

# Community Resources

Mental Health  
Services

Clinics, Groups &  
Organizations

Financial &  
Legal Services

## Mental Health Services



### PSU Community Counseling Clinic

- Low-cost counseling services for people with aphasia and their caregivers and family
- Specializes in:
  - Life changes from acquired disabilities
  - Coping skills for emotional and physical stress
  - Marriage & family therapy for relationship troubles
- In-person or virtual sessions; daytime or evening
- Cost \$15 each; request reduced fee if needed
- Appointments required
- Call the clinic to schedule: (503) 725-4620 Monday-Thursday 10am-6pm

<https://www.pdx.edu/education/clinic>



### Counselor vs. Psychologist vs. Psychiatrist

- **All three:**
  - Help build a deeper **sense of self** and **awareness**
  - Listen and provide **guidance** for healing
  - Create **goals/objectives**; select interventions for therapy
  - Counselors and psychologists share many similarities
- **Counselors** must have (at least) a master's degree
  - Focus on **overall wellness** and using helpful **strategies**
- **Psychologists** must have a clinical doctorate
  - Can do higher level **psychological/cognitive testing**
- **Psychiatrists** are medical doctors
  - **Prescribe medications** and other medical treatments
  - Provide psychotherapy and psychological services

## Clinics, Groups & Organizations

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### **PSU Oregon Scottish Rite Speech & Hearing Clinic: Adult Groups**

- Free weekly in-person and virtual Zoom aphasia support groups
- Treatment and conversation-focused
- Practice and improve language skills in a group setting
- Enjoy fun social activities
- Visit website to complete an application
  - For help, call 503-725-3070 or email Claudia Meyer meyererc@pdx.edu
  - Current waitlist; waiting times may vary
- Separate group meeting for caregivers/carepartners of people with aphasia available during aphasia adult group

<https://www.pdx.edu/speech-hearing-sciences/oregon-scottish-rite-speech-and-language-clinic>



### **PSU Audiology Clinic**

- Provide comprehensive diagnostic hearing evaluations to adult patients aged 18+
- A fee-free clinic and do not work with or bill any insurance companies
- Located on the 4th floor of the University Center Building (UCB) within the PSU Speech & Hearing Sciences Department
- Contact them for more information or to schedule an appointment
  - Email: audiology@pdx.edu

## Clinics, Groups & Organizations (continued)

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### **Pacific Psychology & Comprehensive Health Clinic**

- Offer in-person and Zoom speech therapy services for adults
  - Accept federal Medicare and Care Oregon; income dependent scale used for out-of-pocket payments
  - Portland Clinic Phone: 503-352-2400
  - Hillsboro Clinic Phone: 503-352-7333
  - Email Melissa Fryer: fryer@pacificu.edu
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### **Westside Aphasia Support Group**

- Online community support group for people with aphasia and family members
  - Meets virtually on Zoom:
    - 1st and 3rd Monday of every month from 3pm-5pm
  - To join, email Susan Ginley at [susan.ginley@gmail.com](mailto:susan.ginley@gmail.com)
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### **Stroke & Brain Injury Support Groups: Zoom + in-person Vancouver, WA**

- Joanie Peckels is a stroke survivor who leads:
- Lunch outings every 1st Wednesday of the month, 1:00pm at the Kitchen Table Café in Vancouver, WA
- Online Zoom meetings every 2nd, 3rd, and 4th Wednesday of the month at 11:00am
- In-person meetings every 3rd Thursday of the month, 1:30pm hosted at 4201 NE 66th Ave. Suite 104, Vancouver, WA 98661 | Contact Joanie to join!
- 360-907-4457 | [strokeambassador@gmail.com](mailto:strokeambassador@gmail.com)

<https://www.nwbrain.network/>

## Clinics, Groups & Organizations (continued)

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### Life After Stroke Community Group

- Online support group for all stroke and TBI survivors and their carepartners (not just people with aphasia)
- Nurses/guest speakers lead educational presentations and discussions
- Meets virtually:
  - 2nd Tuesday of every month, 6-7:30pm
- Contact Kailey Cox for meeting link
- (971) 358-5626 | [lifeafterstroke@providence.org](mailto:lifeafterstroke@providence.org)

<https://www.stroke.org/en/stroke-groups/life-after-strokeportland>

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### Sarah Bellum's Bakery

- Contact to volunteer and work here!
- Individualized coaching supports functional rehab skills for people with aphasia and brain injury
- Call 971-249-2870 | email [info@sarahbellumsbakery.org](mailto:info@sarahbellumsbakery.org)
- 7828 SW Capitol Hwy, Portland, OR 97219
  - TriMet Bus 44 or 45

[www.sarahbellumsbakery.org](http://www.sarahbellumsbakery.org)

## Clinics, Groups & Organizations (continued)

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### The Backstrokes Sing-Along Group

- Online singing group for stroke and brain injury survivors plus friends and family
- All musical abilities are welcome!
- Mondays 11am-12pm on Zoom
- Free or donation-based
- Contact Anne Tillinghast for a weekly Zoom link
- (503) 775-6041. | [tillinga@gmail.com](mailto:tillinga@gmail.com)

<https://thebackstrokes.wordpress.com/>

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### Brain Injury Connections Northwest

- Nonprofit organization serving stroke and traumatic brain injury survivors and their families
- Various group meetings and social events (some virtual) like Art on the Brain and Friends Program
- Become a volunteer!
- (503) 208-4533 | email [info@bic-nw.org](mailto:info@bic-nw.org)

<https://braininjuryconnections nw.org/>

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### RiverBend Stroke Survivor and Caregiver Support Group

**\*\*\*Eugene-Springfield area or join virtual meetings from anywhere\*\*\***

- In-person meetings with guest speakers: First Wednesday of each month 1 - 2:30pm
- In-person and Zoom support group meetings with stroke survivors and caregivers: Third Wednesday of each month 10:30am - 12pm
- Contact Victoria Moran for the Zoom link
- 541-222-8461 | [strokecenter@peacehealth.org](mailto:strokecenter@peacehealth.org)

**503-725-3275 | [aphasialab@pdx.edu](mailto:aphasialab@pdx.edu)**

**[www.pdx.edu/speech-hearing-sciences/aphasialab](http://www.pdx.edu/speech-hearing-sciences/aphasialab)**

## Clinics, Groups & Organizations (continued)

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### **Amplify Speech Therapy - Aphasia Conversation Group**

**\*\*\*Eugene-Springfield, OR area only\*\*\***

- In-person meetings every 2nd and 4th Wednesday of each month
  - 2 - 3pm at Campbell Community Center
  - Group language treatment, hands-on activities, practice language skills
  - Family members welcome and included!
  - Contact Cecelia, speech therapist, to register
  - 541-799-0995 | [info@amplifyspeechtherapy.com](mailto:info@amplifyspeechtherapy.com)
- <https://www.amplifyspeechtherapy.com/>

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### **Stroke Awareness Oregon**



**\*\*\*Located in Bend, OR with virtual groups for  
everyone\*\*\***

- Non-profit organization providing free in-person and virtual support groups for stroke survivors + caregivers
  - Resource directory
  - Find stroke prevention information
  - Purchase their book about living and thriving after a stroke
  - 541-323-5641 | [admin@strokeawarenessoregon.org](mailto:admin@strokeawarenessoregon.org)
- <https://strokeawarenessoregon.org/>

## Financial & Legal Services

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### The Medicare Rights Center

- Nonprofit organization focused on education and advocacy for Medicare eligible people
  - Website lists resources about the Medicare system
  - National helpline for Medicare questions: (800) 333-4114  
<https://www.medicarerights.org/>
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### Oregon Department of Human Services

- Seniors and People with Disabilities office has resources for:
  - Getting a job
  - Food benefits (SNAP)
  - Medical care
  - Health care coverage
  - Long-term care services
  - Legal assistance for seniors 60+
- Visit website: <https://www.oregon.gov/dhs/SENIORS-DISABILITIES/Pages/index.aspx>
- Find your local office:  
<https://www.oregon.gov/dhs/Offices/Pages/Seniors-Disabilities.aspx>
- For information, call 1-855-ORE-ADRC (1-855-673-2372) or email [ADRC.WebMessages@dhsosha.state.or.us](mailto:ADRC.WebMessages@dhsosha.state.or.us)

## Financial & Legal Services (continued)

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### Paying for Senior Care

- Information about paying for long-term care (eligibility, benefits, services)
- Assistance for veterans
- Learn more about the Oregon Independent Choices Program
  - For people with Oregon Medicaid insurance
  - Monthly cash payments for people to choose their own care providers
  - Participants can hire family/friends as caregivers
  - Participants must live at home
- For help, call the Aging and Disability and Resource Connection of Oregon's toll-free number (855) 673-2372
- If you live outside of Oregon: Call a Family Advisor for assistance: (206) 462-5728

<https://www.payingforseniorcare.com/>

Last Updated July 2025