

Resources/Supports for Parents

Recursos/Apoyo para Padres

[Haga clic aquí para obtener recursos en español](#)

School Resources:

<u>School Counselor Support</u> Dixie Benson, East School Counselor - bensond@tillamook.k12.or.us - 503-842-7544 ex. 4050 - 971-267-2547 (text) - Website: CLICK HERE Denise Donohue, District Crisis Counselor - donohued@tillamook.k12.or.us - 971-238-9117 (text/call) District Counselor Website: CLICK HERE	<u>Family Resource Center and Jr. Hi. Food Pantry</u> Joy Harpham, Family Resource Coordinator - harphamj@tillamook.k12.or.us - 503-842-7531 ex.3205 - 503-457-3213 (text) - Jr. Hi. Pantry open Thur. 3:00-4:00 - THS pantry open Tues. 3:00-4:00 If you would like your student(s) to bring home food from the food pantry, please fill out this form: CLICK HERE
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Community Resources:

Community Action Resource Enterprises (CARE) - Rental, utilities, homeless, personal items, medication help, etc. - 2310 1st Street, Suite 2 Tillamook, OR 97141 - 503-842-5261 - https://www.careinc.org/ Oregon Food Bank - 1760 Wilson River Loop Tillamook, OR 97141 - 503-842-3154 - https://www.oregonfoodbank.org/about-us/locations/tillamook/ - Mon-Fri 8:00am-4:30pm	Tillamook Family Counseling Center (TFCC) - Individual and group counseling opportunities. - 906 Main Avenue Tillamook, OR 97141 - 503-842-8201 - https://tfcc.org Family and Youth Services (Housed at TFCC) Melonie Ferguson - Support for families looking for employment, personal items, clothing, etc. - 906 Main Avenue Tillamook, OR 97141 - melonief@tfcc.org - 503-842-8201 ex.215
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Recursos/Apojo para Padres

Recursos de la Escuela:

<u>Apojo de Consejera Escolar</u> Dixie Benson, Consejera de East - bensond@tillamook.k12.or.us - 503-842-7544 ex.4050 - 971-267-2547 (texto) - Sitio Web de Consejera de East: HAGA CLIC AQUÍ Denise Donohue, Consejera del Distrito en Crisis - donohued@tillamook.k12.or.us - 971-238-9117 (llame/envie mensaje) Sitio Web de Consejera de Todo el Distrito : HAGA CLIC AQUÍ	<u>Centro de Recursos Familiares y Jr. Hi. Despensa de Comidas</u> Joy Harpham, Coordinadora de Recursos Familiares - harphamj@tillamook.k12.or.us - 503-842-7531 ex.3205 - 503-457-3213 (texto) - Jr. Hi. Pantry Abierto los Jueves. 3:00-4:00 - Despensa de Comidas en THS Abierto los Martes 3:00-4:00 Si desea que su estudiante(s) traiga comida a casa de la despensa de alimentos, por favor complete este formulario: HAGA CLIC AQUÍ
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Recursos de la Comunidad:

Community Action Resource Enterprises (CARE) - Renta, biles, personas sin hogar, artículos personales, ayuda con medicamentos, etc. - 2310 1st Street, Suite 2 Tillamook, OR 97141 - 503-842-5261 - https://www.careinc.org/ Oregon Food Bank - 1760 Wilson River Loop Tillamook, OR 97141 - 503-842-3154	Tillamook Family Counseling Center (TFCC) - Oportunidades de Consejería Individual o en Grupo. - 906 Main Avenue Tillamook, OR 97141 - 503-842-8201 - https://tfcc.org Family and Youth Services (Housed at TFCC) Melonie Ferguson - Apoyo para familias buscando empleo, artículos personales, ropa, etc - 906 Main Avenue Tillamook, OR 97141 - melonief@tfcc.org - 503-842-8201 ex.215
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| <ul style="list-style-type: none">- https://www.oregonfoodbank.org/about-us/locations/tillamook/- Lunes a Viernes 8:00am-4:30pm | |
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