OREGON DEPARTMENT OF Human Services

ABOUT US

Our mission is to help Oregonians in their own communities achieve well-being and independence through opportunities that protect, empower, respect choice, and preserve dignity.

SERVICES PROVIDED

- **Supplemental Nutrition Assistance Program (SNAP)** – formerly known as food Stamps, this program increases food purchasing power.
- **Employment Related Day Care (ERDC)** – subsidy program that helps low-income families pay for childcare while they are working.
- **Temporary Assistance for Needy Families (TANF)** – program provides cash assistance for families with children while they strive to be self-sufficient.
- **Temporary Assistance for Domestic Violence Survivors (TADVS)** – temporary financial help to support families with children whose safety is at risk due to domestic violence.
- **Refugee Cash Assistance (RCA)** – program that provides cash assistance for Refugee families with children.
- **Oregon Health Plan (OHP)**-provides health coverage for Oregonians from all walks of life. This includes working families, children, pregnant women, single adults and seniors.
- **Employment and Training Services (E&T)** – program that helps SNAP participants gain skills, training, or work experience to increase their ability to obtain employment.

ELIGIBILITY AND PROCESS

How to Apply:

- **Online at: Apply for ODHS Benefits or call our Virtual Eligibility Line 1-800-699-9075**
- **Download an application and instructions for all programs: All Program Information**
- **Paper applications available in office or can be requested or filled out via telephone. Ability to apply online available at your local branch.**
- **Eligibility for all programs is income based.**

GETTING CONNECTED

ODHS Self Sufficiency Program Locations

Office Hours: 7:30am – 5:00pm Monday – Friday

Oregon City: 315 S Beavercreek Rd	**Clackamas: 16440 SE 82nd Dr**
Oregon City, OR 97045	**Clackamas, OR 97015**
Ph# 971-673-7300, Fax# 971-673-7301	**Ph# 503-731-3400, Fax# 503-794-0131**

Office Hours: 8:00am – 5:00pm Monday – Friday

Estacada: 320 SW Zobrist St	Molalla Ave: 221 Molalla Ave	Milwaukie: 4382 SE International Way Suite C
Estacada, OR 97023	Oregon City, OR 97045	Milwaukie, OR 97222
Ph# 971-673-7070, Fax# 503-630-5600	Ph# 971-673-7600, Fax# 503-378-5628	Ph# 971-673-6600, Fax# 503-378-5628

Canby: 214 SW 2nd Ave
Canby, OR 97013
Ph# 971-673-8900, Fax# 503-263-6655

Public Charge Information

- **Food, medical, childcare, and domestic violence benefits are not considered public charge.**
- **TANF cash benefits can be counted during an immigrant's public charge test. However, many immigrants are exempt from the public charge rule, such as refugees and people seeking asylum. Find more information in this brochure Public Charge Overview .**
- **Oregon Legal Aid can advise you before applying for TANF. You can contact their public benefits hotline at 800-520-5292.**

Scan code to apply
for benefits