



YOUR HEALTH | YOUR CLINIC | YOUR NEIGHBORHOOD

Immigration Resources

Neighborhood Health Center is here to support our local immigrant and refugee community. We understand that providing patient-centered healthcare means respecting each person's unique needs. Part of our mission is to help you access resources that support your well-being both inside and outside our clinics.

Immigration Support:

- **Legal Representation:** SOAR Immigration Legal Services offers culturally aware legal help related to immigration for refugees and immigrants with limited income throughout Oregon. You can contact them at (503) 384-2482 or visit their website, soarlegal.org
- **Know Your Rights:** SOAR provides a "Know Your Rights" factsheet for families at risk of deportation. The PDFs are available online: soarlegal.org/our-services/know-your-rights
- **Explore iAmerica's Know Your Rights:** This site offers essential information on immigrant rights and protections, and steps to take in uncertain situations. iAmerica.org/know-your-rights
- **Legal Navigation Services:** Latino Network's Culturally Specific Legal Navigation Services ensures that immigrant and refugee families and communities in Multnomah know about their rights and can access the legal and social services they need to thrive. www.latnet.org/immigration-legal-navigation-services
- **Legal Advocacy and Translation Services:** Pueblo Unido provides legal service navigation, advocacy, and translation services to individuals at risk of deportation. Pueblo Unido can help people who are in ICE custody or in removal proceedings find attorneys and gather supporting evidence in order to avoid deportation. They also have additional immigration resources. Call their navigation team at (503) 360-0324 or visit their website, www.pueblounidopdx.org
- **Family Separation Plans:** The Oregon Law Center offers education packets to help you create childcare or family plans in case of separation or deportation. oregonlawcenter.org

Community Support:

- **Adult Education for Latina Women:** Adelante Mujeres offers Latina women and their families in Washington County holistic programs and the tools to achieve self-determination in the areas of education, leadership training, and enterprise. Their Adult Education Program works to empower Latina women through GED classes, English language development, healing, health, and leadership classes. Call (503) 992-0078, or visit their website, www.adelantemujeres.org
- **Housing Support:** Hacienda Community Development Corporation offers affordable housing for low-income families, homeownership education, and housing counseling for those at risk of foreclosure. Call (503) 961-6432 for more information.

- **Social Services:** Centro Cultural provides a wide range of services to the Latinx community in Washington County, including senior services, food boxes, housing support, and career coaching through the Prosperidad program. Visit them online at www.centrocultural.org
- **Community-Led Education:** The Immigrant and Refugee Community Organization (IRCO) supports immigrants and refugees through programming, outreach, and education. Programs include career training, family and children programming, and interpretation and translation services. Learn more at their website, <https://irco.org>
- **Refugee Support System:** The Pacific Refugee Support Group empowers refugees through social support and education, providing financial aid, medical navigation, and community-building events. Visit their website, pnwrsrg.org

For Families & Children:

- **Youth Education and Wellness Programs:** Latino Network’s Early Childhood Education Program offers a range of bilingual youth programming to Latino/x children and families, including early childhood education, school-based wellness programs, youth empowerment, and violence prevention. Visit www.latnet.org/early-childhood-education
- **Afterschool Youth Services:** The Chicas Youth Development Program at Adelante Mujeres provides year-round, culturally specific afterschool services at 29 public schools. Chicas empowers Latina/x youth to develop leadership skills, adopt balanced lifestyles, embrace cultural identity, achieve academic success, and build community. Visit them online at <http://www.adelantemujeres.org/youth-development>
- **STEAM Development Programs:** Centro Cultural’s Youth Development Program holds year-round educational program for young people to gain real-world application for science, technology, engineering, art, and math, including a Lego robotics and four-week summer program. centrocultural.org/youth-development
- **Early Childhood Support:** Portland Niños at Hacienda Community Development provides support for families in Multnomah County with children from birth to age five, including parenting support groups, education, and home visits. Children engage in age-appropriate activities geared toward kindergarten preparation, offered in both Spanish and English. For more info, call 503 961-6419 or visit haciendacdc.org/ninos

Please note that while we strive to provide accurate and current information, contacting these organizations directly to confirm the availability of services and any updates is essential.