

## OREGON FAMILY TO FAMILY HEALTH INFORMATION CENTER

You are not alone. The organizations on this list are led by families, for families, and they welcome your call. This is a partial list. For help finding support organizations in other states and countries, or to connect with families whose children experience rare conditions, call 855-323-6744 or email [contact@oregonfamilytofamily.org](mailto:contact@oregonfamilytofamily.org)

**Oregon Family to Family Health Information Center** - 855-323-6744 (English) 503-931-8930 (Spanish) [www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org) Coaching and support to navigate health systems and other state, federal, and community services. Offers training, toll-free phone line, website, toolkits, and other publications by families, for families..

**All Born (In)/ Northwest Down Syndrome Association** - <http://allbornin.org> / <http://nwdsa.org>  
503-238-0522 (English) 503-239-1509 or 971-570-0942 or 503-262-4029 (Spanish)  
Family connections, advocacy skills, help with special education and rights, and supporting individuals who experience disability to have full, inclusive lives. New parent guide, heart booklet, socials, training, family groups and more.

**Autism Society of Oregon** - [www.autismsocietyoregon.org](http://www.autismsocietyoregon.org) - 1-888-288-4761  
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.

**Epilepsy Foundation** - <https://epilepsyoregon.org/support-groups/> - 503-205-1404  
Offers parent support group every month via Zoom. For Zoom link and to be added to our parent list please contact [oregon@efa.org](mailto:oregon@efa.org).

**FACT (Families and Communities Together)** - [www.factoregon.org](http://www.factoregon.org) - 1-503-786-6020  
Oregon's Parent Training & Information Center. Supporting families navigating disability, special education, and whole life planning through a support line, trainings and community building. Empowering Families.

**Hands and Voices of Oregon** - [www.handsandvoicesor.org](http://www.handsandvoicesor.org) 541-241-6048  
Support and information for all Oregon families raising children who are Deaf or Hard of Hearing. All communication methods and technologies are supported.

**NAMI Oregon Online Support Groups:** [www.namior.org](http://www.namior.org)  
Peer-led support groups for parents, adults, and family members of children and adolescents with mental health and behavior issues.

**Northwest Kidney Kids** - [www.nwkidneykids.org](http://www.nwkidneykids.org) (503) 893-5671  
Support and education for children/young adults with chronic kidney disease and their families. Camps, family/sibling support, clinical Support, Young Ambassadors, and mentoring for ESRD, dialysis, and transplant.

**Oregon Family Support Network** - [www.ofsn.org](http://www.ofsn.org) - 503-363-8068  
Supports families who are raising a child/youth experiencing complex emotional, behavioral and/or mental health needs. Trainings, workshops, and advocacy throughout Oregon by certified Family Support Specialists (peers). Regional support groups also available, call for locations

**Reach Out Oregon** – [www.reachoutoregon.org](http://www.reachoutoregon.org) 833-732-2367

Warmline, live chat, or [email](#) support for parents of youth with emotional, behavioral or mental health needs.

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

541-732-5958 (Spanish) 503-215-2429 (English)

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

**Tourette Association of Oregon** - <https://tinyurl.com/ehuj6ewt> [ts.salemor@gmail.com](mailto:ts.salemor@gmail.com)

Support for families raising children who experience Tourette Syndrome and co-occurring conditions. Educational materials, new patient/family/teen materials, teacher/provider materials, family-to-family connections and more.

**United Cerebral Palsy** - <http://www.ucpaorwa.org/our-services/family-support> - 503-777-4166 x332

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

## Oregon Family Networks

Sometimes it can be hard to see past tomorrow. Oregon Family Networks help families do just that: to help them map out a life for their children and themselves, full of meaningful relationships and experiences, and to connect them with resources that can help. Oregon Family Networks are supported by the Oregon Council on Developmental Disabilities.

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

#### FACT Oregon

Phone: 503-786-6020

Website: [www.factoregon.org](http://www.factoregon.org)

Facebook Page: <https://www.facebook.com/FACToregon>

### Yamhill, Polk, Marion Counties -

#### Creating Opportunities

Phone: 503-559-0424

Website: [www.creatingops.org](http://www.creatingops.org)

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

### Lane County

#### Families Connected

Phone: 541-343-5256

Website: <https://arclane.org/>

Facebook page: <https://www.facebook.com/FamiliesConnectedCommunityCalendar>

### Deschutes, Crook, Jefferson Counties

#### Central Oregon Disability Support Network

Phone: 541-548-8559

Website: <http://www.codsn.org/>

Facebook page: <https://www.facebook.com/CODSN/>

## Baker County

### Community FORCE Family Network

Phone: 541-406-8983 or 541-609-0533

Website: [www.CommunityForceFN.org](http://www.CommunityForceFN.org)

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

## Douglas County

### FEATT Family Network

Phone: 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)

Phone: 541-591-5507 or 541-880-4863

Website: [www.FASNfamilynetwork.org](http://www.FASNfamilynetwork.org)

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

## Harney County

### Kintsugi Disability Support Network

Phone: 541-238-2263 or 541-241-8989

Website: <http://www.kdsupportnetwork.org/>

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

## Jackson and Josephine Counties

### Bridging Communities

Phone: 541-690-8542

Website: <https://livingopps.org/bridging-communities>

Facebook Page: <https://www.facebook.com/bcoregon>

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