

HOW TO ACCESS SERVICES



My heat or electricity is shut off

Contact the **Utility Assistance** program and leave a message: (503) 615-0771



I'm experiencing homelessness

If you are homeless or will lose your housing in less than 2 weeks, contact **Community Connect**: (503) 640-3263



I need emergency food assistance

For a food box, contact the **Hillsboro Family Shelter**: (503) 726-0812



I am at risk of being evicted or behind on my rent

Contact the Emergency Rent Program: (503) 615-0770, at 9:00am on the 8th or 15th of the month. (If the 8th or 15th fall on a weekend please contact us the following Monday.) To be eligible the household must: Live in Washington County, have a current rental lease, have a current nonpayment eviction notice, must not have received emergency rent assistance in the past twelve months, and be under the 30% area median income: Check 30% area median income for the county here: <https://www.beavertonoregon.gov/299/Income-Eligibility-for-CDBG-Programs-Pro>



I need help paying my utility bills

Contact the **Utility Assistance** program: (503) 615-0771
https://caowash.org/programs/energy-assistance/energy_request.html



Our home needs free energy upgrades and heating and health & safety repairs

Contact the **Energy Conservation** program: (503) 906-6550
weatherization@caowash.org



I need education for my kids ages 0-5

Income-eligible, no cost to families contact **Head Start Enrollment**: (503) 693-3262 - fax: (971) 223-6114
headstart@caowash.org



I'm interested in opening a child care business, providing child care, and/or professional development opportunities in early childhood education

Contact **Child Care Resource & Referral (CCR&R)**: (971) 223-6100 - fax: (971) 223-6101
ccrr@caowash.org



I need health insurance

Get free assistance enrolling in health coverage. We can help you navigate your health coverage at no cost! Oregon Health Plan (OHP) is open to all people, and open to children and teens regardless of immigration status. We can help figure out your eligibility and answer any questions. Contact the **Coordinated Systems** team: (503) 726-0877
OHP@caowash.org



I want to get connected to prenatal care, parenting support, and/or home visiting services

Contact the **Help Me Grow** program: (503) 726-0879
helpmegrow@caowash.org
<https://caowash.org/programs/early-childhood-development/ec-app.html>
<https://caowash.org/programs/early-childhood-development/comunicarse-con-helpmegrow.html>



I am interested in free financial education courses

Contact the **Family Development** program: (503) 726-0823
ida@caowash.org



I am a SNAP recipient interested in career development

Contact **Family Development** Career Coach.
careerboost@caowash.org

HILLSBORO MULTI-SERVICE CENTER

1001 SW Baseline St.
Hillsboro, OR 97123
Phone: 503.648.6646

TIGARD MULTI-SERVICE CENTER

11515 SW Durham Rd. Ste. E8
Tigard, OR 97224
Phone: 503.648.6646

BEAVERTON MULTI-SERVICE CENTER

5050 SW Griffith Dr., Suite 100
Beaverton, OR 97005
Fax: 503.601.6005