

RESOURCES & SERVICES

Here is a list of resources and services in the Polk County area. This is just a small list of services available. For a more complete list check out the Polk County Family & Community Outreach website www.co.polk.or.us/fco (list of updated needs can be found at the top of the home page) or call 503-623-9664 or email fco.service.integration@co.polk.or.us with any questions on resources in Polk County!

FOOD & FAMILIES

- **Dallas Food Bank**
 - Open Mon-Friday 9am-11am
 - 503-623-3578
 - 322 S Main St #180, Dallas, OR 97338
- **Ella Curran**
 - Open Monday, Tuesday & Thursday 9am-11am
 - Open Tuesdays 4pm-6pm
 - 854 N. Main St. Independence
- **Western Oregon University Food Pantry**
 - Open Monday 11am-1pm, Tuesday 2pm-4pm, Wednesday 1pm-3pm, Thursday 10am-12pm, Friday CLOSED.
 - Food Pantry is back in the Oregon Military Academy building on the northeast corner of campus. The entrance to the Food Pantry can be found on the southeast corner of the building.
- **Marion/Polk Food Share**
 - Visit www.marionpolkfoodshare.org/get-help/ for most up to date information on local food pantry's OR
 - Call 503-581-3855
- **SNAP Program**
 - Apply online: <https://apps.state.or.us./connect> OR
 - E-mail - 2701.ssp@state.or.us
 - (503) 623-5526
- **Polk County WIC**
 - (503) 623-8175
- **Bambinos**
 - Basic need items; formula, diapers, wipes etc. by apt. only
 - (503)623-4618
- **Polk County Resource Center**
 - Food boxes, hygiene supplies & more
 - by appointment only
 - (503)623-9664

HOUSING & UTILITY

- **Polk County Resource Center**
 - By appointment only
 - Basic need, rent, utility & more services available
 - (503)623-9664
- **Community Action agency Energy Assistance**
 - Appointment only
 - 503-588-9016
- **Temporarily suspending late fees and shut offs**
 - Pacific Power, PGE, NW Natural, City of Monmouth, City of Independence
- **Cash Assistance (TANF)**
 - Apply online: <https://apps.state.or.us./connect> OR
 - E-mail - 2701.ssp@state.or.us
 - (503) 623-5526

CHILD CARE

- **Child Care Resource & Referral**
 - Call 211 OR
 - text CHILDREN to 898211
- **Child Care (ERDC)**
 - Apply online: <https://apps.state.or.us./connect> OR
 - E-mail - 2701.ssp@state.or.us
 - (503) 623-5526

SCHOOL DISTRICTS

- **Central School District 13j**
 - 750 S 5th St, Independence, OR
 - (503)838-0030
- **Dallas School District #2**
 - 111 SW Ash, Dallas, OR
 - (503)623-5594
- **Falls City School District**
 - 111 North Main St., Falls City, OR
 - (503) 787-3521
- **Luckiamute Valley Charter Schools**
 - 17475 Bridgeport Rd., Dallas, OR
 - (503) 623-4837
- **OCDC Migrant Head Start Program (Independence)**
 - 535 G St., Independence, OR
 - (503) 838-2745
- **Perrydale School District**
 - 7445 Perrydale Rd., Amity, OR
 - (503)-623-2040
- **Western Oregon University**
 - 345 N. Monmouth Av., Monmouth, OR
 - (503) 838-8000

SCHOOL BASED MENTAL HEALTH (SBMH)

- Polk County School Based Mental Health
 - Do you need to connect with your School Based Mental Health provider
 - (503)623-9664 - Leave your contact information with the Resource Center and receive a call back from your SBMH

SUPPORT GROUPS

- **Willamette Valley Intergroup**
 - Alcoholics Anonymous
 - Email - centraloffice@aa-salem.com
 - (503)399-0599
- **Narcotics Anonymous**
 - hotline (503)345-9839
 - Website - <http://www.portlandna.com/online-meeting-resources/>
- **Recovery Outreach Community Center**
 - Offering many online support groups
 - <http://www.roccsalem.org/>

UNEMPLOYMENT

- **Apply for Unemployment - Oregon**
 - <https://www.oregon.gov/employ/unemployment>
 - (503) 375-7900

HEALTH SERVICE INFO

- **Polk County Health Services**
 - updates on Polk County COVID-19 cases
 - www.co.polk.or.us/ph/novel-coronavirus-covid-19



RECURSOS Y SERVICIOS

A continuación hay una lista de servicios disponibles en el Condado de Polk. Esta es solo una pequeña lista. Para obtener una lista más completa, visite el sitio web: www.co.polk.or.us/fco (encontrará la lista en la parte superior de la página) o llame 503-623-9664 o por correo: co.service.integration@co.polk.or.us con cualquieres preguntas.

COMIDA Y FAMILIA

- **Banco de comida de Dallas**
 - Abierto los Lunes - Viernes 9am -11am
 - 503-623-3578
 - 322 S Main St #180, Dallas, OR 97338
- **Ella Curran**
 - Abierto los Lunes, Martes y Jueves 9am - 11am
 - Abierto los Martes 4 - 6
 - 854 N. Main St.Independence
- **Banco de Comida de Western Oregon University**
 - Abierto los Lunes 11am-1pm, Martes 2pm-4pm, Miércoles 1pm-3pm, Jueves 10am-12pm, Viernes CERRADO.
 - Localizado en la trasera del edificio "Oregon Military Academy"en la esquina noreste.
- **Marion/Polk Food Share**
 - Visita: www.marionpolkfoodshare.org/get-help/ para la información más actualizada o llame al 503-581-3855
- **Programa SNAP**
 - Aplica en línea: <https://apps.state.or.us./connect> O por correo electrónico - 2701.ssp@state.or.us
 - (503) 623-5526
- **WIC del Condado de Polk**
 - (503) 623-8175
- **Bambinos**
 - necesidades básicas; fórmula, pañales, toallitas y más. Solo por cita.
 - (503)623-4618
- **Centro de Recursos del Condado de Polk**
 - Cajas de comida, kits de cuidado personal y más. solo por cita.
 - (503)623-9664

ALOJAMIENTO Y UTILIDADES

- **Centro de Recursos del Condado de Polk**
 - Solo por cita
 - necesidades básicas, alquiler, utilidades y otros servicios disponibles.
 - (503)623-9664
- **Community Action - asistencia energética**
 - Solo por cita
 - 503-588-9016
- **Suspenden temporalmente cargos por mora y cierres**
 - Pacific Power, PGE, NW Natural, Ciudad de Monmouth, Ciudad de Independence
- **Cash Assistance (TANF)**
 - Apply online: <https://apps.state.or.us./connect> OR
 - E-mail - 2701.ssp@state.or.us
 - (503) 623-5526

CUIDADO DE NIÑOS

- **Child Care Resource & Referral**
 - Llame al 211 O text CHILDREN a 898211
- **Cuidado de Niños (ERDC)**
 - Aplica en línea: <https://apps.state.or.us./connect> O por correo - 2701.ssp@state.or.us
 - (503) 623-5526

DISTRITOS ESCOLARES

- **Central School District 13j**
 - 750 S 5th St, Independence, OR
 - (503)838-0030
- **Dallas School District #2**
 - 111 SW Ash, Dallas, OR
 - (503)623-5594
- **Falls City School District**
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 - 535 G St., Independence, OR
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- **Perrydale School District**
 - 7445 Perrydale Rd., Amity, OR
 - (503)-623-2040
- **Western Oregon University**
 - 345 N. Monmouth Av., Monmouth, OR
 - (503) 838-8000

SALUD METNAL BASADO EN LA ESCUELA (SMBE)

- **Salud Mental Basada en la Escuela del Condado de Polk**
 - ¿Necesitas hablar con su SMBE?
 - (503)623-9664 -Deja un mensaje, y su SMBE le devolverá la llamada.

GRUPOS DE APOYO

- **Willamette Valley Intergroup**
 - Alcohólicos anónimos
 - Email - centraloffice@aa-salem.com
 - (503)399-0599
- **Narcóticos Anónimos**
 - hotline (503)345-9839
 - Website - <http://www.portlandna.com/online-meeting-resources/>
- **Recovery Outreach Community Center**
 - Offering many online support groups
 - <http://www.roccsalem.org/>

DESEMPLEO

- **Solicite desempleo - Oregon**
 - <https://www.oregon.gov/employ/unemployment>
 - (503) 375-7900

SERVICIOS DE SALUD

- **Polk County Health Services**
 - actualizaciones sobre COVID-19 en el condado de Polk
 - www.co.polk.or.us/ph/novel-coronavirus-covid-19

