



**Extension Service Tillamook County**  
Oregon State University, 2204 Fourth Street, Tillamook, Oregon 97141-2491  
T 503-842-3433 | F 503-842-7741 | <http://extension.oregonstate.edu/tillamook/>

## “Finding Help in Tough Times”

[http://extension.oregonstate.edu/emergency/tough\\_times.php](http://extension.oregonstate.edu/emergency/tough_times.php)

### OSU Extension Service list of LOCAL social services Tillamook County

#### Employment

##### **Unemployment office:**

Worksource Oregon, Tillamook  
3600 E 3rd Street  
Tillamook, OR 97141  
(503) 842-4488 – Employment Services  
(877) 877-1781 - Unemployment Insurance - Toll Free

#### Food

**Emergency food bank/pantries:** The **Regional Food Bank of Tillamook County** provides support to 21 agencies serving Tillamook communities. The Regional Food Bank is located at 2105 Fourth Street in Tillamook. For more information phone: 503-842-3154. Listed below are locations where food can be accessed by individuals in need.

##### **Food Pantries Providing Emergency Food Boxes:**

- North County Food Bank, 278 Rowe Street, Wheeler, 503-368-7724,
  - Open Tuesdays 1-3 pm
- God’s Lighthouse Pantry, 103 Eight St., Garibaldi, 503-322-3501,
  - Open every other Friday
- Salvation Army Pantry, 2105 Fourth St., Tillamook, 800-858-3556 or 503-812-3067
  - Open Wednesdays 1:30-4 pm at the Laurel Street Door
- Tillamook Christian Center Pantry, 701 Marolf Loop, Tillamook, 503-842-6555
  - Open Tuesdays and Fridays, 11 am-noon
- Tillamook (Methodist Church) Food Bank, 3808 12<sup>th</sup> St., Tillamook, 503-815-3880
  - Open Thursdays 1-3 pm
- Nestucca Pass It On Ministries, 24425 Bunn Creek Rd., Beaver, 503-398-2803
  - Open Tuesdays 10 am-1 pm and Fridays 4-6 pm

##### **Supplemental Food Programs:**

- Seventh Day Adventist Community Services, 2610 First St., Tillamook, 503-842-7182
  - Open Tuesdays and Thursdays, 10 am-2 pm

##### **Senior Brown Bag Program**

- Regional Food Bank of Tillamook, PO Box 1344, Tillamook, 503-842-3154, Ext. 1 or 4
  - Supplemental bag of groceries provided the last week of each month.

**Supplemental Meals**

- First Christian Church – The Dining Room, 2203 Fourth St., Tillamook, 503-842-6213
  - Open Tuesday and Wednesdays, 4-6 pm
- St. Alban’s Monday Night Meal, 2102 Sixth St., Tillamook, 503-842-6192
  - Open Mondays, 4-6 p.m.
- Tillamook Junior High Sack Dinner Program (held at Salvation Army, 2105 Fourth St., Tillamook), 503-842-7531
  - Open Fridays, 4-5 p.m. (sack meal takeout at doors on Laurel)

**Free/Reduced Price School Lunches:** You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, TANF or other benefits. If you lose your job, your children may be able to get free or reduced price meals.

**Senior Meals:** Contact the appropriate meal-site below to determine when lunches are served for seniors:

**Tillamook Senior Center – Senior Meal site**

316 Stillwell Avenue  
Tillamook, OR 97141  
Phone: (503)-842-9660

**St Mary’s by the Sea- Rockaway Senior Meal site**

275 S Pacific Street  
Rockaway, OR 97136  
Phone: (503)-355-2661

**Nehalem Methodist Church –Nehalem Senior Meal site**

12795 10<sup>th</sup> & A Street  
Nehalem, OR 97131  
Phone: (503)-368-5612

**Kiwanda Community Center- Pacific City Senior Meal site**

34600 Cape Kiwanda Drive  
PO Box 1111  
Pacific City, OR 97135  
Phone: (503)-965-7900

**Meals on Wheels - Northwest Senior and Disability Services (NWSDS)- Tillamook**

Wilson River Building  
4670 East Third Street  
Tillamook, OR 97141  
Phone: 503-842-2770  
Toll Free: 800-584-9712

## **Housing**

Subsidized housing under the Federal government’s Section 8 program is provided by:

**Northwest Oregon Housing Authority**

147 S. Main Av.  
PO Box 1149  
Warrenton, OR 97146  
1-888-887-4990

**Applications to get on the Housing Authority’s waiting list are available at the following Tillamook offices:**

**Oregon Department of Human Services**

4630 Third Street, Tillamook

**CARE**

2211 Eleventh Street, Tillamook

## **Health**

**Northwest Senior and Disability Services (NWSDS) - Tillamook**

Wilson River Building  
4670 East Third Street  
Tillamook, OR 97141  
Phone: (503) 842-2770  
Toll Free: 1-800-584-9712

**Tillamook County Health Department** - Medical services are provided on a sliding fee scale through clinics in Tillamook, Rockaway and Cloverdale. The Tillamook County Health Department can be reached at:

801 Pacific Avenue (cross street is 9th)  
(503) 842-3900  
Toll Free: 1-800-528-2938  
TDD: 1-800-223-3131

**Local mental health/alcohol and drug services are provided by:**

**Tillamook Family Counseling Center**

906 Main Avenue  
Tillamook, Oregon 97141  
(503) 842-8201  
1-800-962-2851

**Help for children and families**

Oregon Department of Human Services & Self Sufficiency office (TANF & Food Stamps):

**Oregon Department of Human Services**

Wilson River Building  
4670 East Third Street  
Tillamook, OR 97141  
(503) 842-4453

Child and adult protective services:

**Tillamook Child Welfare Office, Children, Adults and Families Division,  
Department of Human Services**

4670 E 3rd Street  
Tillamook, OR 97141  
Toll-free: (877) 317-9911  
TTY: (503) 842-1305  
Child Abuse Hotline: 1-877-302-0077  
Web site: [www.oregon.gov/DHS/](http://www.oregon.gov/DHS/)

Domestic violence programs/shelters:

**Women’s Resource Center**

1902 Second St (NE corner of 2<sup>nd</sup> Street and Ivy)  
PO Box 187  
Tillamook OR 97141  
Phone (503) 842-9486  
Fax (503) 842-6458

Child and Family Development Programs

**Head Start – Central County**

1100 Miller Av.  
Tillamook, OR 97141  
(503) 842-5180

**Head Start – North County**

36050 10<sup>th</sup> Street  
Nehalem, OR  
(503) 368-5103

**Head Start – South County**

24730 Hwy. 101 S.  
Beaver, OR  
(503) 398-5175

## **Help for senior citizens**

### **Northwest Senior and Disability Services (NWSDS)**

Wilson River Building  
4670 East Third Street  
Tillamook, OR 97141  
Phone: (503) 842-2770  
Toll Free: 1-800-584-9712

## **Legal**

### **Legal Aid Services of Oregon**

1-800-245-5091

## **Other community organizations**

### **Community Action Agencies:**

**CARE, Inc.** (Emergency assistance, homeless case management, Healthy Start, community development and energy assistance programs)  
(503) 842-5261 (Administration & Emergency Assistance)

**Healthy Start Program** (Help to families who have just had their first child, including home visits, parenting education and case management)  
2211 Eleventh St  
Tillamook, OR 97141  
(503) 842-2773

### **Local community college:**

**Tillamook Bay Community College**  
2510 1<sup>st</sup> Street, Tillamook OR 97141  
(503) 842-8222

### **Non-profit organizations**

**Salvation Army - Tillamook Family Services**  
2105 4th St  
PO Box 806 (mailing address)  
Tillamook, OR 97141  
1-800-858-3556

### **YMCA**

510 Stillwell  
Tillamook, OR 97141  
(503) 842-9622

**Thrift Stores**

**Teen Challenge Thrift Store**

416 Main Ave, Tillamook  
(503) 842-4856

**The Wild Flower**

113 Main Ave, Tillamook  
(503) 842-2996

**Kit & Caboodle**

1911 1st St, Tillamook  
(503) 842-8875

**Hope Chest**

Nehalem, (503)368-4461  
Rockaway Beach, (503)355-3333

**Tillamook County Churches**

<b>NAME</b>	<b>LOCATION</b>	<b>PHONE</b>
Bay City United Methodist Church	5695 D Street, Bay City, OR 97107	(503) 377-2679
Beaver Community Church	24675 Hwy 101 South, Beaver, OR 97108	(503) 398-5508
Bethel Baptist Church	5640 Highway 101 South, Tillamook, OR 97141	(503) 842-5598
Christ Reformation Church	7450 Alderbrook Rd Tillamook, OR 97141	(503) 842-8317
Christ's Victory Fellowship	309 Third Street, Garibaldi, OR 97118	
Church of Christ	2506 First Street, Tillamook, OR 97141	(503) 842-4393
Church of the Nazarene	2611 Third Street, Tillamook, OR 97141	(503) 842-2549
Cloverdale Baptist Church	34464 Bridge Street, Cloverdale, OR 97112	(503) 392-3104
Covenant Community Church	36495 Hwy 101 North Manzanita, OR 97130	(503) 368-5540

First Baptist Church	3500 Alder Lane, Tillamook, OR 97141	(503) 842-9300
First Christian Church	2203 Fourth Street, Tillamook, OR 97141	(503) 842-6213
Garibaldi Assembly of God Church	Garibaldi, OR 97118	(503) 322-3501
Hebo Christian Center	Highway 101 South, Hebo, OR 97122	(503) 392-3585
Hemlock Church of the Nazarene	19005 Highway 101 South, Cloverdale, OR 97112	(503) 398-5454
Idaville Bible Church	7450 Alderbrook Road, Tillamook, OR 97141	(503) 842-8317
Independent Missionary Baptist Church	1700 Ninth Street, Tillamook, OR 97141	(503) 842-7864
Jehovah's Witnesses	5000 Idaville Road, Tillamook, OR 97141	(503) 842-3250
Kiwanda Community Bible Church	33570 Ferry Avenue, Pacific City, OR 97135	(503) 965-6043
Living Water Fellowship	1000 North Main Suite 12, Tillamook, OR 97141	(503) 842-6455
Nehalem United Methodist Church	Nehalem, OR 97131	(503) 368-5612
Nestucca Presbyterian Church	34505 Parkway Drive, Cloverdale, OR 97112	(503) 392-3665
Nestucca Seventh-Day Adventist Church	38000 Highway 101 South, Cloverdale, OR 97112	(503) 392-4111
Netarts Friends Church	4685 Alder Cove Road W. Tillamook, OR 97141	(503) 842-8375
New Beginnings Christian Fellowship	PO Box 297 Tillamook, OR 97141	(503) 842-8881
Ocean Breeze Baptist Church	2500 Nielson Rd Tillamook, OR 97141	(503) 842-1446
Oceanside Chapel	1575 Chinook Avenue NW, Tillamook, OR 97141	(503) 842-4949
Nestucca Valley Presbyterian Church	35305 Brooten Rd Pacific City, OR 97135	(503) 965-6229

Pacific Coast Bible Church	35170 Brooten Road, Pacific City, OR 97135	(503) 965-7222
Redeemer Lutheran Church	1609 Third Street, Tillamook, OR 97141	(503) 842-4823
Rockaway Community Church	400 South Third Avenue, Rockaway, OR 97136	(503) 355-2581
Sacred Heart Catholic Church	2411 Fifth Street, Tillamook, OR 97141	(503) 842-6647
Saint Peter Lutheran	401 Madrona, Tillamook, OR 97141	(503) 842-4753
St Joseph's Catholic Church	34560 Parkway Drive, Cloverdale, OR 97112	(503) 392-3685
St Mary's By The Sea	285 South Pacific Street, Rockaway, OR 97136	(503) 355-2345
St. Alban's Episcopal Church	2102 Sixth Street, Tillamook, OR 97141	(503) 842-6192
St. Catherine of Alexandria Episcopal Church	36335 Highway 101, Manzanita, OR 97130	(503) 368-7890
St. John's United Church of Christ	602 Laurel Avenue, Tillamook, OR 97141	(503) 842-2242
The Church of Jesus Christ of Latter-Day Saints	4200 Twelfth Street, Tillamook, OR 97141	(503) 842- 2781
Tillamook Christian Center	701 Marolf Loop, Tillamook, OR 97141	(503) 842-6555
Tillamook Foursquare Church	7095 Fairview Road, Tillamook, OR 97141	(503) 842-8265
Tillamook Seventh-Day Adventist Church	2610 First Street, Tillamook, OR 97141	(503) 842-7182
Tillamook United Methodist Church	3808 Twelfth Street, Tillamook, OR 97141	(503) 842-2224
Unity by the Pacific	225 Laneda Avenue, Manzanita, OR 97130	(503) 368-4377
Winema Christian Church	5195 Winema Road, Cloverdale, OR 97112	(503) 392-3953