



Local Community Resources

Oregon Family to Family Health Information Center at OHSU

www.oregonfamilytofamily.org

Tel. 855-323-6744 (English); 503-931-8930 (Spanish)

Oregon Family to Family Health Information Center is a non-profit organization that helps families navigate the complex health system in Oregon. It is located at OHSU but serves families from all over Oregon. Family to Family offers many services, but is particular good at supporting families with health insurance issues or questions. Family to Family will support parents and caregivers who have a child up through age 26.

Oregon Family to Family services include:

- **Phone support line**— Call: [855-323-6744 \(English\)](tel:855-323-6744) or [503-931-8930 \(Spanish\)](tel:503-931-8930) if you have questions about raising your child or needs resources/support. When you call, you will receive a call back within 48 hours. You will be connected with a **Parent Partner** who will offer support, guidance, coaching, resources, information, and an empathetic ear.
- **Website**—Family to Family’s website offers a vast array of resources under the following categories:
 - Family support—General resources and support; seminars, workshops, parenting classes
 - Family resources by age—Resources specific to your child’s skills and developmental age
 - Insurance & other special health needs essentials—Explanation of providers and specialists; understanding child’s diagnosis; explaining health insurance; community services for children and adults with developmental disabilities
 - Financial help—Support on navigating health insurance and other financial resources in the community
 - Birth anomalies & newborn screening—Info on screenings and resource sheets for specific conditions
 - Crisis, trauma, emergencies & safety—Resources for children’s trauma and support; emergency planning guides; mental health/suicide crisis support
 - Moving to/from Oregon—Services vary from state to state, so this part of the website will help families be prepared and connected when moving to or from Oregon.
- **Parent Trainings**—Family to Family offers both in-person and webinar trainings.
- **Tip Sheets**—Family-centered, printable “Tip Sheets” on various topics. Go to the homepage: www.oregonfamilytofamily.org, and under the “Family Support Tab” at the top, click on “[More Tip Sheets and Toolkits](#)”.