



Answers to Common Questions

FREE AND LOW-COST LOCAL RESOURCES

WHERE CAN I GET A **HOT MEAL**?

SALVATION ARMY 150 SE Emigrant Ave. | 541-276-3301
Lunch Mon–Sat 11:30am–12:30pm; Dinner is served from 2:00–3:00pm on Sunday

VEDA'S CAFÉ (*Neighbor 2 Neighbor*) 715 SE Court Ave
458-300-3199 Dinner 7–8pm during open evenings.

WHERE CAN I GET SOME **GROCERIES OR FOOD TO COOK**?

OUTREACH FOOD PANTRY 440 SW Emigrant Ave
541-276-2878 Mon–Thu (call first)

THE DEN FOOD PANTRY (*BMCC*) 2411 NW Carden Ave
541-278-5158 Tue & Thu 9am–noon

CAPECO SENIOR COMMODITIES 211 SE Byers Ave
541-276-1926 For age 60+, call for assistance

CTUIR FOOD ASSISTANCE 46678 Totki Rd
541-276-9200, call for assistance

EASTERN OREGON CENTER FOR INDEPENDENT LIVING (*EOCIL*) 21 SE Court Avenue | 541-709-8911

WHERE CAN I **SLEEP OR STAY WARM**?

PROMISE INN 205 SE Dorion Ave | 541-240-7420
Transitional housing. Call for more information

PENDLETON WARMING STATION/DAY CENTER (*Neighbor 2 Neighbor*) – 715 SE Court Ave | 458-300-3199
Open November 15th – March 15th. Day Center in extreme weather only

CITY RESTING MAPS can be picked up at the Pendleton Public Library

WHERE CAN I **REST DURING THE DAY**?

COPE'S PENDLETON PEER CENTER 1516 SW Emigrant Ave
M–F 9am – 5pm.

WHERE CAN I **RELAX DURING THE DAY**?

PENDLETON PUBLIC LIBRARY 502 SW Dorion Ave
541-966-0386 Computer access, charging stations, public restrooms. M–Th 10am – 7pm, F–S 10am – 5pm

WHERE CAN I FIND A **PUBLIC RESTROOM**?

PENDLETON PUBLIC LIBRARY 502 SW Dorion Ave
541-966-0386 M–Th 10am – 7pm, F–Sa 10am – 5pm

PUBLIC PARKS: Park bathrooms not listed may be affected by seasonal closures

Brownfield Park	12 S Main St
Community Park Eastside	1000 SW 37th St
Community Park Westside	1200 SW 44th St
Trailhead Park	2101 Westgate Pl

WHERE CAN I GET **HELP IN AN EMERGENCY OR CRISIS**?

DOMESTIC VIOLENCE 24-HOUR HOTLINE 800-833-1161
(confidential, always available)

NATIONAL SEXUAL ASSAULT HOTLINE 800-656-4673
In immediate danger? Call 911

WHERE CAN I **SEE A DOCTOR OR NURSE FAST**?

PENDLETON URGENT CARE 474 SW Perkins Ave
541-966-6638 M–F 8am–7pm, Sat–Sun 9am–5pm

UMATILLA COUNTY HEALTH DEPARTMENT
200 SE 3rd St | 541-278-5432 M–F 8am–5pm

ST ANTHONY EMERGENCY DEPARTMENT
2801 St Anthony Way 24hrs a day, 7 days a week

WHERE CAN I **GET HELP WITH ANXIETY, DEPRESSION, OR SUBSTANCE USE**?

COMMUNITY COUNSELING SOLUTIONS (mental health & addictions) 331 SE 2nd St | 541-276-6207– M–F 8am to 5pm

EASTERN OREGON TRAUMA CENTER 230 S Main St or 1100 Southgate #3 | 541-215-4440 M–F 8am–5pm

EASTERN OREGON ALCOHOLISM FOUNDATION AND RECOVERY CENTER 216 SW Hailey Ave | 541-276-3518

COPE'S PENDLETON PEER CENTER – M–F 9am – 5pm.
1516 SW Emigrant Ave (peer support)

YELLOWHAWK 541-966-9830 (for CTUIR members and others) M–F 7:30am – 5pm

ALCOHOLICS ANONYMOUS *AA Clubhouse* 116 SE 12th
1-800-410-5953 call for meeting times

NARCOTICS ANONYMOUS 503-420-5915 Call for meeting dates and locations

WHERE CAN I GET **BIRTH CONTROL OR PREGNANCY TESTING**?

UMATILLA COUNTY HEALTH DEPARTMENT 200 SE 3rd St
541-278-5432 M–F 8am–5pm

PENDLETON URGENT CARE 541-567-6434
M–F 7:30am – 6:30pm. Emergency contraception

WHERE CAN I **GET FOOD STAMPS OR HEALTH COVERAGE**?

DHS (*Department of Human Services*) 700 SE Emigrant Suite 120
541-276-9000 M–F 8am–5pm. Food stamps, OHP (*Medicaid*)

SNAP / WIC HOTLINE 800-221-5689 or [signupwic.com](#)

WHERE CAN I GET **HELP PAYING RENT OR BILLS**?

HELPING HAND 211 SE Byers Ave | 541-276-1926
T–F 9am–11:30am. Rent, utility, medical, food, fuel assistance

DEPARTMENT OF HUMAN SERVICES (*DHS*)
700 SE Emigrant Suite 120 | 541-276-9000
M–F 8am – 5pm. All assistance programs

HOW DO I **GET AROUND TOWN FOR FREE OR CHEAP**?

LET 'ER BUS 541-276-6476

Free bus service, Mon–Fri. Schedule online:
www.pendletonor.gov/transit/page/leter-bus-transit

CTUIR/KAYAK BUS 541-429-7519 Free regional bus
(SE Washington & NE Oregon). Schedule online: ctuir.org/departments/tribal-planning-office/kayak-public-transit/

ELITE TAXI 541-276-8294 Free ride to Emergency Room or Urgent Care, 7 days 5am–10pm

PENDLETON SENIOR & DISABLED TAXI TICKET
541-276-8294 \$2 per trip (ages 60+ or disabled), 7 days

WHERE CAN I GET **HELP WITH DISABILITIES OR AGING**?

CAPECO AREA AGENCY ON AGING 211 SE Byers Ave
541-276-1926 For older adults and people with disabilities

EASTERN OREGON CENTER FOR INDEPENDENT LIVING (*EOCIL*) 21 SE Court Avenue | 541-709-8911
Disability support and applications

UMATILLA COUNTY DEVELOPMENT DISABILITIES PROGRAM (*CDDP*) 817 SE 13th St | 541-278-4450

SENIOR AND DISABLED SERVICES 1555 County 1303 Rd,
(across from Les Schwab) 541-278-4161

WHERE CAN I GET **HELP IF I AM A VETERAN**?

UMATILLA COUNTY VETERANS' SERVICES 125 SE Court Ave, Suite 7 (*Banner Bank building*) | 541-278-6363

CTUIR VETERANS' SERVICES Nixyaawii Governance Center, 46411 Timine Way | 541-429-7389

WHERE CAN I **FIND A JOB**?

WORKSOURCE OREGON 503-526-2700
Job search and training help

PENDLETON PUBLIC LIBRARY 541-966-0386
M–Th 10am–7pm. F–S 10am–5pm. Job search & training help

Need more information?

For additional resources, families with children, housing options, or other support:

CAPECO – 211 SE Byers Ave | 541-276-1926 Mon–Thu 8am–5pm, Fri 8am–noon

DEPARTMENT OF HUMAN SERVICES (DHS) – 700 SE Emigrant Suite 120 | 541-276-9000

EASTERN OREGON CENTER FOR INDEPENDENT LIVING – 21 SE Court Avenue | 541-709-8911

REMEMBER:

This list may change. Call ahead to confirm hours and availability

You deserve help and respect. If you are treated poorly anywhere, speak to a manager or call CAPECO or DHS to report it

You are not alone. These organizations exist because people in Pendleton care about you and your wellbeing.