

Resources/Supports for Parents

Recursos/Apoyo para Padres

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

School Resources:

<u>School Counselor Support</u> Connie Sutton, Liberty School Counselor - suttonc@tillamook.k12.or.us - 503-842-7501 ex. 5145 Denise Donohue, District Crisis Counselor - donohued@tillamook.k12.or.us - 971-238-9117 (text/call)	<u>Family Resource Center and Jr. Hi. Food Pantry</u> - 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 - 503-842-5261 - https://www.careinc.org/ Oregon Food Bank - 3808 12th St. Tillamook, OR 97141 - 503-815-3880 - Monday 4:00pm-6:00pm - Friday 11:00am-1:00pm -	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 - 906 Main Avenue Tillamook, OR 97141 - melonief@tfcc.org - 503-842-8201 ex.215
Other Counseling resources	
Tillamook Adventist Behavioral Health - Multiple locations, Tillamook, Lincoln City, Pacific City - 503-842-4444 for more information	Tillamook Health Department Behavioral Health - 801 Pacific Ave. Tillamook, OR - 503-842-3900

Resources/Supports for Parents

Recursos/Apoyo para Padres

Recursos de la Escuela:

<u>Apoyo de Consejera Escolar</u> Connie Sutton, Consejera de East - suttonc@tillamook.k12.or.us - 503-842-7501 ex. 5145 Denise Donohue, Consejera del Distrito en Crisis - donohued@tillamook.k12.or.us - 971-238-9117 (llame/envíe mensaje)	<u>Centro de Recursos Familiares y Jr. Hi. Despensa de Comidas</u> - 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 - 2310 1st Street, Suite 2 Tillamook, OR 97141 - 503-842-5261 - https://www.careinc.org/ Oregon Food Bank - 3808 12th St. Tillamook, OR 97141 - 503-815-3880 - Lunes 4:00pm-6:00pm - Viernes 11:00am-1:00pm	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
Otros consejeros	
Tillamook Adventist Salud Conductual - Múltiples ubicaciones, Tillamook, Lincoln City, Pacific City - 503-842-4444 para más información	Tillamook Health Department Salud Conductual - 801 Pacific Ave. Tillamook, OR - 503-842-3900