



Connect a Vision

The missing piece for those in need

*Free help for those in need
Serving the greater Portland/Vancouver area*

**Please go to connectavision.net and click on
SOCIAL SERVICES DIRECTORY.
For any additional help, please
call or send an email request.**

www.ConnectaVision.net

Phone: (503)-406-8223

Email: monte@connectavision.net

A ray of hope...a helping hand



Formed in 2012, we provide a comprehensive website of free resources to help those in need. Our dynamic website is dedicated to connecting the resources of the four counties that make up the Portland Oregon Metro area.

We strive to offer a hand up not a hand-out. We believe in helping people help themselves. We treat all people with kindness and understanding, acting in ways that respect the dignity and value of every individual.

Below is a list in Alphabetical order of [FREE SOCIAL SERVICES:](#)

- * Addiction Support Groups
- * Autism Resources
- * Bilingual Resources
- * Clothing Resources
- * Community Shelters
- * Counseling Resources
- * Disability Resources
- * Domestic Violence
- * Energy Assistance
- * Family Resources
- * Food Resources
- * Foster Care
- * Free & Fun things to do in Portland
- * Free Laundry Resources
- * Free Shower Resources
- * Healthcare Services
- * Help for Felons
- * Hot Meal Resources
- * Housing Needs
- * Infants & Children Resources
- * Inspirational Sites
- * Internet Resources
- * Just for Kids
- * Legal Help
- * New-comers Resources
- * Pet Resources
- * Prescription Assistance
- * Rental Solutions
- * Senior Resources
- * Surviving the Trade War
- * Veterans resources
- * Vision and Dental Care
- * Youth Resources

CONNECTAVISION.NET IS NOW AVAILABLE IN FOUR LANGUAGES:

ENGLISH



SPANISH



RUSSIAN



VIETNAMESE

