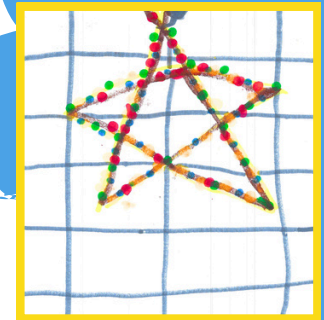
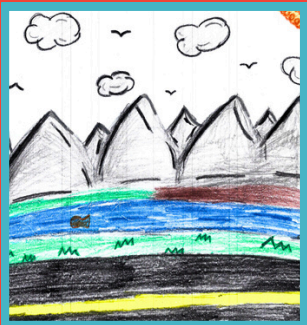


2025



**SOSTILLAMOOK**  
SUPPORT • OVERCOME • STRENGTHEN  
Prevention Program of the Tillamook Family Counseling Center

Coming Together: Conversations & Connections  
**Community Calendar**





## A message from SOS Tillamook

We're so excited to deliver yet another year of Tillamook County's Community Calendar! SOS Tillamook is the Prevention program of the Tillamook Family Counseling Center. We aim to Support, Overcome, and Strengthen Tillamook County through resources and education around mental health and addiction. In this calendar, you will find guidance about how you can help prevent addiction, where you can go for support, information about monthly observances, and messages from all of the community partners who have come together to support this calendar.

*We hope you have a great year!*

## About the 2025 calendar

The theme of this year's calendar is "*Coming Together. Conversations and Connections*". Students from all over the county submitted their original art, which you will find featured each month!

The cover is a collage made with pieces from 7 students; Kailynn/5th grade, Starla/5th grade, Mariela/3rd grade, Pascual/Kindergarten, Makenli/1st grade, William/5th grade, Wilder/1st grade

## A special thank you to...

All of the community partners who supported the art contest: the YMCA, local schools, and the Tillamook Pioneer.

---

## Free medication storage and disposal supplies are available through the Tillamook Family Counseling Center!

There are many reasons to safely store your medications. Every year, approximately 35,000 young children end up in the emergency room after getting into vitamins, medicines, or other supplements left within their reach. Additionally, 50% of people who misuse prescription opioids report getting them from a friend or family members.

*Whether you have medications, supplements, or cannabis products, it is safest to store them where only you can access them.*

- **Lock boxes**
- **Deterra medication disposal pouches**
- **"Mr. Yuk" Poison Helpline stickers**



**(503) 842-8201**



## Drink Less, Live More

Underage drinking and alcoholism are serious issues, and we've gotten pretty good as a society at understanding the harm they cause. We're less aware of other kinds of excessive drinking, like binge drinking and heavy drinking, and the problems that come with them. If you want to learn more about how you can re-evaluate your relationship with alcohol, whether that means cutting back or finding alternatives, visit:

[www.rethinkthedrink.com](http://www.rethinkthedrink.com)



## You're their coach through life.

One of the most influential factors during a child's adolescence is maintaining a strong, open relationship with a parent. Though it may not always seem like it, children really hear their parents' concerns, which is why it's important that parents discuss the risks of using alcohol and other drugs.

[talktheyhearyou.samhsa.gov](http://talktheyhearyou.samhsa.gov)



**talk**  
they hear you®

**988**  
LÍNEA DE  
PREVENCIÓN  
DEL SUICIDIO  
Y CRISIS

**988**  
SUICIDE  
& CRISIS  
LIFELINE

**24/7**  
**CALL**  
**TEXT**  
**CHAT**

[988LIFELINE.ORG](http://988LIFELINE.ORG)

**Gambling carries risk.**  
**OPGR is here to provide support.**

OREGON PROBLEM GAMBLING RESOURCE  
**OPGR**

[OPGR.ORG](http://OPGR.ORG)  
1-877-MY-LIMIT  
1-844-TU-VALES

**Evive builds healthier, happier relationships with gambling through personalized, discreet, 24/7 support.**



UNDERSTAND  
YOUR BEHAVIOR



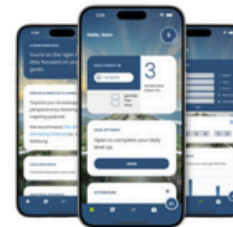
CONNECT WITH  
YOUR COMMUNITY



BUILD YOUR  
CUSTOM TOOLKIT

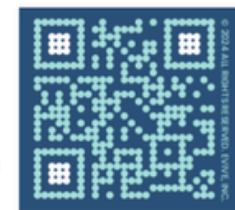


ENHANCE YOUR  
KNOWLEDGE



Scan to download

**evive**







# Sammy's Place

Sammy's Place started as a group of parents, caregivers, and community members working together to ensure everyone has a voice and choice.

They believe in celebrating the unique strengths each person brings to their community.

## Sammy's Place

Oregon COAAS Network



[www.sammysplace.info](http://www.sammysplace.info)

PO Box 53  
Nehalem, OR 97131



The Oregon COAAS Network by Sammy's Place provides education and networking to ensure everyone can access the coastal region's beauty, services, and opportunities.

We are working to elevate the voices of people and families experiencing intellectual and/or developmental disabilities (I/DD) and helping others to speak up for themselves.

Through a variety of partnerships we are advancing universal accessibility in our local towns along Oregon's North Coast and advocating for affordable housing solutions.



@sammys.place.or



Sammy's Place - learn, grow and thrive



[info@oregoncoast.org](mailto:info@oregoncoast.org)



[sammysplace.info](http://sammysplace.info)



# Tillamook County Resources

## **Tillamook County Community Health Centers**

503-842-3938 (Central)  
503-355-2700 (North)  
801 Pacific Avenue, Tillamook  
tillamookchc.org/behavioral-health

## **Addiction and Family Counseling**

503-842-3640  
1000 N Main St #5, Tillamook

## **Adventist Health Tillamook**

503-815-2292  
100 3rd Street, Tillamook  
adventisthealth.org/tillamook

## **CARE Inc.**

Housing & Social Services, Healthy Families  
503-842-5261  
2310 1st St, Tillamook  
www.careinc.org

## **Celebrate Recovery Tillamook Nazarene Church**

503-842-2549  
2611 3rd Street, Tillamook  
tillamooknazarene.com

## **Helping Hands Re-Entry Outreach Center**

503-738-4321  
helpinghandsreentry.org

## **Nehalem Bay Health Center and Pharmacy**

800-368-5182  
230 Rowe St, Wheeler  
nehalemhealth.org

## **Tides of Change**

503-842-9486  
1902 2nd St, Tillamook  
tidesofchangenw.org

## **Tillamook Family Counseling Center Tillamook County Mental Health Crisis Line**

503-842-8201 / 800-962-2851 906  
Main Avenue, Tillamook  
tfcc.org

## **Alcohol and Drug Helpline**

800-923-4357  
Crisis Text Line Text HOME to 741741  
crisistextline.org/text-us

## **Military Helpline**

888-457-4838

## **National Alliance on Mental Illness (NAMI)**

503-230-8009 / 800-343-6264  
namior.org

## **Native American Rehabilitation Association**

503-621-1069  
17645 NW St. Helens Highway, Portland  
naranorthwest.org/projects/adultresidential-  
addictions-treatment

## **Northwest Senior & Disability Services**

503-842-2770 or 1-800-584-9712  
5010 E. Third St., Tillamook, OR 97141 www.nwsds.org

## **Oregon Behavioral Health Support Line**

Alcohol and Substance Helpline  
800-923-4357  
Problem Gambling Helpline  
877-695-4648 www.opgr.org

## **Oregon COAAST Network**

Resources & Support for People Experiencing  
Disabilities  
503-739-2240  
www.sammysplace.info

## **Oregon Tobacco Quit Line**

800-784-8669  
quitnow.net/mve/quitnow

## **Oregon Warm Line**

800-698-2392  
ccswebsite.org/warmline

## **Recovery Now: Treatment Access Line**

855-612-5576  
ourtillamook.org/recovery-now-treatment-access-  
line

## **Senior Loneliness Line**

503-200-1633  
Support for seniors feeling lonely and having  
difficulty connecting

## **Suicide Lifeline**

988

## **Red Nacional para la Prevencion de Suicidio**

888-628-9454 (servicio en espanol)

## **Youth Helpline**

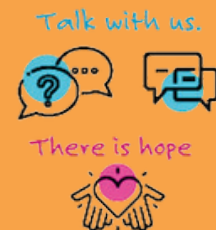
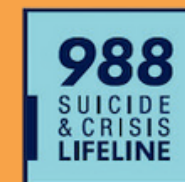
877-968-8491

## **Teen-to-teen crisis and help line**

text teen2teen to 839863  
oregonyouthline.org

## **Tillamook Serenity Club**

503-842-1115  
Alcoholics Anonymous, Narcotics Anonymous, Dual  
Diagnosis,  
Gamblers Anonymous, Al-Anon  
5012 3rd Street, Tillamook  
tillamookserenityclub.org





Show them  
that  
celebrating  
the holidays  
doesn't have  
to include  
alcohol.

**talk**  
they hear you®

For more information on  
how, and when, to have  
the conversation about  
drugs and alcohol, go to  
[talktheyhearyou.samhsa.gov](http://talktheyhearyou.samhsa.gov)



Macy, East Elementary, 4th grade (made for: Isla)





JANUARY



# Health coverage you can count on.



**OREGON**  
HEALTHCARE.gov

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  	2	3	4
5	6	7	8	9	10	11
12	13 	14	15	16	17	18
19	20  	21	22	23	24	25
26	27	28	29  Homeless Connect, Tillamook County Fairgrounds 10am - 2pm	30	31	



**Here's some news to smile about: dental care for the whole family.**

Serving uninsured patients, Oregon Health Plan Open card and CareOregon Dental members. Our highly experienced and professional dental care team is here to protect your smile and keep you healthy. We can't wait to meet you and the whole family!

*Se habla Español*

For appointments: 503-842-2356  
• 800-528-2938 • TTY 711

801 Ivy Avenue • Tillamook  
[www.tillamookchc.org](http://www.tillamookchc.org)



Samantha, Nehalem Elementary, 2nd grade

FEBRUARY





...empower people as they work to meet their immediate, basic needs.







Housing Assistance

Utility Assistance

Emergency Shelter

Healthy Families

2310 First Street  
Tillamook, OR 97141  
503-842-5261 | Careinc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 	3	4	5	6	7	8 Household Hazardous Waste White Clover Grange Pie Day
9 	10	11	12 	13	14 	15
16 Italian Dinner Meals for Seniors Fundraiser, 2 - 6pm	17  	18	19	20	21	22
23	24	25	26	27	28	



# PROBLEM GAMBLING AWARENESS MONTH

Gambling is an activity that carries risk, and can even be addictive.

If too much gambling is taking up your time and money, there are free and confidential options for help. Visit [opgr.org](http://opgr.org) to learn more about gambling addiction and how to access support.



El juego es una actividad que conlleva riesgos y puede incluso ser adictiva.

Si el juego excesivo le quita tiempo y dinero, existen opciones de ayuda gratuitas y confidenciales.

Visite [opgr.org](http://opgr.org) para obtener más información sobre la adicción al juego y cómo acceder a ayuda.

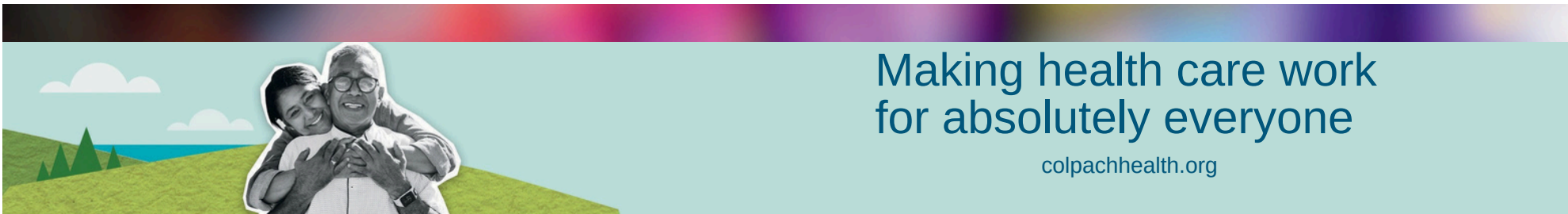


Autumn, Nestucca Valley K8, 5th grade



# MARCH





# Making health care work for absolutely everyone

colpachhealth.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 	15
16	17	18	19	20 	21	22
National Drug and Alcohol Facts Week						
23/30	24/31	25	26	27	28	29
Spring Break						French toast breakfast Meals for Seniors Fundraiser - 8 am - Noon

# HEALTHY FAMILIES

Oregon



FREE parenting support for families in Tillamook County.

Enrollment can be during pregnancy or before the baby turns 90 days old.

For more info call (503) 842-2773

*Because babies don't come with instructions*



Abilene, East Elementary, 4th grade

# APRIL



## Developmental Disability (DD) Program - Celebrating Autism Awareness Month

Provides lifespan case management for those living with an Intellectual or other neurodevelopmental disabilities such as autism, cerebral palsy, Down Syndrome, Fetal Alcohol or Drug Effectuated, Traumatic Brain Injury, Tourette's, Epilepsy, and more. Call us today to apply for available services at (503) 842-8201 or visit our website: [www.tfcc.org](http://www.tfcc.org).



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Dueling Pianos
6	7	8	9	10	11	12  Household Hazardous Waste
13	14	15	16	17	18 <i>Good Friday</i>	19
20 	21	22 	23	24	25 Rockaway Writers Rendezvous	26
27	28	29	30			



**TILLAMOOK FAMILY  
COUNSELING CENTER**

**Providing caring professional  
services since 1983**

- Individual, family, and group counseling
- Medication management
- Peer support services
- Substance use disorder treatment
- Developmental disabilities
- Crisis services and support
- Problem gambling treatment
- Parent supports
- Prevention services

For more details call (503)842-8201  
or visit [www.tfcc.org](http://www.tfcc.org)

**Centro de Asesoramiento  
Familiar de Tillamook**

**Brindando servicios profesionales  
solidarios desde 1983**

- Consejería individual, familiar y grupal
- Manejo de medicación
- Servicios de apoyo entre pares
- Tratamiento del trastorno por uso de sustancias
- Discapacidades del desarrollo
- Servicios y apoyo en caso de crisis
- Tratamiento para problemas de juego

Apoyos para padres Servicios de  
prevención Para obtener más detalles,  
llame al (503) 842-8201 o visite  
[www.tfcc.org](http://www.tfcc.org)



Willa, Garibaldi Grade, 4th grade

**MAY**










## PRIORITIZE YOUR SELF-CARE THIS YEAR

- Reduce screen time
- Limit alcohol use
- Exercise regularly
- Find things to be grateful for
- Pursue your hobbies
- Know when to reach out for help
- Make time to connect with others
- Don't gamble to cope with stress



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 	6	7	8	9	10
11 	12  	13	14	15	16	17
18	19	20	21	22	23	24 French Toast Breakfast, Meals for Seniors Fundraiser 8 am - Noon
25	26 	27	28	29	30	31

# More than headaches and hangovers

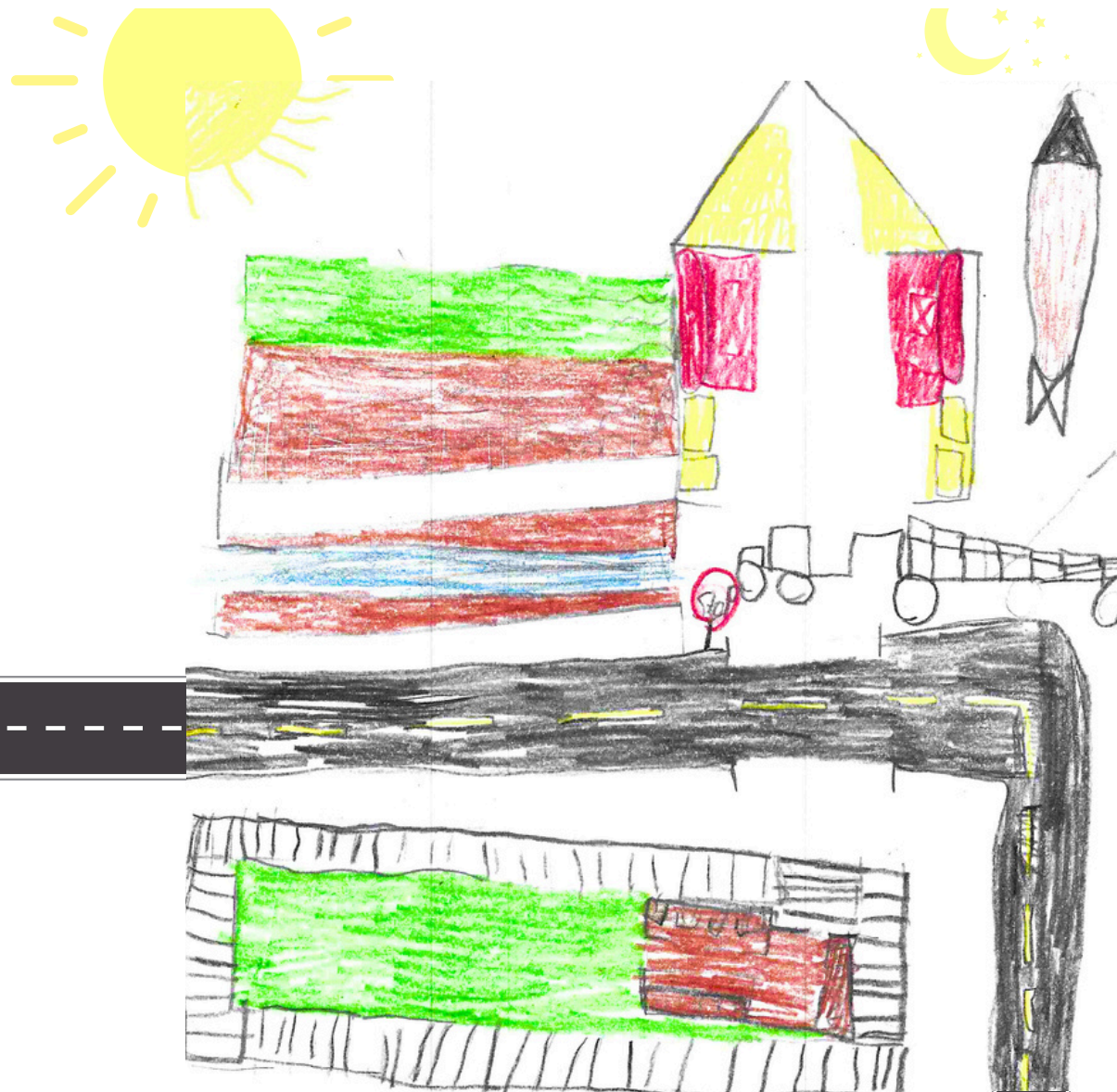
Whether it's binge drinking, heavy drinking or both, excessive drinking increases our risk for cancer, liver disease, heart disease and depression.

Learn more about how alcohol impacts our health.



Rethink  
the drink

[rethinkthedrink.com](http://rethinkthedrink.com)



Hunter, Nestucca Valley K8, 3rd grade

# JUNE











## Care for you and the whole family!

Primary care, behavioral, dental and public health services for all ages with or without insurance. Visit us in Tillamook or Rockaway Beach.

Se habla español  
 503-842-3938 •  
 800-528-2938 • TTY  
 1-800-735-2900 •  
 tillamookchc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 	9	10	11 	12	13	14  Household Hazardous Waste
15 	16	17	18	19 	20 	21
22	23	24	25	26	27	28 Tillamook Dairy Parade  Milk Run 2mi/5k/10k
29	30					

## Non-alcoholic Summer Shandy

Don't let alcohol leave  
you dehydrated in the  
sun! Stay refreshed with  
this lemon treat

- 2 cups of lemon sparkling water
- Juice from 2 lemons
- 1 cup ginger beer
- Lemon slices Ice



Reth!nk  
the drink



Ava, Nestucca Valley K8, 5th grade

# JULY






**Stay up-to-date on events and resources!**  
**Follow SOS Tillamook on Facebook and Instagram**

**Mental health    Parenting supports    Addiction prevention**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
						French Toast Breakfast Meals for Seniors Fundraiser 8 am - Noon
6	7	8	9	10	11	12
						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



## Stay Informed Stay Healthy

Tillamook County Community Health Centers offers confidential reproductive and sexual health services and education such as:

- Pregnancy planning and prevention
- Relationship safety
- Sexually transmitted infection (STI) testing and treatment

Schedule an appointment today!

(503) 842-3938

(800) 528-2938 TTY 711

*Se habla español*

801 Pacific Avenue, Tillamook, OR

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



Janessa, Nestucca High, 10th grade

# AUGUST





**EDUCATION, RESOURCES,  
AND CARE FOR THE  
WHOLE FAMILY.**

**TFCC's Prevention resources include:**

- Question, Persuade, Refer (QPR) Suicide Prevention Trainings
- Alcohol and drug prevention education
- Gambling addiction prevention education
- Twice-yearly Active Parenting series



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6 Ice Cream Social Means for Seniors Fundraiser 1 - 3pm	7 <b>Tillamook County Fair</b>		8 9 Household Hazardous Waste
10	11	12	13	14	15	16 NCAM Music Festival
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30 French Toast Breakfast Meals for Seniors Fundraiser 8 am - Noon

**Overdose Awareness Week**



**Have conversations with them early and often about alcohol and other drugs.**

Short, frequent discussions can have a real impact on your child's decisions about alcohol. Lots of little talks are more effective than one "big talk."

**Learn more at [talktheyhearyou.samhsa.gov](http://talktheyhearyou.samhsa.gov)**

**Hable con su hijo desde el principio y con frecuencia sobre el alcohol y otras drogass.**

Las conversaciones breves y frecuentes pueden tener un impacto real en las decisiones de su hijo sobre el alcohol. Muchas conversaciones Breves son más efectivas que una "gran conversación"



Emerson, Nehalem Elementary , 5th grade

SEPTEMBER








**WE CAN ALL PLAY  
A ROLE IN  
PREVENTING  
SUICIDE.**

**Become a Question, Persuade, Refer (QPR) Gatekeeper**

- Find out how you can support people who you are concerned about
- Free, one-hour session to learn how to apply QPR
- Follow SOS Tillamook on social media to find out when trainings are being offered



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<p>★ LABOR ★ ★ ★ DAY ★ ★ ★</p>					
7   	8  988 Day	9	10	11	12	13
14	15	16	17	18	19	20  YMCA Dinner and Auction
21	22 	23	24	25	26	27
28	29	30				



Tides of Change provides hope, safety and support to those impacted by gender-based violence and shift cultural norms through advocacy, education and community collaboration.

### Services are free and confidential

#### Advocacy

- Safety Planning
- Information & Referral
- System Navigation & Advocacy
- Accompaniment Services
- Health Advocacy
- Protection Order Assistance
- 24-Hour Crisis Intervention/
- Emergency Food, Clothing, and Transportation

**1902 2nd St Tillamook,  
Tillamook County 97141**

**P: 503.842.9486**

**Toll-free: 800.992.1679**

**Text: 503.852.9114**

**info@tidesofchangenw.org**



Kitt, Garibaldi Grade, 5th grade






# OCTOBER



# Health coverage you can count on.



**OREGON**  
HEALTHCARE.gov

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 	8	9	10	11  Household Hazardous Waste
12	13  	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 	31 	



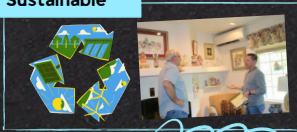
**Safe**



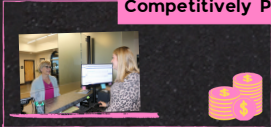
**Reliable**



**Sustainable**



**Competitively Priced**



**Electricity**



**Tillamook PUD**

PO Box 433  
1115 Pacific Ave.  
Tillamook, OR 97141  
503-842-2535  
After-Hours:  
503-842-2122  
[www.tpud.org](http://www.tpud.org)



Josephine, Nestucca Valley K8, 1st grade






**NOVEMBER**



# Health coverage you can count on.



**OREGON**  
HEALTHCARE.gov

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 	3	4	5 	6	7	8
9	10	11 	12	13	14	15
16	17	18 	19	20	21	22
23/30	24	25	26	27 	28	29 French Toast Breakfast Meals for Seniors Fundraiser 8 am - Noon

**Keep presents safe.  
Don't gift scratch-offs to minors.**



Early exposure to gambling products increases risk of gambling addiction in adulthood.

To learn more or to find help, visit [opgr.org](http://opgr.org)



Isla, East Elementary, 4th grade

★ ★ DECEMBER



# Health coverage you can count on.



OREGON  
HEALTHCARE.gov

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 	5	6
Grief Awareness Week						
7	8	9	10	11	12	13 Household Hazardous Waste
14	15	16	17 Hanukkah	18	19	20
21 	22	23	24	25 Christmas	26	27
28	29	30	31			

## TILLAMOOK COUNTY PIONEER

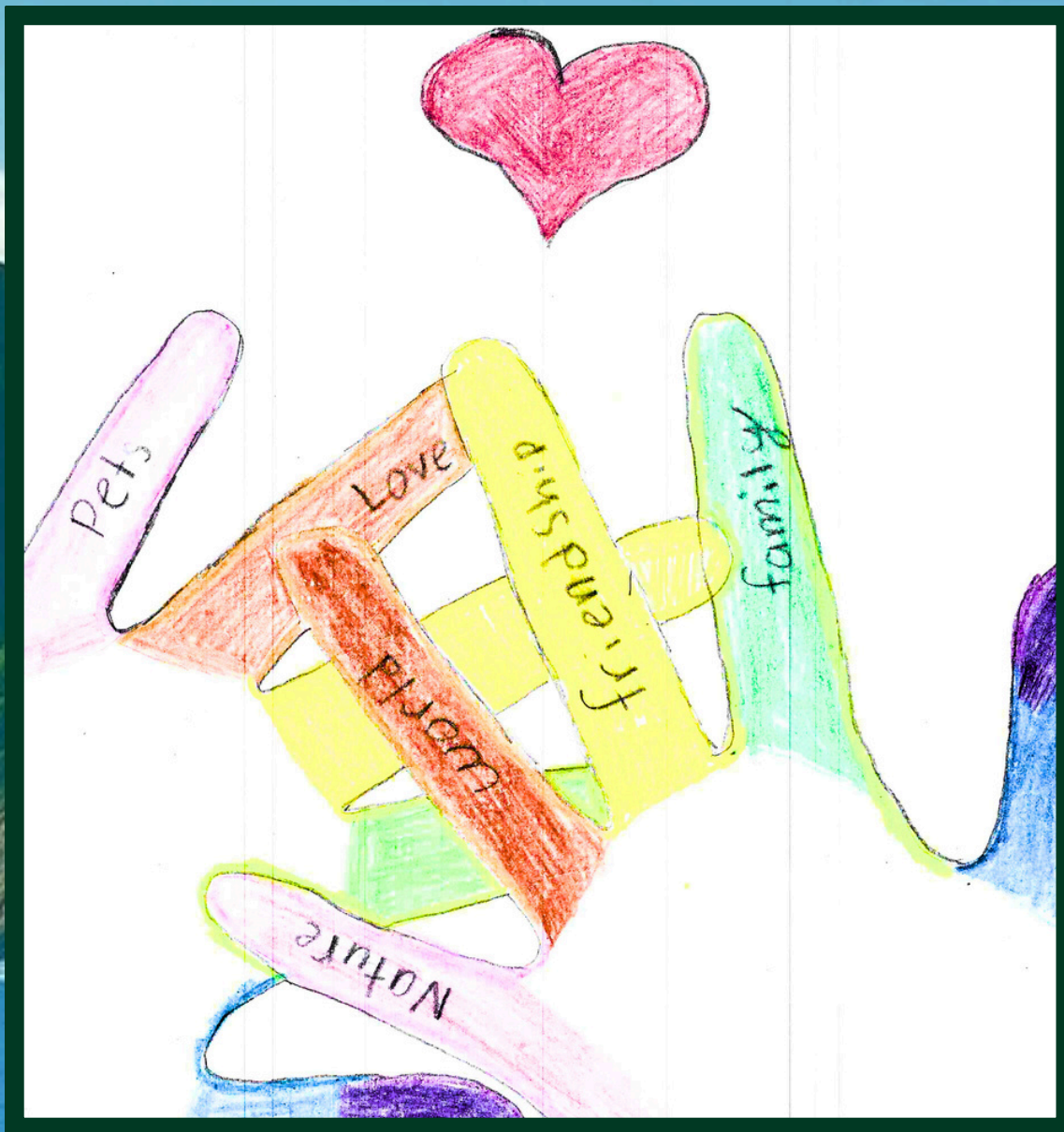
- Daily
- Local
- Honest
- Free to Read

North Coast  
News You Can  
Use, and  
Beyond.

**Delivered to  
Your Inbox  
Daily.**

- Breaking news
- Emergency notices
- Local columns
- Job listings
- Weather

tillamookcountypioneer.net  
TILLAMOOK COUNTY PIONEER  
THE NEWS AND PEOPLE OF TILLAMOOK. EVERYDAY.



Arantza, Nestucca Valley K8, 5th grade

# JANUARY 2026



# Health coverage you can count on.



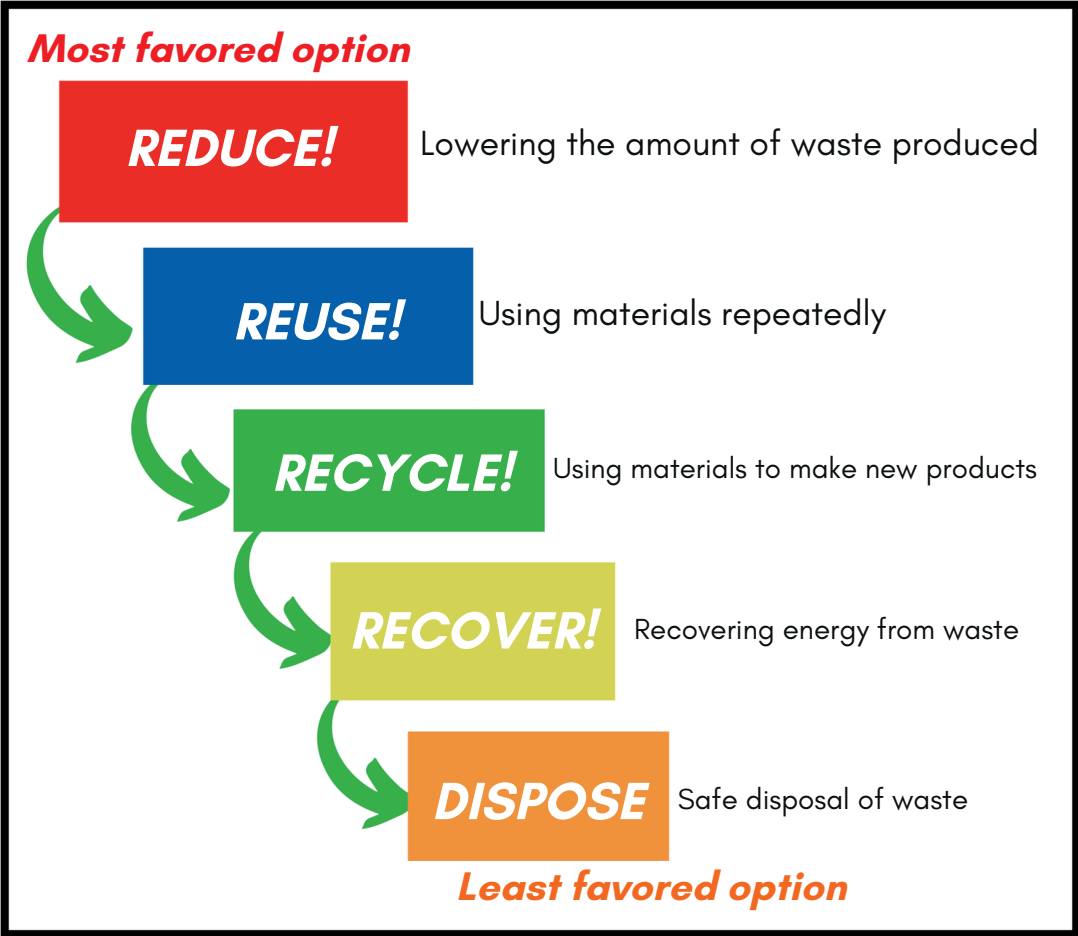
**OREGON**  
HEALTHCARE.gov

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PRSRT STD  
ECRWSS  
U.S. POSTAGE  
PAID  
PERMIT NO. 700  
PORTLAND, OR.

\*\*\*\*\* ECRWSS\*\*\*\*\*  
Local  
Postal Customer

**For more information about recycling or hazardous waste disposal, call (503)-815-3975 or visit [www.co.tillamook.or.us/solid-waste](http://www.co.tillamook.or.us/solid-waste)**



**Tillamook County Solid Waste  
Tillamook County Master Recyclers  
Making a Difference in our Neighborhood**



SAFE AND PROPER DISPOSAL of common hazardous items  
Tillamook Transfer Station  
1315 Ekloff Road, Tillamook

**9:00 am to 1:00 pm**



**Household Hazardous Waste collection dates in 2025**



January	—none
February	8
March	—none
April	12
May	—none
June	14
July	—none
August	9
September	—none
October	11
November	—none
December	13

**PLEASE separate Hazardous Waste from other items in your vehicle prior to arriving at the event.**

**This facility DOES NOT ACCEPT Ammunition, Explosives, or Medical waste**

Tillamook County Solid Waste Department  
503 Marolf Loop, Tillamook  
Phone: 503-815-3975  
E-mail: [recycle@co.tillamook.or.us](mailto:recycle@co.tillamook.or.us)  
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