GEARS

Gaining Empowerment Access Responsibility Support



A program of Metropolitan Family Service

GEARS _____

Gaining Empowerment Access Responsibility Support

- GEARS is a team of multilingual neighborhood leaders and social workers committed to building on individual and community strengths.
- GEARS promotes Health, Education and Resource networks in the neighborhoods of Brentwood-Darlington and Lents.
- GEARS supports family and community strengths by building natural support networks.
- GEARS collaborates with hundreds of organizations and individuals.
- GEARS encourages participants to give back to their community.

Come by and visit us or become a volunteer at:

- Lane Middle School 7200 SE 60th Avenue (503)988-5952
- SE Works 6927 SE Foster Road

(503)772-2300 x311 Call our main office (503) 988-5952

Or fax: (503) 988-6102

HEALTH

SelfCare **Parties**

Nutrition / Cooking Groups

GEARS is committed to providing health education and access to medical care for our community members.

Health Care Events

Walking Group

Oregon Health Plan / Insurance Paperwork Help and Support

> Russian- and Spanish-speaking Community Health Coaches

EDUCATION

Lane Middle School SUN

(Schools Uniting Neighborhoods) a Full-Service School Model

FAST - Families and Schools Together

GEARS supports school success.

Mother and Daughter **Book Group**

Cultural 6 Education Classes

Mental Health **Support and Information**

Social

After-school Activities

Student Activities in Spanish, Russian

Service Networks and English

"I needed a focus and needed to reach out and make more friends...[GEARS] was so supportive in setting and meeting my goals. Thanks again for the opportunity for

being a participant in your program, and I look forward

to working with you as a part of the community."

Family Activities

Addictions Recovery Support and Information

Family-friendly **Resource Center**

Family Coaches

RESOURCES

GEARS provides access to a wide variety of resources and services in the neighborhood.

> Community **Events**

Volunteers

Lane and SE Works: Staffed, Family Friendly Resource Centers

VOLUNTEER

Parent Helpers

Events

Bilingual Assistance

GEARS offers many opportunities to volunteer in the community.

Opportunities for all ages

Group **Facilitators**

Neighborhood Cleanups

Activism

Office Assistance

Classroom Aides

GAINING
EMPOWERMENT
ACCESS
RESPONSIBILITY
SUPPORT



GEARS is a program of Metropolitan Family Service.

To build healthy communities from within by providing resources, support and opportunities for neighborhood involvement.

GEARS

at Lane Middle School 7200 SE 60th Avenue Portland, Oregon 97206

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