



Summer 2025 Resources

Mental Health & Health Care

Cascadia Health - Mental Health Urgent Walk-in Clinic
<https://cascadiahealth.org/services/crisis-intervention/#UWIC>

Multnomah County Crisis Line: 503-988-4888

Toll-free: 800-716-9769

4212 SE Division St, Portland

Open Monday-Friday, 7am-9pm | Saturday-Sunday 9am-9pm

Suicide and Crisis Lifeline - Dial 988

<https://988lifeline.org/>

Hours: Available 24 hours

Crisis Text Line

<https://www.crisistextline.org/>

Text HOME to 741741 to connect with a volunteer crisis counselor

YouthLine - A Service of Lines for Life

<https://www.theyouthline.org/>

Call 877-968-8491

Text teen2teen to 839863

Teens are available to help daily from 4-10pm PST (adults are available by phone at all other times!)

Project Respond

<https://multco.us/services/behavioral-health-crisis-services>

503-988-4888

Mobile crisis services are available if you are unable to access the urgent walk-in clinic or are seeking help for someone else.

♥ **For a full list of Multnomah County Free Student Health Centers, go to:**

<https://healthcenter.multco.us/clinics-and-providers/locations>

Offers comprehensive primary and mental health care services to all Multnomah County youth ages 5-18. No out-of-pocket costs.

Printable Tools to Support Children's Mental Health

- Reflect & Resolve Activity Packet: <https://bit.ly/3CcHdxv>
- Friendship Skills Activity Packet: <https://bit.ly/3WR3gkr>
- Read Across America Activity Packet:
<https://bit.ly/3Xq7ik0>
- Stress & Anxiety Management Activity Packet:
<https://bit.ly/41r1jN3>
- Communicate with Kindness: <https://bit.ly/41WFeaW>
- Mental Health Awareness Month: <https://bit.ly/3RRqHYf>

Summer Meals

Summer Free for All - Free Lunch + Play

<https://www.portland.gov/parks/arts-culture/summer-free-all/free-lunch#toc-2024-free-lunch-play-schedule>

Oregon Summer Meals

<https://www.oregon.gov/ode/students-and-family/childnutrition/sfps/pages/summer-food-oregon.aspx>

Find local meal sites for children and teens

Columbia Grange – Helping Hands Food Salvage (Corbett)

<https://www.columbiagorgehelpinghands.com/>

37493 Grande Hall Rd, Corbett, OR

Shopping days are: Monday & Thursday

Hours for rural community members are:

1-6 PM for ages 55+ and vulnerable shoppers.

2-6 PM for all ages.

Reynolds High School Free Food Market (Troutdale)

<https://www.reynolds.k12.or.us/rhs/free-food-market>

1698 SW Cherry Park Rd, Troutdale, OR

Tues: 1:30–4:30 pm

Santa Cruz Free Food Market (Gresham)

<https://foodfinder.oregonfoodbank.org/locations/santa-cruz-free-food-market>

507 W Powell Blvd, Gresham, OR

Thurs: 10am–12pm (503) 282-0555

Drive through. Open to anyone in need of food assistance, no income verification required and no ID required.

FISH Cascade Locks

<https://www.fish-food-bank.com/>

(541) 386-3474 - 140 Wa Na Pa St Cascade Locks, OR 97014

Each 4th Wednesday 2pm-6pm and Saturday after that 11am-12pm

Find fresh produce, protein options and dry goods. Program

offerings will vary week by week.

School Pantry at Reynolds Middle School (SUN/Latino Network)

(503) 539-3118

1200 NE 201st Ave Fairview, OR 97024

Fri: 3:30 pm - 5 pm

For a more in depth list of food pantries & markets, see:

Wood Village Food Access

<https://www.woodvillageor.gov/faqs/food-access/>

Or

Oregon Food Bank

<https://www.oregonfoodbank.org/>



Summer 2025 Resources

Camps & Recreation

Summer Free for All – Portland Parks & Recreation Events

<https://www.portland.gov/parks/summer>

Nellie Creek Camp (Corbett, OR)

<https://www.nelliecreekcamp.com/>

Farm-based, nature-focused camp with hands-on activities

Troutdale Recreation Programs

503-665-9098 - <https://www.troutdaleoregon.gov/rec>

Offers a variety of classes and activities for youth and families

Play East Recreation Programs

<https://www.woodvillageor.gov/services/parks-recreation/recreation/>

Legos, Basketball, Soccer, Parkour, Art - Scholarships available

Summer Kids in the Park (SKIP)

<https://www.greshamoregon.gov/services/parks-and-recreation/recreation/summer-kids-in-the-park/>

Free lunch & recreation program for youth up to age 18

Revolution Parkour Gresham Camps

<https://www.rvpkgresham.com/camps>

YMCA Enrichment Camps

<https://www.ymcacw.org/programs/camps/enrichment-camps>

Trackers Earth Portland

<https://trackerspdx.com/youth/camps/summer-camp/>

Nature, survival, and adventure camps

Shooting Star Adventure Camps

<https://shootingstaradventures.org/events/>

Cascade Athletic Clubs - Kids Camps and Family Events

<https://cascadeac.com/gresham/familykid-programs/kids-camps/>

Parkour Visions - Summer Camps for Kids and Teens

<https://parkourvisions.org/portland>

Pedalheads - Biking and Trail Riding Camps (Ages 2-12)

<https://pedalheads.com/en/oregon>

Hood River Valley Summer KIDZ Camp

<https://hoodriverparksandrec.org/summer-kidz-camps>

Autistic Community Activity Program

<https://acappdx.org/summercamp/>

CampOUT - Empowering Day Camps for LGBTQIA2S+ Youth

<https://www.campoutportland.org/>

Other Free or Reduced Cost Ideas!

Summer Reading at Multnomah County Library

<https://multcolib.org/summer-reading>

Read for fun and prizes; events for kids and families

June 16–August 31

ClubZ Summer Tutoring

<https://clubztutoring.com/>

Personalized tutoring for various subjects

Impact Learning Center NW (Sandy, OR)

<https://www.impactlc.net/>

Full-service tutoring center for grades K–8; art classes

Free Makerspace - Free access to arts and crafts, 3D printing, sewing machines, and laptops

<https://multcolib.org/events-classes/makerspace-drop-all-ages>

Oregon Historical Society – Free for Multnomah County residents (with ID) and anyone under age 17

<https://www.ohs.org/museum/>

Portland Museum of Art – Free for anyone under the age of 21

<https://www.portlandmuseum.org/about>

Portland Art Museum – Free for anyone under 17

<https://portlandartmuseum.org/admission/>

Hoyt Arboretum – Free admission for anyone

<https://www.hoytarboretum.org/visit/plan-your-visit/>

International Rose Test Garden at Washington Park – Free admission for anyone

<https://www.portland.gov/parks/washington-park-international-rose-test-garden>

Bird Alliance of Oregon Wildlife Sanctuary – Free admission

<https://birdallianceoregon.org/visit-us/>

Powell Butte Nature Park – Free admission for anyone

<https://www.portland.gov/parks/powell-butte-nature-park>

Portland City Parks – Free access to over 300 parks! Great for walks, sports, or picnics

<https://www.portland.gov/parks/search>

Portland Saturday Market – Free entry; vendor list online

<https://www.portlandsaturdaymarket.com/>



Summer 2025 Resources

Fun Ideas to Do at Home

- **Find a recipe and make dinner for your family**
 - Find a food pantry near you: <https://www.oregonfoodbank.org/find-support>
- **Learn a new hobby or skill on YouTube**
- **Do something creative**
 - Inexpensive used arts & craft supplies:
 - Scrap: <https://portland.scrapcreativeuse.org/>
 - ReClaim It: <https://www.reclaimitpdx.org/>
 - Creative ideas:
 - Make friendship bracelets
 - Make a collage or vision board
 - Make a comic book
 - Paint a picture
 - Make a sculpture out of recyclables
 - Write a short story
 - Make a short film
 - Write a sock puppet play
- **Schedule time with friends or family**
 - Play a new board game, video game, or card game together
 - Have a picnic in a park (Portland has over 300 parks):
<https://www.portland.gov/parks/search>
 - Play tag, Frisbee, or soccer
 - Go for a walk or bike ride on one of Portland's many trails