

## Growing Healthy Families Together



oregon  
**wic**  
program



- Information on prenatal care, breastfeeding, feeding your children and much more
- Breastfeeding education and support
- Referrals to health & social services
- Vouchers to buy foods to keep you healthy and strong
- Extra foods for breastfeeding mothers



## Investing in Oregon's Future

Polk County WIC Office  
182 SW Academy St. STE 302  
Dallas, Oregon 97338

503-623-8175 ext. 2297

Call today to see if you qualify  
WIC is an equal opportunity Program and Employer

## Be Prepared



**Are you prepared?**

**Have you thought of food?**

**Will the local grocery store actually have food?**

Many of us answered no to all these questions. If a natural disaster happens are we ready? Most of the time we just think oh we can run to the store, but in reality most grocery stores will be out of food within 6 hours. Don't get caught not prepared.

**25 Year Shelf Life food Presentation**

**Reliable Emergency Solutions**

**When: Aug. 1, 2016**

**Where: Elder Activity Center**

**Time: Noon**

\*Come sample food that is freeze dried at its ripest point. Have a little lunch on us. They will have plans available for home purchases. Don't pass up this opportunity. If you are unsure still come by hey did I mention lunch is on us!

## Goodnight Grand Ronde Order Form



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Number of books x \$7.00/ea. \$ \_\_\_\_\_

Shipping \$1.00/ea \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Please mail this form to:

CTGR Education Dept.

9615 Grand Ronde Rd

Grand Ronde, OR 97347

\*Checks only

## DO YOU WANT TO WORK? WOULD YOU LIKE ASSISTANCE? HAVE YOU RECENTLY BEEN HIRED?

THE SOCIAL SERVICES DEPARTMENT HAS TWO PROGRAMS THAT ASSIST TRIBAL MEMBERS WHO WANT TO WORK AND LIVE IN THE 6 COUNTY SERVICE AREA

THESE PROGRAMS ARE 477/EMPLOYMENT AND TRAINING AND THE GRAND RONDE TRIBAL VOCATIONAL REHABILITATION PROGRAM.

THE VOCATIONAL REHABILITATION PROGRAM WORKS WITH TRIBAL MEMBERS WITH A DISABILITY THAT HAS BEEN A BARRIER TO GAINING OR RETAINING EMPLOYMENT

THE 477 EMPLOYMENT AND TRAINING PROGRAM SUPPORTS TRIBAL MEMBERS WITH JOB RELATED SERVICES  
477 CAN SERVE GRAND RONDE TRIBAL MEMBERS WHO LIVE IN MARION, MULTNOMAH, POLK, TILLAMOOK, WASHINGTON AND YAMHILL COUNTY.

TRIBAL VOCATIONAL REHABILITATION CAN SERVE GRAND RONDE TRIBAL MEMBERS WHO LIVE IN MARION, MULTNOMAH, POLK, TILLAMOOK, WASHINGTON, YAMHILL AND CLACKAMAS COUNTY

FOR INFO CONTACT:  
THE SOCIAL SERVICES DEPARTMENT AT  
503-879-2034 OR 1-800-242-8196  
TO LEARN MORE ABOUT THE PROGRAMS AND TO DETERMINE WHICH ONE CAN BEST ASSIST YOU