

OREGON FAMILY TO FAMILY HEALTH INFORMATION CENTER

The Oregon F2F HIC recommends the following parent-driven family support and information programs. The following organizations are staffed during regular business hours, serve families in every part of the state, and can respond to Spanish speaking callers immediately or within a short period of time.

Oregon Family to Family Health Information Center - 855-323-6744 (English) 503-931-8930

www.oregonfamilytofamily.org

Peer coaching and support to navigate health and mental health systems and other state, federal, and community services. Tip Sheets, toll-free phone line, website, and special-needs related publications. Free.

Swindells Resource Center - 541-732-5958 (Spanish) 503-215-2429 (English)

<http://oregon.providence.org/our-services/s/swindells-resource-center/>

Books, resources, free care notebooks for families, telephone support, statewide trainings on topics related to pediatric special needs, parenting classes, and much more

FACT (Families and Communities Together) - 1-888-988-3228

www.factoregon.org

Help with Special Education concerns, IEPs and person-centered-planning for individuals with intellectual disabilities. Translation support for numerous languages. Condition-specific parent matches for emotional support.

Autism Society of Oregon - 1-888-288-4761

www.autismsocietyoregon.org

Autism-specific resources and information, "Take a Break" funding, support and guidance. Resource directory of autism-related services and supports. Calendar of trainings and support groups for all types of disability.

All Born (In)/ Northwest Down Syndrome Association

503-238-0522 (English) 503-239-1509 or 971-570-0942 or 503-442-5817 (Spanish)

<http://allbornin.org> / <http://nwdsa.org>

Family connections, building advocacy skills, help with special education, and works to build full lives for individuals who experience disability. New parent kits, parent support, materials, family groups, educational support and more.

Epilepsy Foundation Northwest - 503-205-1404

<https://epilepsyoregon.org/support-groups/>

Offers parent support group every other month in Vancouver. For those who cannot travel to Vancouver, call and ask for parent support coordinator.

Oregon Family Support Network – 503-363-8068

www.ofsn.org

Supports families who are raising children with significant mental illness. In-person services in many Oregon counties, but phone consultation is available for all Oregon residents.

United Cerebral Palsy - 503-777-4166 x332

<http://www.ucpaorwa.org/our-services/family-support>

Serves families whose children experience disabilities that mimic Cerebral Palsy as well as those with the diagnosis of CP. Conferences, trainings, parent support, "Respitivity" program, and more.

This is a partial list; See reverse for more family-driven programs.

Call the Oregon Family to Family Health Information Center at 855-323-6744 for more information.

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The Oregon F2F HIC recommends the following Oregon Parent Networks. The following organizations are staffed during regular business hours and can respond to Spanish speaking callers immediately or within a short period of time. Funded by the Oregon Council on Developmental Disabilities.

Multnomah, Clackamas, Washington, Clatsop, Tillamook, Lincoln, Columbia Counties

FACT Oregon 888-988-3228
Website: www.factoregon.org
Facebook Page: <https://www.facebook.com/FACToregon>

Yamhill, Polk, Marion Counties - Creating Opportunities 503-559-0424

Website: www.creatingops.org
Facebook page: <https://www.facebook.com/2CreateOpportunities>

Lane County - Families Connected 541-343-5256

Website: <https://www.facebook.com/FamiliesConnectedCommunityCalendar>

Deschutes, Crook, Jefferson Counties - Central Oregon Disability Support Network 541-548-8559

Website: <http://www.codsn.org/>
Facebook page: <https://www.facebook.com/CODSN/>

Baker County - Community FORCE Family Network 541-406-8983 or 541-609-0533

Website: www.CommunityForceFN.org
Facebook page: <https://www.facebook.com/Community-FORCE-242467526463029/>

Douglas County - FEATT Family Network 541-670-2750

Website: <http://www.featt.org/>
Facebook page: <https://www.facebook.com/FEATT-719811931401633/?fref=pb>

Klamath County - Family Advocacy & Support Network (FASN) 541-591-5507 or 541-880-4863

Website: www.FASNfamilynetwork.org
Facebook page: <https://www.facebook.com/FamilyAdvocacyandSupportNetwork/>

Harney County - Kintsugi Disability Support Network 541-238-2263 or 541-241-8989

Website: www.KDSupportNetwork.org
Facebook page: <https://www.facebook.com/KintsugiDisabilitySupportNetwork/>

Jackson and Josephine Counties - Bridging Communities 541-690-8542

Website: <https://livingopps.org/bridging-communities>
Facebook Page: <https://www.facebook.com/bcoregon>

This is a partial list; see reverse for more family programs. Call 855-323-6744 for more information.

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