

5. DOWNTOWN BHRC – 333 SW PARK AVE

- Requires guests to get a ticket from the outreach van at NW Broadway and Glisan St
- Offers showers, laundry, clothing, snacks, first aid, and medical referrals
- Ask about case management services also available
- Hours: 9am–10am, 12pm–1pm, 3pm–4pm, 6pm–7pm daily
- Phone: 503-988-4100

6. IMAGO DEI SHOWER TRAILER – 1302 SE ANKENY

- Offers showers, hygiene items and clothes
- Hours: 10am–2pm Mondays only
- Phone: 503 274-4483

7. 13 SALMON SHOWER PROJ. – SW 13TH & SALMON

- Offers showers, clothing and snacks
- Hours: 10am–2:30pm Wednesday and Thursday
- Phone: 503-228-6389

8. HYGIENE4ALL – 824 SE MLK JR BOULEVARD

- Offers showers, meals, first aid packages, personal care items, and clothing to guests.
- Hours: 3pm–9pm Tuesdays/Thursday and 3pm–7pm Sundays
- Phone: 503-906-7690

9. PORTLAND STREET MEDICINE

- Provides medical care, care coordination, and wound care supplies
- To see mobile medical team: call or text 503-501-1231 and provide your name, return information, personal description and the concern that you're calling about.

HYGIENE, HEALTH, AND SHOWER SERVICES

This is a list of places where folks experiencing houselessness can access showers, laundry services, visit clothing closets, receive first aid, and seek other healthcare services at little to no cost.

1. N. PORTLAND HEALTH CENTER – 9000 N LOMBARD

- Provides physical care, mental health consultation, dental care, and a pharmacy regardless of insurance or ability to pay.
- Hours: 8am–6pm Monday thru Friday
- Phone: 503-988-5558

2. PORTLAND PEOPLE'S OUTREACH PROJECT

- Services offered on the Peninsula Crossing Trail at N Lombard St. & Macrum
- Offers harm reduction items, clothing, hygiene supplies, and wound care
- Hours: 1pm–4pm Saturdays

3. ST. JOHNS CMNTY CENTER – 8427 N CENTRAL

- Provides low-cost showers. Guests must bring their own hygiene items, towels and clothes.
- Hours: 8am–6pm Mon–Fri, 9am–1pm Saturday
- Phone: 503-823-3192

4. ROSE HAVEN – 1740 NW GLISAN ST

- For women and gender non-conforming individuals
- Offers showers, laundry, clothing, advocacy
- Hours: 8am–11:30am and 1pm–3:30pm Monday thru Thursday and 8am–12pm on Friday
- Phone: 503-248-6364

HYGIENE, HEALTH, AND SHOWER SERVICES

1. MULTCO HEALTH CENTER

9000 N Lombard St

2. PDX PEOPLE'S OUTREACH

N Macrum & N Lombard

3. ST. JOHNS COMMUNITY CENTER

8427 N Central St

4. ROSE HAVEN

1740 NW Glisan St

5. DOWNTOWN BHRC

333 SW Park Ave

7. 13 SALMON SHOWER PROJECT

SW 13th & SW Salmon St

6. IMAGO DEI SHOWERS

1302 SE Ankeny St

8. HYGIENE 4 ALL

824 SE MLK Jr. Blvd

9. PORTLAND STREET MEDICINE

Mobile Services
(Details on back)

