

## 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..

**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.

**Northwest PANDAS/PANS Network** - [www.nwppn.org](http://www.nwppn.org) 971-645-0842  
Northwest nonprofit serving OR, WA and ID. Offers support to families diagnosed with, or suspecting, post-infectious neuroinflammatory disorders (PANDAS/PANS). Referral services to knowledgeable PANDAS/PANS providers and parent/caregiver support groups.

**Oregon Deafblind Project** - <https://www.crisoregon.org/site/Default.aspx?PageID=536> Provides technical assistance, training and information to enhance services for children in Oregon who are DeafBlind. The Oregon DeafBlind Project supports families, school teams, and individuals who are DeafBlind to access high quality, evidenced based supports and services birth through age 21. Housed at [Columbia Regional Inclusive Services](#), the Oregon DeafBlind Project serves all of Oregon. <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:reachout@reachoutoregon.org) 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, “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, Washington Counties**

#### **FACT Oregon**

Phone: 503-786-6082 or 888-988-3228

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

### **Yamhill, Polk, Marion Counties**

#### **Creating Opportunities**

Phone: 503-559-0424

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

### **Lane and Douglas Counties**

#### **Families Connected**

Phone: 541-343-5256

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

### **Crook, Deschutes, Grant, Harney, Jefferson, Klamath, Lake, Wheeler Counties**

#### **Central Oregon Disability Support Network**

Phone: 541-548-8559

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

## Clatsop, Tillamook, Lincoln Counties

### Oregon COAAST Network

Phone: 503-739-2240

Website: [www.sammysplace.info](http://www.sammysplace.info)

## Jackson and Josephine Counties

### Bridging Communities

Phone: 541-690-8542

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

## Community (in-person or virtual) support groups

(This is a partial list, kept current to the best of our ability. For additions or changes, email [contact@oregonfamilytofamily.org](mailto:contact@oregonfamilytofamily.org))

## 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)

## Portland Metro

### NAMI Multnomah (Free, online peer support group for parents & caregivers of children with mental health barriers.)

Meets 1st & 3rd Wednesdays, 4:00 - 5:15 PM

To register, call 503-228-5692 or email [info@namimultnomah.org](mailto:info@namimultnomah.org)

## Autism Family Support Group

### Autism Society of Oregon (For families of children/youth aged birth - 22.)

Meets 3rd Wednesdays during school year, 6:00 - 7:00 pm

To register: <https://us02web.zoom.us/meeting/register/tZEvfuhpzsiHNU1sBEFsbN3XyRBdGVYGLNC>

## Talk it Over Support Group

### NAMI Oregon (For parents/caregivers with school-age children and young adults living with behavioral health challenges)

Meets 2<sup>nd</sup> Sundays, 4:00 - 6:00 pm

To register: [https://zoom.us/meeting/register/uJUrcOGvpjkicxpCt2YAHaBOLSHYAxA\\_Ow](https://zoom.us/meeting/register/uJUrcOGvpjkicxpCt2YAHaBOLSHYAxA_Ow)

## Grandparent Support Group

### Oregon Kinship Navigator (For grandparents raising grandchildren.)

Meets 1<sup>st</sup> Tuesdays 10-11 am OR 3<sup>rd</sup> Tuesdays 7 - 8 pm

Online: [meet.google.com/swz-uorx-jkj](https://meet.google.com/swz-uorx-jkj) or call in: +1 314-666-1828 PIN 291 586 204#

## Keep for Kin Support Group

**Oregon Kinship Navigator:** For grandparents, aunts, uncles, siblings, and others caring for related youth who are not actively involved with Oregon DHS. Call to find out if you are eligible.

[www.keepfostering.org/keep-for-kin](http://www.keepfostering.org/keep-for-kin) or call 541-780-3808

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