

# Resource Directory

## Linn & Benton Counties



Birth  
 Children  
 Clothes  
 Dental  
 Education  
 Employment  
 Food  
 Health Insurance  
 Housing  
 Information  
 Parenting  
 Medical  
 Seniors  
 Shelter



A Guide to  
Community Services

# The Resource Directory

## A Guide to Community Services in Linn and Benton Counties

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## ABUSE

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**Adult Protective Services:** Investigates reports of abuse and /or neglect of adults with disabilities. Info. .... **928-3636**

**All Because of Children (ABC House):** P.O. Box 68, Albany. Child victim assessment center. Monday - Friday 9 a.m. - 5 p.m. .... **926-2203**

**Canyon Crisis Center:** Located in Mill City, operates a 24-hour hotline. Helps women and children who are victims of domestic and sexual violence. .... **(503) 897-2327**

**Center Against Rape and Domestic Violence (CARDV):** 24-hour hotline, advocacy, counseling and support groups. Shelter for battered women, men, and children.

Office: 4786 SW Philomath Blvd., Corvallis. .... **758-0219**

Local hotline. .... **754-0110**

24 hour hotline. .... **1-800-927-0197**

**Childsafe Program:** Provides group counseling for children who have been sexually abused and for their non-abusive parents. .... **757-8060**

**Child Welfare Program, Dept. of Human Services:**

To make a report of child abuse in Linn or Benton county, call. .... **967-2085**

After hours or weekends call police: .... **9-1-1**

**Circuit Court:** Temporary restraining orders under Abuse Prevention Act.

Benton County: 120 NW 4th St., Corvallis .... **766-6705**

Linn Co.:300 Fourth Ave. SW, Rm.107 Albany..**967-3845**

**Elder Abuse:** Linn and Benton counties ..... **967-8630**

**Hit Home:** National Youth Crisis Line ..... **1-800-448-4663**

**HOPE Inc.:** A Sweet Home emergency shelter for Linn County abused and homeless women. .... **367-4673**

**National Child Abuse Hotline:** ..... **1-800-422-4453**

**National Domestic Violence Hotline:** If something about your relationship with your partner scares you and you need to talk, call Hotline ..... **1-800-799-7233**

Voice/TTY ..... **1-800-787-3224**

**National Youth Crisis Line:** ..... Referral for youth 17 and under ..... **1-800-448-4663**

**Police:** Emergency ..... **9-1-1**



## ALCOHOL & DRUG ABUSE

### **Adolescent Alcohol & Drug Treatment Program.**

Intensive outpatient alcohol and drug treatment, gambling addiction for Linn & Benton counties.

Albany, 104 4th St. SW ..... **967-3819**

Lebanon, 1600 S Main St. .... **451-5932**

Sweet Home, 799 Long St. .... **367-3888**

**Alcohol & Drug Help Line:** ..... **1-800-923-HELP(4357)**

**Alanon:** Support for families and friends of alcoholics. Call and leave message ..... **967-6262**

### **Alcohol and Drug Treatment Programs:**

**Benton County Health Department:** 530 NW 27th St., Corvallis ..... **766-6835**

TTY ..... **766-6759**

**Linn County Public Health Services:** 104 4th St. SW.

Albany, Rm. 238 ..... **967-3819**

### **Alcoholics Anonymous of Benton and Linn Counties:**

Alcohol problems shared; small group meetings designed to help stop drinking. .... **967-6243**

**CHANCE :** 437 SE 3rd St., Albany, OR. Drug and alcohol recovery support services ..... **791-3411**

**Community Outreach, Inc.:** 865 NW Reiman Ave., Corvallis. Drug and Alcohol Treatment Program. .... **758-3000**

**emergence:** (formerly called Aces) Adult addiction and behavioral therapies

Albany ..... **967-6597** or TTY **967-6879**

Corvallis ..... **758-8022** or TTY **758-0725**

Lebanon ..... **258-7732**

**Gambling Treatment:** Linn/Benton counties ..... **967-3819**

Toll Free ..... **1-800-304-7468**

**Harm Reduction Program:** Needle exchange ..... **766-6252**

**Narcotics Anonymous:** Linn/Benton/Lincoln counties

Toll Free ..... **1-877-233-4287**

**Oregon Partnership Alcohol & Drug:** .... **1-800-621-1646**

**Poison Control Drug Info:** ..... **1-800-222-1222**

**Youthline:** 24 hours ..... **1-877-553-8336**

**Salvation Army:** 345 Columbus St. Twelve-step program, meets Tuesdays at 7:00 p.m. .... **928-4774**

**Teen Challenge:** One year residential program ... **259-3401**

**Youth line:** 24 hour drug & alcohol help line. Young people can talk to peers about youth related issues between 4:00 p.m. - 10:00 p.m. .... **1-877-553-8336**



## BIRTH CONTROL & FAMILY PLANNING

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### **Benton County Health Department:**

530 NW 27th St., Corvallis. Mon. - Fri. 8-5, Wed. 8 - 7 p.m.  
Family Planning Clinic. Pregnancy Prevention Program.  
Appointments preferred. Sliding scale fees, no one turned  
away if unable to pay ..... **766-6835**

### **Linn County Public Health Services:**

Albany: 315 4th Ave. SW ..... **967-3888**  
Lebanon: 1600 S Main St. .... **451-5932**  
Sweet Home: 799 Long St. .... **367-3888**

**Oregon SAFENET(Oregon Health Care Hotline).** Toll-free  
health information and referral hotline ..... **1-800-723-3638**



## CHILDREN

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**Boys & Girls Club:** Provides school-age youth the  
opportunity to develop their intellectual, athletic and social  
skills in a challenging and safe environment.

Albany ..... **926-6666**  
Corvallis ..... **757-1909**  
Lebanon ..... **258-7105**  
Sweet Home ..... **367-6421**

**CASA - Voices for Children:** Advocates for neglected and  
abused children in juvenile court & community.

Benton County ..... **753-5838**  
Linn County ..... **967-3807**

### **Child Welfare Program, Dept. of Human Services:**

A number of programs that focus on preventing abuse of  
children in troubled families. Provides counseling, referral &  
casework services to teens who are victims.

Benton County: 555 NW 5th St., Corvallis: ..... **757-4121**  
Linn County: 118 2nd St., Albany: ..... **967-2060**

**CHIP:** Children's Health Insurance Program **1-800-359-9517**

**Corvallis Community Children's Centers.** Provides low cost  
childcare, transition program for children and families in need:

Lancaster Cntr./Admin: 3285 NE Oxford Circle . **753-0191**  
Growing Oaks Center: 3731 SW Jefferson Way....**737-7745**  
Monroe Center: 1165 Monroe St. .... **753-2519**

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**Family Connections:** Information for parents about childcare and respite care, parents' advice line, referrals and support.

Sliding fee scale ..... **917-4899, 1-800-845-1363**

**Family Resources:** Classes for parents & their young children. Childcare resource and referral ..... **917-4897**

**Family Tree Relief Nursery:** Support service to parents in stress over parenting. Free to eligible families .... **223-2133**

**Healthy Start:** Information, support and home visits to first-time parents.

Benton Co: 4515 Country Club Dr., Corvallis. ... **757-8068**

Linn County: 315 4th Ave. SW, Albany ..... **924-6910**

**Immunization:** Call for information:

Benton County Health Dept. .... **766-6835**

Linn County Public Health. .... **967-3888**

**Linn Benton Early Intervention Program:** Identifies, evaluates and helps children from birth to kindergarten with a wide range of developmental disabilities.

Corvallis: 33461 SE Peoria Rd. .... **753-1202**

Lebanon: Cascade School 2163 S 7th ..... **451-5099**

**National Center for Missing Children:** . **1-800-843-5678**

**National Runaway Hotline:** Confidential . **1-800-621-4000**

**Parent Enhancement Program (PEP)** Mentors teenage parents in Benton County ..... **758-8292**

**Self Sufficiency Program, DHS:** Employment Related Day Care (ERDC) provides child-care subsidies for low-income working families.

**Albany:** 118 2nd Ave. SE. .... **967-2078**

Monday - Friday 7 a.m. - 5 p.m.

**Corvallis:** 545 SW 2nd, Suite B ..... **757-4201**

Monday, 7:30 a.m. - 6 p.m. , Tues. - Fri. 7:30 a.m. - 5 p.m.

**Lebanon:** 44 Industrial Way, Suite E ..... **259-5860**

Monday - Friday, 7 a.m. - 5 p.m.



## CLOTHING

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### Benton County

**Altrusa/Soroptimist Career Closet, Corvallis:** Free suitable clothing for income eligible women seeking work.

Need referral from agency. Ask for Lil .... **757-4201 ext 240**

**The Arc Resale Corner:** 928 NW Beca St., Corvallis  
10 a.m. - 5:30 p.m. Monday through Sunday. .... **754-9011**

**The Arc Resale:** 936 S Main Street, Philomath  
Mon. - Sat. 10 a.m.- 5:30 p.m., Sun. Noon - 5 p.m. **929-3946**

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**Assistance League of Corvallis:** Operation School Bell: Provides free clothing to school children in need in Benton County. Referral by social service agency. .... **757-1978**

**The Cat's Meow:** 110 SW 3rd, Corvallis. Monday through Saturday 10 a.m. - 5 p.m. .... **757-0573**

**GOODWILL Industries:** 2445 NW Kings Blvd. . **750-0104**

**The OSU Folk Club Thrift Shop:** 144 NW 2nd Street, Corvallis. **Oct. - May** Tues, Wed, & Thurs, 9:30 a.m.–5p.m.; Fri., 9:30 a.m. - 2:30 p.m.; Saturday 10 a.m. -12:00 p.m. **June to Sept.** hours: Tues. & Thurs. 9:30 a.m. -2:30 p.m.

**Kid's Klostet:** 360 S 9th, Philomath, Thurs. 10 a.m.-2:30 p.m. Provides free donated clothing/ furniture for babies to parents with low-income, or anyone in need. .... **929-2499**

**Next 2 New Inc:** 1204 Main St., Philomath, Mon. - Fri. 10 a.m. - 5:30 p.m. .... **929-7487**

**Next Time Around:** 712 NW 4<sup>th</sup>, Corvallis, Tues.-Fri. 10 a.m. - 5:30 p.m. Sat. 10 a.m. - 4:00 p.m. .... **754-5437**

**Signs of Victory:** 202 NW 3rd St., Corvallis, Monday through Sat. 10 a.m. - 6 p.m. .... **754-6661**

**St. Vincent de Paul Thrift Shop:** 501 NW 25th Street, Corvallis. Mon. - Fri. 1:30 p.m. - 4 p.m. . **757-1988 ext. 119**

**Twice Upon a Time:** 252 Madison Ave., Corvallis Tues - Sat. 11 a.m. - 5 p.m. .... **738-6772**

**Vina Moses:** 968 NW Garfield Ave., Corvallis. Mon.- Fri., 9 a.m. -11a.m. & 1 p.m. - 3 p.m. First Saturday of each month, 9 a.m. - 11:45 a.m. Free clothing and household items to residents of Benton Co. Diapers when available ..... **753-1420**

**CLOTHING - Linn County**

**Dream Center:** 4358 Hwy 20, Sweet Home. Tues - Sat, 9 -5 p.m. .... **367-2038**

**FISH Clothes Closet:** 1880 Hill St. SE. Albany. Wednesday and Friday, 9 a.m. - 12:00. Free clothing, must bring identification with current address. .... **928-4460**

**God's Storehouse:** 180 Smith Street, Harrisburg. Tues., Wed., Thurs. 10 a.m. -Noon & 1 p.m. - 4 p.m. Clothing 20¢ an item unless marked otherwise ..... **995-8403**

**Goodwill Industries:** 1605 Pacific Blvd. Mon. - Fri. 9 a.m. - 9 p.m., Sat. 9 a.m. - 6 p.m., Sun. 10 a.m. - 7 p.m. .... **928-3261**

**Jefferson/Scio/Crabtree Community Food Bank:** 172 N Main St., Thurs. & Fri. 9 a.m. - 2 p.m., on the first and last full week of the month. Free clothing, household items and furniture ..... **327-2442**

**Lord's Storehouse:** 726 West Oak, Lebanon. Free clothing. Monday and Thursday 10 a.m. - 1:30 p.m. .... **259-1265**

**S&J Thrift:** 223 Ave SW, Albany. Monday and Saturday 10 a.m. - 5 p.m. .... **928-2264**

**The Salvation Army:**  
**Albany:** 345 Columbus St., Albany, Mon. - Fri. 10 a.m. - 1 p.m. .... **928-4774**  
**The Salvation Army Thrift Store-** 1224 Santiam Rd. SE, Albany. Mon - Sat 9 a.m. - 6 p.m. .... **926-3433**  
**Lebanon:** 2nd & Ash St., Lebanon. Wed. and Fri. 1:15 p.m. - 3:30 p.m. Clothing, utilities, prescriptions. Walk-in only.

**Seventh-Day Adventist Community Services Center:** 4th Ave. & Holley St., Sweet Home. Free clothing, dishes, & bedding. Mon. 9 a.m.-1 p.m. .... **367-4524**

**Sharing Hands Thrift Shop:** 130 Spaulding St., Brownsville Tues., Wed., Fri. 10 a.m. - 3 p.m., Thurs. 1 p.m. - 5 p.m. and Sat. 11 a.m. - 3 p.m. .... **466-3110**

**St. Vincent de Paul:** 233 2nd Street, Lebanon. Wednesday 11:30 - 3:30 p.m. The "Store": Free clothing also furniture, household & small appliances ..... **258-5405**

**Sweet Home Gleaners Thrift Store:** 3031 Main St. Sweet Home. Mon. - Thurs. 9 a.m. - 4 p.m. and Fri. and Sat. 9 a.m. - 5 p.m. .... **367-3190**



**CRISIS INTERVENTION  
& ASSISTANCE**

**Benton County Mental Health Department:** 530 NW 27th St., Corvallis. Monday - Friday 8 a.m. - 5 p.m. Wed., 8 a.m. - 7 p.m. Appointment preferred. Sliding scale fees, no one turned away if unable to pay. **766-6835**  
 After hours Mental Health Crisis ..... **1-888-232-7192**

**Center Against Rape & Domestic Violence (CARDV):** 24-hour hotline providing crisis intervention, information and referral services. 24-hour hotline ..... **1-800-927-0197**  
 Local hotline ..... **754-0110**

**Community Outreach Inc:** 24 hour crisis line ..... **758-3000**

**Linn County Mental Health:** 445 SW 3rd Ave., Albany. Mon. - Fri., 8:30 a.m. - 5 p.m. **967-3866** or **1-800-304-7468**  
 After hours ..... **1-800-560-5535**

**Trillium Children's Farm Home:** 4455 NE Hwy 20, Corvallis. Mental Health services for youth 1-18 and their families. Information & referral, out patient, support, residential and in-home skills training ..... **757-1852**

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**Police: Emergency** ..... **9-1-1**  
**Youth Help Line: Accepts collect calls** .... **(541) 754-2404**

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**DENTAL**

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**Benton Community Health Center:** Corvallis Health Center clients will be seen or referred locally for care or through dental vans. Sliding scale, no one turned away because of inability to pay. Call for information. .... **(541) 766-6835**  
**Community Outreach.** 865 Reiman Ave, Corvallis. Pickup application at any COI clinic in, Albany, Corvallis, Lebanon. Appointment arranged and \$20 fee at time of service. For information ..... **758-3000**



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**DISABILITY**

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**ARC of Benton County:** 1885 NW 9th, Corvallis. Advocates and provides services for people with developmental disabilities and their families. .... **753-1711**  
**Circle of Hope:** Corvallis. Drop-in-center for low-income community members who are coping with mental illness or homelessness. .... **738-7500**  
**Disability Services: Cascades West Council of Governments:** 1400 Queen Ave SE Suite 103, Albany. Developmental & physical disability, mental illness, brain injury, chronic diseases and other: ..... **928-3636** or **TTY** ..... **928-3670**  
**Home Life:** 2068 NW Fillmore Corvallis. supports the housing needs of adults with developmental disabilities. Programs for all level of need from group home to respite care and skills training. .... **753-9015**  
**Lifespan Respite Care:** Family Connections provides information and referrals for those needing short term relief from ongoing care of family with special needs ..... **917-4899**  
**Toll Free.** ..... **1-800-845-1363**  
**Mid Valley Housing Plus:** Helps find housing for those with mental illness. .... **738-8552**  
**Senior Companion Program:** ..... **967-8630**  
**Veterans and Disability Services:** 301 SW 4th St., Suite 140, Corvallis. Inquiries about services for persons under the age of 65 with disabilities or veterans, their dependents, or their survivors ..... **758-1595**

**Vocational Rehabilitation:** Provides employment services to eligible people who have disabilities.

Corvallis, 545 SW 2nd, Suite G ..... **757-4131**

Albany, 1400 Queen Ave SE, Suite 107 ..... **967-2022**



## EDUCATION

**Alternative Schools:** Community Services Consortium  
Also Adult Basic Skills Development. GED Preparation

Albany: CSC, 250 SW Broadalbin, Suite 2A ..... **928-6335**

Corvallis: CSC, 545 S.W. 2nd St., Suite A ..... **752-1010**

Lebanon: CSC, 380 Market St. .... **451-1071**

**Even Start Program:**

Corvallis: Lincoln Elementary School: Supports parenting skills & literacy for Spanish speaking families.. **757-4464**

Albany: Family Literacy Program. Early childhood prgrm.  
6 wks. - 4 yrs. Linn Benton Community College.. **917-4897**

**Extension Services,** Oregon State University:

Benton County ..... **766-6750**

Linn County ..... **967-3871 or 1-888-883-0522**

**Head Start:** Pre-school program for low income families.

**Kidco Head Start of Linn & Benton Co.**

Albany: Riverside School ..... **967-1044**

Corvallis, Lincoln School ..... **758-1164**

Lebanon ..... **259-2227**

Philomath ..... **929-7595**

Other Linn and Benton locations ..... **(541) 451-1581**

OSU Child Development Program ..... **737-2516**

CSC Lincoln County Head Start. Newport ..... **336-5113**

**Linn Benton Community College.** ..... **917-4811**

Also Adult Basic Skills Development and GED  
Preparation ..... **917-4710**

Albany: 6500 Pacific Blvd.

Corvallis: 757 NW Polk

Lebanon: 44 Industrial Way

Philomath: 2054 Applegate

Sweet Home: 1661 Long St.

**Literacy Line:** Learn to Read ..... **1-800-322-8715**

**Libraries, Benton County:**

Alsea ..... **487-5061**

Corvallis ..... **757-6927**

Monroe ..... **847-5174**

Philomath ..... **929-3016**

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**Libraries, Linn County**

Albany. ....	<b>917-7580</b>
Brownsville. ....	<b>466-5454</b>
Harrisburg. ....	<b>995-6655</b>
Lebanon: .....	<b>451-74-65</b>
Sweet Home. ....	<b>367-5007</b>
Scio. ....	<b>394-3342</b>
<b>Oregon State University. ....</b>	<b>737-1000</b>



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**EMPLOYMENT**

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**Corvallis Parks and Recreation Department:** 1310 SW Avery Park Drive. Ages 14-16 are eligible for Youth Park Corps or Youth Recreation Corps. .... **766-6918**

**Community Services Consortium (CSC):** Provides job search assistance and/or job skills training for youth and adults who are either income eligible or are dislocated workers. Training is available at CSC for computers and basic skills. If appropriate, training may occur with other training providers. Youth (ages 14-21) are served in a year-round program which includes a summer program component. Youth may earn money and/or credit while improving skills.

**CSC website. .... [www.csc.gen.or.us](http://www.csc.gen.or.us)**

**Workforce Services:** Range from self-service to individualized assistance and may include: Assessment/ Career Planning, Job Search Assistance, Job Applicant Recruitment; Employee Assistance, Occupational Skills Training, Job Placement Assistance, Job Retention Services, Employer Designed Customized Training, Work Experience/On-the-Job Training. Services are tailored to individual plans. Eligibility requirements based on income and/or dislocated worker status

**YouthBuild Program:** YouthBuild CSC is a comprehensive training program that serves low income and undereducated people ages 16 - 24. The training period averages 10 - 12 months. Trainees earn a modest living stipend while they work toward their GED or high school diploma. They learn construction skills by building affordable housing for homeless or low-income people.

Emphasis placed on leadership development, community service, and life success skills, such as living drug free and budgeting time and money. Eligibility requirements

apply. . .... **451-1071**

**CSC offices.** Mon. - Fri. 8 a.m. - 5 p.m.

**Albany: 250 Broadalbin SW, Suite 2A ..... 928-6335**

**Corvallis: 545 S.W. 2nd St., Suite A ..... 752-1010**

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**Lebanon:** Adults, 44 Industrial Way. .... **259-5830**  
Youth, 380 Market St. .... **451-1071**

**Newport:** 120 Avery St., ..... **265-8505**

**Department of Human Services. Self Sufficiency Program:**  
Job Opportunities and Basic Skills (JOBS): Provides a wide  
range of education and employment training services for  
TANF and Food Stamp clients.

**Albany:** 118 2nd Ave. SE. .... **967-2078**  
Monday - Friday 7 a.m. - 5 p.m.

**Corvallis:** 545 SW 2nd, Suite B ..... **757-4201**  
Monday, 7:30 a.m. - 6 p.m. , Tues. - Fri. 7:30 a.m. - 5 p.m.

**Lebanon:** 44 Industrial Way, Suite E ..... **259-5860**  
Monday - Friday, 7 a.m. - 5 p.m.

**Goodwill Vocational Services:**  
1605 Pacific Blvd., Albany ..... **928-3382**

**Job Corps:** Hands-on youth job education and training:  
development for young people 16-24. ... **1-800-733-JOBS**

**Linn-Benton Community College: Turning Point  
Transitions:** 6500 Pacific Blvd. SE, Albany. Career counsel-  
ing, life skills development, personal counseling, support  
groups for displaced homemakers, dislocated workers, dis-  
abled individuals, single pregnant women, single parents,  
the elderly, teen parents, welfare recipients. .... **917-4876**

**Veterans Employment Services.** .... **967-2171 ext 302**

**Vocational Rehabilitation:** Provides employment services  
to eligible people who have disabilities.

Corvallis, 545 SW 2nd, Suite G ..... **757-4131**  
Albany, 1400 Queen Ave SE, Suite 107 ..... **967-2022**

**WORKFORCE DEVELOPMENT CENTERS:** Community  
agencies work in partnership to provide a variety of  
services to both job seekers and employers. Computers  
with internet access, phones, fax and copying machines  
are available for individuals looking for work. Free  
employment skills assistance classes.

**BENTON WORKFORCE DEVELOPMENT CENTER**  
545 SW 2nd, Ash Building, Suite C, Corvallis.

**Community Services Consortium.** ..... **758-2638**

**Oregon Employment Department.** ..... **757-4261**

**Oregon Vocational Rehabilitation Dept.** ..... **757-4131**

**EAST LINN WORKFORCE DEVELOPMENT CENTER**  
44 Industrial Way, Lebanon. .... **259-5850**

**Community Services Consortium.** ..... **259-5830**

**Oregon Employment Department** ..... **259-5790**

**Oregon Vocational Rehabilitation Dept.** ..... **967-2022**

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**LINN WORKFORCE DEVELOPMENT CENTER:**  
139 4th Ave. SE, Albany.

**Community Services Consortium.** .... 967-2171 ext 243  
**Linn Benton Community College.** ..... 967-2171 ext 265  
**Oregon Employment Department** ..... 967-2171

**LINCOLN WORKFORCE DEVELOPMENT CENTER:**  
120 NE Avery, Newport. .... 265-6419

**Community Services Consortium.** ..... 265-8505  
**Unemployment Benefits.** ..... Toll Free 1-877-728-7970  
Web site. .... >[www.WorkingInOregon.org/ocs](http://www.WorkingInOregon.org/ocs)<  
**Veterans Employment Services:** ..... 967-2171 ext. 302

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### FINANCIAL SERVICES

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**Community Services Consortium (CSC):** To income-qualified households, we offer weatherization, utility and rental assistance and no-interest housing rehabilitation loans.

**CSC Offices,** Mon. - Fri. 8 a.m. - 5 p.m.

**Albany:** 250 Broadalbin SW, Suite 2A ..... 928-6335

**Corvallis:** 545 S.W. 2nd St., Suite A ..... 752-1010

**Lebanon:** Adults, 44 Industrial Way. .... 259-5830

Youths, 380 Market St. .... 451-1071

**Consumer Credit Counseling Service:** 214 NW Hickory, Albany. Helps people solve debt problems and avoid bankruptcy. .... 926-5843

**Fish Emergency Services:** Benton County, Monday through Friday, 8 a.m. - 6 p.m. Limited assistance with medical, rent, utilities, and transportation, ID cards. .... 752-4688

**Fish of Albany:** 1880 Hill St. SE, Albany. Food box, limited assistance with utilities, medical, transportation, ID cards. Monday through Friday, 9 a.m. - 3 p.m. .... 928-4460

**Fish of Lebanon:** Help with utilities, rent, clothing, prescriptions. Call first Mon. - Fri., 9 a.m. - 4 p.m. .... 259-3200

**Oregon Helps:** Can tell whether your family might be able to get help from 12 different services. <http://oregonhelps.org/>

**Senior Services:** Toll free ..... 1-800-638-0510

Linn and Benton Counties ..... 967-8630

**Salvation Army:** Clothing, prescriptions, rent, utilities, transportation & propane assistance.

**Albany:** 345 Columbus St., Monday -Friday.

10 a.m.- 1 p.m. .... 928-4774

**Corvallis:** By appointment ..... 758-1178

**Lebanon:** Presbyterian Church, 145 W Ash St., Wed. and Fri. 1:30 - 3:30 p.m. Walk-in assistance only.

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**Self-Sufficiency Programs, DHS:** Offers financial help to qualified families with children in the form of Temporary Assistance to Needy Families (TANF); Domestic Violence Emergency Assistance (DV-EA) offers financial help to families who have no resources and need help fleeing domestic violence; Employment Related Day Care (ERDC) provides child-care subsidies for low-income working families. Food Stamps and Medical.

**Albany:** 118 2nd Ave. SE. .... **967-2078**

Monday - Friday 7 a.m. - 5 p.m.

**Corvallis:** 545 SW 2nd, Suite B ..... **757-4201**

Monday, 7:30 a.m. - 6 p.m. , Tues. - Fri. 7:30 a.m. - 5 p.m.

**Lebanon:** 44 Industrial Way, Suite E ..... **259-5860**

Monday - Friday, 7 a.m. - 5 p.m.

**Sharing Hands, Inc:** 130 Spaulding St., Brownsville  
Wed. & Fri. 10 a.m. - 3 p.m., Small emergency fund to assist with utilities, prescriptions, gas, and propane. Call for eligibility ..... **466-3110**

**SHEM (Sweet Home Emergency Ministries):** 1040 Long St.  
Tues. & Wed., 10 a.m. - 12:30 p.m. Sat. 10 a.m. - 1 p.m. Voucher funds are provided for propane, prescriptions, clothes, rent and utility needs. Food box requests verified through program guidelines. .... **367-6504**

**Telephone Assistance Program. Link-Up America:** You may qualify for a reduction on your phone bill. **1-800-848-4442**

**We Care:** Onetime emergency financial assistance to Benton Co. residents when no other help is available and when individual will be able to manage after a single assist...**758-2632**



## FOOD

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**Food Stamps: Self Sufficiency Program, DHS:** Available to both individuals and families. Appointments are available at the following offices.

**Albany:** 118 2nd Ave. SE ..... **967-2078**

Monday - Friday 7 a.m. - 5 p.m.

**Corvallis:** 545 SW 2nd, Suite B ..... **757-4201**

Monday, 7:30 a.m. - 6 p.m. , Tues. - Fri. 7:30 a.m. - 5 p.m.

**Lebanon:** 44 Industrial Way, Suite E ..... **259-5860**

Monday - Friday, 7 a.m. - 5 p.m.

**Gleaners:** See food & firewood gleaning pg. 18 . **752-1010**

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**Linn Benton Food Share:** 545 SW 2nd Street, Corvallis. Gathers, transports, stores and distributes food to 72 local helping agencies, including food pantries, soup kitchens, day care centers, shelters, low income senior programs and gleaning groups. .... **752-1010**

**Meals on Wheels:** Meals delivered to homebound seniors in Linn and Benton counties. **967-8630 or 1-800-638-0510**

**Women, Infants, & Children Nutrition Program (WIC):** Nutrition counseling and monthly food vouchers available for low-income pregnant women, nursing mothers, infants and children. .... **1-800-304-7468**

WIC Benton County ..... **766-6835**

WIC Linn County ..... **967-3888**

Lebanon ..... **451-5932**

Sweet Home ..... **367-3888**



## FOOD PANTRIES

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### Benton County

**Community Outreach, Inc:** 865 NW Reiman Ave., Corvallis. Emergency food box 5 p.m - 9 p.m., Mon - Fri. Sat & Sun, 9 a.m. - 9 p.m. Emergency shelter, out patient medical clinic for uninsured. Information and referral, advocacy, case management, phone with message service, mail service and laundry facilities. .... **758-3000**

**Coastal Range Food Bank:** 11661 Nashville Rd., Blodgett. Emergency food box, Wednesday 10 a.m. - 2 p.m. Last Sat. of the month 9:30 a.m. - Noon and emergencies. On-line at [crfb@casco.net] ..... **456-2141**

**Philomath Food Bank:** 360 S 9th, Philomath. Emergency food box. Tuesday 6 p.m. - 8 p.m., Thursday 9 a.m. - 11:30 a.m. .... **929-2499**

**Salvation Army - Corvallis:** Emergency food box, rent & utility assistance by appointment only, call ..... **758-1178**

**South Benton Food Bank:** Behind the United Methodist Church on 648 Orchard St., Monroe. Thurs. 10 a.m. - Noon & 5-7 p.m. on 3rd Thursday of every month ..... **424-3021**

**South Corvallis Food Bank:** 1750 SW 3rd St. Suite M, Millrace Center, Corvallis. Emergency food box, Mon. and Wed. 1 p.m. - 3 p.m., Saturday 10:00 a.m. - Noon.

**St. Vincent de Paul Food Bank:** 501 NW 25th Street, Corvallis. Emergency food box, Mon. - Fri. 1:30 p.m. - 4 p.m. Thrift store, same hours, clothing at very low cost, small household items and toys. .... **757-1988**

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**FOOD PANTRIES - Linn County**

- Caring Team Ministry:** 2900 S Main Rd., Lebanon. Friday 4 p.m.- 5:30 p.m. Emergency food box. .... **401-1264**
- Fish of Albany:** 1880 SE Hill St., Albany. Mon. - Fri. 9 a.m. - 3 p.m. Food box (call first for emergency food), clothing, medical, and transportation ..... **928-4460**
- Fish of Lebanon:** First Presbyterian Church, Ash & 2nd Street. Emergency food box on Tues. & Fri. 4 -4:30 p.m. Call first, (before 3 p.m. food box distribution day.) Utility, rent, clothing, transportation help, medicine on Monday - Friday, 9 a.m. - 4 p.m., call first ..... **259-3200**
- God's Storehouse:** 180 Smith Street, Harrisburg. Open Tues., Wed. and Thurs. 10 a.m - 4 p.m. Food box, 10-12 and 1-4. Clothes and some furniture at low cost. .... **995-8403**
- Jefferson/Scio/Crabtree Community Food Bank:** 172 North Main, Jefferson, Thursday and Friday 9 a.m. - 2 p.m. first and last full week of the month. Emergency food box, clothing, dishes, furniture. .... **327-2442**
- Lord's Storehouse:** 726 West Oak, Lebanon. Mon. and Thurs. 10 a.m.- 2 p.m. Emergency food box, clothing.. ... **259-1265**
- Salvation Army - Albany:** 345 Columbus St., Albany. Mon-Fri. 9:30 - 12:30. Tues. 1:30-4:00 p.m. Wed. 1:30-3:00. Emergency food box, clothing, prescriptions, transportation ,rent & utility assistance... ..... **928-4774**
- Seventh Day Adventist Community Service Center:** 4th and Holly St., Sweet Home: Mon. 9 a.m. - 1 p.m. Emergency food box, free clothes, dishes, bedding... ..... **367-4524**
- Sharing Hands:** 130 Spaulding St., Brownsville. Food box Wed. and Fri. 10 a.m. - 3 p.m. utilities, prescriptions, gas, propane. Thrift shop, Tues. - Sat. 10 a.m. - 3 p.m. **466-3110**
- Signs of Victory Food Bank:** 705 S Lyons, Albany. Emergency food box, Mon. -Fri. 4:30 -5:30 p.m. ... **967-8545**
- St. Vincent de Paul:** 233 2nd Street, Lebanon. Emergency food box , Wednesday 11:30 a.m. - 3:30 p.m. Rent, utility assistance, Wed. 9:00 a.m. - 11 a.m. .... **258-5405**
- Sweet Home Assembly of God:** 890 Mt. View Rd., Sweet Home Emergency food box, Thursdays 10:00 a.m. - 1:00 p.m. Also firewood, emergency clothing. .... **367-2038**
- Sweet Home Emergency Ministries (SHEM):** 1040 Long St., Sweet Home. Tues., and Wed., 10 a.m. - 12:30 p.m., Sat. 10:00 a.m. - Noon. Emergency food box, clothing, propane, prescriptions, rent & utility assistance. .... **367-6504**

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**Trinity Baptist Church:** 72 E. Elmore, Lebanon. Emergency food box, third Thursday of the month 9 a.m. - Noon or as needed. .... **258-7667**



**SOUP KITCHENS - MEAL SITES - Benton County**

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**Community Outreach, Inc:** 865 NW Reiman Ave., Corvallis. Community kitchen available to store food and prepare food that is available. Open 7:00 a.m. - 9:00 a.m., Noon - 2:00 p.m., and 5:00 p.m. - 7:00 p.m., Mon. - Sun. .... **758-3000**

**Neighbor to Neighbor:** United Methodist Church Social Hall, 1123 Main Street, Philomath. Tuesday 5:30 p.m. - 6:30 p.m. .... **929-6614**

**Stone Soup Program, Corvallis:** ..... **757-1988**

**St. Mary's Stone Soup Kitchen:** St. Mary's Catholic Church school gym, 501 NW 25th Street, Corvallis. Mon. & Thurs. 5:30 p.m.- 6:30 p.m., Wed. & Fri. 11:30 a.m. - 12:30 p.m.

**The First Christian Church:** 602 SW Madison, Corvallis, Tuesday 5:30p.m. - 6:30 p.m., Saturday 10 a.m. - 11 a.m., Sunday 5:30 p.m. - 6:30 p.m.

**SOUP KITCHENS - MEAL SITES - Linn County**

**Albany Helping Hands:** 1989 Santiam Hwy. SE, Albany. (June 1/05 move to 619 9th St. SE.) Mon. - Sun. 3 meals: 7:30 a.m., lunch at noon and 6 p.m. dinner, shelter. .... **926-4036**

**Lebanon Soup Kitchen:** 170 East Grant Street, Lebanon. Mon, Wed., Fri. 4:30 - 5:30 p.m. also clothing, blankets, sleeping bags, diapers ..... **451-7667**

**SHEM Meal Site (Manna):** 845 6th Ave., Sweet Home. Fridays 5 - 6:30 p.m. .... **367-6504**

**Signs of Victory Soup Kitchen:** 620 Cleveland St. SE Albany. Tuesday, Thursday and Saturday, 6 p.m. **967-8545**

**St. Mary's Soup Kitchen:** 728 Ellsworth, Albany. Mon., Wed. and Fri. 5 p.m.- 6 p.m. .... **926-8562**



**FOOD & FIREWOOD GLEANING**

**Linn Benton Food Share:** 545 SW 2nd Street, Suite A, Corvallis. Refers participants and volunteers to local groups. Refers donors of surplus food and wood to local gleaning groups. Contact Susan James, Volunteer Programs Coordinator. Monday through Friday 8 a.m. - 5 p.m. .... **752-1010**

**GLEANERS**

People who are able-bodied volunteers with low incomes gather crops, surplus or salvage foods and firewood to share fifty/fifty with adoptees. Adoptees are elderly and/or disabled individuals who have low incomes. Gleaners also share with food banks and agencies that sponsor group meals. There are fourteen gleaning groups in Linn and Benton Counties:

- Albany Gleaners**
- Alsea Valley Gleaners**
- Canyon Gleaners** - Mill City
- Fair Share Unlimited** - Sweet Home
- Harrisburg Harvesters**
- Helping Hands** - Albany
- Lebanon Gleaners**
- Mid-Valley Gleaners** -Albany
- Mary’s River Gleaners** - Corvallis
- North Santiam Gleaners** -Jefferson, Scio, Crabtree
- Philomath Community Gleaners**
- Central Valley Harvesters** - Shedd, Peoria, Halsey, & Brownsville
- South Benton Co. Gleaners** - Monroe
- Sweet Home Gleaners**

Please call the Volunteer Programs Coordinator at Linn Benton Food Share, if you would like to join one of these groups. .... **752-1010**



**FURNITURE & HOUSEHOLD ITEMS**

**The Arc Resale:** Philomath: 936 S Main Street, Mon. - Sat. 10 a.m.- 5:30 p.m., Sun. Noon.- 5 p.m. .... **929-3946**  
Corvallis: 928 NW Beca St., 10 a.m. - 5:30 p.m. Monday through Sunday. .... **754-9011**

**Benton Furniture Share:** Corvallis. Volunteers pick up good used furniture, clean and repair it, and deliver at no cost to families or individuals who need it. Referral through social service agency ..... **754-9511**

**The Cat’s Meow:** 110 SW 3rd, Corvallis. Monday through Saturday 10 a.m. - 5 p.m. .... **757-0573**

**Dream Center:** Thrift Store. 4358 Hwy 20, Sweet Home. Tues - Sat, 9 -5 p.m. .... **367-2038**

**Goodwill Industries:**  
 Corvallis: 2445 NW Kings Blvd, Mon - Fri 9 - 9, Sat, 9 - 8 & Sun. 10 - 7. .... **750-0104**  
 Albany: 1605 Pacific Blvd., Mon. - Fri. 9 a.m. - 9 p.m., Sat. 9 a.m. - 6 p.m. & Sun. 10 a.m. - 7 p.m. .... **928-3261**

**Jefferson/Scio/Crabtree Community Food Bank:** 172 N Main St., Jefferson. Thurs. & Fri. 9 a.m. - 2 p.m., on the first and last full week of the month. Free household items. ... **327-2442**

**The OSU Folk Club Thrift Shop:** 144 NW 2nd Street, Corvallis. **October to May** Tues, Wed, & Thurs, 9:30 am – 5 p.m. Fri., 9:30 a.m. - 2:30 p.m. Saturday 10 a.m. -12:00 p.m. & **June to Sept.** hours: Tues. & Thurs. 9:30 a.m. -2:30 p.m.

**Kid’s Kloset:** Philomath Community Services, 360 S 9th, Philomath, Thursdays 10 a.m. -2:30 p.m. Provides free donated clothing and furniture for babies to parents with low-income, or anyone in need. .... **929-2499**

**S&J Thrift:** 223 SW Ave., Albany. Monday and Saturday 10 a.m. - 5 p.m. .... **928-2264**

**The Salvation Army Thrift Store-Albany:** 1224 Santiam Rd. SE Albany. Mon - Sat 9 a.m. - 6 p.m. .... **926-3433**

**Seventh-Day Adventist Community Services Center:** 4th Ave. & Holley St., Sweet Home. Free dishes, bedding, and clothing. Mon. 9 a.m.-1 p.m. .... **367-4524**

**Sharing Hands Thrift Shop:** 130 Spaulding St., Brownsville Tues., Weds., Fri. 10 a.m. - 3 p.m., Thurs. 1 p.m. - 5 p.m. and Sat. 11 a.m. - 3 p.m. .... **466-3110**

**Signs of Victory:** 202 NW 3rd St. Corvallis, Monday through Sat. 10 a.m. - 6 p.m. .... **754-6661**

**St. Vincent de Paul Thrift Shop:** 501 NW 25th Street, Corvallis. Mon. - Fri. 1:30 p.m. - 4 p.m. .... **757-1988 ext. 119**

**St. Vincent de Paul:** 233 2nd Street, Lebanon. Wed. 11:30 - 3:30 p.m. Free furniture, household items. .... **258-5405**

**Sweet Home Gleaners Thrift Store:** 3031 Main St. Sweet Home. Mon. - Thurs. 9 a.m. - 4 p.m. and Fri. and Sat. 9 a.m. - 5 p.m. .... **367-3190**

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**Vina Moses:** 968 NW Garfield Ave., Corvallis. Mon.- Fri., 9 a.m. -11a.m. & 1 p.m. - 3 p.m. First Saturday of each month, 9 a.m. - 11:45 a.m. Free clothing and household items to residents of Benton Co. Diapers when available.. **753-1420**



## HOUSING

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**Albany Partnership for Housing and Community Development:** P.O. Box 1764, Albany. Creates affordable housing for those on restricted incomes in Linn County. .... **926-5451**

**Corvallis Neighborhood Housing Services:** 257 SW Madison., Corvallis. Homeownership center, financial fitness classes, financial literacy program, affordable housing and economic opportunity. .... **752-7220**

**Community Services Consortium:** Offers a variety of housing services to clients with housing problems.

**Housing Rehabilitation Program:** Offers no-interest deferred loans to homeowners in Benton, Linn, and Lincoln counties for home repair and rehabilitation. The purpose is to eliminate hazardous or unsafe conditions, bring dwelling up to code, provide for handicapped accessibility, etc. Loans targeted to specific areas.

**Housing Programs, Transitional & Emergency.** Transitional/Emergency Housing program assists low-income households who are homeless or at risk of homelessness, transition into or maintain permanent affordable housing.

**Weatherization Program:** Offers services to save energy and reduce heating costs. Safety checks, energy education, weather-stripping, insulation, and furnace tests. .... **752-1010**

**Community Development:** Provides pre-development, grant writing, grant administration and construction management services to cities, counties and non-profit agencies for affordable housing and community facility projects.

**Call your local CSC office for the above programs:**

Albany: 250 SW Broadalbin, Suite 2A ..... **928-6335**

Corvallis: 545 SW 2nd St. Suite A ..... **752-1010**

Lebanon: Adult, 44 Industrial Way ..... **259-5830**

Youth, 380 Market St. .... **451-1071**

**Habitat for Humanity:** Provides home ownership through community efforts. Application process.

Albany (public school district area) ..... **967-4030**

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Benton County ..... 752-3354  
 Lebanon ..... 451-1234  
 Sweet Home ..... 367-1292  
**Housing Discrimination Hotline:** ..... 1-800-669-9777  
**Housing Shelter:** See Shelter for Homeless ..... page 26  
**Linn Benton Housing Authority:** 1250 Queen Ave. SE,  
 Albany. Monday-Thursday 8 a.m. - 5 p.m., Housing  
 Assistance for lower income families, elderly,  
 handicapped, and disabled individuals. .... 926-4497  
 TTY ..... 926-8338  
**The Linn, Benton, Lincoln Regional Housing Center:**  
 257 SW Madison, Suite 205, Corvallis. Home ownership,  
 housing rehab. information & educational programs avail-  
 able in Linn, Benton and Lincoln counties. .... 752-0667  
 Toll Free ..... (866) 245-1780



**INFORMATION & REFERRAL**

**Community Alliance for Diversity:** 104 SW 2nd St., Corvallis  
 Provides diversity resources, e.g., resource guide, speakers  
 list, educational forums. .... 738-6293  
**Community Outreach, Inc:** 865 NW Reiman Ave., Corvallis.  
 Information and referral, emergency shelter, case manage-  
 ment, phone with message service, mail service . 758-3000  
**Community Services Consortium:** Information and referral  
 to human service resources in Linn and Benton counties.  
 Visit CSC’s website. .... [www.csc.gen.or.us](http://www.csc.gen.or.us)  
 Albany: 250 SW Broadalbin, Suite 2A ..... 928-6335  
 Corvallis: 545 SW 2nd St. Suite A ..... 752-1010  
 Lebanon: Adult, 44 Industrial Way ..... 259-5830  
 Youth, 380 Market St. .... 451-1071  
**F.A.C.T.** Families & Agencies Coming Together. Helps  
 families and students in Albany school system seeking  
 access to health and social services ..... 924-3720  
**Love Inc.:** Referral, transportation, home needs, lends  
 durable medical equipment, accepts bikes to repair and  
 donate to low income children and families, towels and  
 bedding. .... 757-8111  
**Strengthening Rural Families.** 535 S 19th St.,(Clemens  
 School) Philomath. Work with community agencies to co-  
 ordinate parenting classes in rural Benton Co./Hispanic  
 outreach. .... 929-2535

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**Philomath Community Services:** ..... **929-2499**  
**Oregon SafeNet:** a statewide toll-free health information and referral hotline ..... **1-800-SAFENET or 1-800-723-3638**  
**Self-Help Center:** Municipal Court, 1140 12th Ave, Sweet Home. Mon. - Fri. 9:00 - 5:00. Information & Referral.



## **LEGAL & MEDIATION ASSISTANCE**

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**ACLU of Oregon:** Legal assistance in matters of civil liberties, discrimination, violation of free speech, etc. .... **(541) 345-6162**  
**Juvenile Justice Clearinghouse:** ..... **1-800-638-8736**  
**Linn Benton Mediation Services:** 250 SW Broadalbin, Albany. Helps resolve community or family disputes. Provides training, family mediation and supervision for parent/child visitation. .... **928-5323**  
**Linn Benton Legal Aid:** 433 SW 4th St., Albany. Free legal assistance to qualifying low income persons in specific areas of law. .... **926-8678 / Toll free 1-800-817-4605**  
**Problem Solvers:** Attorneys for teens, legal information for teens ..... **1-800-452-7636**  
**Tel-Law:** Tape library of legal info. .... **1-800-452-4776**



## **MEDICAL**

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**Alsea Health Care Clinic:** 201 N 4th St., Alsea. Mon., Wed., Thurs. and Friday 8:30 a.m. - 1 p.m., Tues. Noon - 4:30 p.m. .... **487-7116**  
**Community Outreach Medical Clinics:** 865 NW Reiman Ave, Corvallis Acute, outpatient care only. Services for low-income, uninsured patients with no access to other medical care. \$5 fee. .... **758-3000**  
**Albany Inreach Clinic:** Courthouse Annex, 4th and Broadalbin, Albany. Thursday 6 p.m. - 7:00 p.m.  
**Corvallis:** 865 NW Reiman St. Corvallis. Mon. 8:30 a.m. - 10:00 a.m., Wed. 6:30 p.m. - 8 p.m.,  
**Lebanon, East Linn Community Clinic:** 1600 S Main Street, Lebanon. Tues. 6 p.m. - 7:00 p.m.  
**Dental Clinic:** Pick up application at any clinic, appointment will be arranged.

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**County Health Departments**

**Benton County Health Dept. /Benton Community Health Center:** 530 NW 27th St., Corvallis. Mon, Tues, Thurs., & Friday 8 a.m. - 5 p.m., Wed. 1 p.m. - 7 p.m. Affordable medical care, dental care, immunization, mental health and addictions and pharmacy services. Sliding fee scale. No one turned away because of inability to pay **766-6835**

**Lincoln Health Center:** Lincoln Elementary School  
110 SE Alexander Ave, Corvallis. .... **766-3546**  
Mon, Tues, Thurs, Friday 8:30 a.m.- Noon / 1-4:30 p.m.

Wednesday 10:00 a.m.- Noon / 1-4:30 p.m.

**Monroe Health Center:** Monroe Elementary School  
600 Dragon Dr., Monroe ..... **847-5143**  
Mon. & Wed. 9 a.m. -12:30 p.m. / 1:30 -4:30 p.m.  
Tues. & Thurs. 1 p.m. - 4:30 p.m.

**Dental Appointments:** ..... **766-6835**

**Linn County Public Health Services:** 4th & Broadalbin, Albany. Immunization, Nutritional program for women, Infants & Children; Communicable Disease; Family Planning; HIV/Aids Wellness; Sexually Transmitted Diseases; Medicheck Exams; Maternal-Child Health. .... **967-3888**

Lebanon: 1600 S Main St. .... **451-5932**

Sweet Home: 799 Long St. .... **367-3888**

**Hospice Care:** Provides supportive care services to terminally ill people and their families.

Benton Hospice Service Benton County ..... **757-9616**

Samaritan Evergreen Hospice ..... **812-4661**

**Hospital & Urgent Care:**

**Albany: Samaritan Albany General Hospital:** 1046 Sixth Ave. S.W. 24 hours ..... **812-4000**

**Urgent Care Walk-in Clinic:** 1700 Geary St. S.E.,  
Mon - Fri. 8 a.m. - 9 p.m., Sat. 9 a.m. - 6 p.m.,  
Sun. 10 a.m. - 6 p.m. .... **812-5500**

**Corvallis: Good Samaritan Regional Medical Center:**  
3600 N.W. Samaritan Drive 24 hours ..... **768-5111**

**Corvallis Clinic Immediate Care Center:** 3680 N.W. Samaritan Drive, Mon. - Fri. 8 a.m. - 8 p.m., Sat. & Sun. 10 a.m. - 5 p.m. .... **754-1282**

**Lebanon: Samaritan Lebanon Community Hospital**  
525 Santiam Hwy, 24 hours ..... **258-2101**

**Urgent Care Walk-in Clinic:** 525 Santiam Hwy  
Mon - Fri 9 a.m. - 9 p.m., Sat. 9 a.m. - 6 p.m.,  
Sun. 10 a.m. -6 p.m. .... **451-7915**

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**Oregon Helps:** Find out if you qualify for range of public benefits. Website ..... [www.oregonhelps.org](http://www.oregonhelps.org)  
**Oregon Poison Control:** ..... 1-800-222-1222  
**Oregon SafeNet:** Hotline linking low-income Oregon residents with health care and social services in their communities...1-800-SAFENET or 1-800-723-3638  
**Prescription Drug Assistance:** website: [www.rxassist.org](http://www.rxassist.org)  
**Samaritan Medication Assistance Program:** Provides assistance for individuals who have no medication insurance and are unable to afford the cost of their medications. .... 768-6866 or 1-800-255-8165

**Sexually Transmitted Disease (STD)**

**Aids HIV Counseling & Testing National VD/STD**

**Hotline:** ..... 1-800-227-8922  
**Oregon AIDS Hotline:** ..... 1-800-777-AIDS  
**Valley AIDS Information Network:** ..... 752-6322  
**Outlying Areas** ..... 1-800-588-2437

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**MEDICAL HEALTH INSURANCE**

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**Family Health Insurance Assistance Program (FHIAP):**

Assists with subsidy to qualified people or families for health insurance plan ..... (503) 373-1692 / 1-888-564-9669  
Voice/TTY ..... (503) 219-3660 / 1-800-735-2900

**Oregon Health Plan (OHP):** Provides health insurance to qualified citizens, includes dental services. 1-800-359-9517  
TTY 1-800-621-5260. Application help. 1-800-359-9517

**Oregon Medical Insurance Pool:** ..... 1800-848-7280



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**MENTORING**

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**Big Brother/Big Sister Program:** YM/YWCA program run through Oregon State University to match student volunteers with children ages 5-14 in Benton County to provide companionship and mentorship. .... 737-3041

**Partners Program:** Offered through the Albany YMCA to match adults with children and teens for mentoring purposes and friendship development ..... 926-4488, ext. 306



## PREGNANCY & PARENTING SUPPORT

- Corvallis Pregnancy Care Center.** ..... **757-9645**  
**Families and Agencies Coming Together (FACT):** 105 Springhill Drive, Albany. Monday- Friday 8 a.m. - 4 p.m. Community resource connection for families with children in the Albany School District. .... **924-3720**  
**Family Connections:** Parents’ advice line, support and referral. .... **917-4899 Toll Free 1-800-845-1363**  
**Family Tree Relief Nursery:** Support service to parents in stress over parenting. Free to eligible families. ... **223-2133**  
**Fish Guest House:** Transitional housing, shelter for pregnant and parenting teens, emergency prescriptions and transportation, counseling & referrals. .... **928-4460**  
**Healthy Start Program:** Information, support and home visits to first-time parents.  
    Benton Co: 4515 Country Club Dr., Corvallis. ... **757-8068**  
    Linn County: 315 4th Ave. SW, Albany ..... **924-6910**  
**New Hope Pregnancy Center.** ..... **924-0160**  
**Parent Enhancement Program (PEP):** Serves young parents in Benton County by matching with support mentors: ..... **758-8292**  
**Pregnacy Alternative Center, Lebanon.** ..... **619-493**



## SENIORS

- Benefits Checkup:** find out if you qualify for benefits, log onto ..... **www.benefitscheckup.org**  
**Elder Abuse:** ..... **924-8427**  
**Eldercare Locator:** ..... **1-800-677-1116**  
**Experience Works:** ..... **(503) 644-4212**  
**Grace Center:** 980 NW Spruce Ave., Corvallis. Adult day services. .... **754-8417**  
**Medicare:** ..... **1-800-633-4227**  
**Oregon Prescription Drug Program:** Must meet eligibility requirements ..... **1-866-554-5360**  
**Prescription Drug Assistance:** website.. **www.rxassist.org**  
**Retired and Senior Volunteer Program (RSVP):**  
    Benton County: ..... **753-9197 / 1-800-638-0510**  
    Linn County: ..... **917-4476**

**Senior Companion Program:** ..... 967-8630  
**Senior Drug-Discount Program:** ..... (800) 359-9517  
**Senior Meals Location Prgm:**..967-8630 /1-800-638-0510  
**Senior Services, Oregon Cascades West:** Provides a variety of services with a main goal of helping senior citizens preserve an independent lifestyle and enable them to live in community settings rather than institutional care. Services available for seniors including seniors with low incomes. .... 967-8630 / 1-800-638-0510  
**Social Security:** ..... 1-800-772-1213



### SHELTERS FOR HOMELESS

**Albany Helping Hands:** 619 9th St. SE., Albany. Emergency shelter, phone, mail, three meals per day, laundry & showers upon approval. Mon. - Sun. .... 926-4036  
**Jackson Street Youth Shelter:** 555 NW Jackson St., provides overnight shelter and support services for youths, aged 10-17 ..... 754-2404  
**Center Against Rape and Domestic Violence (CARDV):** shelter, 24-hour hotline, legal advocacy, support groups, counseling. .... 754-0110 or 1-800-927-0197  
**Community Outreach, Inc:** 865 NW Reiman Ave., Corvallis. Homeless shelter for families, single men and women, medical clinic, 24-hour crisis line, kitchen, emergency food box ..... 758-3000  
**Fish Guest House:** Transitional housing shelter for pregnant and parenting teens, emergency prescriptions and transportation, counseling & referrals. .... 928-4460  
**Signs of Victory:** Albany Mission, 705 Lyons Street S, Albany. Provides emergency shelter to people and families in need, emergency food box. .... 967-8545  
**Sweet Home's Hope Inc. (Helping Out People in Emergencies):** 1080 12th Ave., Sweet Home. Emergency housing for Linn County women and children who are homeless. Food provided ..... 367-4673



## TRANSPORTATION

<b>AMTRAK:</b> .....	<b>928-0885/1-800-872-7245</b>
<b>Corvallis Transit:</b> .....	<b>766-6998</b>
<b>Linn-Benton Loop:</b> .....	<b>917-7667</b>
<b>Albany Call-A-Ride:</b> .....	<b>917-7770</b>
<b>Albany Transit:</b> .....	<b>917-7667</b>
<b>Linn Shuttle:</b> .....	<b>367-4775</b>
<b>Mid Valley Car Pool:</b> .....	<b>1-888-323-POOL</b>
<b>Dial-a-Bus:</b>	
Corvallis: .....	<b>752-2615</b>
Lebanon: .....	<b>451-7481</b>
Sweet Home: .....	<b>367-4775</b>
<b>Greyhound:</b>	
Corvallis: .....	<b>757-1797</b>
<b>State Police Road Conditions:</b> .....	<b>1-800-977-6368</b>



## UTILITIES

<b>Consumer Power:</b> .....	<b>1-800-872-9036</b>
<b>CSC's Low-Income Energy Assistance Programs:</b> Provides assistance to low-income eligible households.	
Benton County: .....	<b>752-2840</b>
Lebanon County: .....	<b>451-4408</b>
Linn County: .....	<b>926-7163</b>
<b>Link Up America:</b> Financial help with phone installation charges .....	<b>1-800-848-4442</b>
<b>Oregon Telephone Assistance Program:</b> Reduces phone bill for low-income individuals .....	
	<b>1-800-848-4442</b>
<b>NW Natural Gas:</b> .....	<b>926-4253</b>
<b>Pacific Power:</b> .....	<b>1-888-221-7070</b>

## VETERANS

<b>Veteran Services of Oregon:</b> Cascades West Council of Governments.	
Albany: 330 3rd Ave. SW .....	<b>967-3882</b>
Corvallis: 301 SW 4th St. ....	<b>758-1595</b>
<b>Veterans Employment Services:</b> .....	<b>967-2171 ext. 302</b>

### **PREPARE FOR AN EMERGENCY/DISASTER**

- Discuss the types of disasters that are likely to happen. Discuss emergency procedures and hold practice drills with your family.
- Post and memorize emergency telephone numbers (including poison control).
- Assemble and store a survival kit. Learn emergency food and water procedures.
- Establish a location where the family should reunite if separated.
- Choose a communication contact for the extended family. After a disaster, it's often easier to call long distance. Everyone should know the contact number and tell them where they are.
- Learn the emergency plans of the family's schools, day-care centers, clubs, and workplaces.
- Tune in to daily weather forecasts. The Emergency Broadcast System on radio and TV stations will announce a **WATCH** if an emergency situation is expected and a **WARNING** if it is imminent or in progress.
- Determine an evacuation route/alternates.
- Know where main utility switches are located and learn how to turn them off if lines rupture.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- Check on your neighbors, especially elderly or disabled persons.

### **FOOD AND WATER**

- Be prepared for up to five days.
- Take emergency drinking water (one gallon per person per day) and canned fruits and vegetables and can opener.
- Don't drink unbottled water (including municipal tap water) until it has been strained with a clean cloth and treated.

Two easy ways to treat water in an emergency situation:

1. **Boiling:** Boiling is the safest method of treating water. Bring water to a rolling boil for 3-5 minutes. Let the water cool before drinking.
  2. **Disinfection:** Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Add **16 drops of bleach per gallon of water**, stir and let stand 30 minutes.
- Cook on portable grill, but only outdoors.

American Red Cross: Benton /Linn counties. For emergency preparedness information. .... 753-6628