

National Association of Adult Survivors of Child Abuse www.NAASCA.org

Note: Please send corrections, additions and updates to: maudnmildred@hotmail.com

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
OREGON			
National Helpline	Hotline 1-800-4-A-CHILD Hotline 1-800-422-4453 Crisis counselors available 24/7 Founded in 1957 by Sara O'Meara and Yvonne Fedderson. Childhelp is a leading national non-profit organization dedicated to helping victims of child abuse and neglect. Serving the United States, it's Territories and Canada, our hotline is staffed 24 hours a day 7 days a week with professional counselors who, through interpreters can provide assistance in 170 languages. We also offer a range of programs, please see our website for regional details.	Childhelp Prevention and Treatment of Child Abuse	www.childhelp.org info@childhelp.org Email support form on the website
Statewide	DV Hotline 800-799-7233 SV Hotline 800-656-4673 Lists all services for Domestic Violence and Sexual Assault in the state of Oregon.	Oregon Coalition Against Domestic and Sexual Violence 503-230-1951 Office	www.ocadsv.org
Astoria	Hotline 503-325-5735 24 Hour crisis hotline We are a community that works together to break the cycle of domestic violence and sexual assault.	The Harbor PO Box 1342 Astoria OR 97103 503-325-3426 Office	www.harbornw.org info@harbornw.org
Baker City	Local Hotline 541-523-4134 Supportive help for those who are or have experienced domestic violence.	May Day, Inc Safe Homes Baker City OR 97814 514-523-9472 Office	
Beaverton	Womens group: Healing from trauma is a courageous act. I specialize in past trauma in an environment that is safe and healing Group therapy is extremely helpful in moving forward in your recovery from sexual abuse. Please call for a screening appointment Meets Mondays 6 - 8 pm Cost \$50	Ms Janiene Beauchene Beaverton OR 97005 503-469-9666 Office janiene@child-advocate.com	
Beaverton	Hotline 503-640-5311 24 Hour crisis hotline Hospital accompaniment Services for Latino's Counseling for men and women 12 week support group 3 times a year, for adult female survivors of	Sexual Assault Resource Ctn 4900 SW. Griffith Drive Suite 100 Beaverton OR 97005 503-626-9100 Office	www.sarcOregon.org/

sexual assault.

Bend	Hotline 541-389-7021 24 Hour crisis hotline Emergency shelter Medical and legal advocacy Counseling and therapy Education and outreach Support group for women affected by domestic violence Meets Tuesdays 6- 7.30 pm	Saving Grace 1425 NW Kingston Avenue Bend OR 97701 541-382-9227 Office	www.saving-grace.org info@saving-grace.org
Burns	Hotline 541-573-7176 24 Hour Crisis hotline Supportive hotline for those affected by domestic or sexual violence	Hhope Burns OR 97720 541-573-2726 Office	
Christmas Valley	Hotline 800-850-4838 Supportive help and hotline	New Beginings Intervention Ctn Christmas Valley OR 97641 541-576-3009 Office	
Coos Bay	Hotline 541-756-7000 Or 1-800-793-5612 Toll Free 24 Hour crisis hotlines Emergency shelter Medical and legal advocacy Support groups available call the office or hotlines for details	Women's Safety and Resource Center 1681 Newmark Avenue Coos Bay OR 97420 541-888-1048 Office	
Corvallis	Hotline 541-754-0110 Or 800-927-0197 24 Hour crisis hotlines Emergency shelter Medical and legal advocacy Education and outreach program Support groups for survivors of domestic violence & sexual assault.	Center Against Rape and Domestic Violence (CARDV) PO Box 914 Corvallis OR 97339 541-758-0219 Office	www.cardvservices.org
Dallas	Trauma Survivor's Support Group Going through a traumatic event is bad enough, having to relive it over and over is more than anyone should have to bear. Finding some one to talk to about the traumatic event can be difficult, most people have no idea what you have gone through. This support group is a place to meet others who have similar experiences and won't judge you. Meets on Wednesday evenings 7 - 8 pm	Ron Fritz Dallas OR 97338 503-374-9784 office www.linkedin.com/in/ron-fritz-665840a/	ron@newphoenixcs.com
Dallas	Hotline 503-623-4033 24 Hour crisis hotline Legal advocacy Sexual Assault Response Team Support groups to help victims work through trauma associated with domestic violence & sexual assault	Sable House 314 SE. Oak Street Dallas OR 97338 503-623-6703 Office	www.sablehouse.org
Enterprise	Hotline 541-426-6565 (24 hours)	Safe Harbors	www.wcsafeharbors.com

Text Hotline 541-398-1425
Services for victims of domestic and sexual violence.
Secure temporary shelter
Medical and legal advocacy
Sexual Assault Response Team
Criminal justice advocacy
Assistance with protection orders
Support and empowerment groups

764 NW First
Enterprise
OR 97828
541-426-4004 Office

safe@eoni.com

Estacada

Hotline 503-654-2288
Or 888-654-2288
24 Hour Crisis hotlines
Culturally specific services
FREE counseling for victims of domestic violence / sexual assault
Peer based support groups
Call 503-722-2366 ex 108 for info.

Clackamas Women's Services
Estacada
OR 97023
503-655-8600 Main Office

www.cwsor.org
info@cwsor.org

Eugene

24hr Hotline 1-844-404-7700
Providing support for survivors of sexual violence.
Medical and legal advocacy
FREE support groups
Monday night drop in 7 - 8.30pm
door locked at 7.10pm sharp for safety and confidentiality
Closed support groups of 90 min to 2 hours with 2 facilitators running for 8 - 10 weeks.
Call 541-484-9791 ext 315 or email the address on the right of this page.
Mens meetup for survivors of sexual assault drop in group on the first Monday of each month 6pm to 7.30 held at NAMI (2411 Martin Luther King Blvd across from Autzen Stadium in the Lane Court Mental Health Building). Doors open at 5.50 to 6.05pm.

Sexual Assault Support Services
591 West 19th Avenue
Eugene
OR 97401
541-484-9791 Office

www.sass-lane.org
supportgroup@sass-lane.org

Eugene

We have provided services to victims of crime since 1985. This program utilizes volunteers that are assigned to the court advocacy unit, the protective order unit and the family violence unit.

Victim Services Program
125 E. 8th Avenue
Room 400
Eugene
OR 97401
541-682-4523 Office

www.doj.state.or.us/victims/assistance.shtml

Eugene

Hotlines 541-485-6513
Or 1-800-281-2800 Toll Free
Our mission is to prevent domestic violence in intimate partner relationships in Lane County.
Emergency shelter
Transitional program
Legal and rural advocacy
Community education
Weekly support groups in English and Spanish, call 541-485-6513 for times and locations.

Womenspace
PO Box 50127
Eugene
OR 97405
541-485-8232 Office
[Hope and Safety Alliance | Facebook](#)

www.womenspaceinc.org
info@womenspaceinc.org

Florence	<p>Hotline 541-997-4444 24 Hour 365 day Hotline Emergency shelter Medical and legal advocacy Women's support groups for both domestic violence and sexual assault. All services FREE of charge</p>	<p>Siuslaw Outreach Services PO Box 19000 Florence OR 97439 541-997-2816 Office</p>	<p>www.florencesos.org</p>
Gold Beach	<p>Hotline 1-800-447-1167 (24 hours) Emergency shelter, safe house Resource information and referrals Emergency appointment transport Court advocacy info and guidance Accompaniment by Sexual Assault Task Force advocate to the hospital Peer led support groups.</p>	<p>Oasis Shelter Home PO Box 932 Gold Beach OR 97444 541-425-5238 Office</p>	
Grants Pass	<p>Hotline 541-479-9349 24 Hour 365 day crisis hotline We are dedicated to ending the cycle of domestic violence and sexual assault in Josephine County 24 Hour response teams Family and court advocacy Support group for women who have been victims of domestic violence.</p>	<p>Women's Crisis Support Team Grants Pass OR 97526 541-476-3877 Office</p>	<p>www.wcstjoco.org</p>
Hillsboro	<p>Hotline 503-469-8620 Or 1-866-469-8600 Toll Free Monika's House emergency shelter Protective order advocacy Services for adults who have experienced domestic violence at any time in their lives, all services FREE and bilingual Individual counseling Children's counseling Education and support groups. Domestic Violence Resource Center Beaverton OR Facebook</p>	<p>Domestic Violence Resource Ctr PO Box 494 Hillsboro OR 97123 503-640-5352 Main Office</p>	<p>www.dvrc-or.org dvrc@dvrc-or.org</p>
Hood River	<p>Hotline 541-386-6603 24 Hour crisis hotline Medical and legal advocacy Young women's center ages 16-24 Education and presentations Support groups available call the office for group details</p>	<p>Helping Hands Against Violence Hood River OR 97031 541-386-4808 Office www.facebook.com/HelpingHandsAgainstViolence/ www.helpinghandsoregon.org/advocate@helpinghandsoregon.org</p>	
Klamath Falls	<p>541 884-0390 Domestic Violence 541-883-7273 Rape Crisis Line Martha's house shelter provides a safe place for women and children. Help with protective orders Court preparation and advocacy Sexual Assault Response Team Individual counseling support groups for those affected by domestic violence or sexual assault.</p>	<p>Marta's House PO Box 1358 Klamath Falls OR 97601 541-850-8939 Office</p>	
La Grande	<p>Hotline 541-963-9261 Emergency hotline for those who</p>	<p>Shelter From The Storm La Grande</p>	<p>www.facebook.com/SFS1979/ www.unioncountysfs.org/</p>

are affected by domestic violence
and or sexual assault

OR 97850
541-963-7226 Office

Lake Oswego

Seeking Safety: Trauma & Addiction
Seeking Safety is a powerful
treatment with researched
effectiveness for individuals dealing
with the twin challenges of trauma
and addiction. We do not focus on
the specifics of traumatic events
but rather on the difficult emotions
experienced in the present and on
creating a feeling of safety and
empowerment. This is an open
group, individuals can enter at any
time. Every Saturday 12 - 1 pm
Cost \$20 - \$30.

David Corse
Lake Oswego
OR 97035
503-694-9662 Office

www.davidcorse.com

Lakeview

Hotline 541-947-2449
Or 800-338-7590
24 Hour crisis hotlines
Temporary shelter
Medical and legal advocacy
Bi-lingual advocacy
Peer support groups available
All services to survivors of domestic
and sexual violence are FREE

Lake County Crisis Center
726 North First Street
PO Box 774
Lakeview
OR 97630
541 947-2498 Office

lccrisiscenter@gmail.com

Madras

Hotline 541-389-7021
24 Hour crisis hotline
Emergency shelter
Medical and legal advocacy
Counseling and therapy
Education and outreach
Support group for women affected
by domestic violence

Saving Grace
35 SE C Street
Suite B
Madras
Oregon
541-382-9227 Main Office

www.saving-grace.org
info@saving-grace.org

McMinnville

Hotline 503-472-1503 (24 hours)
We have been providing domestic
and sexual violence advocacy to
Yamhill County since 1981.
Emergency shelter
Supports groups in the community
Willamina Thursday 12.30- 2 pm
Support group for sexual assault
and adults molested as children
meets 6 - 7.30 pm in McMinnville

Henderson House
PO Box 26
610 SE. 1st Street
McMinnville
OR 97128
503-472-0244 Office

www.hendersonhouse.org

Medford

Hotline 541-779-4357
Or 1-855-216-2111 Toll Free
Our trained volunteers and staff
address concerns regarding
domestic violence, sexual assault,
panic, depression and isolation.
Our services are FREE of charge

Community Works
201 W. Main Street
Suite 3 D
Medford
OR 97501
541-779-2393
541-799-2393 Ext 209 Espanol

www.community-works.org
info@community-works.org

Mill City

Hotline 1-503-897-2327 (24 hour)
Since 1985 we have provided
domestic violence services to rural
communities in the North Santiam
Canyon. Please call if you have any
concerns.

Canyon Crisis & Resource Ctr
Mill City
OR 97360
503-897-2327 Office / Hotline

ccrisisc@gmail.com
www.canyoncrisis.org/

Newport	<p>Hotline 541-994-5959 Or 800-841-8325 24 Hour crisis hotlines We support victims facing domestic violence and sexual assault in Lincoln County Emergency shelter Safety planning and court advocacy Information and referrals</p>	<p>My Sister's Place. Newport OR 97365 541-574-9424 Office www.facebook.com/MSPNewport/</p>	<p>info@mysistersplace.us</p>
Ontario	<p>Hotline 1-800-889-2000 24 Hour crisis hotline We offer safe refuge and support to victims of domestic and sexual violence. Bilingual services Emergency shelter Support groups in English and Spanish for survivors of domestic violence. Bilingual services.</p>	<p>Project DOVE Ontario OR 97914 541-889-6316 Office</p>	<p>www.projectdoveor.org dove@projectdoveor.org</p>
Oregon City	<p>Child Abuse Hotline 971-673-7112 We are a private, non profit medical assessment center, children are referred to the center when there is a concern of sexual abuse, physical abuse, neglect and emotional abuse. Everyday brings requests from families for information and support, referrals from law enforcement and the Department of Human Services regarding children needing assessments and community requests for child abuse prevention training. Forensic Medical Assessments Forensic interviewing services Case management Caregiver support group. The Family Support team at Children's Center offers structured support groups for caregivers of children who have been sexually abused, regardless of whether the child was seen at the Center.</p>	<p>Children's Center 1713 Penn Lane Oregon City OR 97045 Office 503-655-7725 Children's Center Facebook</p>	<p>office@childrenscenter.cc</p>
Oregon City	<p>Crisis Hotline 1-888-654-2288 24 Hour Crisis hotlines Culturally specific services FREE counseling for victims of domestic violence / sexual assault Peer based support groups</p>	<p>Clackamas Women's Services 256 Warner Milne Road Oregon City OR 97045 503-557-8600 Office</p>	<p>www.cwsor.org info@cwsor.org</p>
Pendleton	<p>Hotline 1-800-833-1161 24 Hour crisis hotline Our mission is to help ALL victims of domestic violence and sexual assault regardless of their age or gender. No one will be refused help Emergency shelter for women Temporary shelter for men Support groups available for men</p>	<p>Domestic Violence Services Pendleton OR 97801 541-276-3322 Office</p>	<p>www.dvs-or.org/ administrator@domesticviolenceservices-or.org</p>

and women please call office for support group details.

www.facebook.com/Domestic-Violence-Services-Inc-159114267473961/

Portland	24 hr Hotline 888-235-5333 Emergency shelter Transitional services LGBTQ services Healing roots for African American women survivors of domestic abuse Advocates in the community Support groups.	Bradly Angle House Inc Portland OR 97217 503-232-1528 Office	www.bradleyangle.org
Portland	Sexual Abuse Survivors: Life After Trauma Group The group address the ongoing effects of trauma after sexual abuse and how to create a life for yourself that can find freedom from guilt and is nourishing and hopeful. This is a closed group that runs for 12 weeks then opens for new members before it's next cycle. Cost \$50	Marie Cacao Portland OR 97215 503-868-0166 Office	
Portland	Group classes in Mindfulness for male survivors, female survivors, their partners and other trauma survivors. See website for details.	Blue Space Wisdom Portland Oregon	www.bluespacewisdom.org das.chapin@gmail.com
Portland	Male Survivors Support Group We are a male peer support group of all ages and all orientations. An initial interview will be required before joining the group. A monthly contribution towards the rental of meeting room would be welcome. Meets Thursdays 5.30 - 6.45 pm Contact Das Chapin at the email address given on the right of page.	Male Survivors Group Das Chapin Portland Oregon	www.malesurvivor.org das.chapin@gmail.com
Portland	Support groups held about 10 times a year. About half the groups are held indoors and half outside as walking groups during the summer months in the beautiful setting of Portland. Our support groups are open to anyone trying to cope with surviving abuse.	Oasis Portland OR 97213 503-866-6163 Office www.facebook.com/oaasisoregon/	www.oaasisoregon.org/
Portland	Hotline 971-275-5271 Have you been hurt in the sex industry? We have a support group Meets Thursdays 7.30 - 9 pm Call for location and details	Counseling for Prostitution Alternatives, Inc Portland OR 97239 971-275-5271 Office / Hotline.	www.facebook.com/Council-for-Prostitution-Alternatives-369270417736/
Portland	Our website lists the services and shelters for the state of Oregon. We offer a map of the state which you can click on for services for that county.	Oregon Coalition Against Domestic Violence 1737 NE Alberta Street Suite 205 Portland OR 97211	www.ocadsv.org

503-230-1951 Office

Portland

support@calltosafety.org
Or 1-888-235-5333 Toll Free
24 Hour Crisis hotline
Emergency shelter
In Person sexual response
Outreach and volunteer program
Sex workers outreach project
FREE support group for sexual
assault survivors
Support group for adult survivors of
childhood trauma

Call To Safety
Portland
OR 97242
503-232-9751 Office.
www.facebook.com/CalltoSafety/

www.calltosafety.org/
info@calltosafety.org

Portland

Hotline 503-222-6222
We are a multi-faceted domestic
violence agency dedicated to ending
intimate partner violence for good.
Emergency shelter
Transitional housing program
Domestic Violence Response Team
Youth program
Advocacy center for non residents
Support groups.

Raphael House
Portland
503-222-6507 Office

www.raphaelhouse.com

Portland

Hotline 503-777-3437
Russian Oregon Social Services
provides culturally specific domestic
violence and sexual assault services
to Russian speaking immigrants
and refugees.
Translation Services
Crisis intervention services
Advocacy referrals
Legal and housing assistance
Support groups for domestic and
sexual violence

Russian Oregon Domestic
Violence Services
4033 SE Woodstock Blvd
Portland
OR 97202
503-777-3437 Office / Hotline

Portland

Surviving and Thriving Therapy
Support Group
This is a small, weekly therapy
support group limited to six people.
Group therapy can be an opportunity
to gain support, validation and
increase positive social connections
with others
Meets Tuesdays 6.30 - 8 pm
Cost \$50

Mrs Alexandra Saperstein
Portland
OR 97205
503-450-9902 Office

Portland

Hotline 503-778-7386
The South Asian Women's
Empowerment and Resource
Alliance is dedicated to serving
women and children in abusive
relationships
Translation services
Safety planning
Referrals to counseling
Referrals to medical care & housing
Transportation where necessary
Support groups for victims of DV
Kids Club for children exposed to

South Asian Women's
Empowerment & Resource
Alliance (SAWERA)
PO Box 91242
Portland
OR 97291
503-641-2425 Office
www.facebook.com/SAWERAPDX

sawera@sawera.org

domestic violence.

Portland	<p>Recovery Group for Adult Male Survivors. Healing from childhood sexual abuse requires a strong commitment to oneself and a lot of support. Participating in a survivors' group can be an important part of this process. Over the last year our group has grown into a strong, supportive community, we've already come along way together. We welcome new participants. Cost \$35 per group, sliding scale available. Facilitator is Lee Scher, LPC Licensed Professional Counselor, specialist in relational trauma. www.psychologytoday.com/us/therapists/lee-scher-portland-or/67080</p>	<p>Mr Lee Scher LPC Portland OR 97209 971-252-7872 Office</p>	
Portland	<p>Survivors of Incest Anonymous We are a spiritual self help group of men and women 18+ who are guided by a set of suggested 12 steps and 12 traditions towards recovery. Meets Sundays 5.30 - 6.30pm Women Only Contact person is Saskiia wildwriter767@yahoo.com</p>	<p>Survivors of Incest Anonymous Portland Oregon</p>	<p>www.siawso.org wildwriter767@yahoo.com</p>
Portland	<p>Survivors of Incest Anonymous We are a spiritual self help group of men and women 18+ who are guided by a set of suggested 12 steps and 12 traditions towards recovery. Meets Sundays 5.30pm to 6.30pm Women only, newcomers welcome Contact person is Amy sianewcomers@gmail.com For further details please click on the SIA website meetings directory</p>	<p>Survivors of Incest Anonymous Portland Oregon</p>	<p>www.siawso.org sianewcomers@gmail.com</p>
Portland	<p>SIA Meeting - North Portland SIA started in 1982, is a 12 Step, self help recovery program. The only requirement for membership is that you were sexually abused as a child and you want to recover. Meets Thursdays 6.15pm to 7.15pm Contact person is Lori For further details please click on the SIA website meetings directory.</p>	<p>Survivors of Incest Anonymous North Portland Oregon</p>	<p>www.siawso.org/</p>
Portland	<p>Female Survivors of Childhood Sexual Abuse Group I offer a group for female survivors of childhood sexual abuse that runs</p>	<p>Beth VanBuecken Portland OR 97211 503-303-8689 Office</p>	

in 12 week cycles. We explore topics such as healthy coping, intimate relationships, trust, loss, guilt and the effects of trauma. An intake interview will be required
Contact me to find out when next group is starting
Meets Mondays 4 - 6 pm
Cost \$30 - \$50

www.linkedin.com/in/beth-vanbuecken-lmft-rdt-b6755a8b/

Portland

Adult Survivors of Childhood Sexual Abuse Group
If you or someone you know has been sexually abused, then you know the soul-deadening effects of this form of abuse. Healing is possible, shame, powerlessness, confusion and the fear of betrayal and abandonment. This 35 week faith based therapy group asks hard questions that must be answered in order to heal
Cost \$40 - \$50
www.psychologytoday.com/us/therapists/w-hole-heart-counseling-services-portland-or/105685

Maryjane Wilt
Portland
Or 97213
971-238-5110 Office

info@mjlpc.com

Portland

Women's Abuse Recovery Group
A safe, supportive group for women who were molested or sexually abused as a child or teen.
Cost \$30 - \$40

Faith Winters
Portland
OR 97229
503-267-3149 Office

Portland

The newly transitioned Yolanda House facility is a long term communal housing program that provides women and their children a safe haven to get back onto their feet after escaping the trauma of domestic violence.

Yolanda House
1111 SW 10th Avenue
Portland
OR 97205
503-988-6400 Office
www.portlandoregon.gov/gatewaycenter/

www.ywcapdx.org
connect@ywcapdx.org

Prineville

Hotline 541-389-7021
24 Hour crisis hotline
Emergency shelter
Medical and legal advocacy
Counseling and therapy
Education and outreach
Support group for women affected by domestic violence
Meets Tuesdays 5.30 - 6.30 pm

Saving Grace
203 NE Court Street
Prineville
Oregon
541-382-9227 Main Office

www.saving-grace.org
info@saving-grace.org

Redmond

Hotline 541-389-7021
24 Hour crisis hotlines
Emergency shelter
Medical and legal advocacy
Counseling and therapy
Education and outreach

Saving Grace
1004 NW Milwaukee
Suite 100
Redmond
541-382-9227 Main Office

www.saving-grace.org
info@saving-grace.org

Roseburg

Hotline 541-673-7867
Or 800-464-6543 Toll Free
24 Hour crisis Hotlines
Emergency shelter

Peace At Home Advocacy Ctr
1202 SE Douglas
Roseburg
OR 97470

www.peaceathome.com

Legal advocacy 541-957-0288 Office
Hospital and medical advocacy
Sexual assault crisis intervention
Peer counseling
Support groups are available

Salem	To Report Abuse 855-503-7233 Liberty House is a child abuse assessment center serving Marion and Polk Counties. We offer a safe, comfortable and friendly environment for children and their families who are referred for concerns of abuse or neglect. Core services include a medical check up and an interview. The specially trained interviewer also helps the child in a neutral and sensitive manor to talk about what has happened to them. We offer for the family and serve children from birth to the age of 18. Our services are voluntary and FREE of charge to the family.	Liberty House Child Abuse Assessment Center 2685 4th NE Salem OR 97301 503-540-0288 Office	www.libertyhousecenter.org
Salem	Hotline 503-399-7722 (24 hours) 1-866-399-7722 Toll Free Winston House Emergency shelter Crisis intervention & support Transitional services 911 Cell phones available	Mid Valley Women's Crisis Ctr 795 Winter Street NE. Salem OR 97301 503-378-1572 Office	www.mvwcs.com
Sandy	Hotline 503-654-2288 Or 888-654-2288 24 Hour Crisis hotlines Culturally specific services FREE counseling for victims of domestic violence / sexual assault Peer based support groups Call 503-722-2366 ex 108 for info	Clackamas Women's Services Sandy OR 97055 503-655-8600 Main Office	www.cwsor.org info@cwsor.org
Sisters	Hotline 541-389-7021 24 Hour crisis hotline Emergency shelter Medical and legal advocacy Counseling and therapy Education and outreach Support group for women affected by domestic violence	Saving Grace 225 N. Oak Sisters Oregon 541-382-9227 Main Office	www.saving-grace.org info@saving-grace.org
St. Helens	Hotlines 503-397-6161 (24 Hours) Or 1-866-397-6161 Toll Free We exist as a non profit agency to provide services to survivors of domestic violence and sexual assault.	Columbia County Women's Resource Center PO Box 22 St. Helens OR 97051 503-397-6161 Office / Hotline www.facebook.com/SAFEofColumbiaCounty/ www.safeofcolumbiacounty.org/	
Tillamook	Or 1-800-992-1679 Toll Free Emergency shelter Peer Counseling Civil / legal assistance	Tides Of Change 1902 2nd Street Tillamook OR 97141	

Support group for women who have experienced domestic or sexual violence in their life. 503-842-9486 Office
Meets Thursdays 1 - 2 pm
Support group using art to express the trauma of violence domestic or sexual. Tuesdays 5.30 - 6.30 pm
Call 503-842-9486 for group details

Wilsonville

Trauma Recovery Group
This group provides a safe and nurturing environment for teenage girls to share their experiences, with a strong focus on developing healthy coping skills, healthy relationships and a positive self image. Every Tuesday 5 - 6.30 pm
Cost \$40 +

Mrs Marisha Anne Senyo
Wilsonville
OR 97070
503-349-1705 Office

www.wilsonvillecounseling.com/