

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
OREGON			
National Helpline	<p>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.</p>	<p>Childhelp Prevention and Treatment of Child Abuse</p>	<p>www.childhelp.org info@childhelp.org Email support form on the website</p>
Statewide	<p>DV Hotline 800-799-7233 SV Hotline 800-656-4673 Lists all services for Domestic Violence and Sexual Assault in the state of Oregon.</p>	<p>Oregon Coalition Against Domestic and Sexual Violence 503-230-1951 Office</p>	<p>www.ocadsv.org</p>
Astoria	<p>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.</p>	<p>The Harbor PO Box 1342 Astoria OR 97103 503-325-3426 Office</p>	<p>www.harbornw.org/ info@harbornw.org</p>
Baker City	<p>Local Hotline 541-523-4134 Supportive help for those who are or have experienced domestic violence.</p>	<p>May Day, Inc Safe Homes Baker City OR 97814 514-523-9472 Office</p>	
Beaverton	<p>Womens group: Healing from trauma is a couragous act. I specialize in past trauma in an environment that is safe and healing Group therapy is extreemly helpful in moving forward in your recovery from sexual abuse. Please call for a screening appointment Meets Mondays 6 - 8 pm Cost \$50</p>	<p>Ms Janiene Beauchene Beaverton OR 97005 503-469-9666 Office</p>	<p>janiene@child-advocate.com</p>
Beaverton	<p>Hotline 503-640-5311 24 Hour crisis hotline Hospital accompaniment Services for Latino's Counseling for men and women</p>	<p>Sexual Assault Resource Ctn 4900 SW. Griffith Drive Suite 100 Beaverton OR 97005</p>	<p>www.sarcoregon.org/</p>

12 week support group 3 times a year, for adult female survivors of sexual assault. 503-626-9100 Office

Bend Hotline 541-389-7021 Saving Grace www.saving-grace.org
24 Hour crisis hotline 1425 NW Kingston Avenue info@saving-grace.org
Emergency shelter Bend
Medical and legal advocacy OR 97701
Counseling and therapy 541-382-9227 Office
Education and outreach
Support group for women affected by domestic violence
Meets Tuesdays 6- 7.30 pm

Burns Hotline 541-573-7176 Hhope www.hhope.org/
24 Hour Crisis hotline Burns
Supportive hotline for those affected by domestic or sexual violence OR 97720
541-573-2726 Office

Christmas Valley Hotline 800-850-4838 New Beginings Intervention Ctn
Supportive help and hotline Christmas Valley
OR 97641
541-576-3009 Office

Coos Bay Hotline 541-756-7000 Women's Safety and Resource Center
Or 1-800-793-5612 Toll Free 1681 Newmark Avenue
24 Hour crisis hotlines Coos Bay
Emergency shelter OR 97420
Medical and legal advocacy 541-888-1048 Office
Support groups available call the office or hotlines for details www.facebook.com/stopabusecoos.org/

Corvallis Hotline 541-754-0110 Center Against Rape and Domestic Violence (CARDV) www.cardvservices.org
Or 800-927-0197 PO Box 914
24 Hour crisis hotlines Corvallis
Emergency shelter OR 97339
Medical and legal advocacy 541-758-0219 Office
Education and outreach program
Support groups for survivors of domestic violence & sexual assault.

Dallas Trauma Survivor's Support Group Ron Fritz ron@newphoenixcs.com
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 Dallas OR 97338
503-374-9784 office
www.linkedin.com/in/ron-fritz-665840a/

Dallas Hotline 503-623-4033 Sable House www.sablehouse.org
24 Hour crisis hotline 314 SE. Oak Street
Legal advocacy Dallas
Sexual Assault Response Team OR 97338
Support groups to help victims work 503-623-6703 Office

through trauma associated with
domestic violence & sexual assault

Enterprise	Hotline 541-426-6565 (24 hours) 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	Safe Harbors 764 NW First Enterprise OR 97828 541-426-4004 Office	www.wcsafeharbors.com 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	Womenspace PO Box 50127 Eugene OR 97405 541-485-8232 Office	www.womenspaceinc.org info@womenspaceinc.org

Legal and rural advocacy
Community education
Weekly support groups in English
and Spanish, call 541-485-6513 for
times and locations.

Florence	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	Siuslaw Outreach Services PO Box 19000 Florence OR 97439 541-997-2816 Office	www.florencesos.org
Gold Beach	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.	Oasis Shelter Home PO Box 932 Gold Beach OR 97444 541-425-5238 Office www.oasisshelterhome.org/	
Grants Pass	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.	Women's Crisis Support Team Grants Pass OR 97526 541-476-3877 Office	www.wcstioco.org
Hillsboro	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 Ctr PO Box 494 Hillsboro OR 97123 503-640-5352 Main Office	www.dvrc-or.org dvrc@dvrc-or.org
Hood River	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	Helping Hands Against Violence Hood River OR 97031 541-386-4808 Office www.facebook.com/HelpingHandsAgainstViolence/ www.helpinghandsoregon.org/ advocate@helpinghandsoregon.org	
Klamath Falls	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	Martha's House PO Box 1358 Klamath Falls OR 97601 541-850-8939 Office www.facebook.com/martashouse.org/	www.martashouse.org/

Individual counseling
support groups for those affected
by domestic violence or sexual
assault.

La Grande	Hotline 541-963-9261 Emergency hotline for those who are affected by domestic violence and or sexual assault	Shelter From The Storm La Grande OR 97850 541-963-7226 Office	www.facebook.com/SFS1979/ www.unioncountysfs.org/
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	www.lakecountycrisiscenter.org 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,	Community Works 201 W. Main Street Suite 3 D Medford OR 97501	www.community-works.org info@community-works.org

panic, depression and isolation. 541-779-2393
Our services are FREE of charge 541-799-2393 Ext 209 Espanol

Mill City Hotline 1-503-897-2327 (24 hour) Canyon Crisis & Resource Ctr ccrisisc@gmail.com
Since 1985 we have provided Mill City www.canyoncrisis.org/
domestic violence services to rural OR 97360
communities in the North Santiam 503-897-2327 Office / Hotline
Canyon. Please call if you have any concerns.

Newport Hotline 541-994-5959 My Sister's Place.
Or 800-841-8325 Newport info@mysistersplace.us
24 Hour crisis hotlines OR 97365
We support victims facing domestic 541-574-9424 Office
violence and sexual assault in www.facebook.com/MSPNewport/
Lincoln County
Emergency shelter
Safety planning and court advocacy
Information and referrals

Ontario Hotline 1-800-889-2000 Project DOVE www.projectdoveor.org
24 Hour crisis hotline Ontario dove@projectdoveor.org
We offer safe refuge and support OR 97914
to victims of domestic and sexual 541-889-6316 Office
violence. Bilingual services
Emergency shelter
Support groups in English and
Spanish for survivors of domestic
violence. Bilingual services.

Oregon City Child Abuse Hotline 971-673-7112 Children's Center www.childrenscenter.cc
We are a private, non profit medical 1713 Penn Lane office@childrenscenter.cc
assessment center, children are Oregon City
referred to the center when there is OR 97045
a concern of sexual abuse, physical Office 503-655-7725
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.

Oregon City Crisis Hotline 1-888-654-2288 Clackamas Women's Services www.cwsor.org
24 Hour Crisis hotlines 256 Warner Milne Road info@cwsor.org
Culturally specific services Oregon City
FREE counseling for victims of OR 97045
domestic violence / sexual assault 503-557-8600 Office

Peer based support groups

Pendleton	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 and women please call office for support group details. www.facebook.com/Domestic-Violence-Services-Inc-159114267473961/	Domestic Violence Services Pendleton OR 97801 541-276-3322 Office administrator@domesticviolenceservices-or.org	www.dvs-or.org/
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 www.therapists.psychologytoday.com/rms/name/Marie_Cacao_LMFT_CADCI_Portland_Oregon_82695	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	Oasis Portland OR 97213 503-866-6163 Office www.facebook.com/oaasisoregon/	www.oaasisoregon.org/

open to anyone trying to cope with surviving abuse.

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 www.facebook.com/Council-for-Prostitution-Alternatives-369270417736/	Counseling for Prostitution Alternatives, Inc Portland OR 97239 971-275-5271 Office / Hotline.	
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 503-230-1951 Office	www.ocadsv.org
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	Mrs Alexandra Saperstein Portland OR 97205 503-450-9902 Office	www.alexandrasaperstein.com

increase positive social connections
with others
Meets Tuesdays 6.30 - 8 pm
Cost \$50

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
domestic violence.

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

Portland

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

Mr Lee Scher LPC
Portland
OR 97209
971-252-7872 Office

Portland

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

Survivors of Incest Anonymous
Portland
Oregon

www.siawso.org
wildwriter767@yahoo.com

Portland

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

Survivors of Incest Anonymous
Portland
Oregon

www.siawso.org
www.portlandsia.com
sianewcomers@gmail.com

sianewcomers@gmail.com

For further details please click on
the SIA website meetings directory

www.siawso.org/fellowship/groups-meetings/meeting-and-group-directory-2/

Portland

SIA Meeting - North Portland
SIA started in 1982, is a 12 Step,
self help recovery program.
The only requirement for member-
ship 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.

www.siawso.org/fellowship/groups-meetings/meeting-and-group-directory-2/

Survivors of Incest Anonymous
North Portland
Oregon

www.siawso.org/

Portland

Female Survivors of Childhood
Sexual Abuse Group
I offer a group for female survivors
of childhood sexual abuse that runs
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

Beth VanBuecken
Portland
OR 97211
503-303-8689 Office

www.catapdx.org/workshop-session-a.html

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/whole-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

www.faithwinters.com/

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

Yolanda House
1111 SW 10th Avenue
Portland
OR 97205
503-988-6400 Office

www.ywcapdx.org

connect@ywcapdx.org

feet after escaping the trauma of domestic violence.

www.portlandoregon.gov/gatewaycenter/

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
Legal advocacy
Hospital and medical advocacy
Sexual assault crisis intervention
Peer counseling
Support groups are available

Peace At Home Advocacy Ctr
1202 SE Douglas
Roseburg
OR 97470
541-957-0288 Office

www.peaceathome.com

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

Clackamas Women's Services
Sandy
OR 97055
503-655-8600 Main Office

www.cwsor.org
info@cwsor.org

domestic violence / sexual assault
Peer based support groups
Call 503-722-2366 ex 108 for info

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 Support group for women who have experienced domestic or sexual violence in their life. 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	Tides Of Change 1902 2nd Street Tillamook OR 97141 503-842-9486 Office	www.tcwrc.net
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/