

## 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 Deafblind Project** - <http://triwou.org/projects/ordb/family> (503) 838-8328 Assists with the identification of children who are deafblind for services, support and engagement for families. Helps families and educational teams with the necessary support to provide optimal resources for their child. <https://www.facebook.com/groups/oregondb>

**Oregon Family Support Network** – [www.ofsn.org](http://www.ofsn.org) - 503-363-8068

*Supports families 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).*

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

*Warmline, live chat, or [email](mailto:email) support for parents of youth with emotional, behavioral or mental health needs. ROO can connect families to regional support groups; call for locations*

**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, “Respality” 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>

## *Community-based support groups*

### Rogue Valley

#### CARE (Compassion Answers Rest Encouragement)

Meets at Jacksonville Presbyterian Church

Website: <https://jvillepres.churchcenter.com/groups/small-groups/c-a-r-e>

Contact: [rachelolstad@gmail.com](mailto:rachelolstad@gmail.com)

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