / Cuerpos Policiales

Bingen / White Salmon City Police (Dispatch -- after hours, weekends) ■
142 E Jewett Blvd, White Salmon, WA
<https://www.white-salmon.net/directory> 509-493-2660

City of Hood River Municipal Court ■
216 Cascade Street, Hood River, OR
<https://cityofhoodriver.gov/municipal-court/> 541-386-3942

Gilliam County Juvenile Department ▲
221 S Oregon Street, Condon, OR
http://www.co.gilliam.or.us/government/juvenile_department/index.php 541-384-2398

Gilliam County Sheriff ■
221 S Oregon Street, Condon, OR
http://www.co.gilliam.or.us/government/sheriff_s_office/index.php 541-384-2851

Goldendale City Police ■
1103 S Columbus, Goldendale, WA
<https://www.ci.goldendale.wa.us/police-department> 509-773-3780

Hood River City Police ■
211 2nd Street, Hood River, OR <https://cityofhoodriver.gov/police/> 541-386-2121

Hood River County Juvenile Department ■
309 State Street, Hood River, OR
<https://www.co.hood-river.or.us/?SEC=C268D03A-5BA1-42CB-8919-EB58F9ADA158> 541-386-1030

Hood River County Sheriff Office ■
309 State Street, OR <https://www.hoodriversheriff.com/> 541-386-2098

DIRECTORY / DIRECTORIO

Klickitat County Juvenile Department (East End) ■
131 W Court Street, Goldendale, WA 509-773-3355
<https://klickitatcounty.org/254/Juvenile-Department>

Klickitat County Juvenile Department (West End) ■
501 NE Washington Street, White Salmon, WA 509-493-3980
<https://klickitatcounty.org/254/Juvenile-Department>

Klickitat County Sheriff (Dispatcher) Washington ■ 509-773-4545
<https://klickitatcounty.org/373/Sheriff>

Northern Oregon Regional Correctional Facility (NORCOR) (Adult) 541-298-1576
211 Webber Street, The Dalles, OR
<https://www.norcor.co/home/>

Northern Oregon Regional Correctional Facility (NORCOR) (Juvenile) 541-298-1447
211 Webber Street, The Dalles, OR <https://www.norcor.co/home/>

Oregon State Police (Dispatch) ■
3313 Bret Clodfelter Way, The Dalles, OR 541-296-2161
<https://www.oregon.gov/osp/pages/contact.aspx>

Sherman County Community Corrections
302 Scott St, Moro, OR 541-384-2852
<https://www.co.sherman.or.us/departments/tri-county-community-corrections/>

Sherman County Sheriff ■
500 Court Street, Moro, OR 541-565-3622
<https://www.co.sherman.or.us/departments/sheriff/>

Skamania County Juvenile Department ■
200 Vancouver Avenue, Stevenson, WA 509-427-9462
<https://www.skamaniacounty.org/departments-offices/juvenile-services>

Skamania County Sheriff ■
240 NW Vancouver Avenue, Stevenson, WA <http://skamaniasheriff.com/> 509-427-9190

The Dalles City Police (Dispatcher) ■
401 Court Street, The Dalles, OR 541-296-2233
<http://www.ci.the-dalles.or.us/police.htm>

Wasco County Community Corrections ■
421 E 7th Street, The Dalles, OR 541-506-2570
https://www.co.wasco.or.us/departments/community_corrections/index.php

Wasco County Juvenile Department ■
202 E 5th Street, The Dalles, OR 541-506-3715
https://www.co.wasco.or.us/departments/youth_services/index.php

Wasco County Sheriff (Dispatcher) ■
511 Washington Street, The Dalles, OR 541-296-5454
<https://www.co.wasco.or.us/departments/sheriff/index.php>

DIRECTORY / DIRECTORIO

Washington State Police (Número Gratuito) ■ (Toll Free) 800-283-7805
 Washington <https://www.wsp.wa.gov/>

Legal Legal assistance for crime victims.
 Asistencia legal para víctimas de delitos.

Clark County Volunteer Lawyers Program ■
 1104 Main St Suite 1, Vancouver, WA <https://www.ccvlp.org/> 360-695-5313

Columbia Legal Services ■
 101 Yesler Way, Suite 300, Seattle, WA <https://columbialegal.org/> 206-464-5911

Crime Victim's Assistance Gilliam County ▲
 221 S. Oregon St., Condon, OR 541-384-4704
http://www.co.gilliam.or.us/government/index/Victim_s_Assistance.php

Crime Victim's Assistance Hood River County ■
 309 State Street, Hood River, OR 541-386-3103
<https://www.co.hood-river.or.us/?SEC=D4C497A6-9F2B-4621-A05E-587E4993A666>

Crime Victim's Assistance Klickitat County ■
 205 S Columbus Avenue, Goldendale, WA 509-773-5838
<https://klickitatcounty.org/311/Victim-Witness-Services>

Crime Victim's Assistance Sherman County
 500 Court Street, Moro, OR 541-565-3534
<https://www.co.sherman.or.us/victims-assistance-program/>

Crime Victim's Assistance Skamania County Washington 509-427-9406
<https://www.skamaniacounty.org/departments-offices/prosecutor/victim-witness>

Crime Victim's Assistance Wasco County ■
 511 Washington Street, The Dalles, OR 541-506-2680
https://www.co.wasco.or.us/departments/district_attorney/victim_services.php

Evergreen Legal Clinic ■
 6 S 2nd St., Yakima, WA 509-575-5593
<http://www.lawyersattorneysguide.com/law-office/washington/yakima/office-268986438/>

Northwest Justice Project Washington <https://nwjustice.org/home> ■ 360-693-6130

Oregon Legal Aid (Portland Regional Office) ■
 520 SW 6th Avenue, Suite 700, Portland, OR <https://lasoregon.org/> 503-224-4086

Six Rivers Mediation Services (Columbia Gorge Region) ■
 601 Cascade Avenue, Hood River, OR <http://www.6rivers.org/> 541-386-1283

Washington Law Help
 Washington <https://www.washingtonlawhelp.org/>

Libraries / Bibliotecas

Cascade Locks Library ■
 300 SW Na Pa St, Cascade Locks, OR 541-374-9317
<https://hoodriverlibrary.org/venue/cascade-locks-library/>

DIRECTORY / DIRECTORIO

Gilliam County Public Library ■
134 S. Main Street, Condon, OR 541-384-6052
<http://www.co.gilliam.or.us/government/library/index.php>

Goldendale Community Library ■
131 W Burgen Street, Goldendale, WA <http://www.fvrl.org/loc/gd> 509-773-4487

Hood River Library District ■
502 State Street, Hood River, OR <https://hoodriverlibrary.org/> 541-386-2535

North Bonneville Community Library
214 CBD Mall, North Bonneville, WA www.fvrl.org 888-546-2707

Parkdale Library ■
7300 Clear Creek Rd, Mt. Hood, OR 541-352-6502
<https://hoodriverlibrary.org/venue/parkdale-library/>

Sherman County Public Library
65912 High School Loop, Moro, OR 541-565-3297
<https://sagelib.org/member/sherman-county-publicschool-library>

Stevenson Community Library
120 NW Vancouver Avenue, Stevenson, WA <http://www.fvrl.org/loc/st> 509-427-5970

Wasco County Library District ■
722 Court Street, The Dalles, OR 541-296-2815
<https://www.wascocountylibrary.com/>

White Salmon Valley Community Library ■
77 NE Wauna Avenue, White Salmon, WA 509-493-1132
<http://www.fvrl.org/loc/ws>

Medical (see Health) **Médico** (ver Salud)

Mental Health / Salud Mental

Counseling services for all insurance options and income levels.

Servicios de asesoramiento para todas las opciones de seguro y niveles de ingresos.

Beacon Health Crisis Line 800-626-8137
<https://wa.beaconhealthoptions.com/about-us/services/>

Comprehensive Healthcare ■
432 NE Tohomish Street, White Salmon, WA 509-493-3400
<http://www.comphc.org/>

Comprehensive Healthcare Crisis Line ■ (Número Gratuito)
Washington <http://www.comphc.org/> (Toll Free) 800-572-8122

Comprehensive Healthcare (Goldendale)
Salud mental integral del centro de Washington
112 W Main Street, Goldendale, WA 509-773-5801
<http://www.comphc.org/>

DIRECTORY / DIRECTORIO

Community Counseling Solutions (Arlington) ■ 120 Arlington Mall, Arlington, OR http://www.comphc.org/	541-454-2223
Community Counseling Solutions (CCS) (Condon) ■ 422 N Main Street, Condon, OR http://communitycounselingsolutions.org/contact/	541-384-2666
Crossroads Behavioral Health (Toll Free) (Número Gratuito) 240 SW Cascade Ave, Stevenson, WA https://www.drug-rehab-headquarters.com/washington/facility/crossroads-behavioral-health-stevenson/	866-720-3784 509-427-7100
Dependency Health Services (Central Washington Comprehension) 432 NE Tohomish Street, White Salmon, WA https://sobernation.com/listing/dependency-hlth-services-white-salmon-branch-of-central-wa-comprehension-white-salmon-wa/	509-493-3400
Klahre House Alternative School (Next Door, Inc) (Hood River) Hood River, OR https://nextdoorinc.org/treatment-services/therapeutic-schooling/	541-386-6665
Kelly Avenue School (Next Door, Inc) (The Dalles) The Dalles, OR https://nextdoorinc.org/treatment-services/therapeutic-schooling/	541-296-8118
Klickitat Valley Health Behavioral Health 310 S Roosevelt, Goldendale, WA https://kvhealth.net/index.php/kvh/services/behavioral-health	509-773-4017
Kick-It Counseling (Goldendale) 104 E Main Street, Goldendale, WA http://www.cswf.org/Washington/Goldendale/	509-773-6333
Mental Health Counseling (Next Door, Inc) Oregon https://nextdoorinc.org/treatment-services/outpatient/	541-436-0338
Mid Columbia Center For Living (Sherman Counties) ■ 302 Scott Street Main Level, Moro, OR https://www.mccfl.org/	541-565-3149
Mid-Columbia Center For Living (Hood River) ■ 1610 Woods Court, Hood River, OR http://www.mccfl.org	541-386-2620
Mid-Columbia Center For Living (The Dalles) ■ 1060 Webber Street, The Dalles, OR https://www.mccfl.org/	541-296-5452
Mid-Columbia Center For Living 24/7 Crisis Hotline (Línea de crisis las 24 horas) ■ The Dalles, OR https://www.mccfl.org/	888-877-9147
Mid-Columbia Center For Living Free Crisis Warmline: (Línea de crisis gratuita) Hood River ■ 1610 Woods Ct., Hood River, OR https://www.mccfl.org/	541-386-2620

DIRECTORY / DIRECTORIO

North Shore Medical Stevenson ■
875 SW Rock Creek Dr, Stevenson, WA 509-427-4212
<https://northshore-medical.com/>

North Shore Medical White Salmon ■
65371 WA-14, White Salmon, WA 509-493-2133
<https://northshore-medical.com/>

One Community Health (Hood River) ■
849 Pacific Avenue, Hood River, OR 541-386-6380
<https://www.onecommunityhealth.org/>

One Community Health (The Dalles) ■
1040 Webber Road, The Dalles, OR 541-296-4610
<https://www.onecommunityhealth.org/>

Oregon Partnership Lines For Life
5100 SW Macadam Avenue Suite 400, Portland , OR 503-244-5211
<http://www.linesforlife.org>

Our Klickitat Coalition
115 W Steuben, Bingen, WA 509-493-2662 ext 211
<https://www.ourklickitat.org/contact>

Programs for Peaceful Living (24 hour crisis line) (línea de crisis las 24 horas) ■
115 W. Steuben, Bingen, WA 844-493-1709
<https://www.wagap.org/>

Programs for Peaceful Living (Toll Free) (Bingen) ■
115 W. Steuben, Bingen, WA 800-755-1192 ext 334
<https://www.wagap.org/>

Programs for Peaceful Living (Toll Free) (Número Gratuito) (Goldendale) ■
116 W Main Street, Goldendale, WA 800-755-1192 ext 320
<https://www.wagap.org/>

Programs for Peaceful Living (Washington Gorge Action Program) (Bingen / White Salmon) ■
115 W. Steuben, Bingen, WA <https://www.wagap.org/> 509-493-2662

Programs for Peaceful Living (Washington Gorge Action Program) (Goldendale) ■
116 W Main Street, Goldendale, WA <https://www.wagap.org/> 509-773-6100

Providence Gorge Counseling & Treatment Center Crisis Line (Linea de Crisis) ■
814 13th Street, Hood River, OR 541-387-6138
<https://oregon.providence.org/location-directory/p/providence-hood-river-memorial-hospital-behavioral-health/>

Providence Hood River Memorial Hospital ■
810 12th Street, Hood River, OR 541-386-3911
<https://oregon.providence.org/location-directory/p/providence-hood-river-memorial-hospital/#laid=5321>

DIRECTORY / DIRECTORIO

Skamania County Council on Domestic Violence and Sexual Assault ■ (SCCDVSA)
 Consejo del condado de Skamania sobre violencia doméstica y agresión sexual
 96 NW Columbia Street, Stevenson, WA 877-427-4210
<https://skamaniadvsa.webs.com/>

Skamania County Mental Health ■
 Salud de la comunidad del condado de Skamania
 710 SW Rock Creek Drive, Stevenson, WA 509-427-3850
<https://www.skamaniacounty.org/departments-offices/community-health/mental-health>

Skamania Klickitat Community Network Safety Crisis Hotline ■ (Toll Free) (Número Gratuito)
 Línea directa de crisis de seguridad de la red comunitaria de Skamania Klickitat
 115 W. Steuben, Bingen, WA <https://www.wagap.org/> 800-352-554

Therapy in the Gorge (List of therapists, including payment types accepted)
 (Lista de terapeutas, incluidos los tipos de pago aceptados)
 216 Cascade, Hood River, OR <http://www.therapyinthegorge.com/> 541-400-0186

Migrant Seasonal Farm Worker

Child Care Partners (Columbia Gorge Community College)
 400 East Scenic Drive, The Dalles, OR 541-506-6131
<https://www.cgcc.edu/childcare>

Columbia Gorge Education Service District Migrant Education ■
 400 East Scenic Drive, Suite 207, The Dalles, OR 541-296-8271
<https://www.cgesd.k12.or.us/>

Columbia Gorge Food Bank ■
 3610 Crates Way, The Dalles, OR 541-370-2333
<https://www.oregonfoodbank.org/about-us/locations/the-dalles/>

Educational Service District (ESD) 112 ■
 520 NW Loop Rd, White Salmon, WA 360-921-2309
<https://www.esd112.org/ece/white-salmon-community-preschool/>

Fair Housing Council of Oregon ■
 1221 SW Yamhill St. #305, Portland, OR 503-223-8197
<http://fhco.org/>

FISH Food Bank (Hood River) ■
 1130 Tucker Road, Hood River, OR 541-386-3474
<http://fish-food-bank.com>

Four Rivers Early Learning Hub ■
 400 E Scenic Drive #207, The Dalles, OR 541-506-2234
<https://www.4relh.com/>

Goldendale Food Bank (Washington Gorge Action Program) ■
 112 E Main Street, Goldendale, WA 509-493-2662
<https://www.wagap.org/food-banks-nutrition>

Immigration Counseling Service (Nonprofit Law) ■
 216 Columbia Street, Suite B, Hood River OR 541-399-8029
<https://www.ics-law.org/>

DIRECTORY / DIRECTORIO

Immigration Counseling Services (ICS) 503-221-1689
 519 SW Park Avenue, Portland, OR
<https://www.ics-law.org/Informed Immigrant> <https://www.informedimmigrant.com/guides/Informed Immigrant> <https://www.informedimmigrant.com>

Klickitat Food Bank (Washington Gorge Action Program) ■
 92 Main Street, Klickitat, WA 509-493-2662
<https://www.wagap.org/food-banks-nutrition>

Mid-Columbia Community Action Council (Hood River)
 606 State Street, Suite 1B, Hood River, OR 541-386-4027
<https://www.mccac.com/>

Mid-Columbia Community Action Council (The Dalles)
 312 E. 4th Street, The Dalles, OR 541-298-5131
<https://www.mccac.com/>

Mid-Columbia Housing Agency (HUD Section 8) rent assistance ■
 500 2nd Street, The Dalles, OR 541-296-5462
<https://www.mid-columbiahousingauthority.org/>

Northwest Justice Project ■
 Washington 360-693-6130
<https://nwjustice.org/home>

Oregon Child Development Council (Administration) 541-296-0143
 1300 W. 9th Street, The Dalles, Oregon <https://www.ocdc.net/>

Oregon Child Development Council (Odell Center) 541-354-6232
 3485 Early Road, Odell, Oregon <https://www.ocdc.net/>

Oregon Child Development Council (Parkdale Center) 541-352-6232
 7300 Clear Creek Drive, Parkdale, Oregon <https://www.ocdc.net/>

Oregon Child Development Council (St. Mary's Center)
 1110 Cherry Heights Road, The Dalles, Oregon <https://www.ocdc.net/>

Oregon Child Development Council (The Dalles Center) 541-296-0143
 1300 W. 9th Street, The Dalles, The Dalles <https://www.ocdc.net/>

Oregon Employment Department / Worksource Oregon (The Dalles) ■
 700 Union Street, Suite 105, The Dalles, OR 541-296-5435
<http://www.worksourceoregon.org>

Oregon Health Plan (Toll Free) ■ Oregon 800-336-6016
<https://www.oregon.gov/oha/hsd/ohp/pages/index.aspx>

Oregon Health Plan Customer Service (Toll Free) ■ Oregon 800-699-9075
<https://www.oregon.gov/oha/HSD/OHP/Pages/OHP-Contacts.aspx>

Oregon Human Development Corporation (Job Assistance) ■
 1100 E Marina Way Suite 102, Hood River, OR 541 386-0333
<http://www.ohdc.org>

Oregon Legal Aid (Portland Regional Office) ■
 520 SW 6th Avenue, Suite 700, Portland, OR <https://lasoregon.org/> 503-224-4086

DIRECTORY / DIRECTORIO

People for People ■
 170 W Jewett Blvd, White Salmon, WA 509-493-0315
<https://www.pfp.org/pfp/Agency/ContactUs.aspx>

Stevenson Unemployment Career Center Office
 704 SW Rock Creek Drive, Stevenson, WA 509-427-4464
<https://unemploymentoffice.us/washington-unemployment-offices/stevenson-wa-unemployment-career-center-office/>

Washington Apple Health (M-F 7:30am-5:30pm) ■ 855-923-4633
 626 8th Avenue SE, Cherry Street Plaza, Olympia, WA
<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage>

Washington Gorge Action Programs (Toll Free) ■ 800-755-1192
<https://www.wagap.org/>

Washington Gorge Action Programs (WAGAP) ■
 115 W. Steuben, Bingen, WA <https://www.wagap.org/> 509-493-2662

Washington Gorge Action Programs (WAGAP) (Goldendale) ■
 150 W Main Street, Goldendale, WA <https://www.wagap.org/> 509-773-6834

Washington Gorge Action Programs (WAGAP) (Stevenson) ■
 683 Rock Creek Drive, Stevenson, WA <https://www.wagap.org/> 509-427-8229

Washington Health Care Authority ■
 Cherry Street Plaza, 626 8th Avenue SE, Olympia, WA 855-682-0787
<https://www.hca.wa.gov/>

White Salmon Unemployment Career Center
 107 E. Jewett Blvd, White Salmon, WA 509-493-1210
<https://unemploymentoffice.us/washington-unemployment-offices/white-salmon-wa-unemployment-career-center-office/>

WIC (Women, Infants, & Children) (Goldendale) ■
 228 W Main Street, Goldendale, WA 509-773-4565
<https://www.klickitatcounty.org/289/Public-Health>

WIC (Women, Infants, & Children) (Hood River) ■
 1109 June Street, Hood River, OR 541-387-6882
https://www.co.hood-river.or.us/index.asp?Type=B_BASIC&SEC={88E4CED7-3C8F-4074-9C7A-075198E38804}&DE=

WIC (Women, Infants, & Children) (Stevenson) ■
 710 SW Rock Creek Drive, Stevenson, WA 509-427-3860
<https://www.klickitatcounty.org/289/Public-Health>

WIC (Women, Infants, & Children) (The Dalles) ■
 419 E 7th Street, The Dalles, OE 541-506-2610
https://www.wicprograms.org/li/wasco_county_wic_clinic_97058

WIC (Women, Infants, & Children) (White Salmon) ■
 501 NE Washington Street, White Salmon, WA 509-493-1558
<https://www.klickitatcounty.org/289/Public-Health>

Oregon Employment Department / WorkSource Oregon (Hood River) ■
 1730 College Way Room 301, Hood River, OR 541 386-6300
<http://www.worksourceoregon.org>

DIRECTORY / DIRECTORIO

WorkSource Washington (Klickitat / Skamania)
107 W. Jewett Blvd, White Salmon, WA
<https://www.worksourcewa.com/>

509-493-5009

Parenting Resources (see Family and Children Services)

Recursos para padres (ver Servicios para familias y niños)

Radio

KACI 1300 AM/ 97.7 FM-The Dalles 719 E. 2nd The Dalles, OR 541-296-2211
<https://gorgeradio.com/?pg=18157>

KCGB 105.5 FM-Hood River Hood River, OR 541-386-1511
<https://gorgeradio.com/?pg=18153>

KIHR 1340 AM-Hood River ■ Hood River, OR 541-386-1511
<https://gorgeradio.com/?pg=18151>

KLCK 1400 AM (Goldendale) 620 E. 3rd St., The Dalles, OR <https://www.radio.net/s/klck> 877-773-5525

KODL 1440 AM-The Dalles 404 East 2nd Street, The Dalles, OR 541-296-2101
<https://www.radioonlinelive.com/usa/kodl-1440-am/>

KYYT 102.3 FM Oregon 541-296-9102
<https://onlineradiobox.com/us/kyyt/>

KZAS Radio Tierra 95.1, 95.9, 107.7 FM ■ P.O. Box 859, Hood River, OR <https://radiotierra.org/> 541-387-3772

School Districts (see education) Distritos Escolares (ver Educación)**Senior Services / Servicios para Personas Mayores**

Services and supports for the older population.

Servicios y apoyos para la población mayor.

Area Agencies on Aging (AAA) Seniors & People with Disabilities ■ 3641 Klindt Drive, The Dalles, OR 800-452-2333
<https://adrcoforegon.org/consite/index.php>

Circles of Care (Age+ volunteer program for people over age 55) 541-397-0724
(Hood River, Wasco Counties) Oregon <https://ageplus.org/circles-of-care/>

Columbia Area Transit (CAT) Wheel Chair Accessible (Accesible en silla de ruedas) 224 Wasco Loop, Hood River, OR 541-386-4202
<https://www.ridecatbus.org/>

Community Action Program of East Central Oregon (CAPECO) (serves older adults and people 18+ with disabilities) 541-705-5434
3641 Klindt Drive, The Dalles, Oregon
<https://www.capeco-works.org/>

DIRECTORY / DIRECTORIO

Goldendale Senior Center
115 E Main Street, Goldendale, WA 509-773-3757

Gorge TransLink Gorge-wide <https://gorgetranslink.com/> 541-296-2266

Greater Oregon Behavioral Health, Inc (GOBHI)
3729 Klindt Drive, The Dalles, OR <https://www.gobhi.org/> 541-298-2101

Hearts of Gold Caregivers 541-387-0207
1211 Bridge Street, The Dalles, Oregon
<https://www.heartsogoldcaregivers.com/>

Hood River Valley Adult Center
2010 Sterling Place, Hood River, OR <https://www.hrvac.org/> 541-386-2060

Klickitat County Senior Services (Toll Free) ■
228 W Main Street, Goldendale, WA 800-447-7858
<https://www.klickitatcounty.org/336/Senior-Services>

Klickitat County Senior Services (Goldendale) ■
115 W Court Street, Goldendale, WA 509-773-3757
<http://www.klickitatcounty.org/336/Senior-Services>

Klickitat County Senior Services (White Salmon) ■
136 N Main, White Salmon, WA 509-493-3068
<http://www.klickitatcounty.org/336/Senior-Services>

Meals on Wheels (see Food)

Medicare (Washington) (Número Gratuito) ■ (Toll Free) 800-562-6900
<https://www.medicare.gov/forms-help-resources/contact-medicare>

Mid-Columbia Senior Center
1112 W 9th Street, The Dalles, OR 541-296-4788
<http://www.midcolumbiaseniorcenter.com/>

Senior & Disabled Service (The Dalles)
3641 Klindt Drive, The Dalles, OR 541-298-4114
<https://www.oregon.gov/dhs/seniors-disabilities/Pages/index.aspx>

Sherman County Bus Services, Oregon 541-565-3211
<https://www.co.sherman.or.us/departments/sherman-transit/>

Sherman County Senior & Community Center
300 Dewey Street, Moro, OR 541-565-3191
<https://www.co.sherman.or.us/departments/senior-center/>

SHIBA (Senior Health Insurance Benefits Assistance) ■
Medicare & Medicaid (Número Gratuito) (Toll Free) 800-722-4134
<https://healthcare.oregon.gov/shiba/get-help/Pages/who-we-are.aspx>

Skamania County Senior Services ■
710 SW Rock Creek Drive, Stevenson, WA 509-427-3990
<https://www.skamaniacounty.org/departments-offices/senior-services>

Skamania County Senior Services Dental Hygienist 509-427-3990
(sign up through Senior Services)
710 SW Rock Creek Drive, Stevenson, WA

DIRECTORY / DIRECTORIO**In Home Care/ Cuidados Domiciliarios**

Addus Home Care (Medicaid and private pay)
Yakima, Washington 509-965-5126

Chesterfield Home Health Care (Medicaid and private pay) (Goldendale)
Goldendale, Washington <https://chesterfieldhealth.com/> 509-773-7703

Chesterfield Home Health Care (Medicaid and private pay) (Stevenson) 509-427-0068
194 SW 2nd Street Unit B, Stevenson, Washington <https://chesterfieldhealth.com/>

Family Resource Home Care (Medicaid and private pay) 541-769-1221
414 Washington Street, Suite 1D The Dalles Oregon
<https://www.familyresourcehomecare.com/locations/the-dalles-or/>

Long Term Care Placement (Free Assistance) 971-400-7030

Oregon Home Care Commission (Registry and Referral System)
Oregon 877-867-0077 option 1
<https://www.oregon.gov/dhs/seniors-disabilities/hcc/Pages/index.aspx>

Assisted Living/ Residencia Asistida

Ashley Manor Senior Living (Medicaid and private pay)
1995 8th Street, Hood River, Oregon 888-376-7298 or 541-387-4514
<https://ashleymanorseniorliving.com/pacific-heights/>

Canyon Rim Assisted Living (Medicaid and private pay)
1701 George Jackson Road, Maupin, Oregon 866-213-2011
<https://canyonrimassistedliving.com/>

Adult Foster Home/ Asilo para Adultos

Cherry Street Manor (Medicaid and private pay)
460 NE Cherry Street, White Salmon, Washington 509-493-1084

Country Rose Adult Family Home (Medicaid and private pay)
415 S Columbus Street, Goldendale, Washington 509-773-3586

The Pearls Homecare Foster Home (Medicare, Medicaid, and private pay)
1903 W. 13th Street, The Dalles Oregon 541-769-0606

Nursing Home/ Vivienda para Ancianos

Columbia Basin Nursing Home (Medicaid and private pay) 541-296-2156
1015 Webber Street The Dalles Oregon <https://www.colbasin.com/>

Hood River Care Center 541-386-2688
729 Henderson Rd, Hood River, Oregon

Oregon Veterans Home 541-296-7190
700 Veterans Drive, The Dalles Oregon
<https://www.oregon.gov/ODVA/Vets-Homes/the-dalles/Pages/default.aspx>

The Dalles Health & Rehabilitation Center 541-298-5158
1023 W. 25th Street The Dalles Oregon

DIRECTORY / DIRECTORIO**Shelter** (see Housing) **Refugio** (ver Vivienda)**Support Groups / Grupos de apoyo**

Check your local paper for support group meeting times and places

Revise su periódico local para conocer los horarios y lugares de las reuniones del grupo

Al-Anon <https://al-anon.org/>

Alcoholics Anonymous

Many Locations in Gorge <https://www.aa.org/> ♦ 833-423-3863

Bereavement Support Group (Mid Columbia Center For Living) ■

Check your local paper for support group meeting times and places

Revise su periódico local para conocer los horarios y lugares de las reuniones del grupo

1650 Woods Court, Hood River, OR <https://nwadebs.org/> 541-386-2620

Columbia Gorge LGBTQ assistance Oregon ■ 503-535-3828

Dementia Support Group, The Dalles, OR ■ 541-296-7190

<http://hopedementiasupport.org/contact-us/>

Domestic violence support groups, see Domestic Violence

Grupos de apoyo de violencia doméstica, ver Violencia doméstica

Grief and Bereavement Support Group (Bristol Hospice) 541-386-1942

(Mondays at 4pm at Shari's Restaurant) 503 Mt. Hood Street The Dalles Oregon

HOPE Dementia Support Group (meets weekly -- call for information) 541-296-2156

(Columbia Basin Nursing Home) 1015 Webber Street The Dalles Oregon

Narcotics Anonymous (Pacific Cascade Region)

P.O. Box 7502, Springfield, OR <https://www.pcrna.org/main/> 818-700-0700

National Alliance on Mental Illness support group

1040 Webber Street, The Dalles, OR 541-965-2447

<https://www.nami.org/Support-Education/Support-Groups/NAMI-Connection>

Oregon Tobacco Quitline ■

Oregon Tobacco Quitline (Número Gratuito) (Línea para dejar de fumar de Oregon)

quitnow.net/oregon (Toll Free) 800-784-8669

Survivors of Suicide Loss Support Group, Oregon ■ 541-386-2500

<https://allianceofhope.org/find-support/find-a-support-group/>**Transportation / Transporte**

Transportation options throughout the Gorge region

Opciones de transporte en toda la región del Gorge.

\$4.50 Taxi 800 W 6th St, The Dalles, Oregon 541-705-5956

<https://www.facebook.com/fourfiftytaxi/>

Columbia Area Transit (CAT) ■ Wheel Chair Accessible Silla de Ruedas Accesible

Hood River, OR <https://www.ridecatbus.org/> 541-386-4202

DIRECTORY / DIRECTORIO

Gorge TransLink Gorge-wide ■ <https://gorgetranslink.com/> 541-296-2266

Mid-Columbia Economic Development District -- Gorge TransLink Alliance
802 Chenoweth Loop Road, The Dalles, OR 541-296-2266
<https://www.mcedd.org/transportation/>

Mt. Adams Transportation Services ■
115 W Court Street, Goldendale, WA 509-773-3060
<https://gorgetranslink.com/transit-agencies/mt-adams-transportation-services/>

Mt. Adams Transportation Services ■
501 NE Washington Street, Whtie Salmon, WA 509-493-4662
<https://gorgetranslink.com/transit-agencies/mt-adams-transportation-services/>

Senior Citizen's Bus Company
1112 W 9th Street, The Dalles, OR 541-296-4788
<http://www.midcolumbiaseniorcenter.com/>

Sherman County Bus Services
500 Court Street, Moro, OR 541-565-3211
<https://www.co.sherman.or.us/departments/sherman-transit/>

Skamania County Senior Services ■
710 SW Rock Creek Drive, Stevenson, WA 509-427-3990
<https://www.skamaniacounty.org/departments-offices/senior-services>

Skamania County Transit ■
710 SW Rock Creek Drive, WAWashington 509-427-3990
<https://gorgetranslink.com/transit-agencies/skamania-county-transit/>

The Link in Wasco County Oregon ■ 541-296-7595
<https://gorgetranslink.com/transit-agencies/the-link-dial-a-ride/>

Utilities and Utility Assistance Assistance with utilities costs and services.

Servicios Públicos y Asistencia de Servicios Públicos

Asistencia con costos y servicios públicos.

City of Goldendale Engineering, Public Works, Water & Sewer
1103 S Columbus Ave, Goldendale, WA 509-773-5344
<https://www.ci.goldendale.wa.us/public-works>

City of The Dalles Public Works
1900 W 6th Street, The Dalles, OR 541-296-5401
https://www.co.wasco.or.us/departments/public_works/index.php

Condon Watermaster
128 S Main Street, Condon, OR 541-384-4207
<http://www.co.gilliam.or.us/government/index.php>

Hood River Electric Co-Op ■
PO Box 125, Odell, OR <https://hrec.coop/> 541-354-1233

Hood River Water & Sewer (agua y alcantarillado) ■
211 2nd Street, Hood River, OR 541-387-5216
<https://cityofhoodriver.gov/community/water-sewer/>

DIRECTORY / DIRECTORIO

Klickitat Public Utility District (Goldendale) ■
1313 S Columbus Avenue, Goldendale, WA
<http://www.klickitatpud.com/> 509-773-5891

Klickitat Public Utility District (White Salmon) ■
110 NE Estes, White Salmon, WA
<http://klickitatpud.com/default.aspx> 509-493-2255

Moro Administration, Water & Sewer (agua y alcantarillado)
101 Dewey Street, Moro, OR
<http://cityofmoro.net/> 541-656-3535

Oregon State University Extension Office (check local air quality)
<https://aqi.espacelabs.us/>

Pacific Power (Servicio al Cliente Residencial) (Número Gratuito) ■
PO Box 26000, Portland, OR (Toll Free) 888-221-7070
<https://csapps.pacificpower.net/public/about/contact-us>

Skamania Public Utility District ■
1492 Wind River Hwy Carson, WA
<https://www.skamaniapud.com/> 509-427-5126

Wasco County Public Works
1900 W 6th Street, The Dalles, OR
http://www.ci.the-dalles.or.us/public_works.htm 541-296-5401

Wasco County Water Master
2705 E 2nd Street, The Dalles, OR 541-506-2650

Wasco Electric Co-Op (Toll Free) Wasco Electric Co-Op (Número Gratuito)
105 East 4th Street, The Dalles, OR 800-341-8580
<https://www.wascoelectric.com/>

Utilities Assistance / Asistencia de Servicios Públicos

City of Stevenson Utilities
7121 E. Loop Road, Stevenson, WA
<http://ci.stevenson.wa.us/living/utilities/> 509-427-5970

Mid-Columbia Community Action Council (MCCAC) ■
312 E 4th Street, The Dalles, OR
<https://mccac.com/> 541-298-5131

Neighbor to Neighbor (Klickitat County PUD Goldendale) ■
1313 S Columbus Ave, OR Goldendale, WA
<http://www.klickitatpud.com/> 509-773-5891

Neighbor to Neighbor (Klickitat County PUD White Salmon) ■
110 NE Estes Ave, White Salmon WA
<http://www.klickitatpud.com/> 509-493-2255

DIRECTORY / DIRECTORIO**Neighbor to Neighbor (Northern WASCO PUD) ■**

2345 River Road , The Dalles, OR 541-296-2226
<https://www.nwascopud.org/programs-and-services/neighbors-helping-neighbors/>

Washington Gorge Action Programs (Toll Free) ■ <https://www.wagap.org/> 800-755-1192

Washington Gorge Action Programs (WAGAP) ■

115 W. Steuben, Bingen, WA (Número Gratuito) (Toll Free) 800-775-1192
<https://www.wagap.org/> 509-493-2662

Washington Gorge Action Programs (WAGAP) (Goldendale) ■

150 W Main Street, Goldendale, WA <https://www.wagap.org/> 509-773-6834

Washington Gorge Action Programs (WAGAP) (Stevenson) ■

683 Rock Creek Drive, Stevenson, WA <https://www.wagap.org> 509-427-8229

Veterans Local veterans services/supports. **Veteranos** Servicios y apoyos locales para veteranos.**Clark County Veterans Assistance Center ■**

1305 Columbia St, Vancouver, WA <https://ccvac.net/> 360-693-7030

Disabled American Veteran's (DAV) Van

520 Mt. Hood St., he Dalles, OR <https://www.portland.va.gov/VTP/DAV.asp> 503-721-7804

Hood River County Veterans' Service Office

601 State Street, Hood River, OR 541-386-1080
<https://www.co.hood-river.or.us/?SEC=334EC084-DE7A-44C1-A066-438799A2EEC5>

Oregon Veterans Home The Dalles ■

700 Veterans Dr., The Dalles, OR 541-296-7190
<https://www.oregon.gov/odva/Vets-Homes/the-dalles/Pages/default.aspx>

Oregon Veterans VA Clinic The Dalles ■

704 Veterans Drive, The Dalles, OR 541-296-3937
<https://www.va.gov/directory/guide/facility.asp?ID=5703>

Veteran's Affairs (VA) (The Dalles) ■

704 Veterans Drive, The Dalles, OR 541-296-3937
<https://www.veteranownedbusiness.com/business/10800/wasco-county-veterans-service-office>

Veteran's Affairs Portland Health Care System ■

3710 SW US Veterans Hospital Rd, Portland, OR 503-220-8262
<https://www.portland.va.gov/>

Veteran's Affairs Vancouver Clinic ■

1601 E 4th Plain Blvd, Vancouver, WA 360-696-4061
<https://www.va.gov/>

Veteran's Crisis Helpline ■ (Número Gratuito)

<https://www.veteranscrisisline.net/about/what-is-vcl> 988 then press 1

Veteran's Service Officer (Stevenson)

710 SW Rock Creek Drive, Stevenson, WA 360-954-8559
<https://www.skamaniacounty.org/departments-offices/auditor/veterans-assistance>

DIRECTORY / DIRECTORIO

Youth/ Jóvenes

Columbia Area Transit (CAT) Wheel Chair Accessible ■ Hood River, Oregon https://www.ridecatbus.org/	541-386-4202
Columbia Gorge Community College (Hood River Campus) ■ 1730 College Way, Hood River, Oregon https://www.cgcc.edu/	541-308-8211
Columbia Gorge Community College (The Dalles Campus) ■ 400 E Scenic Drive, The Dalles Oregon https://www.cgcc.edu/	541-506-6000
Columbia Gorge LGBTQ assistance ■ Oregon	503-535-3828
Gorge Queer Connections	
Columbia Gorge Pride Alliance (Hood River), Hood River, Oregon	541-386-6665
Columbia Gorge Pride Alliance (The Dalles) , The Dalles, Oregon	541-296-8118
Columbia Gorge Youth Connection (Next Door, Inc) Hood River, Oregon https://nextdoorinc.org/youth-services/columbia-gorge-youth-connection/	541-386-6665
Community Youth Center (Klickitat County) 453 Jewett Blvd, White Salmon, Washington https://www.wagap.org/youth-center	509-493-4233
Gorge TransLink ■ Gorge-wide https://gorgetranslink.com/	541-296-2266
Gorge Youth Mentoring (The Next Door) ■ 965 Tucker Road, Hood River, Oregon https://nextdoorinc.org/gym/	541-386-6665
Impact(ar) Clubs (middle and high school) 309 State Street, Hood River, Oregon	541-386-2500
Mental Health Counseling (Next Door, Inc) https://nextdoorinc.org/treatment-services/outpatient/	Oregon 541-436-0338
Opportunity Connections (Job Assistance) (Hood River) ■ 2940 Thomsen Road, Hood River, Oregon www.opportunityconnections.org	541-386-3520
Oregon Human Development Corporation (Job Assistance) ■ 1100 E Marina Way Suite 102, Hood River, Oregon http://www.ohdc.org	541-386-0333
PacificSource Community Solutions Youth Medicaid Coverage (youth all ages) Oregon	541-382-5920
People for People ■ 170 W Jewett Blvd, White Salmon, Washington https://www.pfp.org/pfp/Agency/ContactUs.aspx	509-493-0315
The Harbor Youth Drop-in Center 125 W. Main Street Goldendale Washington	509-773-6834
Trevor Project Lifeline (24/7 LGBTQ Suicide Hotline) https://www.thetrevorproject.org/get-help/	866-488-7386

DIRECTORY / DIRECTORIO

WorkSource Oregon (Hood River) ■
1730 College Way Room 301, Hood River, Oregon 541 386-6300
<http://www.worksourceoregon.org>

WorkSource Oregon (The Dalles) ■
700 Union Street, Suite 105 The Dalles Oregon 541-791-5850
<http://www.worksourceoregon.org>

Worksource Washington (Goldendale)
116 East Main Street Goldendale Washington 509-493-5009
<https://worksourcewa.com/>

Worksource Washington (Stevenson)
40 SW Cascade Avenue Suite 60 Stevenson Washington 509-774-7631
<https://worksourcewa.com/>

Young Life ■ PO Box 1186 Hood River Oregon 541-386-5433

Youth Empowerment Shelter (YES)
514 E 9th Street The Dalles Oregon 541-705-4777
<http://www.yeshelter.org>

YouthThink
610 Court Street The Dalles Oregon 541-506-2673
<https://youththink.net/>

Tribal Resources / Recursos Tribales

Confederated Tribes of Warm Springs
1233 Veterans Street, Warm Springs, OR 541-553-1161
<https://warmsprings-nsn.gov/>

Confederated Tribes of the Umatilla Indian Reservation
46411 Timine Way, Pendleton, OR <https://ctuir.org/> 541-276-3165

Yakama Nation
401 Fort Road, Toppenish, WA 509-865-5121
<http://www.yakamanation-nsn.gov/programs.php>

Columbia Gorge Indian Center
700 NE Multnomah Ave St.1200, Portland , OR 541-965-1679

Columbia River Inter-Tribal Fishery Enforcement
(Número Gratuito) (Toll Free) 800-487-3474
<https://www.critfc.org/tribal-treaty-fishing-rights/fisheries-enforcement/enforcement/>

Columbia River Inter-Tribal Fishery Enforcement/Victim Assistance Program 541-386-6363
4270 Westcliff Drive, Hood River, OR
<https://www.critfc.org/tribal-treaty-fishing-rights/fisheries-enforcement/enforcement/>

Confederated Tribes of the Umatilla Indian Reservation /Children & Family Services
46411 Timine Way, Pendelton, OR 541-429-7300
<https://ctuir.org/tribal-services/children-family-services>

DIRECTORY / DIRECTORIO

Confederated Tribes of the Umatilla Indian Reservation/Family Violence Services
46411 Timine Way, Pendelton, OR 541-429-7045
<https://ctuir.org/tribal-services/public-safety/family-violence-services>

Confederated Tribes of the Umatilla Indian Reservation/Higher Education
73315 July Grounds, Pendelton, OR 541-276-8120
<https://ctuir.org/tribal-services/education/higher-education>

Confederated Tribes of the Umatilla Indian Reservation /Office of Legal Counsel
46411 Timine Way, Pendelton, OR 541-429-7400
<https://ctuir.org/tribal-services/office-of-legal-counsel>

Confederated Tribes of the Umatilla Indian Reservation/
Office of the Prosecutor (Victim Assistance) 541-429-7626

Confederated Tribes of the Umatilla Indian Reservation / Police Department
46400 Timine Way, Pendelton, OR 541-278-0550
<https://ctuir.org/tribal-services/public-safety/police-station>

Confederated Tribes of the Umatilla Indian Reservation /Tribal Vocational Rehabilitation
46411 Timine Way, Pendelton, OR 541-429-7180
<https://ctuir.org/tribal-services/human-resources/tribal-vocational-rehabilitation>

Confederated Tribes of the Umatilla Indian Reservation/Veterans Services
Nixyaawii Governance Center, Pendelton, OR 541-429-7389
<http://ctuir.org/tribal-services/children-and-family-services/veterans-services>

Confederated Tribes of the Umatilla Indian Reservation /Yellowhawk Tribal Health Center
46314 Timine Way, Pendelton, OR <https://yellowhawk.org/> 541-966-9830

Confederated Tribes of Warm Springs/Children's Protective Services
1109 Wasco St., Pendelton, OR 541-553-3209
<https://warmsprings-nsn.gov/contact/>

Confederated Tribes of Warm Springs/ Community Counseling 541-533-3205
<https://warmsprings-nsn.gov/contact/>

Confederated Tribes of Warm Springs -- Crisis Hotline
1233 Veterans Street, Warm Springs, OR 541-553-1171
<https://warmsprings-nsn.gov/program/community-counseling/>

Confederated Tribes of Warm Springs -- Family Preservation
1233 Veterans Street, Warm Springs, OR 541-615-0036
<https://warmsprings-nsn.gov/contact/>

Confederated Tribes of Warm Springs -- Higher Education
1233 Veterans Street, Warm Springs, OR 541-553-3311
<https://warmsprings-nsn.gov/program/higher-education-3/>

Confederated Tribes of Warm Springs -- Indian Health Services Clinic
1233 Veterans Street, Warm Springs, OR 541-553-1196
<https://warmsprings-nsn.gov/program/warm-springs-health-wellness-center/>

Confederated Tribes of Warm Springs -- Legal Aid
1233 Veterans Street, Warm Springs, OR 541-533-3228
<https://www.manta.com/c/mm2b7c3/confederated-tribes-of-warm-springs-reservation-of-oregon-attorney>

DIRECTORY / DIRECTORIO

Confederated Tribes of Warm Springs -- Parole & Probation 1233 Veterans Street, Warm Springs, OR https://warmsprings-nsn.gov/program/parole-probation-office/	541-553-3293
Confederated Tribes of Warm Springs -- Police Department (Dispatch) 1233 Veterans Street, Warm Springs, OR https://warmsprings-nsn.gov/program/police-department/	541-553-1171
Confederated Tribes of Warm Springs -- Prosecution 1233 Veterans Street, Warm Springs, OR https://warmsprings-nsn.gov/program/tribal-prosecution/	541-553-3300
Confederated Tribes of Warm Springs -- Social Security / Disabilities 1233 Veterans Street, Warm Springs, OR https://warmsprings-nsn.gov/program/disabilities-coordination/	541-553-4955
Confederated Tribes of Warm Springs -- Tribal Commodity Program 1233 Veterans Street, Warm Springs, OR https://warmsprings-nsn.gov/program/tribal-commodity-program/	541-553-3422
Confederated Tribes of Warm Springs -- Tribal Courthouse 2126 Warm Springs, Warm Springs, OR https://warmsprings-nsn.gov/program/tribal-court/	541-553-3278
Confederated Tribes of Warm Springs -- Veterans Services 1115 Wasco Street, Warm Springs, OR https://warmsprings-nsn.gov/our-people/veterans/	541-553-1196 ext 2120
Confederated Tribes of Warm Springs -- Victims of Crime Services (VOCS) 1233 Veterans Street, Warm Springs, OR https://warmsprings-nsn.gov/program/warm-springs-victims-of-crime-services/	541-553-2293
Confederated Tribes of Warm Springs -- Vocational Rehabilitation 1233 Veterans Street, Warm Springs, OR https://warmsprings-nsn.gov/contact/	541-443-4952
Legal Aid Services of Oregon Native American Program 4531 SE Belmont St #201, Portland, OR https://oregonlawhelp.org/organization/native-american-program-legal-aid-services-of?ref=JfdvW	503-223-9483
Native American Rehabilitation Association (NARA) (Outpatient Treatment Center) (Oregon) 1631 SW Columbia Street, Portland, OR https://www.naranorthwest.org/	503-231-2641
Native American Rehabilitation Association (NARA) (Residential Treatment Center) OR 17645 NW St. Helens Hwy, Scappoose, OR https://www.naranorthwest.org/projects/adult-residential-addictions-treatment/	503-621-1069
Native American Youth And Family Center (NAYA) (Oregon) 5135 NE Columbia Blvd, Portland, OR https://nayapdx.org/	503-288-8177
Nch'i Wana Housing -- Columbia River Gorge 16 Oak Street, Hood River, OR https://nchiwana.org/	541-436-3810
Northwest Indian Treatment Center (Washington) 10 SE Squaxin Lane, Shelton, WA https://squaxinland.org/northwest-indian-treatment-center/	306-426-9781

DIRECTORY / DIRECTORIO

Northwest Justice Project: Native American Unit (Washington /
Facing Foreclosure) <https://nwjustice.org/NAU> 800-606-4819

Northwest Justice Project: Native American Unit
(Washington -- Hearing / Speech Impaired) <https://nwjustice.org/NAU> 877-211-9274

Northwest Justice Project: Native American Unit (Toll Free) 888-201-1014
(Washington /Outside King County) <https://nwjustice.org/NAU>

Northwest Justice Project: Native American Unit (Washington /Seniors)
<https://nwjustice.org/NAU> (Toll Free) 888-387-7111

Oregon Department of Education Office of Indian Education 503-947-5600
<https://www.oregon.gov/ode/students-and-family/equity/nativeamericaneducation/pages/default.aspx>

The Healing Lodge (Washington)
5600 East 8th AvenueSpokane Valley, WA <http://thehealinglodge.org/> 509-533-6910

Warm Springs Advocates
1108 Wasco Street, Warm Springs 541-553-2293
<https://warmsprings-nsn.gov/program/warm-springs-victims-of-crime-services/>

Women Spirit Coalition (Washington)
10049 Kitsap Mall Blvd, Suite 304, Silverdale <https://www.womenspirit.net/> 360-633-7083

Yakama Nation Adult Vocational Training Program
Programa de Formación Profesional para Adultos de la Nación Yakama
Post Office Box 151, Fort Road, Toppenish, WA 509-865-5121 ext 4542 or 4550
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Behavioral Health Services
16 W. 1st Ave., Toppenish 509-865-5121 ext 6203
<http://www.yakamanation-nsn.gov/behavioralhealthservices.php>

Yakama Nation Comprehensive Community Alcoholism Program & Youth Treatment Program
16 W. 1st Ave., Toppenish 509-865-5121 ext 4455
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Correction & Rehabilitation Facility
50 Wishpoosh Rd, Toppenish, WA 509-865-8911
<https://cwparchitects.com/project/yakama-correctional-and-rehabilitation-facility/>

Yakama Nation Court Appointed Special Advocates (CASA) Program 509-225- 0335
<http://voicesforchildrenyakima.org/programs/CASA-program/overview>

Yakama Nation Domestic Violence Program
1 W. 1st Ave. #6, Toppenish, WA 509-865-5121 ext 4630
<https://tribalresourcetool.org/vsp/yakama-nation-victim-resource-program/>

Yakama Nation Food Distribution Program
802 E 1st Ave, Toppenish, WA 509-865-5121 ext 4535
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Higher Education
131 Wishpoosh Road, Toppenish, WA 509-865-5121 ext 4509
<http://www.yakamanation-nsn.gov/programs.php>

DIRECTORY / DIRECTORIO

Yakama Nation Home Health Program (Elderly & Community Health)
 401 Buster Road, Toppenish, WA 509-865-7965
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Indian Health Services Clinic
 401 Buster Rd, Toppenish, WA 509-865-2102
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Legal Aid Services, 6 S 2nd St #804, Yakima, WA 509-865-5121 ext 4576
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Nak Nu We Sha (CPS)
 103 Shearer Lane, Toppenish, WA 509-865-5121 ext 6800
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Police Department
 50 Wishpoosh Rd, Toppenish, WA 509-865-2933
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Probation Services
 50 Wishpoosh Rd, Toppenish, WA 509-865-5121 ext 4570
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Prosecution
 50 Wishpoosh Road, Toppenish, WA 509-865-5121 ext 6045
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Suicide Prevention Services
 217 S Toppenish Ave, Toppenish, WA 509-985-2292
<https://www.sprc.org/grantees/yakama-nation-confederated-tribes-and-bands-2>

Yakama Nation Transportation Program
 100 Spiel-yi Loop, Toppenish, WA 509-865-5121 ext 6405
<http://www.pahtotransit.com/docs/YNTTpowerpointforcouncil.pdf>

Yakama Nation Tribal Court
 401 Fort Road, Toppenish, WA 509-865-5121 ext 4676
<http://www.yakamanation-nsn.gov/programs.php>

Yakama Nation Veteran's Affairs
 401 Fort Road, Toppenish, WA 509-865-5121 ext 6022
<http://www.yakamanation-nsn.gov/veterans.php>

Yakama Nation Victim / Witness Legal Assistant
 16 W. 1st Ave., Toppenish, WA 509-865-5121 ext 6046
<https://tribalresourcetool.org/vsp/yakama-nation-victim-resource-program/>

Yakama Nation White Swan Health Clinic
 16 W. 1st Ave., Toppenish, WA 509-874-2979
<http://www.yakamanation-nsn.gov/programs.php>

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