



# Gathered & Wise

Perinatal Mental Health Clinic



## RESOURCE PAGE AND INFORMATION GATHERING

### MARION COUNTY

#### DIAPERS/ CLOTHES:

- Family Closet (UGM) -----901 Front St. NE-----503-375-2511
- Helping Hands (Free)-----1755 SE 13th St-----503-364-9936
- Salvation Army-----1931 Front St. NE-----503-585-6688
- Seventh -Day Adventist(Free)-----1860 Summer St. NE-----503-363-8893
- St. Vincent De Paul-----3745 Portland Rd. NE-----503-364-1062 x304
- Union Gospel Mission-----885 Commercial St. NE-----503-362-3983
- West Gate Assembly of God-----1675 Wallace Rd. NW-----503-364-0002
- Salem Cloth Project: <https://salemclothproject.org/>

#### CHILDCARE:

- Child Care Resource/ Referral Marion/Polk/Yamhill County Call 211 or text "children" to 898-211
- Family Building Blocks Relief nursery----2452 Lancaster Dr. NE-----503-566-2132
- MVWCAA Headstart----- 2475 Center St. NE-----503-585-2491
- Cloud Nine Childcare -----( 3 locations in salem/)------ Text: 503.508.7881

#### FOOD BOXES/ MEAL SERVICES:

- Christian Center of Salem-----1840 45th Ave. NE----3rd Thursday 9am-11am-----503-399-0976
- Jason Lee United Methodist-----820 Jefferson NE---M,T,W,F 9am-11:30am-----503-362-8885
- Marion-Polk Food Share----- www.marionpolkfoodshare.org
- NW Human Services---Emergency after-hour food boxes for low-income families and individuals-24/7
- 503-581-5535
- Pauline Memorial Church ----3593 Sunnyview Rd. NE--- Tues. 10:30-1:30pm-----503-399-0130
- Peoples Church -4500 Lancaster Dr. NE-2nd,3rd M &1st Sat. 1pm-2pm, 4th Sat. 10-11:30am
- 503-304-4000
- Salem Evangelical Church-----455 Locust St. NE---1st, 3rd, 4th Th. 10-12pm-----503-581-0102
- Salem House of Prayer Call (for availability)-----248 Liberty St NE -----503-589-9176
- Salvation Army-----1977 Front St. NE-----Tues.& Fri. 9am-2:30pm-----503-585-6688
- Seventh-Day Adventist-----1860 Summer St. NE-----Wed. 6:30pm-8:30pm-----503-363-8893
- Shared Blessing-----675 Wallace Rd. NW-----Mon.Wed, Fri. 9am-11:45pm-----503-364-0002
- St. Vincent De Paul-----3745 Portland Rd. NE -----M-W &F 10am-2pm, Th 11am-2pm
- 503-364-5672
- Stonehaven Ministries-----5210 Auburn Rd-----503-390-0809

- Trinity United Methodist-----590 Elma Ave. SE-----M,W,F 1-330pm-----503-585-8851
- West Salem United Methodist Church----1219 3rd St. NW-----503-363-3035
- Willamette Valley Food Assistance-----580 19th St. SE-----503-371-3376
- Willamette Valley Food Assistance Program Membership-based. Weekly Shopping of food/product for minimal monthly cost-----888 Monmouth Cutoff Rd.,Building E, Monmouth
- 503-831-5634
- Hope Station Community Services Membership-based. Bi-weekly shopping food/product for minimal monthly cost and 2 hour volunteer commitment---1337 Madison St NE. Ste115---503-339-7710

### **FREE MEAL SITES**

- Under Marion St. Overpass----M, W, TH, F(5-6:15pm)---Tuesday's at 4:30pm Saturdays & Sunday's at 11:00am
- Salvation Army----- 901 Front St--- Dinner 4:15pm, Free Bread M-F-----503-585-6688
- Union Gospel Mission---345 Commercial ST NE---Meal times for Visitors 6:30am, 12:15pm & 7:00pm 503-362-3983
- St. Marks's-----790 Marion St.----- Soup served Sundays at 2:00pm
- Jason Lee Methodist----820 Jefferson St. NE-----Sundays 1:30-2:30pm-----503-364-2844
- SonRise Church-----195 Commercial St. SE---Dinner M,T,W 5pm-----503-393-5323
- St. Edward'd Soup Kitchen---5303 River Rd. N Keizer---Sun. 3-4pm-----503-393-5323
- South Salem Friends Church----1140 Baxter RD. SE-----Tues. 5:30-7pm-----503-364-7476
- Dinner on the Green (City Vibe)---255 College DR. NW---Friday 6pm-7:30pm-----503-689-5381
- Capital Park SE Neighborhood Comm. Center----- 410 19th St.---Wed. 5:30-7pm 503-362-6628
- Home & Youth Resource Center-----625 Union St. Ne-----Monday-Friday 12pm-7pm 503-391-6428
- Veterans
- MWVCAA;ARCHES----1164 Madison St. NE-----Lunch 11:30am-----503-399-9080
- FREE FRIDGE SALEM & SOUP/SANDWICH SQUAD- (volunteer sign ups and meals)-----  
<https://freefridgesalem.org/about>

### **Woman/Children Services/ DV:**

- St. Teresa's Home for Young Mothers-----1245 Madrona Ave. SE-----503-391-9349
- Mid Valley Women's Crisis Service-----503-399-7722
- Center for Hope and Safety----605 Center St NE-----24 Hour Hotline 503-399-7722
- Sable House (Polk County)-----314 SE Oak St, Dallas-----503-623-4033
- Teen Parent Program SKPS-----4071 Winema Place -----503-365-4800
- Birthright (<https://birthrightofsalem.com/>)1880 Lancaster Dr NE # 124-----503-585-2273
- Marion County WIC-----3160 Center Street NE-----503-588-5057
- Marion County Health & Human Services (Early Childhood Nursing)-----503 373-3781

### **Breastfeeding/Lactation Support:**

- Salem Health's lactation office-----503-814-4539
- Legacy Health Mid-Willamette Valley-----503-873-1680
- Bloom Lactation-----Megan Dunn, BS, IBCLC, RLC, C-NDLS-----503-851-2402
- Salem Pediatrics-----503-362-2481
- **Marion County WIC( Breastfeeding and formula support)**-----503- 588-5057

### **Mental Health Services for Children:**

- Liberty House ( Hope & Wellness Center)-----Salem,Or-----503-689-1006
- Oregon Partnership Youth Line-----1-877-968-8491
- New Perspectives Center-----Salem,Or-----503-316-6770
- Wraparound Services-----Salem, OR-----503-576-4536
- Children's Behavioral Health (CBH)----Salem, OR -----503-588-5352
- <https://parentinghub.org/for-parents/family-health-resources/childrens-mental-and-behavioral-health>

### **LGBTQ/ Queer services:**

- Salem Oregon Gay & Lesbian Information Hotline-----503-363-6618
- [TransActive Gender Center](#)-----503-252-3000
- The Living Room (LGBTQQ youth)-----503-901-5971
- [SMYRC \(LGBTQ youth\)](#)----- 503-872-9664

### **Pelvic Floor PT:**

- -PELVIC WELLNESS CENTER-----SALEM, OR -----503-983-8811
- -CORNERSTONE PELVIC THERAPY-----SALEM,OR-----503-319-2738

### **Mom/Parent Groups:**

- Compass- Pregnancy & Postpartum Support group—WFMC Health, Salem Or Meets Fridays 10:30-12pm <https://compasspps.com/>
- Music Together- 0-8 years old 2 locations SALEM (Peace Lutheran Church)1525 Glen Creek Rd NW Salem, OR AND Trinity Covenant Church 5020 Liberty Rd Salem, Or <https://www.mtresonate.com/>
- Book Clubs and Story times ( Salem Public Library) Multiple options and times available each week. <https://www.cityofsalem.net/community/library/events-and-activities>
- Studio 91 ( Open Art studio) Turner, or. Offer open studio play on Saturdays between 1 and 5 PM. Admission cost includes all art supplies used. As well as weekly play groups <https://studio91pmc.com/classes-%26-playgroups>
- Mom whats Next Salem Group- Platform offering meet ups, play dates and mom only gatherings in and around salem Oregon. <https://www.momwhatsnext.com/team-3>
- Or Salem's local chapter Instagram page- [https://www.instagram.com/p/DDnPgEJSiDj/?img\\_index=1](https://www.instagram.com/p/DDnPgEJSiDj/?img_index=1)

### **Prescribing Providers:**

- She Soars Psychiatry <https://www.shesoarspsych.com/>
- Zaurov Psychiatry <https://www.zaurovpsychiatry.com/>
- Talking Twenties: <https://www.talkingtwenties.com/services/pregnancy-postpartum>
- Dr. Khivan Oberoi: <https://www.drkhivanoberoi.com/>
- Wild Geese Mental Health <https://sites.google.com/site/wildgeesementalhealth/>
- Dr. Dianna Harris: <https://www.drdiannaharris.com/>
- NeuStart Psychiatry: <https://neustartpsychiatry.com/>

- Salem Psychiatric Associates: <https://salempsyched.com/>
- Northwest Human Services: <https://northwesthumanservices.org/health-care/mental-health-care/>
- Valley Mental Health: <https://valleymental.com/>