

COMMUNITY RESOURCES LISTINGS

FAMILY COUNSELING • EMOTIONAL SUPPORT • SUPPORT GROUPS

National Eating Disorders Hotline	800-931-2237
Good Samaritan Ministries	541-276-6671
Homestead Youth & Family Services	541-276-5433
Support and resource agency for disadvantaged, at-risk, delinquent youth, and their families.	
Lifeways 24-hour Mental Health Crisis	1-866-343-4473
Mental health counseling, psychiatric services, community support services, intensive children's treatment and groups.	
Hermiston	541-567-2536
Pendleton	541-276-6207
Milton-Freewater	541-276-6207
Umatilla	541-276-6207
Lost & Found Youth Outreach	541-276-3987
Offers a practical program focusing on relationships, cognitive development and meeting basic needs for at-risk youth ages 12-18.	
Military Helpline	1-888-HLP-4-VET (1-888-457-4838)
Text MIL1 to 839863	
Preventing suicide and making connections.	
PFLAG (Parents and Friends of Lesbians and Gays)	
Pendleton	541-966-8414
Hermiston	509-440-2754
Pioneer Relief Nursery	541-215-1017
Preventing child abuse and neglect for children under age 6 through intensive family support. 715 SE Court Ave., Pendleton	

FOOD BANKS • EMERGENCY FOOD BOXES

CAPECO (Community Action Program of East Central Oregon)	1-800-752-1139
Athena Community Food Bank	541-566-3422
Open Mondays 9 a.m.-noon	
458 Van Buren Ave., Athena	
Boardman: Columbia River Harvesters	
Open every Monday, Friday & Saturday, 1-3 p.m.	
206 N. Main St., Boardman	
	541-922-9464
Heppner: Neighborhood Center of South Morrow County	
	541-676-5024
Provides food, clothing, shelter, utility, medical and transportation assistance to low-income residents and seniors of Heppner, Lexington, Lone, Hardman and Cecil.	
441 N. Main, Heppner	

Hermiston: Agape House	
Open Tuesday-Wednesday-Thursday: 9 a.m.-noon & 1-3 p.m.	
500 W. Harper Rd., Hermiston	
	541-567-8774
Hermiston: Open Table Meal Site/ First Christian Church	
Open Mondays: 11 a.m.-1 p.m.	
775 W. Highland Ave., Hermiston	
	541-567-3013
Irrigon-Boardman Emergency Assistance Center	
Open Tuesdays 9 a.m.-noon & 1-3 p.m.	
290 N. Main St., Irrigon	
	541-922-4563
Milton-Freewater: The Bread Basket	
Open Monday and Fridays; 9:30 a.m.-noon.	
8 NE 7th, Milton-Freewater	
	541-938-3158
Milton-Freewater: The Valley Cupboard	
Open Thursdays 9 a.m.-noon	
800 N. Main St., Milton-Freewater	
	541-938-7161
Pendleton: Helping Hand	541-276-3418
Open every Friday: 9-11:30 a.m.	
346 SE 2nd St., Pendleton	
Pendleton: Salvation Army Congregate Meals	
Open Monday-Saturday, 11:30 a.m.-12:30 p.m.	
150 S.E. Emigrant, Pendleton	
Pendleton, St. Mary's Outreach	
Open Monday-Thursday, 10 a.m.-12:30 p.m. & 1:30-4 p.m.	
440 S.W. Emigrant Ave., Pendleton	
	541-276-2878
Pilot Rock Food Pantry	
Open second Thursday, 10 a.m.-4 p.m.	
171 W. Main St., Pilot Rock	
Stanfield: The Food Basket	
Open every Monday: noon-4 p.m.	
405 N. Sherman, Stanfield	
	541-449-3667
Ukiah Food Pantry	
Open first Friday of the month, 12-4 p.m.	
Presbyterian Church in Ukiah	
Weston Food Pantry	
Open every 3rd Saturday, 10-11 a.m.	
114 E. Main St., Weston	

HEALTH SERVICES & INFORMATION

CDC National AIDS Hotline	
1-800-273-2434	
Cover Oregon health insurance exchange	1-855-268-3767
Good Shepherd Lactation Consultation	541-667-3508