



Polk County Family Resource Navigator Community Resource Guide

Vision Resources

Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Central Lions	x		x		503-838-2416	Mondays 12-1	Eye exams and Glasses	No Insurance, live in Central
Dallas Lions	x		x		503-931-9860	1st & 3rd Thursday 11:30-12:30	Eye exams and Glasses	No Insurance, live in Dallas
Salvation Army	x	x	x	x	503-623-9664 ext. 2481	Mon-Fri 8-5	Vouchers for eye exam and glasses. Eye related medication also possible	Anyone in need in Polk/Marion Counties

Dental Resources

Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Salem/Dallas Free Clinic	x	x	x	x	503-990-8772		Extractions Only	No Insurance
West Salem Dental Clinic	x		x	x	503-315-0712	Mon-Thur 7-5:30	Full service Dental	OHP, Medicare, Private Ins., Sliding Fee
UGM Simonka House		x		x	503-362-7487		Free high quality dental care	Must be staying at one of the 2 missions
Boys & Girls Club		x	x	x	503-581-7383		Dental Treatment	Low-income/Uninsured students grades 1-12
Salud Medical Center		x		x	503-982-2010	Mon-Fri 7:30-5	Dental Treatment	Adults/Children, OHP/Medicare
Gental Dental	x		x		503-831-9623		Dental Treatment	Adults/Children, OHP

Medical Resources

Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Polk Community Free Clinic	x		x	x	503-990-8772	1st/4th Saturday Line starts at 5:30am	Chronic conditions and Project Access, some specialty services	No insurance/Underinsured
Salem Free Clinic		x	x	x	503-990-8772	1st/3rd/4th/5th Saturdays, By appt. only	Chronic conditions and Project Access, some specialty services	No insurance/Underinsured
Project Access		x	x	x	503-362-9669	Mon-Fri 8:30-5	Medical care donated by volunteer providers	Income <200% FPL, may require proof of OHP denial
Med Assist		x	x	x	503-362-9669	Mon-Fri 8:30-5	Prescription assistance	Referred by Marion/Polk Co. practitioners. No Ins./Low income
Northwest Human Services	x	x	x	x	503-378-7526	Mon-Fri 7-6	Primary care	OHP, Private ins, Sliding Fee
Salud Medical		x		x	503-982-2010	Mon-Fri 7:30-5	Primary care	OHP
Salem Hospital Charity Care		x	x	x	503-561-5150		Assistance with payment for services	Income at or below 200% of FPL

Willamette Valley Hospice	x		x	x	503-588-3600		Information and Services around death, dying, and terminal diagnoses	Medicare, OHP, Private Ins., Uninsured
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Legal Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Marion Polk Legal Aid		x	x	x	503-581-5265	M-Th 8:30-5 8:30-12 F	Family Law, Housing, Public Benefits	Cannot help with criminal issues, traffic, DUI, accident/injury cases, small claims, trusts/consumer problems
Polk County Court Facilitator	x		x		503-623-3154	Wednesdays 9am	Paperwork review	Paperwork must be completed prior to meeting
Chris Lillegard	x		x	x	503-623-6676	M-F 8-5	1hr free consultation	
Domestic Violence Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Sable House	x		x	x	503-623-4033	M-Th 9-5, F 9-3		Women only
Center for Hope and Safety		x	x	x	503-378-1572	M-F 9-5 24 hr crisis		Will work with men, but no men in shelter
Abby's House	x		x		503-838-8219			All genders, typically students
DHS DV Grant	x		x		503-623-8118	M-F 8-5	Cash assistance	Single parent with children
Salvation Army	x	x	x	x	503-623-9664	M-F 8-5	Cash assistance	Anyone in need in Polk/Marion Counties
Transitional Housing Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Safe Families		x	x	x	503-580-4672		Safe shelter for children of parents in crisis	Ages 0-18
Titus House	x		x		971-388-2780		Low cost transitional housing	Women with addictions
River of Life House	x		x		503-623-8186		Low cost transitional faith based housing	Men with addictions
Father Taaffee Homes		x	x	x	503-390-2600		Transitional housing	Pregnant teens age 12-20 who wish to keep their babies
Woodmansee Community Apartments		x	x	x	503-378-6800		Transitional housing for any gender	Open CPS case, connected to A&D, approved by Marion Co. DHS
Polk County Development Corp.	x		x		503-831-3173	M-F 8-5	Low cost transitional housing	Women, A&D aftercare, Housing, Working with DHS
Salvation Army Lighthouse		x	x	x	503-585-6688		Transitional housing, not emergency shelter	Men, women, no children
Interfaith Hospitality Network	x		x	x	503-370-9752		Transitional shelter, case management	Families with Children, No A&D

St. Francis Center		x	x	x	503-588-0428		Transitional housing	Homeless Families with Children, Must search for housing and complete court ordered programs
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Homeless Services/Shelters								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Arches Day Shelter		x	x	x	503-399-9080	M-F 9-4	Telephone, Laundry, Hygiene, Meals, Mail	Homeless, At-risk, Previously Incarcerated
UGM		x	x	x	503-362-3983		Long term residential and expanded resources	Men, No graveyard employment
UGM Simonka House		x	x	x	503-362-7487		Long term residential and expanded resources	Women with or without children
Northwest Human Services HOST		x	x	x	503-588-5825	Drop In M-F 8am-10pm Shelter 10pm-8am	Shelter, Drop in Center, Meals, Shower, Clothing, Phone/Computer	Homeless at risk teens
Northwest Human Services HOAP		x	x	x	503-588-5827	M-F 9am-2pm	Van, Advocacy, Meals, Laundry, Clothing	Homeless, At-Risk, Mentally Ill
Community Action Supportive Services for Veteran Families		x	x	x	503-399-9080		Case management, Financial Assistance, Housing Assistance	Homless Vets, At Risk, Honorable Discharge, Income cannot exceed 50% County Median
Easter Seals Homeless Vets		x	x	x	503-362-1572	M-F 8:30-5	Case management, Financial Assistance, Housing Assistance	Homless Vets, At Risk, Honorable Discharge
St. Joseph Shelter		x	x	x	503-845-6147		Shelter, Case Management, Meals, General Support	Families with Children, No A&D
Salem City Vibe/Dream Center	x		x	x	971-599-3166		Meals, ID, Jobs, SSI/SSD, Housing Assistance.	Homeless who choose to work with Christian based program
Home of the Brave		x	x	x	971-599-5827		Self Sufficiency Program, Single Occupancy Bedroom	Homeless Vets of Salem Metro Area. No A&D
Central School District	x		x		503-606-2266		Resource lists	Central School District Students
Restoration House		x	x	x	503-363-2805	M-F 8-4	Residential Facility	Legal History, Incarceration, SO
Emergency Solutions Grant	x	x	x	x	503-623-8429	M-F 8-5	CAA Grant	Homeless Families or Individuals. Requires outside verification
Transportation Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Trip Link		x	x	x	503-315-5544		Free Transportation to and from OHP covered appts.	Must have OHP
Dallas Resource Center	x		x		503-623-8429	M-F 8-5	Bus Passes	Job interview or Medical Appt.

HOAP Van		x		x	503-315-0712	M-Th 7-5:30	Delivers people from shelters, parks, and drop in Center to West Salem Clinic	Homeless
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Meal Sites								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Mountain Gospel Church	x		x		503-856-2545	Wednesday 6:30	Soup Supper	Open to Community
James 2 Kitchen	x		x		503-623-2481	Tues/Thurs 4:30-6	Meal Site/Dinner	Open to Community
City Vibe	x		x	x	971-208-5606	Friday 6	Dinner	Open to Community
Calvary Chapel	x		x		503-831-1074	10-3 T/W/TH	Emergency Meal	Must call to arrange
UGM		x	x	x	503-362-3983	6:30am-5:30pm	Breakfast, Lunch, Dinner	No one is turned away
Westgate Church	x		x	x	503-364-0002	Wednesday 6	Meal	First time free, \$1 after
Food Pantries/Box Resources								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Valley Life Center	x		x		503-623-4116	M-Th 8:30-4:30 F 8:30-1	Non Perishable Food Box	Anyone, Once Annually
Ella Curran Food Bank	x		x		503-838-1276	M,T,TH 9-11:45	Non Perishable Food Box, Produce in season	Residents of Independence, Monmouth, Surrounding Area
Salvation Army		x	x	x	503-585-6688	M-F 9-12	Shop Style Food Bank	
Dallas Food Bank	x		x		503-623-3578	M-F 9-11:15	Produce, Non Perishables	Every 30 days, Income based
Kingwood Bible Church	x		x		503-399-9600	1st/3rd Sat 10-12	Food box, Frozen/Fresh	West Salem Residents. Once per Month. Income Based
West Salem Methodist	x		x		503-363-3035	M/W 1-3	"Better Box" (Geared toward diabetics)	Once every 28 days. West Salem Residents.
Monmouth Christian Church	x		x		503-838-1145	M/T/TH 9-11:45	Non Perishable Food Box	Community Residents, 1 per Month
FC Seventh Day Adventist	x		x		503-787-3814	3rd Wed. 12-3	Produce, Non Perishables, Frozen	FC Residents, 1 per Month, Income Based
Dallas H2O	x		x		503-831-4736	M/W/F 10-3	Anything. Bread Available Mon-Sat 2-4pm	Dallas Residents, 1 per Month, Income Based
Willamette Valley Food Assistance Program	x		x	x	503-831-5634	1st 4 Wed. each Mo. 1:30-6:30	Shop Style Food Bank. Fill cart once a week	Monthly fee of \$42. No SNAP
Westgate Church	x		x		503-364-0002	M/W/F 9-11:45	Food Box	
Hungry Like The Wolf	x		x		503-838-8553	M-F 10-1	Food Box	Call Ahead
Dallas Seventh Day Adventist	x		x		503-623-5872	Wednesday 10-1	Non Perishables, Seasonal Produce, Clothing	Residents of Dallas, Indep., Monmouth, Falls City 1 per Mo.
Dallas Resource Center	x		x		503-623-8429	M-F 8-5	Baby Formula, Some baby food	Low Income Polk Co. Residents

Grand Ronde Food Bank	x		x		503-879-3663	Monthly Calendar		Call Ahead
Dallas United Methodist Church	x		x		503-623-2481	Thursdays 4:30-6:30	Free Produce	Anyone
Falls City Mountain Gospel	x		x		503-787-8037	Fridays 4-6	Free Produce	Anyone



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Housing Programs								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Salem Housing Authority		x		x	503-588-6368	M-F 7:30-4:30	Housing Vouchers, Public Housing	Federal Poverty Guidelines Apply. Apply online or paper application
West Valley Housing Authority	x		x		503-623-8387	M-Th 8-4:30	Housing Vouchers, Public Housing	Federal Poverty Guidelines Apply. Paper Application
Polk Community Development Corporation	x		x		503-831-3173	M-F 8-5	Home ownership programs, Home improvement loans, Housing Units	Federal Poverty Guidelines Apply. Paper Application
Arches		x	x	x	503-399-9080	M-F 8-5	Tenant Based Housing Program	Federal Poverty Guidelines Apply. Paper Application
Rent & Utility Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Dallas Resource Center	x		x		503-623-8429	M-F 8-5	Emergency Assistance for Rent and Utilities	Eviction/Shut Off Notice. Proof of Sustainability. Screening Required. Once per year.
Salvation Army	x	x	x	x	503-623-9664	M-F 8-5	Emergency Assistance for Rent and Utilities, Deposits	Eviction/Shut Off Notice. Proof of Sustainability. Screening Required. Once per year.
Congregations Helping People		x	x	x	503-391-4365		Utility Assistance, Bus Passes	Shut off notice required
Northwest Human Services Crisis Line	x		x	x	503-581-5535	24 hours	Rent and Utility Assistance	Shut off/Eviction notice required
St. Vincent DePaul		x	x	x	503-364-5672	M/W/F 10-1:45 Th 11-1:45	Rent and Utility Assistance	Birth Certificate, ID required
Furniture & Houseware Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
H2O	x		x		503-831-4736		Furniture and housewares	Polk Co. Residents. Except West Salem. See Resource center for Voucher. 1 per year
The ROC Center		x	x	x	503-566-7001	By appt.	Furniture and housewares	Requires intake appointment

Bambinos	x		x		503-623-4618	Closed Thursdays	Baby Furniture and Furnishings	
Gifts in Kind	x		x		503-917-9629		Furnishings, Housewares, Small Appliances	Must make an appointment. First Come, First Serve
St. Vincent DePaul		x	x	x	503-364-5672	M/W/F 10-1:45 Th 11-1:45	Emergency Furniture	Screening Required
Baby Boutique: One Treasure Church		x	x	x	503-485-0595	M-F 10-2	Baby Furniture and Furnishings	Must be screened by staff. Call ahead



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Clothing Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Dallas Seventh Day Adventist	x		x		503-623-5872	Wednesday 10-1	Clothing closet	Residents of Dallas, Independence, Monmouth, Falls City. 1 per Month
Monmouth Christian Church	x		x		503-838-1145	Wednesday 10-12	Clothing closet	Children and Adults
Dallas H2O	x		x		503-831-4736		Clothes through Voucher and for Purchase	Vouchers through Resource Center
Bambinos	x		x		503-623-4618	Closed Thursdays	Clothing, Diapers, baby formula, medicine	Clothing requests once per season
Jinettes Clothing Closet	x		x		971-208-4249	By Appointment	Clothing closet	Call for appointment
Community Clothing Closet	x		x		503-751-1289	Hours Vary	Clothing, Backpacks, School Supplies	Call to check schedule
Employment Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
WorkSource Oregon	x	x	x	x	503-831-1950	M-F 8-5	Job Growers, GED Readiness, NCRC Workshops	Must be fully registered with WorkSource Oregon to access programs
Dallas Employment Resources Northwest	x		x		503-999-4246	M-F 8-4	Improve Job skills, Overcome Barriers, and prepare to enter workforce	Must be on TANF and referred by DHS Caseworker
DHS Vocational Rehab		x	x	x	503-378-2483		Vocational Counseling, Goal Setting, Skill Evaluations, Interview Skills, Job Training/Placement	Verified Physical/Mental Disability. By Appt.
Goodwill Job Connections	x	x	x	x	503-831-1426	M-F 8-4:30	Free 30-day Job Search, GED Program	Anyone over 16. Make appt.
Easter Seals Veteran's Work Program		x	x	x	503-362-1572	M-F 8:30-5	Case Management, Employment Services	Homeless Vets, honorable discharge, 50% County Median income

UGM Valley Employment and Career Services		x	x	x	503-362-3983		Job Readiness Prep, Resume, Interview, Job Search	Must be enrolled in New Life Fellowship Program
Employment Assistance								
Program	Location		Service Area		Phone Number	Service Hours	Resource	Eligibility
	Polk	Marion	Polk	Marion				
Chemeketa GED Program	x	x	x	x	503-399-6553		GED Program English and Spanish	Testing fee \$152 all 4 subjects. Class \$70/term
HALO	x		x		503-606-4256		Free training, education, mentoring, guidance, some funding	Ages 16-21. Live in Polk County