

Parenting Resources

Portland Metro

The Pamoja House

Address: 11830 SW Kerr Pkwy, ste. 100, Lake Oswego, OR 97035 | Phone: 503-597-8540

[Website](#)

- ESL classes, citizenship classes, drivers education
- Women's ESL classes 3X/week, register online
- Childcare available for children under 5
- Support for refugees and immigrants

My Gerber Baby Experts

Available online 24/7 for video chats to answer questions

[Website](#)

- Experts on sleep, lactation, and switching to solids
- Go through their website to call immediately or set up a virtual 1:1 with one of their experts.

Mother and Child Education Center

Address: 1515 NE 41st Ave. Portland, OR 97232 | Email: info@momchildpdx.org.

Phone (English): 503-249-5801 Phone (Spanish): 971-913-9360

[Website](#)

- Provides maternity clothes, baby clothes, items for newborn to preschool, essential household items, and more

Madonna's Center for Life

Phone: 503-653-1595

[Website](#)

- One-on-one support
- Assistance with supply needs, outside resources
- Birthing classes, parenting classes, maternity clothing, baby clothing, and supplies for every parenting step
- Services are free of charge

Child Passenger Safety Office Car Seat Program

Phone: 503-653-1595

[Website](#)

- There is a small fee for the car seats
- The program is based on an appointment only

Need more help? Call 211 anytime for connections and referral to all community resources and programs to help you.

Referral information provided by Ava Health does not mean that Ava Health guarantees or endorses the providers/agencies. These organizations are not affiliated with Ava Health but are independent agencies. Ava Health provides these referrals for your convenience only and does not necessarily endorse the materials, policies, or practices of these providers/agencies. By accepting referral information from Ava Health, you understand and agree that Ava Health is in no way responsible for the acts, omissions, results, or services of any providers/agencies. You are responsible for interviewing and selecting suitable providers/agencies. Therefore, you should make your inquiry and contact providers/agencies directly for relevant information, such as information on insurance coverage. If you are under 18 years of age, Ava Health recommends that you seek the advice of a parent/guardian in considering providers.

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Community Action Healthy Family Program

Address: 9340 SW Barnes Rd, Ste 100A, Portland, OR 97225 | Phone: (503) 726-0879

[Website](#)

- Parents – any age, nationality or income
- No fees
- Referral services and walks through navigating all that is offered.
- Welcoming the new baby, visiting home nurse available, and support to first-time parents

Albina Early Headstart and Headstart

Phone: 503-236-9389 call for application

- Childcare Centers: Monday – Friday, 7 am – 5 pm
- Home Base Program: call for more information
- Prenatal support and home visits available
- Dental, health, nutrition, and breastfeeding information, mental health consults, health screenings
- Parenting support groups and family events
- Free childcare for qualifying families

[Website](#)

Early Intervention and Early Childhood Special Education Services

[Website](#)

Phone: Multnomah County - 503-261-5535 | Address: 5208 NE 122nd Ave, Portland, OR 97230

- Screening and evaluation for developmental delays in children, birth to five years.
- Assists family, pre-school teachers, and caregivers with strategies for teaching the child to: walk, talk, hear, see, play, and respond.
- All services are free
- Spanish services available

Beaverton Resource Center

Address: 13565 Southwest Walker Road Beaverton, OR 97005 | Phone: 503-207-5670

Hours: Tuesday, Wednesday and Friday 9:00 am – 1:00 pm

- Connects those in our community struggling with hunger, housing insecurity, basic needs, health, with the right help for long-term stability
- Can drop by during regular business hours for a free food box and get connected to one of their partners
- Care workers available during business hours to connect to the right resources

[Website](#)

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