



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 child care 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: <https://one.oregon.gov/>
- Download an application and instructions for all programs: <https://www.oregon.gov/DHS/assistance/pages/index.aspx>
- Paper applications available in office, via curbside service at both offices or can be requested or filled out via telephone. Ability to apply online available at your local branch.
- Eligibility for all SSP programs is income based.



GETTING CONNECTED

DHS Self Sufficiency Program Locations

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

Oregon City: 315 S Beaver Creek Rd

Oregon City, OR 97045

Ph# 971-673-7300, Fax# 971-673-7301

Clackamas: 16440 SE 82nd Dr

Clackamas, OR 97015

Ph# 503-731-3400, Fax# 503-794-0131