



FOSTER PARENT COMMUNITY RESOURCES

Welcome! Along your foster parenting journey, you will encounter both joy and unexpected challenges. This guide is designed to be a starting point for resources in Portland for foster families. If you know of any community resources that should be added to this list, please email info@embraceoregon.org.

CLOTHING AND HOUSEHOLD ITEMS

Beautiful Savior Lutheran Church Clothing Boutique:

The Clothing Boutique offers gently used clothing available for all ages, including clothes appropriate for jobs, interviews or school. While any Clackamas County resident may come once a month and pick out clothes, foster families are welcomed several times a week by appointment. Appointments are required and can be made by calling the church office.

Contact BSLC Clothing Boutique:

503.788.7000

Foster parents can schedule appointments at the boutique Tuesdays from 9:00am–4:00pm or Wednesdays from 10:00am–3:30pm. Additionally, if you take in a child in an emergency situation, you can come any time during office hours to get clothes for that child (8:00am–4:00pm weekdays).

Family Friend:

Family Friend serves any family engaged with the Department of Human Services including biological parents, relatives, foster parents, or families at-risk of child welfare involvement. The organization will provide funds, tangible goods, and services, or access to community services that could assist the family. Access to Family Friend requires a referral through a caseworker or self-sufficiency family advocate through DHS.

Contact Family Friend:

www.familyfriendpdx.org

503.703.9860

info@familyfriendpdx.org

Project Lemonade:

Project Lemonade provides foster youth ages 5–20 with a back-to-school shopping experience. Online registration allows for children in care to shop (at no cost to them) for a backpack, shoes, and clothing to get them started for the new school year.

Contact Project Lemonade:

www.projectlemonadepdx.org

Amanda Goodwin

Program and Volunteer Coordinator

503.395.3976

With Love:

With Love provides donated clothing, books, toys, and necessities for children age 6 or under. When a family welcomes a new child into their home, they can visit the With Love website and complete a request form for items that will assist them in meeting the physical needs of a child or children. With Love volunteers deliver items to the foster family's home, or families can pick up items at the warehouse in Tigard with an appointment.

[Contact With Love:](#)

www.withloveoregon.org

www.facebook.com/WithLoveOregon

Hair Care:

Celeste Jackson provides hair services at All Teased Up, a multicultural hair salon located in the heart of the Alberta District. Celeste is available to foster parents who need a consultation, talk basics about hair care, or salon visits for haircuts, extensions, braids, etc. Receive great advice and discounted services for textured hair. When you contact Celeste, let her know you are an Embrace Oregon foster family.

[Contact Celeste:](#)

Celeste Jackson
Master Stylist at All Teased Up
971-219-8164

divinebeautyby_celeste@aol.com
Instagram: [beautifuldesign_celeste](#)
www.allteaseduphairsalon.com

DISCOUNTED ACTIVITIES

Discounted Portland Parks and Recreation Camps:

Contact Portland Parks and Recreation by phone to discuss discounts for camps and after-school activities available to foster families. With a letter from your child's caseworker, it is possible to receive discounted tuition. Phone [503.823.PLAY](tel:503.823.PLAY).

Fishing License for children 15 years and older:

Free fishing licenses for foster children in foster care who are 15 years and older can be obtained by contacting your certifier or the child's caseworker. They are not required for younger children if they are with an adult who has a fishing license.

Free State Park Camping and Day Use Pass for foster and adoptive families:

Visit oregonstateparks.org/index.cfm?do=v.page&id=20 for details on how to receive your pass.

Portland Children's Museum:

A Family Access Membership is offered to foster families who live within 35 miles of the Museum for \$15 annually. Foster families automatically qualify for the Family Access Membership and can apply by visiting portlandcm.org/more/join-museum.

Oregon Zoo:

The Oregon Zoo offers discounted admission for foster families. Just bring your Oregon ID and foster home certificate, and you're eligible to buy up to 6 tickets for \$5 each. If you ride MAX to the zoo and show proof of fare, you'll receive an additional \$1.50 off admission for each person. Visit oregonzoo.org/zoo-all for details.

Cultural Pass to Adventure Program - Washington County Library Services:

The Cultural Pass to Adventure program offers library users the opportunity to expand their experience of the library beyond the walls of their buildings into the community and beyond. Your library card is your passport to visiting different and exciting locations in Oregon. For complete information on the Cultural Pass program and a list of destinations, please visit wccls.org/culturalpass.

SEASONAL DRIVE

Live. Love. Christmas:

Live. Love. Christmas provides presents for children in the Portland/Vancouver metro area. Parents can "shop" free of charge for a gift for their children ages 0-18. This is an initiative of City Bible Church in partnership with 20 different public schools and the Department of Human Services. Access to Live. Love. Christmas requires a referral through a DHS caseworker or social worker.

DHS Holiday Party:

During the holiday season, each child welfare office hosts a party for children in foster care to spend some extended time with their biological families. The party includes a visit from Santa, activity stations, gifts, and a meal. For more information about your local Holiday Party, connect with your caseworker.

Mittens & More Coat Giveaway:

In Multnomah County, DHS Family Services Center gives away free new winter coats for children in DHS certified foster and relative homes. To learn the details about the yearly giveaway and make a reservation, contact Multi.VOLUNTEER@dhsosha.state.or.us or call 971.673.3503.

Howard's Heart:

Howard's Heart is dedicated to providing individual, need-based support to teens in foster care in our community. Connect with your caseworker, or reach out to Howard's Heart directly: howardsheart.org or howardsheart@gmail.com.

SUMMER CAMPS

Camp to Belong:

Camp to Belong (camptobelongoregon.org) exists to reunite brothers and sisters in a safe, neutral, weeklong camp environment that they would not have otherwise due to living in separate homes. If you are an adult that is interested in having siblings attend Camp to Belong next camp season, please send an email to Karyn Schimmels at karyn@camptobelong.org. Please know that if the children you have in mind for camp are in DHS custody, the application process includes the assigned DHS caseworker.

Discover Theatre:

Discover Theatre is a week-long drama day camp catered to children in foster care, their siblings and friends, as well as children from families in need. At the camp, the kids learn songs, a choreographed dance, and scenes from a show that they showcase at the end of the week for their family and friends. They also create their own sets and costumes as well as learn improv games and acting and singing techniques. The camp runs one week in the summer, and lasts five days from 12–6pm for children grades 2nd–9th. Register at: discovertheatre.org for only \$25.

Royal Family Kids Camp:

Royal Family Kids Camp is a camp designed for children, ages 6 to 12, who have a history of abuse and neglect, or who reside in foster care. For more information please visit portland.royalfamilykids.org. Applications for campers can be received by calling (503) 245-7735 or additional information can be obtained by emailing portland@royalfamilykids.org.

Sparks of Hope Healing Camp:

Sparks of Hope Healing Camps (sparksofhope.org) assist children and teens to overcome the barriers they face as survivors of abuse to become successful young adults. Without early intervention, child survivors have a high probability to tank their life because they feel broken, worthless, and unlovable. You can simply reach out to Lee Ann Mead by email at leeann@sparksofhope.org and let her know that you are interested in your child attending Sparks of Hope Healing Camp.

Camp Erin:

Camp Erin is the largest network of free bereavement camps in the country designed for children and teens ages 6-17 who have experienced the death of someone close to them. It is a weekend-long experience filled with traditional, fun camp activities combined with grief education and emotional support - led by grief professionals and trained volunteers. Camp Erin is offered free to all families. For registration details, visit oregon.providence.org/our-services/c/camp-erin.

Champions Academy:

Champions Academy is an annual, six-week summer bridge program designed to strengthen basic skills in academics and athletics, boost each student's self-concept in the classroom and on the field and generally improve learning attitudes and overall fitness levels for students entering grades 3 through 10. The organization works with DHS to offer spots at camp to over 50 children in foster care. For more information, visit pdxchampions.org.

DAYCARE RESOURCES

Early Learning Center on Warner Pacific College campus:

Warner Pacific College's Early Learning Center (warnerpacific.edu/about/full-half-day-preschool-programs) offers a few designated spots that are discounted for children in foster care. Visit their website for class availability.

Sunshine School:

Sunshine School (sunshineschoolpdx.com) offers a limited number of discounted preschool spots for children in foster care. To get information on availability, please contact sunshine@fpdx.com.

Wild Lilac:

Wild Lilac (wildlilac.org) is a child development school community that offers some discounted tuition to children in care. You can find more information on enrollment by contacting enrollment@wildlilac.org or calling 503.236.3240.

MENTORING

Adorned in Grace Design Studio:

The Adorned in Grace Design Studio is an after-school outreach to teenage girls in foster care ages 11 – 18 to build relationships through mentoring, workshops and life skills training. Participants learn to re-purpose and redesign silks, satin, lace, and beading from donated gowns into fun fashions, accessories, and gift items. Weekly after-school workshops are held every Tuesday, Wednesday and Thursday and cover topics such as entrepreneurship, art, and more. For more information, email designstudio@compassionconnect.com

Parenting With Intent:

Parenting with Intent service individuals, families and youth who are in need of mental health services, mentorship, parenting education, counseling, and supportive services. Learn about specific services at parentingwithintent.org/services. To take next steps, call 503.709.8592 or email info@parentingwithintent.net.

Faithful Friends:

Faithful friends (faithfulfriendspdx.org/about-us/contact-us) is a community-based mentoring program that provides children with support and stability through relationships that encourage personal growth and inspire hope. The program matches volunteer individuals, couples and families with children ages 6 through 9 for mentoring relationships. The mentor/mentee matches meet 3-4 times each month for at least one year. Children are referred to Faithful Friends by a parent or caregiver who believes the child's life will be enriched by additional caring relationships.

Holla Mentors:

Holla Mentors is a culturally responsive mentorship organization and work with administrators, teachers, social agencies and families to serve children of color at several schools in Portland. The program provides mentors (one-on-one or group) for economically challenged and at-risk children and teens within the structure of the educational system. If you would like to find a mentor for your child, visit hollamentors.org

Big Brothers Big Sisters of America Columbia Northwest:

For children facing adversity, Big Brothers Big Sisters (itsbigtime.org) builds bonds to change lives, enabling kids to reach their greatest potential through strong and enduring, professionally supported, one-to-one relationships and a network of support. You can find more information about enrollment here: itsbigtime.org/enroll-a-child

Friends of the Children:

Friends of the Children (friendspdx.org) provides vulnerable children nurturing and sustained relationships with a professional mentor who teaches positive values and has attainable expectations for each child to become a healthy, productive member of the community. For more information, visit friendspdx.org/how-it-works.

RESPITE CARE

Foster Parents' Night Out:

Foster Parents' Night Out (FPNO) is a monthly four hours of respite offered to foster families across the Portland Metro area and other parts of the state. Most FPNOs run nine months out of the year and are held at local churches. For more information on FPNO and the closest location, contact your certifier at DHS to see if there is a local FPNO where you can get connected and to get confirmation on your child's eligibility. Please note, some FPNOs have waiting lists. FPNO is an initiative of Every Child Oregon and managed by Embrace Oregon in Portland. All referrals come through DHS.

Respite Mix and Mingle:

Respite care/babysitting is an excellent way to care for children in foster care and offer tangible support to foster families. Embrace Oregon host quarterly Respite Mix and Mingle events, where we invite foster families to meet volunteers in the community who've said they are interested in providing respite care or babysitting. To find details about the next Respite Mix and Mingle, visit embraceoregon.org/connect.

SUPPORT

Foster Parent Support Line:

2-1-1 is a foster parent support line that provides personalized service to foster providers with a focus on after-hours needs for foster parents. Foster providers can receive assistance with information, support, and referrals from a DHS employee between 6pm–8am on Monday through Friday, and 24/7 on weekends. To access the Foster Parent Support Line, simply dial 2-1-1.

Keep:

KEEP facilitates small support groups of foster parents who are committed to creating a calmer, more nurturing home environment for their families for 16-week sessions. These groups are led by trained facilitators and focus on lessening the stress associated with foster parenting by providing support, interventions, and behavior management techniques. Free childcare and a meal are provided at the weekly meetings (attendees are eligible for continued education hours). To learn more, visit keepfostering.org. To sign up, contact Anthony Fox by phone—[503.872.5264](tel:503.872.5264)—or by email—anthony.p.fox@dhs.ohio.state.or.us.

Oasis Community:

Oasis Community is a virtual support system for foster and adoptive parents looking for hope, encouragement, and resources needed to parent with success. Through connection to one another, mentoring and encouraging from a Care Team, and education and training from a plethora of resources, Oasis Community offers 24/7, 365 days a year online access to practical resources, relevant training, and parent to parent support. There is a \$16 monthly subscription fee. Enrollment is currently closed but opens up twice a year. Stay up to date for future enrollment here: confessionsofaparent.lpages.co/oasis-is-closed.

Foster Parent College:

Foster Parent College (fosterparentcollege.com/index.jsp) provides innovative, research-based, interactive online courses for foster, adoptive, and kinship parents. The self-paced training is accessible 24/7. You can enroll, complete a course, and receive a certificate of completion in a single session. The content is developed by nationally recognized experts in the fields of parenting, social work, pediatrics, psychology, psychiatry, and education. The courses are valued by foster care agencies.

CONFERENCES

Refresh Conference:

Popular foster/adoption Christian conference with many break out sessions. Held at end of February/ March every year in Overlake, Washington with approximately 1,500 attending. therefreshconference.org

Shoulder to Shoulder Conference:

Statewide conference for anyone involved with Oregon's child welfare system (CASAs, caseworkers, attorneys, foster/adoptive parents), traditionally held at the end of October in Portland metro area. stsconference.com

HEALTH RESOURCES

COORDINATED HEALTHCARE

There are two clinics in the Portland Metro Area that are offering a more holistic way to care for your child's medical needs through Coordinated Care programs. Each child in care that is referred to one of the clinics is assigned a PCP/Team with care coordinators, who work with foster parents and caseworker(s) to reconcile past medical history, follow up on needs, and help monitor the child's care. The difference in this model is that the coordination doesn't stop there, but can continue after reunification.

While caseworkers are able to refer families to the clinics, foster parents can also reach out directly to connect about the clinic's program and to see if this would be of benefit to your children in care.

Hillsboro Pediatric Clinic

Sharon Wilkins, RN | Pediatric Case Manager - Foster Care Medical Home | 503.640.2757

Randall Children's Clinic - Emanuel

Elizabeth Le, RN | Nurse Case Manager - Foster Care Medical Home | 503.413.2902

MENTAL HEALTH AND COUNSELING

Bridge City Counseling, Julianne Chapman:

Julianne is an Alumni of Portland State University, Graduate School of Social Work and is a Licensed Clinical Social Worker. She works with adults, children, and families covering a range of presenting issues. Julianne specializes in helping families regain their strengths while recovering from abuse, and trauma. She has extensive training and experience in helping people create sustainable plans to manage and recover from depression, anxiety, substance abuse, and domestic violence. She provides support and structure to guide individuals and families to build on strengths while moving forward with a positive understanding of who they are. Skilled in supporting adoptive families, creating co-parenting plans, mediation, guiding people through important life transitions and supporting families involved with Child Welfare. Julianne has English and Spanish language skills. Julianne can accept most major insurances and is in-network with Blue Cross Blue Shield, Aetna, Pacific Source, Moda, First Choice, Bridge Span, Kaiser Added Choice, OHP open card, and Family Care.

[Contact Bridge City Counseling](http://BridgeCityCounseling.com) Julianne Chapman | JulianneC@Bridgecitycounseling.com | 503.703.9860

Kinship House:

Kinship House provides outpatient mental health services to foster and adopted children and their families. Kinship House specializes in championing children and families with target interventions during all stages of foster care, reunification, and adoption. Founded in 1996, they are a locally accessible facility based in the Lloyd District on the east side of Portland, Oregon.

[Contact Kinship House](#)

www.kinshiphouse.org

1823 NE 8th Avenue
Portland, OR 97212
503.460.2796

Pneuma Counseling, Sarah Probst:

Sarah Probst is a Licensed Professional Counselor in Portland, Oregon who incorporates various curriculums and trauma-informed, brain-based therapies into her treatment plans to help clients see significant changes that cannot be achieved through “talk-therapy” alone!

Some of her favorite and most effective approaches to therapy include Neurofeedback and Portland State University’s therapeutic approach to Foster/Adoption. Sarah uses these therapies to address PTSD, trauma, attachment disorders, foster adoption-related issues, ADHD, learning disabilities, autism spectrum disorder, sleep disorders, migraines, depression, anxiety, and OCD.

[Contact Pneuma Counseling](#)

Sarah Probst
pneumacounseling@gmail.com
503.716.6545

Western Psychology and Counseling Services:

Western Psychology and Counseling Services was established in 1986 to provide quality outpatient mental health, Chemical Dependency, and EAP services in an effective and efficient manner. Western has locations throughout the Portland and Vancouver, Washington Metro area. Western Services accepts OHP insurance plans.

[Contact Western Psychology and Counseling Services](#)

www.westernpsych.com

503.233.5405



info@embraceoregon.org
503.281.1801