

GUIDE TO COMMUNITY RESOURCES SERVICES AND ORGANIZATIONS



We will help people in our communities achieve and maintain emotional well-being.

702 Sunset Drive. Ontario, OR 97914

| 541-889-9167

Fax: 541-889-7873

Email: ontarioinfo@lifeways.org

www.lifeways.org

Community Health Worker Guide to Community Resources Services and Organization

ABOUT US

Mission Statement: WE WILL HELP PEOPLE IN OUR COMMUNITIES ACHIEVE AND MAINTAIN EMOTIONAL WELL-BEING.

Lifeways is the largest behavioral health care provider in the region with over 300 employees. Lifeways is licensed to serve in Idaho and is certified to provide mental health and addiction services by the State of Oregon.

Our Staff

To accomplish our mission, we maintain a qualified and professional staff, including psychiatrists, therapists, skills trainers, and case managers who are trained to assess and respond to the individual needs of our clients. We provide our staff with knowledge through ongoing training and broad and intensive opportunities for professional growth and advancement. We strive to maintain a friendly and efficient workplace that supports staff in providing creative, committed, and effective service to our clients.

Our Services will be...

Effective

Mental Health Services at Lifeways are based on the latest advances and best practices in the art and science of psychiatry, psychology, and mental health. We encourage professional excellence by providing our staff with ongoing opportunities for training and study necessary to remain abreast of new developments and best practices. We maintain a rigorous quality assurance and quality improvement process to ensure that our clinical practice is appropriate, effective, and in line with accepted national standards and the state of the art.

Accessible

We provide our clients with appointments and services in ways and at times that are convenient for them. We are committed to responding to all new requests for services with appointments within two weeks of an initial request. We maintain a walk-in clinic to ensure that clients experiencing acute distress receive immediate care. Mental health crisis assessment and intervention services by qualified mental health professionals are available twenty-four hours a day, seven days a week.

Affordable

We are committed to ensuring that our services are affordable to everyone who needs them. Lifeways is the Oregon Health Plan provider for Malheur County. Services covered under the

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Oregon Health Plan are provided to enrollees without cost to the client. Lifeways accepts most forms of insurance and we help clients determine whether or not their insurance will cover part or all of the cost of services. For those with no insurance or inadequate insurance coverage, we provide discounted rates based on family income and are willing to arrange easy payment plans or work on a pro bono basis to ensure that no person is denied essential services.

Ethical

The Mental Health Services staff of Lifeways adheres to the highest standard ethical professional conduct. Our Code of Ethical Conduct is designed to protect clients from harm and to ensure that they receive the services they need in ways that respect their human dignity and individual rights. A copy of the Code of Ethical Conduct is available at the reception desk.

OUTPATIENT MENTAL HEALTH SERVICES

- Assertive Community Treatment (ACT)
- Community Support Services (CSS)
- Couples and Family Counseling
- Development Assistance Program
- Early Assessment Support Alliance
- Forensics Case Management & Treatment
- Medication Management
- Intensive Outpatient Counseling
- Supported Employment
- Transportation Services

CHILD & ADOLESCENT SERVICES

- Addiction and Mental Health Services
- Child Parent Psychotherapy (CPP)
- Parent Child Interaction Therapy (PCIT)
- School Based Services
- Wraparound
- Active Parenting

COMMUNITY SERVICES

- Couples Workshop
- Critical Incident Stress Debriefing (CISD)
- Mental Health First Aid Training
- Community Health Worker

OUTPATIENT ADDICTION SERVICES

- Alcohol and Drug Treatment
- Driving Under the Influence of Intoxicants Evaluations (DUII)
- Gambling Treatment Services
- Medication Assisted Treatment
- Prevention Services
- Prevention Services
- Social Detoxification Services
- Transitional Housing
- Victim Impact Panel Program (VIP)

24 HOUR CRISIS SERVICES

- 24/7/365 Mental Health Crisis Services
- Malheur Region | 541.889.9167
 - Toll Free | 800.995.9169
- Umatilla Region | 541.276.6207
 - Toll Free | 866.343.4473
- Walk-in Services Monday-Friday

**Community Health Worker Guide to Community Resources Services and
Organization**

EMERGENCY TELEPHONE NUMBERS

NYSSA:

FIRE: _____ **911**
POLICE: _____ **911** or (541) 372-3825
SHERIFF: _____ **911**
AMBULANCE: _____ **911**

ONTARIO:

FIRE: _____ **911**
POLICE: _____ **911** or (541) 889-5312
SHERIFF: _____ **911**
AMBULANCE: _____ **911** or (208) 642-6006

VALE:

FIRE: _____ **911**
POLICE: _____ **911** or (541) 473-5126
SHERIFF: _____ **911**
AMBULANCE: _____ **911**

MISCELLANEOUS:

OREGON STATE POLICE: _____ (541) 889-6468
IDAHO STATE POLICE: _____ (208) 334-2900
HIGHWAY EMERGENCIES: ___ (800) 233-1212
POISON CONTROL CENTER: __ (800) 222-1222
AMERICAN RED CROSS: _____ (800) 733-2767

Helpline Numbers

**Lifeways 24-Hour Crisis
(541)889-9167**

Text HOME to 741741

National Crisis Line

National Suicide Prevention Lifeline

24 hours a day / 7 days a week
1-800-273-TALK (8255)
[24/7 Lifeline Crisis Chat Line](#)
En español: 1-888-628-9454
TTY: 1-800-799-4TTY (4889)
<https://suicidepreventionlifeline.org/>

YouthLine

Offers teen to teen crisis help with both a phone line and a texting support line through Lines for Life.
 Teens respond from 4:00 to 10:00 PM Monday through Friday
 24 hours a day / 7 days a week
Call 1-877-968-8491
Text teen2teen to 839863

Veterans Crisis Line

Confidential help for veterans and their families.
Call 1-800-273-8255 and Press 1
Text to 838255

Trans Lifeline

A trans-led organization that offers direct service, material support, advocacy, and education.
 Peer support hotline available 7 am to 1 am PST
1-877-565-8860

The Trevor Project

For lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.
 24 hours a day / 7 days a week
1-866-488-7386

Friends For Survival, Inc.

National support for survivors of suicide.
1-916-392-0664

Line for Life

800-273-8255 ext. 1 Military & Veterans Crisis Line
800-282-7035 Senior Loneliness Line
800-273-8255 Suicide Lifeline

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<p>Text 273TALK to 839863 (8am-11pm PST daily)</p> <p>800-923-4357 Alcohol and Drug Helpline Text RecoveryNow to 839863 (8am-11pm PST daily)</p> <p>888-457-4838 Military Helpline Text MIL 1 to 839863 (8am-11pm PST daily)</p>	
<p align="center">Parenting Helplines</p>	
<p><u>Mother and Child Education Center</u></p> <p>Pregnancy and parenting helpline for pregnancy concerns and basic parenting questions. 24 hours a day / 7 days a week 1-503-249-5801 1-503-913-9360 Spanish line</p>	<p><u>Fact Oregon</u></p> <p>Provides parenting trainings, resources, information, and support to parents and caregivers on issues related to special education. Monday-Friday 9am-5pm 888-988-3228 Help Line 503-786-6082 Alternate</p>
<p><u>Oregon Family to family Health Information Center</u></p> <p>Serves family members of individuals age 26 and younger with special physical, emotional, behavioral, or mental health needs, including those at risk of or suspected of having a special need Message line available 24 hours per day/7 days per week 503-931-8930 Spanish Language Line 855-323-6744 Main phone Toll Free in Oregon. May leave message in English or Spanish</p>	<p><u>FosterClub</u></p> <p>Provides parents of foster youth resources that are youth-informed to help provide perspective on how to be the best support for a young person in care. 24 hours per day / 7 days per week 503-717-1552</p>

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<p><u>All-Options</u> Talkline offers a free and confidential space to talk about pregnancy, parenting, abortion, and adoption. Monday-Friday 10am-1am, Saturday/Sunday 10am-6pm EST 812-558-0089 ext. 2 Main phone 888-493-0092 Toll-free Pregnancy Talkline</p>	<p><u>National Parenting Helpline</u> Emotional support and referrals to empower parents and caregivers, promoting parental resilience, social connections, knowledge of parenting and child development, knowledge of where to access support in times of need, and children's social and emotional development Monday-Friday 10am-7pm 909-621-6184 ext. 218 Main phone 855-427-2736 Hotline</p>
<p><u>Boys Town National Hotline</u> Provides a 24-hour crisis, resource, and referral line for children and families. 24 hours per day / 7 days per week 800-448-3000 Hotline 800-448-1833 TTY/TTD</p>	
<p><u>Runaway/Homeless Youth Helpline</u></p>	
<p><u>National Safe Place</u> XT 4 HELP can be used for the same reason a young person may go to a Safe Place site: abuse, bullying, family problems, depression, and/or suicidal thoughts 24 hours per day / 7 days per week 888-290-7233 Text <i>SAFE</i> & current location to 4HELP (44357)</p>	<p><u>National Runaway SafeLine</u> <i>Serves ages 12-21</i> Provides anonymous and confidential crisis intervention, information and referral, message delivery, and conference services for homeless and runaway youth. 24 hours per day / 7 days per week 800-786-2929 Safeline 1-800-RUNAWAY</p>
<p><u>Substance Use Disorder Hotlines</u></p>	
<p><u>United States Department of Health and Human Services</u> Hotline and live chat service for people in suicidal crisis or emotional distress. 24 hours per day / 7 days per week</p>	<p><u>Alcohol & Drug Help Line</u> Confidential service providing assistance and guidance for people with alcohol and other drug-related problems, including treatment referrals. 24 hours per day / 7 days per week</p>

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<p>800-273-8255 Hotline 800-273-TALK 800-799-4889 TTY/TTD 888-628-9454 Español</p>	<p>206-722-3700 Main phone</p>
<p>Sexual Assault Hotline</p>	
<p><u>Project Dove</u> Provides a domestic violence, sexual assault, and human trafficking crisis line. Crisis Line: 24 hours per day / 7 days per week Office hours: Monday-Friday 8am-5pm 800-889-2000 Crisis Line 541-889-6316 Main phone</p>	<p><u>Call to Safety</u> Emotional support, safety planning, crisis intervention, information and referrals, and education to survivors of sexual assault through the crisis line. 24 hours per day / 7 days per week 503-235-5333 Hotline 888-235-5333 Toll-free</p>
<p><u>Pathway to Safety International</u> Developing working relationships with survivors to assist them from danger to self-sufficiency, both overseas and in the United States 24 hours per day / 7 days per week 833-723-3833 Helpline</p>	<p><u>Rap, Abuse & Incest National Network</u> Offers a safe and confidential, national sexual assault hotline, as well as online chat services for survivors of sexual assault. 24 hours per day / 7 day per week 800-656-4673 Hotline</p>
<p>Eating Disorder</p>	
<p><u>National Eating Disorder Association</u> Supporting individuals and families affected by eating disorders 800-931-2237</p>	<p><u>Proud2BME</u> An information resource and forum on eating disorders and body issues</p>
<p>Talklines/Warmlines</p>	
<p><u>Community Counseling Solutions</u> Peer-to-peer support for anyone who needs someone to listen, offers encouragement, and build strength. Monday 10am-8pm, Tuesday 10am-midnight, Wednesday 9am-8pm, Thursday 8am-8pm, Friday-Sunday 10am-10pm 541-676-9161 Main phone</p>	<p><u>Postpartum Support International</u> Postpartum Support International has many resources to help families, providers and communities learn about the emotional and mental health of childbearing families. Warmline: 24 hours per day / 7 days per week</p>

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<p>800-698-2392 Warmline</p>	<p>Administrative hours: Monday-Friday 8am-5pm 503-894-9453 Administration 503-894-9453 Message phone Text for direct support 800-944-4773 Helpline</p>
<p><u>All-Options</u></p> <p>Talkline offers a free and confidential space to talk about pregnancy, parenting, abortion, and adoption. Monday-Friday 10am-1am, Saturday/Sunday 10am-6pm EST 812-558-0089 ext. 2 Main phone</p>	<p><u>Resolve National Infertility Association</u></p> <p>RESOLVE is a national infertility association that provides a helpline for individuals and families seeking volunteer-based peer support and resources. Message line open 24 hours per day / 7 days per week 866-668-2566 Toll-free Helpline/message line</p>
<p><u>Help-4-HEP</u></p> <p>Provides phone based peer support to individuals that have been diagnosed with or exposed to hepatitis C. Monday-Friday 9am-9pm 877-435-7443 helpline</p>	
<p>LGBTQ Helplines</p>	
<p><u>Lesbian, Gay, Bisexual, and Transgender National Help Center</u></p> <p>Provides telephone, online private one-to-one chat, and email peer support for LGBT callers of all ages to talk about coming-out issues, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer-sex information, etc. Monday-Friday 1pm-9pm, Saturday 9am-2pm 888-234-7243 Hotline 888-234-SAGE</p>	

LGBT NATIONAL YOUTH TALKLINE

Provides telephone, online private one-to-one chat, and email peer support for LGBT teens and young adults to talk about coming-out issues, relationship concerns, parent issues, school problems, HIV/AIDS anxiety, safer-sex information, etc.

Serves ages 13-25

Monday-Friday 1pm-9pm, Saturday 9am-2pm

800-246-7743 Hotline 800-246-PRIDE

LGBT NATIONAL SENIOR HOTLINE

Provides a hotline for gay, lesbian, bisexual, and transgender older adults to talk with trained peer-counselor volunteers about issues including isolation, relationship concerns, bullying, HIV/AIDS, etc.

Age 50 and older

Monday-Friday 1pm-9pm, Saturday 9am-2pm

888-234-7243 Hotline 888-234-SAGE

MOBILE APP



Connecting
Informing
Empowering



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Domestic Violence Services

Project Dove

Assistance program for victims of domestic violence, sexual abuse and child abuse.

Address: 44 NW 5th Ave, Ontario, OR 97914

Phone: (541) 889-6316

541-889-2000– 24 hours hotline

1-800-889-2000– out-of-state

Facebook.com/projectdove~

www.projectdove.org

Hours of Operation:

Monday-Friday: 8:00 A.M.– 5:00 P.M.

Closed Saturday & Sunday

WOMEN AND CHILDREN ALLIANCE

Shelter for domestic violence, sexual abuse, and child abuse victims

Address: 720 W Washington St, Boise, ID 83702

Phone: (208)343-3688

www.facebook.com/WCABoise

www.wcaboise.org

Hours of Operation:

Monday-Friday: 9:30 A.M.– 5:30 P.M.

Closed Saturday & Sunday

ROSE ADVOCATES

Shelter for domestic violence against women and children

Address: 14 S Main St # 102, Payette, ID 83661

Phone: (208) 642-1025

Www.facebook.com/Rose-Advocates

https://www.roseadvocates.org

Hours of Operation:

Monday-Friday: 8:30 A.M.– 4:30 P.M.

ADVOCATES AGAINST FAMILY VIOLENCE

Eliminate Domestic Violence in the lives of individuals and in our community.

Address: 1508 Hope Ln Caldwell, ID 83605

Phone: 208-459-6330

208-459-4779– 24 Hours hotline

208-459-6279– Shelter

www.facebook.com/aafvhope ~

www.aafvhope.org

Pregnancy testing & Assistance, STD/STI Testing

HOPE PREGNANCY CENTER

Helping women understand all their options when facing an unplanned pregnancy.

Address: 17 SW 6th St, Ontario, OR 97914

Phone: (541) 889-4272

www.facebook.com/hopeontario ~

www.mightbepregnant.com

Hours of Operation:

Monday & Thursday: 10:30 A.M.— 6:00 P.M.

Tuesday: 3:00 P.M.– 6:30 P.M.

Closed Wednesday, Friday, Saturday & Sunday



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**MALHEUR COUNTY
HEALTH DEPARTMENT**

Family planning center, testing center, & assistant on unplanned pregnancy

Address: 1108 SW 4th St, Ontario, OR 97914

Phone: (541) 889-7279

Hours of Operation

Monday– Friday: 8:30 A.M.—5:00 P.M.

**TREASURE VALLEY
WOMEN'S CLINIC**

Women health clinic and family planning center.

Address: 1219 SW 4th Ave #2, Ontario, OR 97914

Phone: (541) 881-2800

Hours of Operation:

Monday-Friday: 8:00 A.M.-5:00 P.M.

**WOMEN, INFANTS,
CHILDREN (WIC)**

This public health program is designed to improve health outcomes and influence lifetime nutrition and health behaviors in targeted, at-risk populations.

Address: 1108 SW 4th Street Ontario, OR – 97914

Phone: (541) 889-7041

www.facebook.com/WIC-Programs ~

www.wicprograms.org

Hours of Operation:

Monday-Friday: 8:30 A.M.– 5P.M.

PLANNED PARENTHOOD

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

Meridian Health Center

Address: 2112 E Franklin Rd, Meridian, ID 83642

Phone: (800) 769-0045

Hours of Operation:

Tuesday: 10AM to 6PM

Wednesday-Saturday: 8AM-4PM

Friday: 9am-5pm

Boise Health Center

Address: 3668 N Harbor Ln, Boise, ID 83703

Phone: (800) 769-0045

Hours of Operation:

Monday- 11AM-7PM

Tuesday- 10AM-6PM

Wednesday- 9AM-5PM

Thursday-Saturday 8AM-4PM

IDAHO TEEN PREGNANCY

Provide youth access to accurate information services, and support relationships so they can make healthy choices.

Address: 450 W State St, Boise, ID 83702

Phone: 208-334-6600

idahoteenpregnancy.com

Family Assistance

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OREGON DEPARTMENT OF HUMAN SERVICES SELF-SUFFICIENCY OFFICE

DHS Self-Sufficiency offices offer help with food benefits (SNAP), cash for families (TANF), child care assistance, refugee services.

Physical Address

186 East Lane, Suite 2 Ontario, OR 97914

Phone (541) 889-9141

Fax 541-889-2694

OREGON DEPARTMENT OF HUMAN SERVICES CHILD WELFARE OFFICE

DHS Child Welfare Offices offer assistance with Adoption, Foster Care, Foster parents and relative caregivers, Child abuse and neglect, Independent Living Program

Physical Address

186 East Lane, Suite 3 Ontario, OR 97914

Phone: (541) 889-9194

Fax: 541-889-9588

CASA OF EASTERN OREGON

The CASA program trains and supports volunteers who advocate for the best interests of abused and neglected children in Baker, Malheur and Union counties.

Contact Betty Ramirez: (541) 709-8134

www.facebook.com/CASAofEasternOregon

www.oregoncasanetwork.org

FTP

Individual, adolescent & Family counseling. Medicare, Medicaid, & Family insurance accepted.

Address: 390 NE 2nd St. Ontario, OR 97914 Phone: (541) 889-1050

www.tfpservices.org

Hours of Operation:

Monday– Thursday: 9:00 A.M.– 5:00 P.M.

Friday: By appointment

Closed Saturday & Sunday

TREASURE VALLEY CHILDREN RELIEF NURSERY

To prevent child abuse and neglect by strengthening at-risk families through proven interventions

Address: 780 SE 6th St, Ontario, OR 97914 **Phone:** (541) 823-2526

www.facebook.com/TVCRN ~ tvcn.org

Hours of Operation:

Monday– Friday: 8:00 A.M.-5:00 P.M.

Close Saturday & Sunday

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BOYS & GIRL CLUB OF WESTERN TREASURE VALLEY

To offer all youth in the Western Treasure Valley the opportunity to recognize their potential and pursue their dreams.

Ontario Club

573 SW 3rd Ave. Ontario, OR 97914
(541) 889-7979

Payette Club

1222 1st Ave South. Payette, ID 83661
(208) 642-2785

www.facebook.com/BGCWTV
www.bgwctv.org

Hours may vary, contact your agency for more information.

CHILDREN'S INTENSIVE IN-HOME SERVICES (CIIS)

Flexible, family-centered, culturally sensitive case management services that help families care for their children with significant disabilities in their homes.

Address: 11826 NE Glisan Street Portland OR 97220
Phone Number: 971-673-3000

Hours of Operation:

Contact Main office for more details and eligibility.

GIGGLE AND GRACE EARLY LEARNING CENTER

Provide day-long care for infants and children, providing for them a safe, faith-based community of learning in Ontario, Oregon.

Address: 1260 SW 8th Ave, Ontario, OR 97914

Phone: (541) 889-6141

www.gigglegrace.org

Hours of Operation:

Monday– Friday: 7:30 A.M.– 6:00 P.M.

MALHEUR COUNTY CHILD DEVELOPMENT CENTER

We approach each child as an individual with their own talents and one-of-a-kind needs

Address: 790 SW 7th Pl, Ontario, OR 97914

Phone: (541) 889-2393

www.mccdc.org

CUDDLE BUG JUNCTION CHILDCARE CENTER

We provide quality care for your babies and children just as you would. Lots of hands-on learning!

Address: 400 S Main St, Payette, ID 83661 **Phone:** (208) 230-0141

www.facebook.com/pg/cuddlebugjunction

Hours of Operation:

Monday– Friday: 6:00 A.M.– 6:30 P.M.

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Oregon Child Development Coalition

Improving the lives of children and families by providing early childhood education, care and advocacy with unique and supportive services to enhance family growth and community success.

Ontario:

Address: 482 SE 3rd St, Ontario, OR 97914

Phone: (541) 889-5325

Nyssa:

Address: 308 East 2nd St. Nyssa, OR 97913

Phone: (541) 293-3014

www.ocdc.net

Hours of Operation:

Monday– Friday: 8A.M.– 5P.M.

COMMUNITY AGENCIES

COMMUNITY IN ACTION

We serve low to moderate-income individuals and families by providing education and counseling, skills development, and access to community resources that help to create self-sufficiency.

Address: 915 SW 3rd Ave, Ontario, OR 97914

Phone: (541) 889-9555

www.facebook.com/OregonDHS.SSP ~

www.communityinaction.info

Hours of Operation:

Monday– Thursday: 9:00 A.M.-4:00 P.M.

Friday: 9:00 A.M.– 12:00 P.M.

Housing Authority of Malheur & Harney County

Federally Subsidized Program, designed to assist eligible Low income family pay their rent.

Address: 959 Fortner Street, Ontario OR 97914

Phone (541) 889-9662

Hours of Operation:

Monday– Thursday: 9A.M.– 5P.M.

WESTERN IDAHO COMMUNITY ACTION PARTNERSHIP

To promote the capacity, competency, responsibility, opportunity, power and self-sufficiency of people experiencing economic and related problems or disadvantages.

Address: 315 S Main St., Payette, ID 83661

Phone: (208) 642-9086

www.wicap.org

Hours of Operation:

Monday- Friday: 8AM-5PM

EUVALCREE

The organization has developed a strong networking and community infrastructure that allows the organization to communicate and organize grass-roots community members in significant ways.

Address: 67 SW 2nd Avenue, Ontario, OR 97914

Phone: (541) 889-3189

www.euvalcree.org

Hours of Operation:

Monday-Saturday: 10AM-6PM

WASHINGTON COUNTY CLERKS OFFICE

Circuit Breaker is a property tax reduction program the program is most often for elderly and disabled individuals

Address: 256 E Court St. Weiser, ID 83672

Phone: (208) 414-2092

www.co.washington.id.us

Hours of Operation:

Monday- Friday: 8:30AM-5PM

DEPARTMENT OF HUMAN SERVICES– OFFICE OF VOCATIONAL REHABILITATION

Assists individuals with disabilities to get and keep a job that matches their skills, interests and abilities.

Address: 186 East Lane # 1, Ontario, OR 97914

Phone: (541) 889-9148

www.oregon.gov/dhs/employment/VR

Hours of Operation:

Monday– Friday: 7:30 A.M.– 5:00 P.M.

Closed Saturday & Sunday

GOBHI

Individuals can obtain gas, meal, and motel reimbursements. Call ENCC for requirements

Toll Free: 877-875-4657

Hours of Operation:

Monday-Friday: 7:00 A.M.-5:00 P.M.

DEPARTMENT OF HUMAN SERVICES– VOLUNTEER SERVICES

Volunteers provide personalized ways to help DHS clients, staff, offices, and communities in a wide variety of ways.

Contact: Jane Padgett: 541-805-9693

Address: 186 East Lane, Ste 5.

Ontario, OR 97914

Phone: 541-889-8657 ext. 563

www.oregon.gov/DHS/PROVIDERS-PARTNERS/VOLUNTEER

Hours of Operation:

Monday– Friday: 7:30 A.M.– 5:00 P.M.

Ontario Recreation Department

The Recreation Department is responsible for organizing, directing and scheduling all recreational activities

Address: 745 SW 3rd Ave. Ontario, OR 97914

Phone: (541) 881-3260

<https://www.facebook.com/ontariorecreation.ontarioor>

http://www.ontariooregon.org/recreation_main.cfm

Hours of Operation:

Monday– Friday: 8:00 A.M.– 5:00 P.M.

OREGON HUMAN DEVELOPMENT CORPORATION

Promoting economic advancement and self-sufficiency of farmworkers and underserved communities

Address: 1076 SW 4th Ave, Ontario, OR 97914

Phone: (541) 881-1491

www.ohdc.org

Hours of Operation:

Monday– Friday: 8:00 A.M.– 5:00 P.M.

DEPARTMENT OF MOTOR VEHICLES

To promote driver safety, protect financial and ownership interests in vehicles, and collect revenue to finance Oregon’s multimodal transportation system.

Address: 787 SW 7th Pl. Ontario, OR 97914 **Phone:** (541) 889-8712

www.oregon.gov/ODOT/DMV/Pages/offices/ontario.aspx

Hours of Operation:

Monday– Friday: 9:00 A.M.– 5:00 P.M.

US Social Security Administration

Social security office in the Malheur County, Oregon

Address: 908 SE 5th Ave, Ontario, OR 97914

Phone: (800) 772-1213

www.ssa.gov

Hours of Operation:

Monday, Tuesday, Thursday, Friday: 9:00 A.M.– 4:00 P.M.

Wednesday: 9:00 A.M.– 12:00 P.M.

THE SALVATION ARMY

These officers are responsible to lead by assessing needs, delivering programs and directing ministries for our local community

Address: 1023 E Chicago St, Caldwell, ID 83605

Phone: (208) 459-2011

www.caldwell.salvationarmy.org/

SENIOR & PEOPLE DISABILITIES

Department of Human Services– Aging and People with Disabilities

Help you and your family find needed services and supports including family caregiving support, legal assistance program, meals/nutrition services, etc.

Address: 186 East Lane, Ste 4.

Ontario, OR 97914

Phone (541) 889-7553

www.oregon.gov/dhs/seniors-disabilities/Pages/index.aspx

Hours of Operation:

Monday– Friday: 7:30 A.M.– 5:00 P.M.

MALHEUR COUNCIL ON AGING

Services for Seniors and People with Physical Disabilities: Food and nutrition services, caregiver resources, information and assistance, Oregon Project Independence (OPI)

Address: 842 SE 1st Ave. Ontario OR 97914 ~ **Phone:** (541) 889-7651

www.mcoacs.org

Hours of Operation:

Monday– Friday: 8:00 A.M.– 5:00 P.M.

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**EASTERN OREGON CENTER
INDEPENDENT LIVING
(EOCIL)**

A global cross-disability resource and advocacy center that promotes independent living and equal access for all persons with disabilities.

Address: 1021 SW 5th Ave, Ontario, OR 97914

Phone: (541) 889-3119

Hours of Operation:

Monday– Friday: 9:00 A.M.– 3:00 P.M.
Closed Saturday & Sunday

RISE SERVICES

RISE provides services for people with disabilities including residential settings, day programs, employment assistance, managed care, and home and community based services.

Address: 650 Ontario Heights Rd, Ontario, OR 97914

Phone: (541) 881-9907

www.riseservicesinc.org

Hours may vary!

ADDUS HEALTH CARE

We provide great care and we pay attention

Address: 842 SE 1st Ave, Ontario, OR 97914

Phone: (541) 889-5336

www.addus.com

www.facebook.com/AddusHomeCare

Hours of Operation:

Monday-Friday: 8:00 A.M.– 5:00 P.M.

ASSISTING HANDS

Offer our clients the very finest personalized medical and non-medical care, allowing them to remain safely and comfortably in their own homes.

Address: 1720 NW 24th St D, Fruitland, ID 83619

Phone: (208) 452-2288

www.assistinghands.com/16/idaho/fruitland

Hours of Operation:

24 Hours Monday-Sunday

WITCO

Non-profit offering resources and vocational training to disabled persons all across the Treasure Valley

Address: 690 W Idaho Ave, Ontario, OR 97914

Phone: (541) 889-4320

<http://www.witcoinc.net/>

Hours of Operation:

Monday-Friday: 8:00 A.M.-5:00 P.M.
Closed Saturday & Sunday

**COMMUNITY
PARTNERSHIPS OF IDAHO
INC.**

Community Partnerships of Idaho is a multi-service agency providing supports for children and adults of all ages with developmental disabilities and mental illness.

Address: 1401 N Whitley Dr, Fruitland, ID 83619

Phone: (208) 642-2283

Hours of Operation:

Monday-Friday: 8AM-5PM

PUBLIC SCHOOLS

NYSSA

Nyssa Middle School

(541) 372-3891
101 S 11th Street
Nyssa, OR 97913

Nyssa Elementary School

(541) 372-3313
809 Bower Avenue
Nyssa, OR 97913

Student Services/Migrant Education

(541) 372-2961
804 Adrian Boulevard
Nyssa, OR 97913

Nyssa High School

(541) 372-2287
824 Adrian Boulevard
Nyssa, OR 97913

ONTARIO

Aiken Elementary School

(541) 889-5584
1297 W Idaho Avenue
Ontario, OR 97914

Annex Elementary School

(541) 262-3280
402 Annex Road
Ontario, OR 97914

Alameda Elementary School

(541) 889-5497
1252 Alameda Drive
Ontario, OR 97914

Cairo Elementary School

(541) 889-5745
531 Highway 20/26
Ontario, OR 97914

May Roberts Elementary School

(541) 889-5379
590 NW 8th Street
Ontario, OR 97914

Pioneer Elementary School

(541) 262-3902
4744 Pioneer Road
Ontario, OR 97914

Four Rivers Community School

(541) 889-3715
2449 SW 4th Avenue
Ontario, OR 97914

Ontario Middle School

(541) 889-5377
573 SW 2nd Avenue
Ontario, OR 97914

Ontario High School

(541) 889-5309
1115 W Idaho Avenue
Ontario, OR 97914

VALE

Vale Elementary School

(541) 473-3291
403 E Street W.
Vale, OR 97918

Vale Middle School

(541) 473-3291
403 E Street W.
Vale, OR 97918

Vale High School

(541) 473-3181
505 Viking Drive
Vale, OR 97918

Willow Creek Elementary School

(541) 473-2345
2300 9th Avenue W.

EDUCATION ASSISTANCE

STEP UP- TVCC

The STEP UP grant serves Oregon SNAP recipients with assistance in obtaining a livable wage through the use of added financial, social, and educational services during vocational training, job search, and job retention. The Career Pathways, STARS, STEP, and STEP UP programs are located in the Oregon Trail Building room #107.

STEP and STEP UP:

Point of contact: Alexa Shoemaker, STEP UP Navigator
amshoemaker@tvcc.cc
(541) 881-5971

Career Pathways and STEP:

Point of Contact: Sharlene McCaslin, Career Pathways Specialist
pathways@tvcc.cc
(541) 881-5589

Treasure Valley Community College– High School Equivalency/HEP

We provide HEP students with the academic skills necessary to successfully pass the GED exam. In addition to the academic program, students are also eligible for the following scholarship and services:

- Bilingual Instruction
- Career and Vocational Counseling
- College Preparation Workshops
- Childcare grants
- Meal and gas stipends
- Technology and computer training
- Tutoring services
- Assistance to pursue vocational, academic, military or job training program
- 6 free credits at TVCC upon completion of the GED
- Other services as needed

Fruitland Preparatory Academy School

Students that struggle are referred to Prep Academy, such as: Failing one or more academic subject, is a previous dropout, and behavior problems. Taken some credit: 46 credit to receive high school diploma. After school program available for those that work 3:30-6:00 P.M. **MUST BE A IDAHO RESIDENT.**

Gayle Van Weerdhuizen
Fruitland Preparatory Academy
401 S. Iowa Ave.
P.O. Box A
Fruitland, ID 83619
(208)452- 7427
gvanwee@fruitlandschools.org

SUPPORT GROUPS

Ontario Library

Basic computer classes, Word 2016 & Excel 2016

Address: 388 SW 2nd Ave. Ontario, OR 97914

Phone: 541-889-6371

Call for the days of classes, space is limited!

FOUR RIVER WELCOME CENTER

Classes of ESL, citizenship, gardening skills, and more.

Address: 640 SW. 4th Ave. Ontario, OR 97914

Phone: 541-889-3510

CONTACT Renee Cummings: 208-369-3995

EOCIL

Budget Class, Alzheimer's/Dementia Support Group

Address: 1021 SW. 5th Ave Ontario, OR 97914

Phone: (541)889-3119

Valley Family Health Care Outreach Center

Cooking classes to assist individuals learn how to cook healthier.

Address: 7 SW 3rd St. Ontario, OR 97914 **Phone:** (541) 889-6119

Contact office for more information regarding classes.

Four River Cultural Center

Zumba & Young at heart for Senior Classes

Address: 1108 SW 4th St. Ontario, OR

97914

Phone: (541) 889-8191

Contact office for more information regarding classes.

MALHEUR COUNTY HEALTH DEPARTMENT

Information classes on healthy eating and food tasting through Oregon State extension

Address: 17 SW 6th St. Ontario, OR 97914

Phone: (541) 889-7279

Contact office for more information regarding classes.

LIFEWAYS

Offers support group for clients such as:

- Grieve & Loss-
- LTBQ-
- DUI Education
- Living in balance
- CSC
- Sp. Ed. SUD
- ERG
- Relapse Prevention
- Social Support
- MRT
- Mindfulness
- Anger Management
- Domestic Violence

Address: 702 Sunset Dr. Ontario, OR 97914 **Phone:** (541) 889-9167

Contact Lifeways for more information!!

LEGAL ASSISTANCE

OREGON LAW CENTER

- **Administrative Law**- issues that are important for low income clients including health care, unemployment insurance, food stamps, the Jobs program, public benefits, Social Security and child support.
- **Employment Law**: issues that are important for low income clients including wage claims, discrimination claims, family leave, working conditions and safety.
- **Family Law**: issues that are important for low income families, with the highest priority for matters involving domestic violence.
- **Farmworker Law**: issues that are important to farmworkers, including wage claims, working conditions, housing and health care
- **Housing Law**: issues that are important for low income people including Fair Housing, government subsidized housing, landlord-tenant law and issues related to homelessness.

Address: 35 SE 5th Ave # 1, Ontario, OR 97914

Phone: (541) 889-3121

Hours of Operation:

Monday– Friday: 9:00 A.M.– 4:00 P.M.

Immigration

RAMIREZ-SMITH & TVINNEREIM

Address: 1603 12th Ave Rd Suite D.
Nampa, ID 83686

Phone: (208) 461-1883

Hours of Operation:

Monday– Friday: 9:00 A.M.– 5:00 P.M.

WILNER & O'REILLY: IMMIGRATION LAWYERS

Address: 10173 W. Overland Rd.
Boise, ID 83709

Phone: (208) 391-2020

Hours of Operation:

Monday– Friday: 8:30 A.M.– 5:30 P.M.

CATHOLIC CHARITIES

Contact Project Dove for more information

Address: 2780 SE Powell Blvd
Portland, OR 97202

Phone: (503) 231-4866

Hours of Operation:

Monday– Friday: 8:30 A.M.– 5:30 P.M.

LEGAL AID SERVICES OF OREGON

PUBLIC BENEFIT LINE: 1-800-520-5292

Monday, Tuesday, Wednesday Thursday 1pm-4pm

Tuesday & Wednesday 9am-12PM

Child Support Helpline 1-800-383-1222

Monday: 1-4on & Thursday: 9-12pm

**Community Health Worker Guide to Community Resources Services and
Organization**

HELFRICH, TIM J—YTURRI

Address: 89 SW 3rd Ave, Ontario, OR 97914

Phone: (541) 889-5368

Monday– Friday: 9:00 A.M.– 4:00 P.M.

SKAUG LAW, PC

Address: 1226 E. Karcher Rd. Nampa, ID 83687

Phone: (208) 466-0030

Hours of Operation:

Monday– Friday: 8:30 A.M.– 5:30 P.M.

CHANEY LAW OFFICE

Address: 1108 Cleveland Blvd Ste 2 Caldwell, ID 83605

Phone: (208) 314-3850

Call in hours:

Mon- Fri 6:00 a.m. - 8:00 p.m.

Sat & Sun 7:00 a.m. - 7:00 p.m.

Drop-In Hours:

Monday-Thursday: 8:30am-5:00pm

Friday: 12:00pm-4:00pm

Saturday: By Appointment

ZANOTELLI

Address: 160 S. Main St. Vale, OR 97918

Phone: (541) 473-3188

Hours of Operation:

Monday– Friday: 8:00 A.M.– 5:00 P.M.

**DOUGLAS J. ROCK P.C.,
ATTORNEY AT LAW**

Address: 281 W. Idaho Ave. Ontario OR 97914

Phone: (541-889-7621

Hours of Operation:

Monday– Friday: 8:30 A.M.– 5:00 P.M.

YTURRI ROSE LLP

Address: 89 SW 3rd Ave Ontario OR 97914

Phone: (541) 889-5368

Hours of Operation:

Monday– Friday: 8:30 A.M.– 5:00 P.M.

Closed Saturday & Sunday

LIFEWAYS SUPPORT EMPLOYMENT

Support Employment Aids with job search, placement, integrated service support and personalized benefits planning.

Address: 702 Sunset Dr. Ontario, OR 97914 **Phone:** (541) 889-9167

Hours of Operation

Monday-Wednesday: 8:00 A.M.-6:00 P.M.

Thursday-Friday: 10 A.M.- 5:00 P.M.

CONTACT FOR MORE INFORMATION (MUST BE A CLIENT AT LIFEWAYS!!!)

EXPRESS EMPLOYMENT PROFESSIONALS

help people find jobs and provide workforce solutions to businesses.

Address: 211 N Whitley Dr #2, Fruitland, ID 83619

Phone: (208) 452-4864

Hours:

Monday-Friday: 8AM-5PM

AMERICAN STAFFING

provides temporary, temp-to-hire and payroll only placements for administrative, mining, farming, construction and technology support in the Idaho, Oregon and Nevada areas.

Address: 1205 N Whitley Dr #3, Fruitland, ID 83619

Phone: (208) 452-5575

Hours:

Monday-Thursday: 8:00 A.M.-5:00 P.M.

Friday: 8:00 A.M.-6P.M.

PERSONNEL PLUS, INC. FRUITLAND ID

We have successfully staffed quality employees to businesses and governmental agencies for over twenty-six years and are the preferred supplier to many of the area's largest employers.

Address: 1213 NW 16th St, Fruitland, ID 83619

Phone: (208) 453-7900

Hours:

Monday-Friday: 8:00 A.M.-5:00 P.M.

OREGON EMPLOYMENT DEPARTMENT

Address: 375 SW 2nd Ave, Ontario, OR 97914

Phone: (541) 889-5394

Hours:

Monday-Friday: 8:00 A.M.-5:00 P.M.

HOUSING

Ontario

Parkview Village Apartments

986 NW 4th St. Ontario, OR 97914 ~
(541) 889-6487

Application be submitted to: HAMC
959 Fortner Street, Ontario OR 97914
~ (541) 889-9662

Hours of Operation:
Monday– Thursday: 9:00 A.M.– 5:00
P.M.

Closed for lunch 12-1 P.M.

Ontario Villa

630 SW 24th St. Ontario, OR 97914
(541) 889-8738

Fairview Apartments

555 NW 9th St. #14
(541) 889-7412

Parkview Terrace Apartment

495 & 525 NW 8th St. Ontario, OR
97914
(541) 881-0989

Sierra Vista Apartments

789 Sierra Dr. Ontario, OR 97914
(541) 881-1797

Nyssa

Nyssa Court Apartments

1002 Bower Ave. Nyssa, OR 97913
(541) 372-5319

**Rio Vista Apartments: Farm Labor
Housing**

211 E. 2nd St. Nyssa, OR 97913
(541) 372-5319

Vale

Malheur Village Apartment

855 A. St. W. Vale, OR 97918
(541) 473-3803

Ontario: Elderly/Disable

Riverside Manor, Inc

995 Manor Way. Ontario, OR 97914

Washington Square

959 Fortner St. Ontario, OR 97914 ~
(541) 889-9661

Hillcrest Apartment

154 Sunset Dr. Ontario, OR 97914
(541) 889-7483

Rosewood Terrace

625 Alameda Dr. Ontario, OR 97914
(541) 889-3657

Idylwood Manor

655 W. Alameda Dr. Ontario OR
97914
(541) 889-7631

Ontario Manor 1& 2

1367 SW 8th Ave. Ontario, OR 97914
(541) 889-7162

Nyssa: Elderly/Disable

Nyssa Manor

510 S. 5th St. Nyssa, OR 97913
(541) 889-7162

Kingstone Apartments

1007 Erhgood Ave. Nyssa, OR 97913
(503) 581-1813

Vale: Elderly/Disable

Washington Square

246 Holland St. Vale, OR 97918
(541) 889-9661

MEDICAL

VALLEY FAMILY ONTARIO, OR

2327 S.W. 4th Ave
Phone: (541) 889-2340

Office Hours:

Monday– Friday: 8–
8:00 P.M.
Saturday: 9– 5:00 P.M.
Sunday: 12– 5:00 P.M.

STARK'S MEDICAL*

Physicians:

Ashley McCallister-

Family

Medicine

Fred R. Stark- *MD*

Allergy &

*Immunology, Internal
Medicine*

Jody A. Stark- *Family*

Medicine, Psychiatry

Address: 932 W Idaho
Ave # 100, Ontario, OR
97914

Phone: (541) 889-2244

Hours of Operation:

Monday– Friday: 8:00-
5:00 P.M.

PPCC– URGENT CARE CLINIC *

Address: 335 SW 13th
St, Ontario, OR 97914

Phone: (541) 889-8410

Hours of Operation:

Monday– Friday: 8-6
P.M.
Saturday & Sunday: 8-1
P.M.

VALLEY FAMILY NYSSA, OR

Address: 17 S. 3rd St.
Nyssa, OR 97913

Phone: (541) 372-5738

Office Hours:

Monday– Friday: 8–
5:00 P.M.
Wednesday: 11-8:00
P.M.

VALLEY FAMILY NEW PLYMOUTH, ID

Address: 300 N.

Plymouth

Phone: (208) 278-3335

Office Hours:

Monday– Thursday: 8–
6:00 P.M.
Friday: 8:00 A.M.–
12:00 P.M.

VALLEY FAMILY PAYETTE, ID

Address: 1441 N.E.
10th Ave.

Phone: (208) 642-9376

Office Hours:

Monday– Friday: 8–
5:00 P.M.
Tuesday: 8-8:00 P.M.

VALLEY FAMILY VALE, OR

Address: 789

Washington W.

Phone: (541) 473-2101

Office Hours:

Monday– Friday: 8–
5:00 P.M.
Wednesday: 11– 8:00
P.M.

WOMEN & FAMILY MEDICINE CLINIC *

1219 S.W. 4th Ave.,
Suite 2

Phone: (541) 881-2800

Office Hours:

Monday– Friday: 8:00–
5:00 P.M.
Saturday: 8:00 P.M.–
3:00 P.M.

SAINT ALPHONSUS FRUITLAND, ID: URGENT CARE

Address: 910 NW 16th
St. #101

Phone: (208) 452-8050

FOUR RIVERS HELATH CLINIC

Address: 640 SW 4th
Ave, Ontario, OR
97914 **Phone:** (541)
889-3510

Hours of Operation:

Monday– Sunday: 9–
5:00 P.M.

SNAKE RIVER PEDIATRICS

Address: 840 SW 4th
Ave Ste 105, Ontario,
OR 97914

Phone: (541) 881-2380

Hours of Operation:

Monday– Friday: 8–
6:00 P.M.
Saturday: 8:00 A.M.–
2:00 P.M.

Community Health Worker Guide to Community Resources Services and Organization

PREDIATRIC CLINIC*

Address: 1219 S.W. 4th Ave., Suite 1

Phone: (541) 889-2668

Office Hours:

Monday– Friday: 7:30–7:30 P.M.

Saturday: 10:00 A.M.–4:00 P.M.

RIVERSIDE ORTHOPEDICS & SPORT MEDICINE

offers both surgical and nonsurgical treatment for musculoskeletal conditions.

Address: 910 NW 16th St #205, Fruitland, ID 83619

Phone: (208) 452-3111

Hours of Operation:
Monday– Thursday: 9–5:00 P.M.

Friday: 9– 3:00 P.M.

OPTOMETRIST

ONTARIO MEDICAL ASSOCIATES *

exceptional medical services in order to meet patients need.

Services are:

Glaucoma Treatment

Cataract Surgery

Eye Exams

Address: 269 SW 19th St, Ontario, OR 97914

Phone: (541) 889-3106

Office Hours

Monday–Friday: 9–5:00 P.M.

TREASURE VALLEY VISION CENTER *

Our eye doctor focuses on the comprehensive and long-term health of your eyes and vision.

Address: 279 SW 10th St, Ontario, OR 97914

Phone: (541) 889-2020

Hours of Operation:

Monday– Friday: 8–5:00 P.M.

DENTAL

FAMILY EYE CENTER*

Address: 1257 SW 4th Avenue Ontario, OR 97914

Phone: (541)889-2191 & (208)642-4434

Hours of Operation:

Monday, Wednesday, Thursday, Friday: 9am-5pm

Tuesday 10am-7pm

For Emergency after hours, Please Call: 541-889-2191

RYSENGA JULIE MD OPTHALMOLOGY

Address: 932 W Idaho Ave, Ontario, OR 97914 **Phone:** (541) 881-1300

Hours of Operation:

Monday– Friday: 8–5:00 P.M.

IWASA EYE CENTER

We offer complete eye examinations for the whole family, including contact lenses, specialized contact lenses for astigmatism, pre and post operative care for refractive surgery and cataract surgery.

Address: 925 NW 12th St, Fruitland, ID 83619

Phone: (208) 452-2151

Hours of Operation:

Monday, Wednesday, & Thursday: 8:00 A.M.–5:00 P.M.

Tuesday: 9:30 A.M.–7:00 P.M.

Friday: 8:00 A.M.– 1:00 P.M.

VALLEY FAMILY DENAL PAYETTE, ID

Address: 1501 N.E. 10th Ave.

Phone: (208) 642-9379

Office Hours:

Monday, Wednesday, Thursday: 8– 4:45 P.M.

Tuesday:8– 6 :45 P.M.

Friday: 8:00 A.M.– 1:00 P.M. (Toothache Clinic hours)

Community Health Worker Guide to Community Resources Services and Organization

VALLEY FAMILY DENTAL ONTARIO, OR

Address: 2327 S.W. 4th Ave. Phone: (541) 889-0052

Office Hours:
Monday: 8:00 A.M.–7:00 P.M.

Tuesday, Wednesday, Thursday: 8–4:30 P.M.
Friday: 8–1:00 P.M.
Wednesday & Friday Toothache Clinic– 8-1 P.M.

VALLEY FAMILY DENTAL NYSSA, OR

17 N. 6th St.
Phone: (541) 372-2606

Office Hours:
Tuesday & Friday: 8–4:30 P.M.
Wednesday & Thursday: 8–6:30 P.M.

HIGH DESERT DENTAL

Dental Services: Wisdom Teeth, Sealant, Filling, Root Canal Therapy, Crowns, Periodontal Disease, Athletic Protection, Implants, Hygiene & Preventive Care, Dentures, Cosmetic Procedures, Bridge, Bad Breath, Pediatric Dentistry, Oral Cancer, Anesthesia, Sleep Apnea, Invisalign.

No Insurance? Saving Monthly Program Available. Contact office for more details.
Address: 271 SW 13th

St, Ontario, OR 97914
Phone: (541) 889-9407

Office Hours:
Monday– Thursday:
8:00 A.M.– 5:00 P.M.
Closed for lunch 1-2 P.M.
Emergency Appointments Available

EASTERN OREGON DENTAL CLINIC

Address: 475 SW 12th St, Ontario, OR 97914
Phone: (541) 881-8700

Office Hours:
Monday-Friday: 8–5:00

ONTARIO DENTAL ARTS

offers a full range of denture services from full dentures and implant retainers, to partial dentures, our office has the services that fit your dental needs, and your denture products are produced from start to finish in our lab.

Address: 473 SW 12th St, Ontario, OR 97914
~ Phone: (541) 889-3282

Office Hours:
Monday– Friday: 8–5:00 P.M.

JAY B. WETTSTEIN DMD

Offers quality general and cosmetic dental care.

Flexible Payment Plan

Address: 478 SW 12th St, Ontario, OR 97914
Phone: (541) 889-6666

Office Hours:
Monday: 8:00 A.M.–5:00 P.M.
Tuesday-Thursday: 7:00 A.M.-4:00 P.M.
Friday: 7:00 A.M.-12P.M.

REDDY JACKIE

Offers quality general and cosmetic dental care.

Flexible Payment Plan

Address: 478 SW 12th St, Ontario, OR 97914
Phone: (541) 889-6666

Office Hours:
Monday: 8:00 A.M.–5:00 P.M.
Tuesday-Thursday: 7:00 A.M.-4:00 P.M.
Friday: 7:00 A.M.-12P.M.

Community Health Worker Guide to Community Resources Services and Organization

WHITE HOUSE DENTAL

Part of our commitment to serving our patients includes providing information that helps them to make more informed decisions about their oral health needs.

Address: 347 W Idaho Ave, Ontario, OR 97914

Phone: (541) 889-8837

Office Hours:
Monday-Thursday: 8-5:00

LAKE DENTAL

Dedicated to maintaining our patients' maximum comfort, health aesthetics and function.

Address: 286 SW 4th St, Ontario, OR 97914

Phone: (541) 889-7050

Office Hours:
Monday, Tuesday & Thursday: 8:30 A.M.-5:00 P.M.
Wednesday: 8:00 A.M.-5:00 P.M.

Neal P. Webster, D.D.S.

we take pride in offering individual attention and detailed treatment plans to address every type of orthodontic correction.

Address: 1950 N. Whitley Dr. Fruitland, ID 83619 ~

Phone: (541) 889-4717

Office Hours:
Wednesday: 9 a.m. – 5 p.m. (Lunch from 1 p.m. 2 p.m.)

FRUITLAND FAMILY DENTAL

Services: Preventative, Periodontal, Root Canal Therapy, Restorative, Cosmetic Dentistry, Oral Surgery & Emergency Treatment

Address: 715 SW 3rd St, Fruitland, ID 83619

Phone: (208) 452-4303

Office Hours:
Monday– Thursday:
8:00 A.M.– 5:00 P.M.

CHILDREN'S DENTISTRY

Services: Teeth Cleaning, Preventative Treatments, Crowns, Emergency Dental Care, Cavity Free at Three, Athletic Mouth Guards, Treatment for Patients with Special Needs, Nitrous Oxide "Laughing Gas," In-Office Sedation, General Anesthesia

Address: 1950 N Whitley Dr, Fruitland, ID 83619 **Phone:** (541) 709-5500

Office Hours:
Monday-Friday:
8:00A.M.– 5:00 P.M.

RIGHT BITE DENTURES

A new set of dentures will boost your confidence

Address: 975 SW 1st Ave, Ontario, OR 9791

Phone: (541) 889-3750

Office Hours:
Monday-Friday: 7:30–5:00 P.M.

Community Health Worker Guide to Community Resources Services and Organization

IDAHO ORAL SURGERY: HILLAM RYAN DDS

surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery

Address: 1820 N Whitley Dr, Fruitland, ID 83619 ~
Phone: (208) 452-4808
Office Hours:
Monday, Tuesday & Thursday: 8:00 A.M.- 4:00 P.M.
Friday: 8:00 A.M.– 3:00 P.M.

WESTERN IDAHO DENTAL CLINIC

Address: 135 N Whitley Dr, Fruitland, ID 83619 ~ **Phone:** (208) 452-7000
Office Hours:
Monday-Friday: 8– 5:00 P.M.

TRANSPORTATION

SNAKE RIVER TRANSPORTATION

Operates in the cities of Fruitland & Payette with a stop at Walmart in Ontario. Passengers wanting to go further into Ontario can access the city of Ontario bus route from this location.

Fares:

Adult (18-64) - \$1.00 or \$30.00 monthly
Youth (6-17)- \$0.75 or \$20.00 monthly
Senior (65+)/Disabled- \$0.50 or \$15.00 monthly
Children 5 years and under ride free.

www.treasurevalleytransportation.com/snake_river.php

Bus Runs:

Monday-Friday: 6:00 A.M.-6:00 P.M.

GET-O-CAB

Located in Vale, OR.
Available 24/hours a day.

Local area- \$5.00
Vale to Ontario: \$25.00
Ted Gallemore: (541) 216-3994

SPRINTER SHUTTLE

A privately held company in Ontario, OR and is a Single Location business.
251 West Idaho Ave.
Ontario, OR 97914
Phone: (541) 709-0411

ARROW EXPRESS

65 SW 5th Ave.
Ontario OR 97914
Contact Lou or Christy:
(541) 709-1723
Hours of Operation:
Monday– Thursday:
7:00am– 3:00am
Friday & Saturday:
7:00am– 4:00am
Sundays: 7:00am– 12:00am

GOBI (Medicaid Rides)

Rides are available for **Covered Services** under the Oregon Health Plan. Services may be **medical, mental health, and dental.**
1-877-875-4657

FOOD PANTIRES

**Blessed Sacrament
Community Food
Pantry**

892 SW. 2nd Ave.
Ontario, OR 97914
541-889-8469
Tuesday & Thursday:
1:00 P.M.-6:00 P.M.

**Next Chapter Food
Pantry: St. Matthew's
Church**

762 SW 5th St.
Ontario, OR 97914
(541) 889-9332
Tuesday: 4:00 P.M. &
Thursday: 12 P.M.-3:00
P.M.

**Next Chapter Food
Pantry (#2): First
Christian Church**

180 NW 5th St.
Ontario, OR 97914
(541) 889-6716
Monday: 12:00 P.M.-
3:00 P.M.

**TFP Therapeutic
Services**

390 NE 2nd St.
Ontario, OR 97914
(541) 889-1050
Last Friday of the
month 9:00 A.M.-12:00
P.M.
*Pantry Services
available by referral
Mon-Thurs 9am-5pm.*

**Nyssa Community
Food Pantry**

Corner of 5th and Main
Nyssa, OR 97913
(541) 372-5623
Monday 4:00 P.M.-7:00
P.M. & Thursday: 9:00
A.M.-1:00 P.M.

Vale Pantry

525 B. St. (City Hall
Basement) Vale, OR
97918
Tuesday: 1:00 P.M.-
4:00 P.M. & Thursday
12:00 P.M.-3:00 P.M.

Mobile Pantries

*Held once a month. They
provide a 3-5 days supply of
food.*

Annex Mobile Pantry

402 Annex Rd, Ontario,
OR 97914
2nd Thursday: 4:00
P.M.-5:30 P.M.

Harvest Share

*fresh produce once a month
at Harvest Share location.
Runs from May through
September depending on
produce availability.*

**Four Rivers Health
Clinic**

640 SW 4th Ave.
Ontario, OR 97914
Last Wednesday of the
month 5pm-6pm

**Oregon Child
Development Coalition**
482 SE 3rd St. Ontario,
OR 97913

2nd Wednesday
2:30pm-3pm

Meal Site

New Hope Kitchen

*Origins faith
Community/first
United Methodist
Church*

312 N.W. 2nd St.
Ontario, OR 97914
Monday-Thursday:
2:30-3:30
Friday: *Coffee &
Pastries* 2:00-4:00 PM

School Pantries

**Four River Community
School**

2449 SW 4th St.
Ontario, OR 97914
1st & 3rd Wednesday
5:30 PM-6:30 PM

**Oregon Child
Development Coalition**

482 SE 3rd St. Ontario,
OR 97914
1st Thursday: 8:30
A.M.-10:30 A.M.
3rd Thursday: 3:30
P.M.-5:30 P.M.

Ontario School District

*Open to Students &
Families of students
that attend any school
in the Ontario School
District.*

OMS Tiger Gym
Ontario, OR 97914
2nd & 4th Thursday:
3pm-5pm

Community Health Worker Guide to Community Resources Services and Organization

EMERGENCY CLOTHING & FURNITURE

Reload Consignment Store

Consignment store. Furniture, clothing, decorations and more.

Address: 1940, 1701 SW. 4th Ave. Ontario, OR 97914

Phone: (208) 714-0759

Hours of Operation:
Monday– Saturday:
10:00 A.M.– 5:00 P.M.
Closed Tuesday & Sunday

Christian Life Fellowship

Free clothing, call in advance

Address: 366 SE. 5th St. Ontario, OR 97914
~ **Phone:** (541)889-5730
Call for Hours

Lighthouse Worship Center

Clothing, food, and hygiene items

Address: 96 SW. 2nd St. Ontario, OR 97914
~ **Phone:** (541) 889-5730

Hours of Operation:
Friday: 11:00 A.M.– 1:00 P.M.

Hope Pregnancy Resource Center

baby and maternity items through mentoring programs

Address: 17 SW 6th St. Ontario, OR 97914 ~
Phone: (541) 889-4272
Hours of Operation:
Monday & Thursday:
10:30 A.M.– 6:00 P.M.
Tuesday: 3:00 P.M.- 6:00 P.M.

SECOND HAND STORES

The thrift shops
good quality clothing for men, women and children, stylish home decor, furniture including some high end and antique, books and movie.

Address: 2057 SW 4th Ave, Ontario, OR 97914 ~ **Phone:** (541) 889-1197

Hours of Operation:
Monday– Friday: 10:00 A.M.– 6:00 P.M.
Saturday: 10:00 A.M.– 5:00 P.M.
Sunday: 12:00 P.M.– 4:00 P.M.

Idaho youth ranch thrift store

Operate a network of thrift stores that help fund our youth programs and services.

Address: 2588 SW 4th Ave, Ontario, OR 97914 ~ **Phone:** (541) 889-7716

Hours of Operation:
Monday– Saturday:
9:00 A.M.– 6:00 P.M.
Sunday: 12:00 P.M.– 5:00 P.M.

Care-o-sell consignment

Used clothing store

Address: 156 S Oregon St, Ontario, OR 97914 ~ **Phone:** (541) 881-1178

Hours of Operation:
Monday– Friday: 10:00 A.M.– 6:00 P.M.
Saturday: 10:00 A.M.– 4:00 P.M.

The little red shed Second hand store

Address: 1718 N Whitley Dr, Fruitland, ID 83619 ~ **Phone:** (208) 412-5941

Hours of Operation:
Thursday, Friday & Saturday: 10:00 A.M.– 6:00 P.M.

**Community Health Worker Guide to Community Resources Services and
Organization**

Sweet! Clovers

Used Clothing store

Address: 225 SW 1st
Ave. Ontario, OR
97914

Hours of Operation:
Monday– Saturday:
10:00 A.M.– 5:00 P.M.

The bargain Center

Second Hand Store

Address: 320 SE 1st.
Ave. Ontario, OR 97914

Phone: (541)889-1100
Hours of Operation:
Tuesday-Thursday: 11:00
A.M.– 6:30 P.M.
Friday-Saturday: 11:00
A.M.– 7:00 P.M.

**Four River Welcome
Center**

Used Clothing store

Address: 640 SW. 4th
Ave. Ontario, OR 97914
Phone: (541) 889-3510