



Relief Nursery

Community Resource Guide

Available online at: <https://reliefnursery.org/resource-guide/>

Relief Nursery does not endorse or recommend particular providers or services listed in this guide.

MENTAL HEALTH

<u>Crisis Support & Suicide Prevention</u>	3
<u>Child & Youth Mental Health</u>	4
<u>Adult Mental Health</u>	6
<u>Eating Disorders</u>	10
<u>Grief Support</u>	11
<u>Anger Management Services</u>	12

DISABILITY

<u>Children & Youth with Disabilities</u>	12
<u>Adults with Disabilities</u>	15
<u>Deaf and Hard of Hearing</u>	17
<u>Blindness and Low Vision</u>	17

PARENTING

<u>Family Support & Parenting Education</u> ..	19
<u>Resource Parent & Adoption Support</u>	23
<u>Family Planning & Pregnancy Options</u>	24
<u>Car Seat Clinic</u>	24
<u>Diaper Assistance</u>	24
<u>Prenatal / Postpartum Support</u>	25

EDUCATION

<u>School Districts in Lane County</u>	27
<u>Safety Tip Line for Schools</u>	27
<u>Educational Advocacy</u>	27
<u>Homeschooling</u>	28
<u>Specialized Educational Settings</u>	29
<u>Youth Transition Programs</u>	30
<u>McKinney-Vento</u>	31
<u>Early Education & Childcare</u>	32
<u>Activities for Children</u>	34
<u>Nature, Outdoor Rec, Gardening</u>	37

SPECIFIC IDENTITIES

<u>Equity and Social Justice</u>	38
<u>Jewish Resources</u>	38
<u>LGBTQIA+</u>	39
<u>Black/African American</u>	41
<u>Native American & Indigenous</u>	42
<u>Asian American / Pacific Islander</u>	43
<u>Senior & Aging Services</u>	44
<u>Service Members, Veterans, Families</u>	45
<u>Latino / Hispanic Resources</u>	46
<u>English as a Second Language</u>	48

LEGAL

<u>Immigration & Migrant Services</u>	48
<u>Legal Support</u>	51
<u>Victims of Crime</u>	52
<u>Worker's Compensation</u>	52
<u>Mediation Services</u>	52
<u>Law Enforcement Oversight</u>	52
<u>Voter Registration</u>	52

INTERPERSONAL VIOLENCE

<u>Domestic Violence & Sexual Assault</u>	53
<u>Batterer & Sex Offender Intervention</u> ..	55
<u>Child Abuse & Neglect</u>	55

FOOD

<u>Food Boxes & Pantries Eugene</u>	56
<u>Food Boxes & Pantries Springfield</u>	57
<u>Food Boxes & Pantries Rural Lane</u>	57
<u>Meal Sites</u>	58
<u>Meals for Seniors</u>	59
<u>Nutrition Resources</u>	59

BASIC NEEDS

<u>Basic Needs</u>	60
<u>Clothing Assistance</u>	61
<u>Transportation Assistance</u>	62
<u>Bicycle Safety & Resources</u>	62
<u>Low-Cost Pet Services</u>	63
<u>I.D. & Birth Certificate Assistance</u>	64

Please share this free guide with anyone who might benefit or be interested.

To be added to the email distribution list for this guide or to submit corrections, contact Jessie Carpenter at jessieca@reliefnursery.org

Relief Nursery

1720 West 25th Avenue, Eugene - (541) 343-9706

850 South 42nd Street, Springfield - (541) 485-0007



Community Resource Guide

Updated 9/3/2026

PHYSICAL HEALTH

<u>Medical Services</u>	65
<u>Vision Care</u>	67
<u>Dental Services</u>	67
<u>Prescription Assistance</u>	67

ADDICTION RECOVERY

<u>Smoking Cessation</u>	67
<u>Gambling Addiction Treatment</u>	68
<u>Addiction Recovery Support</u>	68
<u>Medication Assisted Tx</u>	72
<u>Harm Reduction</u>	72
<u>Recovery Houses</u>	73

HOUSING

<u>Housing Assistance</u>	74
<u>Homeless Prevention / Advocacy</u>	75
<u>Day Centers & Emergency Shelters</u>	75
<u>Housing Complaints</u>	76
<u>Home Repairs & Improvement</u>	76
<u>Home Ownership</u>	76

UTILITIES

<u>Energy Assistance</u>	77
<u>Telephone Assistance</u>	77

EMPLOYMENT

<u>Budgeting & Money Management</u>	78
<u>Financial Assistance</u>	78
<u>Adult Education</u>	78
<u>Professional Dev. & Training</u>	79
<u>Employment Services</u>	80
<u>Employment with a Criminal Record</u> ...	80

RURAL COMMUNITIES

<u>South Lane</u>	81
<u>Marcola</u>	83
<u>Lowell</u>	84
<u>Pleasant Hill</u>	85
<u>Oakridge & Westfir</u>	85
<u>Junction City</u>	86
<u>Veneta, Elmira & Fern Ridge</u>	86
<u>Florence & Mapleton</u>	90

The Relief Nursery Resource Guide is available online at:

www.reliefnursery.org/resource-guide/

Check out these other helpful resource navigation tools in our community!

AbleFind

Online searchable database for disability services in Oregon.

<https://ablefind.uoregon.edu/>

Parenting Now Resource Guide

Printable pdf and a searchable online directory of services for families in Lane County.

<https://resources.parentingnow.org/>

The HELP Book

White Bird Clinic has published this human services resource guide since the 1980's.

Download a pdf or view online:

<https://whitebirdclinic.org/help>

The Lane Senior Guide

Comprehensive directory of services for seniors.

www.laneseniorservices.org/

Transponder Resource Directory

Trans & gender diverse friendly resources.

<https://transponder.community/resource-directory/>

15th Night Resource Guide

Organizations in Lane County that work with youth facing challenges. English and Spanish.

<https://www.15thnight.org/resource-guide>

211 - Referrals to over 50,000 programs in Oregon. Call / text 211, visit the website, or download the app. www.211info.org

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Updated 9/3/2026

CRISIS HOTLINES AND HELPLINES

If someone is an imminent danger to themselves or others – call 911

◆ = los servicios están disponibles en español. ◆ = services are available in Spanish.

Agency	Contact	Notes
◆ Behavioral Health Resource Network (BHRN) Hotline	800-422-2595 24/7 hotline	A group of local organizations working to provide low barrier access to substance use disorder treatment. Call the hotline for help with assessment, outpatient treatment, peer support, medication for substance use disorders, psychiatric support, syringe exchange, and STI testing.
◆ CAHOOTS - Crisis Assistance Helping Out on the Streets	541-726-3714 Springfield only	EMT staffed crisis response and transportation to social services for people experiencing a mental health crisis. Not for violent or life-threatening emergencies. ** CAHOOTS services are no longer available in Eugene.
Call Blackline	1-800-604-5841 Also available as an app in the App Store and Google Play	Peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folks who are most impacted by systematic oppression. Call BlackLine® prioritizes BIPOC (Black, Indigenous, and People of Color).
CARE Program Confederated Tribes of Siletz Indians	541-444-9680 (hotline and office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals. Serving Lane and Lincoln Counties.
◆ Crisis Text Line Línea de texto de crisis	Text "HOME" to 741741 Envía un texto con la palabra AYUDA al 741741	Connect with a volunteer Crisis Counselor 24 hours a day, 7 days a week. Comunicarte con un consejero de crisis voluntario las 24 horas del día, los 7 días de la semana.
◆ Looking Glass Youth Hotline	541-689-3111 Crisis Line	24-hour, 7 day-a-week crisis lines for parents of children up to age 24 to call when their child is having an immediate mental health, emotional, or behavioral crisis
Mobile Crisis Services of Lane County	Call or text 988 or Call 541-682-1001	Peer specialists, case managers, and mental health professionals work with anyone in crisis in Lane County over the age of 18. MCS-LC is mobile and able to meet individuals in the community wherever they may be.
◆ National Suicide Prevention Hotline	988	Free, confidential support 24/7. TTY Users: Use preferred relay service or dial 711 then 988. Para comunicarse con un consejero que habla español, marque 988 y luego presione 2. Para enviar un mensaje de texto a un consejero que habla español, envíe la palabra AYUDA al 988.
◆ One Thing You Can Do - Oregon	Information about Oregon's Extreme Risk Protection Orders that temporarily restrict a person's access to guns if they are a risk to themselves or others. Información en español: https://onethingyoucando.org/wp-content/uploads/2024/01/OTYCD-OR-ERPO-121223_ES.pdf	
◆ The Trevor Project Lifeline	1-866-488-7386 or Text START to 678678 Español: 1-866-488-7386 o Envía un texto con la palabra COMENZAR al 67676	24/7 lifeline for LGBTQ youth age 24 and under who are in crisis, feeling suicidal, or in need of a safe, judgment-free place to talk. Online chat at thetrevorproject.org Línea de vida las 24 horas del día, los 7 días de la semana para jóvenes LGBTQ menores de 24 años que están en crisis, se sienten suicidas o necesitan un lugar seguro y libre de juicios para hablar. Chat en línea en thetrevorproject.org
◆ Veterans Crisis Hotline La Línea de Crisis para Veteranos	988 then press 1 or Text: 838255	Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, their family members & friends. Apoyo gratuito y confidencial las 24 horas del día, los 7 días de la semana para todos los veteranos, miembros del servicio, Guardia Nacional y Reserva, sus familiares y amigos.
Western Lane Crisis Response	541-997-3515	Responds to emergencies in the greater Florence area (including Dune City, Mapleton, SwissHome & Deadwood). Emotional support, assessment, community resources and follow-up to help community members navigate unexpected traumatic situations and mental health crises.
◆ White Bird Clinic Crisis Services	541-687-4000 - Crisis Line 990 W 7 th Ave, Eugene	24/7 mental health crisis line and walk-in crisis intervention. Línea de crisis de salud mental las 24 horas del día, los 7 días de la semana e intervención de crisis sin cita previa.
◆ Lines for Life - Free, confidential, anonymous.		
MENTAL HEALTH and CRISIS SUPPORT Call 988 En Español: 1-888-628-9454	RACIAL EQUITY SUPPORT LINE 503-575-3764 Mon-Fri, 10am-7pm	YOUTHLINE 877-968-8491 Text teen2teen to 839863 For 21 and younger
SENIOR LONELINESS LINE 503-200-1633 For adults 55+ 5:30am-11:30pm	MILITARY HELPLINE 888-457-4838 Text MIL1 to 839863 Mon-Fri, 2-6pm	ALCOHOL & DRUG HELPLINE 800-923-4357 Text RecoveryNow to 839863 Mon-Fri, 2-6pm

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Updated 9/3/2026

CHILD & YOUTH MENTAL HEALTH SERVICES

Agency	Contact	Español	Fees	Notes
4J School Based Health Centers	Churchill High School 1850 Bailey Hill, Eugene 541-790-5227 North Eugene High 250 Silver Lane, Eugene 541-790-4445	Interpreter upon request	OHP, private insurance, FREE	Counseling for depression, anxiety, anger, attention and focusing challenges, family stress, attention and focusing issues, and referrals for substance abuse. Health services for illness, injury, physicals, reproductive health, and immunizations. For 4J students 19 and under.
Bethel Health Center	1525 Echo Hollow Rd, Eugene 541-607-1430	Interpreter upon request	OHP, private insurance, sliding scale	Comprehensive health and mental health services for students of Bethel School District age 5-19.
Bridges Community Health	541-255-1411 1976 Garden Avenue, Eugene 1450 Birch Ave (Room DD & Room X), Cottage Grove	Interpreter upon request	Trillium, some other insurance	Bridges Community Health offers a variety of mental health services including psychiatric medication management, individual, family and couple's therapy.
Bushnell University Counseling	755 E 11th Ave, Eugene 541-349-7471	◆	\$10/session, free for UO / Bushnell students	Counseling sessions with graduate level counseling students supervised by faculty. In person and telehealth. By appointment only. For ages 12+.
CAFA - Christians as Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	Spanish services not available	OHP, private insurance, private pay	Individual, couples, family, play therapy, neurofeedback, DV intervention. Parenting After Crisis 15-week class. English and Spanish anger management classes.
Care Solace	Call 888-515-0595 or visit the website	Interpreter upon request	FREE / GRATIS	24/7/365 mental health care coordination service for Eugene School District 4J staff, students & their families. Call to be matched with a provider, or do your own search on the website: https://caresolace.com/site/eugene
Center for Family Development	1258 High St. Eugene 541-342-4837	◆	OHP, private insurance, sliding scale	Walk-in assessments, child therapy, behavioral support, groups & classes for depression, yoga, pain management, Dialectical Behavioral Therapy (DBT).
Child & Family Center (HEDCO Clinic)	1655 Alder St., Suite 170, Eugene 541-346-0923	◆	No insurance. Sliding scale.	Family assessment, counseling, parenting support for families with children ages 2-17.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575	◆	OHP, private insurance	Services for children with special health care needs and developmental disabilities.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	Some services	OHP, private insurance	A full range of mental health services for children, adolescents, families and adults.
Early Assessment & Support Alliance (EASA)	1200 Hilyard St, #570, Eugene 458-205-7070	Interpreter upon request	OHP, private insurance, no insurance	Counseling, case management, peer support specialists, employment / educational support, for qualifying youth ages 12-29 experiencing psychosis.
Eugene Therapy	401 East 10th Avenue, #330, Eugene 541-868-2004 info@eugenetherapy.com		Sliding scale, private insurance	Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
Insight Northwest Recovery	1776 Millrace Drive, suite 202, Eugene 541-203-0539 info@insightrecovery.com www.insightrecovery.com		OHP, private insurance, private pay	Intensive outpatient mental health treatment for ages 12 and older, including group therapy, individual counseling, psychiatry/medication management, family therapy, and peer support, offered both in person and online.
Jasper Mountain	37875 Jasper-Lowell Rd, Jasper 541-747-1235	◆ Bilingual staff & interpreter	OHP / private insurance	Intensive mental health treatment for ages 4-13. K-8 residential educational program and academic day treatment for children with psychiatric disorders.

See next page for more Child & Youth Mental Health Services

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Updated 9/3/2026

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Agency	Contact	Español	Fees	Notes
Kairos	1748 W 18th Ave., Eugene 541-772-0127 laneservices@kairosnw.org	◆ Bilingual staff & interpreter	OHP	Mental health support for youth, young adults, and families. Includes all forms of therapy, individual & family skills coaching, peer delivered services, support services for family members, and psychiatric services.
Lane County Behavioral Health	2411 Martin Luther King Blvd, Eugene 541-682-1915	◆	OHP	Walk-in assessment, counseling and groups. Psychiatry, medication management.
Live. Grow. Share.	1966 Garden Ave, Eugene 541-505-9190 www.livegrowshare.org	No	OHP only	Mental health therapy, harm reduction, SUD treatment, skill building, case management, peer support, wrap around services, programs for families involved in child welfare, peer programs (Equine-Assisted Peer Support, Mechanics Peer Support, Outdoor Program). Women's trauma support group, reunification support group, Triple P Parenting.
Looking Glass Counseling	260 E 11 th Ave, Eugene 541-484-4428	◆ bilingual / bicultural receptionist & therapists	OHP	Residential & outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth. Alternative school.
Madrone Mental Health	150 Shelton McMurfhey Blvd, Eugene 541-210-8090	◆	OHP / private insurance	Outpatient mental health services, adult eating disorder day treatment. Child, adolescent, and adult psychiatry.
Ophelia's Place	1577 Pearl St. #100, Eugene 541-284-4333	◆	FREE / GRATIS sliding scale	Skill-building classes, strength-based therapy services for girls ages 10-18. After school drop in.
Oasis Mental Health, PC	331 Goodpasture Island Rd (Suite 331, 2nd Floor) Eugene 541-636-9846		OHP, Private Insurance	Psychiatric evaluation and medication management for children and adults.
Options Counseling	360 E 10th Ave Ste 450 Eugene 541-687-6983 1445 8th Street, Florence 541-997-6261	◆	OHP, private insurance	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Oregon Community Programs	1170 Pearl St, Eugene 541-743-4340	◆	OHP	Counseling, skills trainers, psychiatry for children age 5-18 and their families. Therapeutic foster care. Parent Child Interactive Therapy.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	◆	FREE / GRATIS	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Support groups. Assistance with IEP and 504 meetings. Online support group for families raising LGBTQ+ youth. Food pantry.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	◆	No ins. \$90/session Sliding scale	Strengths-based, trauma informed, social justice focused individual and relational therapy services for children age 3+ and adults.
Plaza de Nuestra Comunidad	944 W 5th Ave, Eugene 541-687-2667	◆ Todos los servicios	OHP, \$15-25 sliding scale	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation. Consejería en español. Grupos de jóvenes, mentores, de 7 a 16 años. Apoyo a la adicción. Navegación de servicios.
Relief Nursery	1720 W. 25th Ave, Eugene 541-343-9706 850 S. 42nd, Springfield 541-343-9706	◆ Todos los servicios disponibles en español	OHP	Therapeutic preschool. Mental health assessments, play therapy, family therapy, individual and group skills development, in-home therapeutic services, parent-child attachment therapy. Circle of Security.
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465	◆ Bilingual therapist	OHP	Assessment, counseling, psychiatric day treatment school, neurofeedback, EMDR, Collaborative Problem Solving, psychiatric nurse practitioners, medication management, youth and family peer support, 24/7 crisis support, Intensive In-Home Behavioral Health Treatment

See next page for more Child & Youth Mental Health Services

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Updated 9/3/2026

CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
Shangri-La	398 High St, Eugene 541-344-1121	Interpreter upon request	OHP	Outpatient and residential services. Therapy, peer support, med management, case management, groups. Age 14+
Safe Center (Jasper Mountain)	89124 Marcola Rd, Springfield 541-741-7402		OHP / private insurance	Residential treatment, ages 4-13. Length of stay is varies. If services are needed beyond 6-9 months, transfer is available to Jasper Mountain. Only for Oregon children.
Shine Counseling	1600 Executive Pkwy, #200, Eugene 1011 Harlow Rd, # 201, Springfield 541-600-2300 info@shinecounseling.co		Sliding Scale	Individual, couples, family, & child counseling counseling. Modalities include CBT, DBT, EMDR, IFS, Neurofeedback, Emotion-Focused Therapy, Polyvagal Therapy and more.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP / sliding scale	Individual, family & child counseling, crisis response, anger management, med management, neurofeedback, LGBTQIA+ services, recovery program for ages 14+. Supported housing and supported employment.
Springfield Schools Health Center	1050 10th St., Springfield 541-682-3550	◆	OHP / sliding scale	Health and mental health services for Springfield District students and their families.
SWIFT Program (Students with Involved Families & Teachers)	10 Shelton McMurfhey Blvd, Eugene 541-485-2711 swift@oslc.org		OHP	Strength-based behavioral health services for students & their families in school, home, & community settings.
Willamette Sky Counseling	1600 Oak St, Eugene 541-600-2034	NO	OHP, private insurance, private pay	Counseling for children, adults, couples, families. CBT, DBT, OCD-specific, eating disorders, EMDR, ADHD, anxiety, depression, grief, loss, trauma and resilience.
Willamette Valley Behavioral Health and Outreach	132 E. Broadway, Ste 431, Eugene 541-390-4559 Hello@WillametteValley-bh.com	◆ telehealth or in person in Corvallis	OHP, private insurance, sliding scale	Person-centered behavioral health services for children, teens, adults, couples, and families. Brain spotting, EMDR, CBT, DBT, Internal Family Systems, culturally sensitive therapy, support staff for wraparound services, and more.
Young Adult Hub	1200 Hilyard St, #570, Eugene 541-682-7583	◆	OHP, private insurance, no ins.	Education, job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
Youth ERA Eugene Drop	44 W. 7 th Ave, Eugene 971-334-9295 hello@youthera.org		FREE / GRATIS	A safe, welcoming, inclusive space where youth can receive peer support, gain leadership and advocacy skills, meet new people, and achieve their goals.

ADULT MENTAL HEALTH SERVICES

Agency	Contact	Español	Fees	Notes
Benson Health Clinic	66 Club Rd Suite 140, Eugene 541-345-1722		OHP, private insurance	Psychotherapy for depression, anxiety, ADHD, PTSD. EMDR. Med management.
Bridges Community Health	541-255-1411 1976 Garden Avenue, Eugene 1450 Birch Ave (Rm DD & Rm X), Cottage Grove	Interpreter upon request	OHP, private insurance	Bridges Community Health offers a variety of mental health services including psychiatric medication management, individual, family and couple's therapy.
Bushnell University Counseling	755 E 11th Ave, Eugene 541-349-7471	◆	\$10/session, free for UO / Bushnell students	Counseling sessions with graduate level counseling students supervised by faculty. In person and telehealth. By appointment only. For ages 12+.
CAFA - Christians as Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000		OHP, private insurance, private pay	Individual, couples, family, play therapy, Neurofeedback, DV intervention. Parenting After Crisis class.

See next page for more Adult Mental Health Services

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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
CAHOOTS - Crisis Assistance Helping Out on the Streets	541-726-3714 Springfield only	◆	FREE / GRATIS	EMT staffed crisis response 7 days a week, 11 am-11 pm. Stabilization, assessment, referral, advocacy, and in some cases, transportation to the next step in treatment.
Care Solace	Call 888-515-0595 or visit the website	Interpreter upon request	FREE / GRATIS	24/7/365 mental health care coordination service for Eugene School District 4J staff, students & their families. Call to be matched with a provider, or search on the website: https://caresolace.com/site/eugene
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620		\$5-40 sliding scale	Counseling, support groups, classes. Check website or call for details about current classes
Center for Family Development	1258 High St. Eugene 541-342-4837	◆	OHP , sliding scale, private insurance	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT. Evaluación sin cita previa, consejería, grupos y clases para la depresión, yoga, manejo del dolor y terapia dialéctico-conductual (DBT).
David Romprey Oregon Warmline	800-698-2392 Warm Line Not a crisis line	◆	FREE / GRATIS	Compassionate and confidential mental health peer support. Available 24/7. Apoyo compasivo y confidencial de salud mental entre pares. Disponible las 24 horas del día, los 7 días de la semana.
Depression Bipolar Support Alliance	510-757-9522 moonlightsea@me.com		FREE / GRATIS	Online support groups for people who experience depression or bipolar disorder + friends and family. Identity-specific groups. See website for options.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	Some services	OHP , private insurance	A full range of mental health services for children, adolescents, families, and adults.
Early Assessment & Support Alliance (EASA)	1200 Hilyard St, #570, Eugene 458-205-7070	Interpreter upon request	OHP , private insurance, no insurance	Counseling, case management, peer support specialists, employment / educational support, for qualifying youth ages 12-29 experiencing psychosis.
Eugene Therapy	401 East 10th Ave, #330, Eugene 541-868-2004 info@eugenetherapy.com		Private insurance, sliding scale	Adult, child, couples, family therapy. EMDR, grief, eating disorders, depression, anxiety, Autism Spectrum conditions, trauma. ADHD assessments.
Eugene Treatment Center	98 E. 11th Avenue, Eugene 458-273-4008		OHP , private insurance	Opioid treatment program providing methadone and Suboxone treatment in conjunction with counseling,
Griffin and Associated Practitioners	66 Club Rd. #350 450 Country Club Rd, #310 911 Country Club Rd. #270 Call / text: 541-343-1728		OHP , private insurance	"G.A.A.P was created to provide a quality space for individuals to go for self-care, healing, change, & to find ways to access more joy."
HEDCO Clinic University of Oregon	1655 Alder St., Suite 170, Eugene 541-346-0923	◆	Sliding scale	Individual, partners, family & group therapy. The clinic is staffed by upper-level graduate interns who are directly supervised by licensed and/or board-certified specialists. Day & evening appointments available. Terapia individual, de pareja, familiar y grupal. La clínica cuenta con estudiantes de posgrado en prácticas avanzadas, quienes reciben supervisión directa de profesionales con licencia y/o especialistas certificados por sus respectivas juntas. Hay citas disponibles durante el día y por la noche.
HIV Alliance (Alliance for Community Wellness)	1195 City View Street Eugene 541-556-1409		OHP , sliding scale	Mental health counseling services for families and individuals. Before referring clients, please make sure there are spots available.

See next page for more Adult Mental Health Services

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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
Insight Northwest Recovery	1776 Millrace Drive, suite 202, Eugene 541-203-0539 info@insightrecovery.com www.insightrecovery.com		OHP, private insurance, private pay	Intensive outpatient mental health treatment for ages 12 and older, including group therapy, individual counseling, psychiatry/medication management, family therapy, and peer support, in person & online.
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene 541-916-7025 ko-kwel.eug@coquilletribe.org		OHP, sliding scale, private insurance	Culturally appropriate primary outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity.
Lane County Behavioral Health	2411 Martin Luther King, Jr. Blvd, Eugene 541-682-3608	◆	OHP	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management. Evaluación sin cita previa, consejería y grupos para adultos, adolescentes y jóvenes. Servicios de psiquiatría y manejo de medicamentos.
Laurel Hill Center	2145 Centennial Plaza, Eugene 541-485-6340	◆	OHP	Supported housing and counseling services for people with psychiatric disabilities. Vivienda con apoyo y servicios de consejería para personas con discapacidades psiquiátricas.
Lavender Network	1590 Willamette St, Eugene 541-342-7105	◆	FREE / GRATIS	LGBTQ+ specialized services: gender-affirming hormone injection supply program, rapid HIV, Hep. C, and Syphilis testing, Narcan supply and training, distribution of safer sex supplies, PrEP navigation service, access to gender-affirming products and clothing, resources navigation, peer support, and substance use counseling. Servicios especializados para personas LGBTQ+: programa de suministro para inyecciones de terapia hormonal de afirmación de género; pruebas rápidas de VIH, hepatitis C y sífilis; suministro y capacitación sobre el uso de Narcan; distribución de suministros para prácticas sexuales más seguras; servicio de orientación para PrEP; acceso a productos y ropa de afirmación de género; orientación sobre recursos comunitarios; apoyo entre pares; y consejería sobre el consumo de sustancias.
Live. Grow. Share.	1966 Garden Ave, Eugene 541-505-9190 www.livegrowshare.org	No	OHP	Peer-run organization. Counseling, harm reduction, SUD treatment, skill building, case management, peer support, family wraparound services, programs for families involved in child welfare, peer programs like Equine-Assisted Peer Support, Mechanics Peer Support, Outdoor Program. Women's trauma support group, reunification support group, Triple P Parenting.
Madrone Mental Health	150 Shelton McMurphey Blvd, Eugene 541-210-8090	◆	OHP, private insurance	Outpatient mental health services, adult day treatment eating disorder program. Child, adolescent, and adult psychiatry.
NAMI Lane County	129 9th St, Springfield 541-343-7688 HELPLINE: 1-800-273-8255	◆	FREE / GRATIS	Peer support for adults living with mental illness and their families. Mon-Thurs 10am-2pm. Check https://namilane.org/programs/ for current groups.
Oasis Mental Health, PC	331 Goodpasture Island Rd (Suite 331, 2nd Floor) Eugene 541-636-9846		OHP, private insurance	Psychiatric evaluation and medication management for children and adults.
Options Counseling	360 E 10th Ave Ste 450 Eugene 541-687-6983 1445 8th Street, Florence 541-997-6261	◆	OHP	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy. Consejería individual, grupo de Terapia Dialéctico-Conductual (DBT), grupo de crianza Círculo de Seguridad (Circle of Security) y Terapia de Interacción Padre-Hijo (PCIT).

See next page for more Adult Mental Health Services

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Community Resource Guide

Updated 9/3/2026

ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
Oregon Healing Collective	541-968-4325 info@oregonhealingcollective.com	◆	No insurance, sliding scale	Strength-based, trauma informed, social justice focused individual and relational therapy services. Children age 3+ and adults. Servicios de terapia individual y relacional basados en las fortalezas, informados por el trauma y enfocados en la justicia social. Atienden a niños de 3 años en adelante y a personas adultas.
Oregon Psychiatric Partners	541-726-9912 Info@oppstaff.com		OHP, private insurance	Psychiatric med management for adults. All sessions are conducted through a secure video platform accessed directly from their website.
Peace Health Intensive Outpatient and Partial Hospitalization	University District: 770 E 11th Ave, Eugene 458-205-7100			Intensive Outpatient: Treatment in 3 one-hour increments, 3 to 5 days a week. Partial Hospitalization: Treatment 5 days / week (Monday-Friday), average of 2 weeks.
Plaza de Nuestra Comunidad	944 W 5th Ave, Eugene 541-687-2667	◆ Todos los servicios	OHP, \$10-25 sliding scale	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation. Consejería en español. Grupos de jóvenes, mentores, de 7 a 16 años. Apoyo a la adicción. Navegación de servicios.
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465	◆ Terapeuta bilingüe	OHP	Assessment, counseling, day treatment, EMDR, crisis support, Neurofeedback, med management, Collaborative Problem Solving, youth / family peer support, 24/7 psychiatric nurse practitioners, Intensive In-Home Behavioral Health Treatment. Evaluación, consejería, tratamiento diario, EMDR, apoyo en crisis, neuroretroalimentación, manejo de medicamentos, Resolución Colaborativa de Problemas, apoyo de pares para jóvenes y familias, profesionales de enfermería psiquiátrica disponibles las 24 horas, los 7 días de la semana, y Tratamiento Intensivo de Salud Conductual en el Hogar.
Shangri-La	398 High St, Eugene 541-344-1121	Interpreter upon request	OHP	Therapy, med management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+
ShelterCare	541-505-5188	Interpreter upon request	OHP	Outpatient individual and group therapy, skill building, case management. Specialties: treatment for trauma and severe and persistent mental illness.
Shine Counseling	1600 Executive Pkwy, Ste. 200, Eugene 1011 Harlow Rd, Ste. 201, Springfield 541-600-2300 info@shinecounseling.co		Sliding Scale	Individual, couples, family, & child counseling counseling. Modalities include CBT, DBT, EMDR, IFS, Neurofeedback, Emotion-Focused Therapy, Polyvagal Therapy and more.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP/ sliding scale	Individual, family, & child counseling, crisis response, med management, Neurofeedback, LGBTQIA+ services, recovery program for ages 14+. Supported housing, supported employment. Consejería individual, familiar e infantil; respuesta a crisis; manejo de medicamentos; neuroretroalimentación (neurofeedback); servicios para personas LGBTQIA+; programa de recuperación para personas de 14 años en adelante; vivienda con apoyo; y empleo con apoyo.

See next page for more Adult Mental Health Services

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Community Resource Guide

Updated 9/3/2026

ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
Springfield Treatment Center	1485 Market St., Springfield 541-653-8284 (main) 541-206-1785 (on-call)		OHP, private insurance	Opioid treatment program providing methadone and Suboxone treatment in conjunction with counseling, group services, nicotine cessation, gambling services and Integrated co-occurring disorders treatment.
Trauma Healing Project	631 E. 19th Ave. Building B, Eugene 541-687-9447 info@healingattention.org	◆	Sliding Scale	Body-centered therapies, wellness classes. Full-body acupuncture by appointment. Drop-in groups include Gentle & Restorative Yoga, Releasing With Writing and Sips of Happiness Mindfulness. Terapias centradas en el cuerpo y clases de bienestar. Acupuntura de cuerpo completo con cita previa. Los grupos sin cita previa incluyen Yoga suave y restaurativo, Escritura para la liberación emocional y Mindfulness “Sorbos de felicidad”.
University of Oregon Psychology Clinic	15th & Onyx, Eugene 541-346-4954		Sliding scale	Low-cost counseling for adults, children, teens, as well as UO faculty, staff, and students.
Volunteers in Medicine	2260 Marcola Rd, Springfield 541-685-1800	◆	FREE / GRATIS	Mental health care including diagnostic services, counseling, and medication. for low-income adults without insurance or with OHP but no provider. Atención de salud mental que incluye servicios de diagnóstico, consejería y medicamentos para adultos de bajos ingresos sin seguro médico o con OHP que no cuentan con un proveedor de atención.
White Bird Clinic	990 W 7 th Ave, Eugene 541-342-8255 Office 541-687-4000 Crisis Line	◆	OHP	Individual, couples & family counseling. Phone and walk-in crisis intervention. Consejería individual, de pareja y familiar. Intervención en crisis por teléfono y sin cita previa.
Willamette Valley Behavioral Health and Outreach	132 E. Broadway, Ste 431, Eugene 541-390-4559 Hello@WillametteValley-bh.com	◆ telehealth or in person in Corvallis	OHP, private insurance, private pay	Person-centered behavioral health services for children, teens, adults, couples, and families. Brain spotting, EMDR, CBT, DBT, Internal Family Systems, culturally sensitive therapy, support staff for wraparound services, and more. Servicios de salud conductual centrados en la persona para niños, adolescentes, adultos, parejas y familias. Incluyen Brainspotting, EMDR, Terapia Cognitivo-Conductual (CBT), Terapia Dialéctico-Conductual (DBT), Sistemas de Familia Interna (IFS), terapia culturalmente sensible, personal de apoyo para servicios integrales (wraparound) y más.
Willamette Sky Counseling	1600 Oak St, Eugene 541-600-2034	NO	OHP, private insurance, private pay	Counseling for children, adults, couples, families. CBT, DBT, OCD-specific, eating disorders, EMDR, ADHD, anxiety, depression, grief, loss, trauma and resilience.

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Community Resource Guide

Updated 9/3/2026

EATING DISORDER SUPPORT

Agency	Contact	Español	Fees	Notes
Madrone Mental Health	150 Shelton McMurphey Blvd, Eugene 541-210-8090	◆	OHP, private insurance	Outpatient mental health services. Adult day treatment eating disorder program. Child, adolescent, and adult psychiatry. Servicios ambulatorios de salud mental. Programa de tratamiento diurno para adultos con trastornos de la alimentación. Psiquiatría para niños, adolescentes y adultos.
Monte Nido Rainrock Eating Disorder Center	41496 Mckenzie Hwy, Springfield 541-203-9384		Private insurance	Day treatment and intensive outpatient services for adults and adolescents of all genders.
Eating Disorder Hotline: 844-228-2962				

GRIEF SUPPORT

All services in this section are FREE. Todos los servicios de esta sección son GRATUITOS.

Agency	Contact	Español	Notes
Cascade Hospice Bereavement	2650 Suzanne Way #200, Eugene 541-228-3050 kbrassington@cascadehealth.org	◆	Individual / Family Counseling for those adjusting to death, loss and grief. Grief Support Groups weekly by Zoom for 10 weeks. Resources : Articles on grief mailed upon request.
Courageous Kids	123 International Way, Springfield 458-205-7474 courageouskids@peacehealth.org		Grief support for children ages 6-17 who have experienced the death of a loved one. Support groups and camps with age-appropriate, arts-based activities. Peer support and education for caregivers about children's grief. All services are free.
GriefShare	www.griefshare.org/countries/us/states/or/cities/eugene		Grief recovery support groups meeting weekly in Eugene. See website for locations, dates and times.
Healing Conversations	survivingsuicidellloss@afsp.org		A one-time visit (phone, virtual, in-person) that connects those who have lost a loved one to suicide with trained volunteers who are also survivors of suicide loss.
Life After Loss: Pregnancy and Infant Loss Support Group (WellMama)	541-517-5710 www.lifeafterlossoregon.org		8-week long closed support group sessions open to people who have experienced miscarriage, stillbirth, or the loss of a child in infancy.
MISS Foundation	888-455-6477	◆	Online forums and peer support for parents and grandparents who have lost a child of any age.
Parents of Murdered Children	513-721-5683 natlpomc@pomc.org	◆	Support and referrals for family members who have suffered the murder of a child.
Sacred Heart Hospice Grief Support	123 International Way, Springfield 458-205-7400	NO	Grief counseling, pediatric bereavement services, 8-week support groups for adults grieving the loss of a loved one, community education.

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Community Resource Guide

Updated 9/3/2026

ANGER MANAGEMENT SERVICES

Agency	Contact	Español	Fees	Notes
Outgrowing Power, Anger & Control (Christians As Family Advocates)	921 Country Club Rd, # 222, Eugene 541-579-6265	◆ Class in Spanish and English	OHP , private insurance, private pay: \$160 assessment, \$55 / group. Payment plans.	Oregon approved 36 to 52-week program for people who use anger and control destructively in relationships and desire to change. Voluntary or mandated. Weekly sessions are 90 minutes. Programa aprobado por el estado de Oregón de 36 52 semanas para personas que utilizan la ira y el control de manera destructiva en sus relaciones y desean cambiar. Puede ser voluntario u obligatorio. Las sesiones semanales duran 90 minutos.
Dynamic Interaction Skills	1400 High St, Eugene http://dynskills.com/		Varies	Anger management and communication training.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620		No insurance. \$5-40 sliding scale	Anger management class for parents. Check website or call for current classes.
South Lane Mental Health	1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP , sliding scale	Ongoing weekly anger management classes. Clases semanales continuas de manejo de la ira.

CHILDREN AND YOUTH WITH DISABILITIES

For school district transition programs, please see page 18

Agency	Contact	Español	Fees	Notes
The Arc Lane County	4181 E. St, Springfield 541-343-5256	◆	FREE / GRATIS Funding through DD Services	Supports children, youth and adults who experience intellectual & developmental disabilities and their families. Services include inclusive preschool, after school program, adult employment and recreation services, in-home and community-based supports. Apoya a niños, jóvenes y adultos con discapacidades intelectuales y del desarrollo, así como a sus familias. Los servicios incluyen preescolar inclusivo, programa extraescolar, servicios de empleo y recreación para adultos, y apoyo en el hogar y en la comunidad.
The Arc Families Connected The Arc Familias en Conexión	4181 E St., Springfield 541-343-5256	◆	FREE / GRATIS	Parent-led organization that helps parents raising a child with intellectual / developmental disabilities. Organización dirigida por padres que ayuda a las familias a criar a un niño con discapacidades intelectuales o del desarrollo.
Autism Society of Oregon	1-888-Autism-1 (288-4761) info@autismsocietyoregon.org 800-3-AUTISM (28476) espanol@autismsociety.org	◆	FREE / GRATIS	Resource referrals for individuals with autism spectrum disorder & their families. Referencias de recursos para personas con trastorno del espectro autista y sus familias.
Bridgeway House	555 E 15 th , Eugene 541-345-0805	◆	Varies / Varía	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, events, & school. Para familias afectadas por el autismo: tratamiento, visitas domiciliarias, tutorías, terapia del habla y ocupacional, grupos de apoyo, clases para padres, eventos y escuela.

See next page for more services for Children and Youth with Disabilities

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Community Resource Guide

Updated 9/3/2026

CHILDREN AND YOUTH WITH DISABILITIES (continued)

Agency	Contact	Español	Fees	Notes
Center for Autism and Behavioral Services (HEDCO Clinic)	1655 Alder St., Suite 170, Eugene 541-346-0923		Sliding Scale	Assessment & treatment for a wide variety of clients including Autistic Children and Adolescents (aged 2-18) with an autism spectrum disorder (ASD) diagnosis; Children on a waitlist for a suspected diagnosis of autism or related diagnosis at any agency; and Children with developmental disabilities without an autism diagnosis. Student clinicians are supervised by a doctorate level Board-Certified Behavior Analyst.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575		OHP / private insurance	Services for children with special healthcare needs & developmental disabilities. Feeding clinic. Physical and occupational therapy. Developmental pediatricians.
Connect the Dots	84 Centennial Loop, Eugene 541-255-2681	Interpreter upon request	OHP / private insurance	Speech, physical & occupational therapy for children birth to 18. Sensory integration, developmental delays, Autism, ADHD, feeding challenges, congenital conditions.
Creating Opportunities	462 17th St NE, Salem 503-559-3674	Interpreter upon request	Free if eligible to hire PSW's	Equips people with developmental disabilities or their family or representatives to find and manage Personal Support Workers.
DanceAbility International	576 Olive Street #208, Eugene 541-357-4982	Interpreter upon request	Varies	Classes and performances for adults and children with and without disabilities to dance together. Training available for those who want to teach inclusive dance.
Developmental Disabilities Services	2513 MLK Jr Drive, Eugene 541-682-6564	◆	FREE / GRATIS	Case management, in-home support, equipment for children with developmental disabilities. Gestión de casos, apoyo en el hogar y equipos para niños con discapacidades del desarrollo.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	◆	OHP / private insurance	Support and planning for youth age 0-23 with disabilities and their families. IEP support. Apoyo y planificación para jóvenes de 0 a 23 años con discapacidades y sus familias. Apoyo con los Programas Educativos Individualizados (IEP).
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	◆	FREE for eligible children. No insurance required.	Early Intervention and Early Childhood Special Education services for children birth to kindergarten who have developmental delays or disabilities. Support for speech and language, behavior, social skills, moving, playing, learning and understanding.
Early Education Program (EEP)	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene 541-485-0368 office@earlyeducationprogram.org	◆	FREE / GRATIS	Classrooms for children with special needs age 3-5 . Half-day or full day sessions.
Eugene Adaptive Recreation Hilyard Community Center	2580 Hilyard Street, Eugene 541-682-5311		Varies. Scholarships available.	Year-round, recreational, social and educational programs for children, teens and adults with disabilities. Adaptive recreation equipment rentals.

See next page for more services for Children and Youth with Disabilities

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Community Resource Guide

Updated 9/3/2026

CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Español	Fees	Notes
FACT Oregon	Call or text 503-786-6082 or 541-695-5416 Someone will call you back, usually within 48-72 hours. Email support@factoregon.org or apoyo@factoregon.org	◆ Todos los servicios disponibles en español	FREE / GRATIS	Support for families navigating special education, early Intervention, IEP's, 504 plans, and Transition to Adulthood. Training, consultation and advocacy. Apoyo para las familias que navegan por la educación especial, la intervención temprana, el IEP, los planes 504 y la transición a la edad adulta. Capacitación, consulta e incidencia.
Jerry Adams Aquatics Resilience (JAAR)	Lesson address: EVEN Hotel 2133 Centennial Plaza, Eugene 541-852-2997 hello@jaarprogram.org	No Spanish services Limited sign language	FREE / GRATIS Donations and/or Flex Funds appreciated	Specialized water-safety swim lessons for children with disabilities, mental illness, and those in the foster care system. 12 free 40-minute, water-safety swim lessons along with free equipment (bathing suit, cap, goggles, and any other equipment they need to succeed). Sign up at https://jaarprogram.org/contact-us
KindTree: Autism Rocks	541-780-6950		Varies	Activities, camp, transition-aged & adult skills training for people experiencing Autism. Actividades, campamentos y capacitación en habilidades para la vida para jóvenes en transición a la adultez y personas adultas con autismo.
Lane County Public Health CaCoon	151 W 7th Ave, Eugene 541-682-8720		FREE / GRATIS	Helps families access services to support children that have special health care needs. Ayuda a las familias a acceder a servicios de apoyo para niños y niñas con necesidades especiales de atención médica.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	◆	FREE / GRATIS for most services	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Virtual and in-person support groups. Assistance with IEP and 504 meetings. Online support group for families raising LGBTQ+ youth. Food pantry. Apoyo entre pares para personas cuidadoras que están criando a un niño o niña con desafíos emocionales, conductuales o de salud mental. Grupos de apoyo virtuales y presenciales. Apoyo con reuniones de IEP y planes 504. Grupo de apoyo en línea para familias que crían a jóvenes LGBTQ+. Despensa de alimentos.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	◆	FREE / GRATIS Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living. Apoyo en el hogar para adultos y niños con discapacidades. Hogares grupales. Vivienda con apoyo.

See next page for more services for Children and Youth with Disabilities

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Community Resource Guide

Updated 9/3/2026

CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Español	Fees	Notes
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465	◆ Bilingual therapist Terapeuta bilingüe	OHP	Assessment, counseling, psychiatric day treatment school, neurofeedback, EMDR, Collaborative Problem Solving, psychiatric nurse practitioners, medication management, youth/family peer support, Intensive In-Home Behavioral Health Treatment, 24/7 crisis support. Evaluación, consejería, escuela de tratamiento psiquiátrico diurno, neurofeedback, EMDR, Resolución Colaborativa de Problemas, profesionales de enfermería psiquiátrica, manejo de medicamentos, apoyo entre pares para jóvenes y familias, Tratamiento Intensivo de Salud Conductual en el Hogar, apoyo para crisis las 24 horas, los 7 días de la semana.
Speech Language Hearing Center (HEDCO Clinic)	1655 Alder St., Suite 170, Eugene 541-346-0923	◆	FREE / GRATIS donation based	Individual / group treatment in social skills/ pragmatic needs training, cognitive rehabilitation after brain injury or concussion, stuttering/cluttering therapy, alternative tools for complex communication needs, language and speech rehab after stroke, speech/language/cognitive services for degenerative diseases, voice disorders, and dysphagia. Student clinicians work with clinical faculty to provide comprehensive evaluations and treatment Tratamiento individual y grupal para el desarrollo de habilidades sociales y necesidades pragmáticas; rehabilitación cognitiva después de una lesión cerebral o conmoción cerebral; terapia para la tartamudez y el habla acelerada o desorganizada (cluttering); herramientas alternativas para necesidades complejas de comunicación; rehabilitación del lenguaje y el habla después de un accidente cerebrovascular; servicios de habla, lenguaje y cognición para enfermedades degenerativas; trastornos de la voz; y disfagia (dificultades para tragar). Los estudiantes clínicos trabajan con profesores clínicos para proporcionar evaluaciones integrales y tratamiento.
Unity Behavioral	503-803-0471 HELLO@UNITY-BH.COM	◆	OHP, private insurance	Neurodiversity-affirming in-home ABA therapy for children with autism and related developmental needs. Terapia ABA en el hogar, con un enfoque afirmativo de la neurodiversidad, para niños con autismo y otras necesidades del desarrollo relacionadas.



Community Resource Guide

Updated 9/3/2026

ADULTS WITH DISABILITIES

 Adult Protective Services (abuse reporting) To report the abuse of a senior or an adult with a disability in the Lane County Area, call 541-682-4140, email abusereporting@lcog.org or call the Oregon Elder Abuse Hotline at 1-855-503-SAFE (7233). If it is an emergency, dial 911.				
For a searchable online directory of disability services in Oregon, check https://ablefind.uoregon.edu/ . Includes resources for housing, health, recreation, employment, education, social security, safety, legal, finances & more.				
Agency	Contact	Español	Fees	Notes
Allies, LLC	131 E. 11St Ave, Eugene 458-210-2837		FREE / GRATIS Paid for by DD Services	Attendant care, transportation, self-expressions program for adults with intellectual / developmental disabilities.
Alternative Work Concepts	541-345-3043 awc@efn.com			Individualized employment opportunities in the community for adults with multiple disabilities.
The Arc Lane County	4181 E. St, Springfield 541-343-5256	◆	FREE / GRATIS Paid for by DD Services	Provides a range of supports to children, youth and adults who experience intellectual & developmental disabilities and their families. Inclusive preschool, after school program, adult employment and recreation services, in-home and community-based supports.
LTD Accessibility Support and Travel Training	1080 Willamette St, Eugene 541-345-3043		Varies	Half-Fare cards are available to • All Medicare recipients • People who receive Supplemental Security Income (SSI) disability or Social Security Disability (SSD) benefits • Veterans who receive 50% or higher disability benefits • Persons who need an accessible accommodation in order to ride the bus may also be eligible • Half-Fare eligibility is not based on financial need. Personal Care Attendants ride free. In partnership with Alternative Work Concepts , LTD offers free one-on-one training to help older adults and people with disabilities learn to ride the bus independently.
DanceAbility International	576 Olive Street Ste 208, Eugene 541-357-4982	NO	Varies	Classes and performances for adults and children with and without disabilities to dance together. Training available for those who want to teach inclusive dance.
Developmental Disabilities Services	2513 MLK Jr Drive, Eugene 541-682-3695	◆	FREE / GRATIS	Support services for children & adults who experience developmental disabilities.
Disability Rights Oregon	503-243-2081 welcometo@droregon.org	Interpreter upon request		Legal representation and advice, confidential advocacy, safety planning, and referrals to other services
Eugene Adaptive Recreation Hilyard Community Center	2580 Hilyard Street, Eugene 541-682-5311		Varies. Scholarship available.	Year-round, community-based recreational, social and educational programs for children, teens and adults with disabilities. Adaptive recreation equipment rentals.
Full Access Brokerage	1240 Charnelton, Eugene 541-284-5070		FREE / GRATIS Paid for by DD Services	Attendant care, home modifications, person-centered behavior support, assistive technology, employment support for adults with intellectual / developmental disabilities. Referred by DD services.
	1450 Birch, Cottage Grove 541-513-8548			
Goodwill Employment and Training Services	855 Seneca Rd, Eugene 541-431-3309	◆	FREE / GRATIS	Assistance in learning basic skills necessary to maintain employment through paid work experience and training for adults 21+ years with intellectual or developmental disabilities

See next page for more services for Adults with Disabilities

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Community Resource Guide

Updated 9/3/2026

ADULTS WITH DISABILITIES (continued)

Agency	Contact	Español	Fees	Notes
KindTree	PO Box 40847, Eugene 541-780-6950	Spanish speaking volunteers		Support groups, activities, camps, social gatherings for people experiencing Autism. Volunteer-run friends and family camp.
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020		FREE / GRATIS	Independent living skills classes, service navigation, counseling, support groups, club house & more. Support with social security, budgeting, mental health referrals, and peer support.
McKenzie Personnel Systems	315 5th St Springfield 541-344-0549	◆	Funded by DD Services	MPS provides all aspects of supported employment, community inclusion, and supported living services.
Oregon Supported Living Program	1250 Charnelton Street, Eugene 541-343-4196		Funded by DD Services	Residential, supported living, employment, arts & culture for adults with developmental disabilities.
Pearl Buck Center	115 W 8 th Ave, #280, Eugene 541-780-6404		FREE / GRATIS	Job coaches, support finding housing & employment for adults with developmental disabilities.
Resource Connections of Oregon	1600 Valley River Dr, #130, Eugene 541-799-0545	◆	Medicaid	Case management and resource coordination for individuals over 18 who have intellectual or developmental disabilities.
RideSource	240 Garfield St, Eugene 541-682-5566	◆	\$3.50 for one-way trip	Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	◆	Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038		FREE / GRATIS	Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
	3180 Highway 101, Florence 541-902-9430			
SLLEA - (Smart Living, Learning, & Earning with Autism)	541-554-8170			Promote quality housing & support adults with Autism & related disorders. Training for independent living.
Social Security Administration	2504 Oakmont Wy, Eugene 800-772-1213		FREE / GRATIS	Social Security pays disability benefits to people who can't work due to a serious medical condition.
Supported Employment Services	711 Country Club Rd, #1-A, Eugene 541-687-0687	◆	FREE / GRATIS	Job placement, coaching, supported living services, Rep pay benefit services, supported employment for adults with disabilities. Referrals through Voc. Rehab.
Trips, Inc.	PO Box 10885 Eugene 541-686-1013	Sometimes	Varies	Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
Vocational Rehab	2885 Chad Dr, Eugene 541-686-7878		FREE / GRATIS	Skills training and job placement for adults with disabilities.
	101 30 th Ave, Springfield 541-726-3525			
WorkSource Lane	541-686-7601	◆		Employment support for adults living with disabilities.

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Community Resource Guide

Updated 9/3/2026

DEAF and HARD OF HEARING SUPPORTS

Agency	Contact	Notes
Oregon Lion's Sight and Hearing Foundation	971-270-0203 lionsclubsreferrals@olshf.org	Roar Hearing Assistance Program - Covers the cost of hearing aids, hearing tests, ear impressions, and aid fittings for uninsured / underinsured adults below 200% of the federal poverty line. Kex Kids Fund - Provides students with free comprehensive eye exams, eyeglasses and/or hearing aids.
Oregon Association of the Deaf	oad1921@gmail.com	Advocating the rights of Deaf and Hard of Hearing people in Oregon.
Oregon Deaf and Hard of Hearing Service Program	503-945-5600 TTY: 503-945-6214	Improving the quality of life of Deaf and Hard of Hearing people and their families.
Oregon Deafblind Project	See website for current regional coordinators.	Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.
Oregon Deaf Empowerment & Advocacy for Families	Contact form on website: http://lanecounty.us/odeaf/	Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.
Oregon Registry of Interpreters for the Deaf	https://www.orid.org/	Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.
Oregon School for the Deaf	999 Locust Street NE, Salem info@osd.k12.or.us Phone: 503-378-3825 Videophone: 503-400-6180	K-12 school for children who are deaf or hard of hearing. No tuition cost to families. Transportation may be provided by the child's school district. Residential program available. Adult transition program from graduation to age 21.

BLINDNESS and LOW VISION SUPPORTS

Agency	Contact	Notes
Guide Dogs for the Blind	Junction City 541-998-6737	Guide dogs for individuals who are blind / low vision. All services are free, including training and post-graduation support. Financial assistance for veterinary care.
Oregon Commission for the Blind	541 Willamette, Rm #408, Eugene 541-686-7990	Vocational rehabilitation (age 14 and older), independent living services (age 55 and older), and adaptive equipment.
Oregon Lion's Sight and Hearing Foundation	971-270-0203 lionsclubsreferrals@olshf.org	Leap – Lion's Eyeglass Assistance Program - high-quality, low-cost eyewear for people at or below 200% of the federal poverty level. Kex Kids Fund - Provides students with free comprehensive eye exams, eyeglasses and/or hearing aids.
Oregon Talking Books and Braille Library	talkingbook.info@slo.oregon.gov 800-452-0292	Braille and downloadable audio books, magazines, and descriptive videos available on loan.

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Community Resource Guide

Updated 9/3/2026

FAMILY SUPPORT & PARENTING EDUCATION

See the Early Childhood Hub website for a list of parenting classes in Lane County: www.earlychildhoodlane.org/parenting-classes

Agency	Contact	Español	Fees	Notes
4J Welcome Center	LCC Downtown 101 W. 10th Ave, Room 402 Alicia 541-650-1732 longoria@4j.lane.edu Vanessa 541-441-2740 vasquez@4j.lane.edu	◆ Bilingual / bicultural	FREE / GRATIS	A one-stop center for family support with enrollment, resources, and community referrals, the 4J Welcome Center focuses on welcoming newcomers/ recent arrivers and transitioning them to the US educational system and schools within our 4J school district.
The Arc Lane County	4181 E. St, Springfield 541-343-5256	◆	Funded by DD Services	After school program, events, family support. Respite for children with developmental disabilities, ages 2-21. Budgeting, job skills and job placement.
The Arc Families Connected The Arc Familias en Conexión	4181 E St., Springfield 541-343-5256	◆	FREE / GRATIS	Parent-led organization that helps parents raising a child with intellectual / developmental disabilities. Organización dirigida por padres que ayuda a las familias a criar a un niño con discapacidades intelectuales o del desarrollo
CAFA - Christians As Family Advocates 921 Country Club Rd, #222, Eugene 541-686-6000	Parenting After Crisis	15-week parenting class for parents who are in the middle of, or who have recently come out of crisis. \$160 assessment and \$55/group.		
	True Insight Parenting Strategies	FREE 8-10-week parenting series that focuses on attachment, problem solving, play, and connection to solidify parent-child relationships. Visit the TIPS website for future classes and resources. http://trueinsightparent.com/		
	Safe Families for Children	Faith-based host families provide respite care to children whose families are experiencing a temporary emergency. https://www.safefamilieslanecounty.org/AAlbin@safefamilies.net 541-515- SAFE (7233)		
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620		\$5-40 sliding scale	Grandparents Raising Grandchildren Group (see website for details).
Center for Dialogue & Resolution (Parent/Teen Program)	1400 Cross St, Eugene 541-344-5366	Sometimes available	Varies	Mediation for creating / modifying parenting plans. Communication support for parents & teens with issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, etc.
Direction Service	1144 Gateway Lp, #200, Springfield 541-686-5060	◆	OHP, private insurance	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
Early Childhood Hub of Lane County	Website with information on parenting classes and workshops (with online options), a parenting blog, community activity calendar, and many other resources for Lane County parents. https://www.earlychildhoodlane.org/			
ECCO 4J Young Parent Program	200 N Monroe Ave. Eugene 541-790-6850	Interpreter upon request	FREE / GRATIS	High school & GED program offering pregnancy and parenting support for young parents. Free on-site childcare while they are attending classes.
FACT Oregon	2475 SE Ladd Ave, Portland 888-988-3228	◆	FREE / GRATIS	Support for families navigating special education, early Intervention, IEP's, transition to adulthood. Apoyo para familias que navegan la educación especial, la intervención temprana, los IEP y la transición a la adultez.
Families Actively Improving Relationships (FAIR)	10 Shelton McMurphey Blvd, Eugene 541-485-2711	◆	OHP	Intensive outpatient program for parents experiencing challenges with parenting, addiction, mental health.

See next page for more FAMILY SUPPORT & PARENTING EDUCATION Resources

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Community Resource Guide

Updated 9/3/2026

FAMILY SUPPORT & PARENTING EDUCATION (continued)

Agency	Contact	Español	Fees	Notes
Family & Child Health (Lane County Public Health) 541-682-8720 FCH.Referrals@lanecountyor.gov Serving all of Lane County. FREE for families. ◆ - Spanish speaking staff. Interpretation for all other languages	Home visiting by Registered Nurses with Nurse-Family Partnership supports parents starting in pregnancy and through their child's 2nd birthday. RNs with Family Connects Oregon visit families in the first 2 months postpartum for in-home medical and resource navigation support. Family Support Specialists with Healthy Families Oregon offer support starting in pregnancy or in the first 3 months after birth, through their baby's 3rd birthday. Home visiting with CaCoon : RN case managers offer system navigation support to families of children with special medical needs, birth through age 5. All programs focus on supporting healthy pregnancies, child health & development, parent/child attachment, building resilience, and resource connection for medical and social needs. Eligibility: All pregnant people and families with newborns who are Lane County residents. Some programs limited to OHP members."			
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835	◆	FREE / GRATIS	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
	996 A St., Modular 3, Creswell 541-942-4835			Programa terapéutico para la primera infancia, visitas domiciliarias, apoyo para la crianza, servicios de alcance comunitario para familias latinas, evaluaciones del desarrollo, cuidado de relevo y clases para padres y madres, para familias que cumplen con los requisitos y tienen niños menores de 6 años.
Family Resource Centers FREE drop-in services for families, children, youth & teens. Access to community resource information. Basic needs resources available. Servicios gratuitos sin cita previa para familias, niños, niñas, jóvenes y adolescentes. Información sobre recursos comunitarios y acceso a recursos para necesidades básicas.	Creswell Family Resource Center Creslane Elementary School, 996 West A St 541-895-6175 kdumas@creswell.k12.or.us		McKenzie/Blue River Family Resource Center McKenzie High School Lacey Joy lacey.joy@mckenzie.sdsd.org 541-822-1110	
	Crow / Applegate / Lorane Crow-Applegate-Lorane School District Donna Willits, District Office Manager dwillits@cal.k12.or.us 541-935-2100		Oakridge School District Tonya Deisner tonya.deisner@oakridge.k12.or.us 541-782-3226	
	Fern Ridge Family Resource Center Veneta Elementary School Amy Hand / Heather Amrhein frc@fernridge.k12.or.us 541-935-2253 x1205		Pleasant Hill Family Resource Center Phoebe Cooksey pcooksey@pleasanthill.k12.or.us 541-746-0495	
	Mapleton School District Rosie Golden, Community Coordinator rgolden@mapleton.k12.or.us			
Family Support & Connections (Catholic Community Services)	1025 G St Springfield 541-345-3628 x311	◆	FREE / GRATIS	Home visiting, help connecting with resources, goal planning for parents of children under 18.
Focus on Children Enfoque en los Niños	See website for information and registration link.	◆	\$80 per person	Mandatory, one-time, 3-hour virtual parenting class for anyone with children under 18 filing for annulment, divorce, legal separation, custody, or visitation. 50% or 100% fee reductions may be available based on household size and income. Apply for a fee waiver through Lane County Circuit Court.
				Clase de crianza virtual obligatoria, de una sola sesión y de 3 horas, para cualquier persona con hijos menores de 18 años que esté solicitando una anulación, divorcio, separación legal, custodia o régimen de visitas. Es posible que haya una reducción del 50 % o del 100 % de la tarifa según el tamaño del hogar y los ingresos. Solicite una exención de la tarifa a través del Tribunal de Circuito del Condado de Lane.

See next page for more FAMILY SUPPORT & PARENTING EDUCATION Resources

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Community Resource Guide

Updated 9/3/2026

FAMILY SUPPORT & PARENTING EDUCATION (continued)

Agency	Contact	Español	Fees	Notes
KEEP (Oregon Community Programs)	1170 Pearl Street, Eugene 541-520-0524	◆	Paid incentive \$25 /week, up to 24 ODHS hrs	16 weekly, 90-minute sessions building support and skills for foster and kinship parents of children ages 3-18. Groups are currently offered over zoom.
Head Start of Lane County	Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425	◆ Spanish speaking staff Interpretation for all other languages	All services are FREE for eligible families Full Day childcare may require an affordable co-pay.	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3. Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3- to 5-year-olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Nurturely	541-579-8941 info@nuturely.org	◆	Varies	Preventative health programs to reduce disparities in perinatal healthcare. Prenatal education, postpartum social connections, drop-in Perinatal Lounge, a boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents
Nurturing B.L.A.C.K. (Nuturely)	541-579-8941 info@nuturely.org			Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. 4-week virtual group to learn skills and connect with other parents.
Options Counseling Circle of Security group	360 E 10th Ave Ste 450 Eugene 541-687-6983		OHP	Attachment-focused parenting group for parents with children age 9 and younger.
Oregon Community Programs	1170 Pearl St Eugene 541-743-4340	◆	OHP	Parenting groups, therapeutic foster care, counseling for youth and family, skills training, child/adolescent psychiatry. Grupos para padres y madres, hogares de acogida terapéuticos, consejería para jóvenes y familias, capacitación en habilidades y servicios de psiquiatría infantil y para adolescentes.
Oregon Family Support Network	72 A Centennial Lp #150 Eugene 541-342-2876	◆	FREE / GRATIS	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Virtual and in-person support groups. Assistance with IEP and 504 meetings. Food pantry.
Parent Helpline	211 x5	◆	FREE / GRATIS	Child development specialists answer questions from parents with children ages 0-8 Especialistas en desarrollo infantil responden preguntas de padres y madres con niños de 0 a 8 años.
Parent Life	stephanie@lcyfc.org 541-686-9225	◆	FREE / GRATIS	A support program through Lane County Youth for Christ for parents ages 20 and under. Weekly dinner, childcare, and encouragement through community, mentorship, and resources in English and Spanish. See website for upcoming events https://www.lcyfc.org/events

See next page for more FAMILY SUPPORT & PARENTING EDUCATION Resources

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Community Resource Guide

Updated 9/3/2026

FAMILY SUPPORT & PARENTING EDUCATION (continued)

Agency	Contact	Español	Fees	Notes
Parenting Now	86 Centennial Loop, Eugene 541-484-5316	◆	Varies. Scholarships El costo varía. Hay becas disponibles.	Classes & support groups for parents of children ages 0-8. Also, classes for teen parents. Clases y grupos de apoyo para padres y madres de niños de 0 a 8 años. También se ofrecen clases para padres y madres adolescentes.
Pearl Buck Preschool and Family Supports	3690 W 1st Ave, Eugene 541-484-4666	◆	FREE / GRATIS	Support for parents who experience cognitive limitations & have children age 2-5. Apoyo para padres y madres con limitaciones cognitivas que tienen hijos de 2 a 5 años.
Pregnancy & Parenting Center	475 Laurel Street, Florence P.O. Box 1732 541-902-2273 541-999-2427	◆ Spanish speaking interpreter	FREE / GRATIS	Prenatal and birthing education; diapers, maternity clothes, baby clothes/supplies; pregnancy tests and options information; parenting education; life skills education; family mentoring, peer counseling; weekly parent/child playgroup; monthly parent lunch. Educación prenatal y para el parto; pañales, ropa de maternidad, ropa y artículos para bebés; pruebas de embarazo e información sobre opciones; educación para la crianza; educación sobre habilidades para la vida; mentoría familiar y consejería entre pares; grupo semanal de juego para padres, madres e hijos; almuerzo mensual para padres y madres.
Reach Out Oregon (Oregon Family Support Network)	Leave a message or email any time. 1-833-732-2567 info@reachoutoregon.org	◆	FREE / GRATIS	Free warmline for parents and caregivers. Call or text Monday to Friday, 12-5 PM (except holidays). Línea gratuita de apoyo para padres, madres y personas cuidadoras. Llame o envíe un mensaje de texto de lunes a viernes, de 12 a 5 p. m. (excepto días festivos).
Relief Nursery	1720 W. 25 th Eugene and 850 S. 42 nd , Springfield 541-343-9706	◆ Todos los servicios disponibles en español	FREE / GRATIS	Home visiting, parenting support, respite care, parenting classes, addiction recovery peer support, Parents for Recovery support group, therapeutic classrooms. For qualifying families with children birth to 5. All services provided in both English and Spanish. Visitas domiciliarias, apoyo para la crianza, cuidado de relevo, clases para padres y madres, apoyo entre pares para la recuperación de adicciones, grupo de apoyo Parents for Recovery y aulas terapéuticas. Para familias que cumplen con los requisitos y tienen niños de 0 a 5 años. Todos los servicios se ofrecen en inglés y español.
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465		OHP	Collaborative Problem-Solving classes. Family Peer Support.
A Family for Every Child	72C Centennial Loop suite 100 Eugene 541-343-2856		FREE / GRATIS	Helps find adoptive homes for children in foster care. Mentor program for at-risk & foster youth ages 5-18. 10 hours+ /mo. of individual support. Case management and host homes for unhoused youth ages 14-24.

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Community Resource Guide

Updated 9/3/2026

RESOURCE PARENT & ADOPTION SUPPORT

Agency	Contact	Español	Fees	Notes
A Family for Every Child	72C Centennial Loop suite 100 Eugene 541-343-2856		FREE / GRATIS	Helps find adoptive homes for children in foster care. Mentor program for at-risk & foster youth ages 5-18. 10 hours+ /mo. of individual support. Case management and host homes for unhoused youth ages 14-24.
Adoption Connections of Oregon	aco@peak.org 541-554-1201		FREE / GRATIS	Support, education, multicultural activities for anyone touched by or interested in adoption.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	No Spanish services	FREE / GRATIS	Specialized TIPS (True Insights) Parenting Classes for Foster Parents.
Foster & Adoptive Parent Association of Lane County	FAAPALane@outlook.com		FREE / GRATIS	Facebook page, support group, family events, and peer support for foster & adoptive families.
Holt International	250 Country Club Rd Eugene 1-888-355-4658 Info@holtinternational.org			International and U.S. adoption service. Post-adoption support including coaching and education, birth parent search, and citizenship advice.
Jerry Adams Aquatics Resilience (JAAR)	Mailing address: 3095 Kincaid St., Eugene, 97405 Lesson address: EVEN Hotel 2133 Centennial Plaza, Eugene 541-852-2997 hello@jaarprogram.org	No Spanish services Limited sign language	FREE / GRATIS Donations and/or Flex Funds appreciated	Specialized water-safety swim lessons for children with disabilities, mental illnesses, and/or those in the foster care system. 12 free, private, water-safety swim lessons along with free equipment (e.g., competitive bathing suit, cap, goggles, ear plugs, nose plugs).
Open Adoption & Family Services	150 Shelton McMurphey Blvd, #204, Eugene 541-343-4825	Interpreter upon request	FREE / GRATIS	Free, unbiased all-options pregnancy counseling as clients explore their options (parenting, abortion, and adoption) in a supportive, compassionate environment. Not affiliated with any religion. High integrity child-centered open adoptions include ongoing relationships between birth and adoptive families. Services include life-long adoption-related counseling and support.
Oregon Community Programs	1170 Pearl St., Eugene 541-743-4340 info@oregoncp.org			Intensive treatment foster care that helps youth with complex needs stabilize, heal, and successfully transition back to family settings. Foster parents receive 24/7 support from a skilled clinical team.
Oregon Foster Parent Association	410 Mill #366, Salem 888-544-3402 Email: office@ofpa.com			A statewide association operating within the foster, relative, and adoptive community in Oregon.

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Community Resource Guide

Updated 9/3/2026

FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Español	Fees	Notes
Open Adoption & Family Services	150 Shelton McMurphey Blvd, #204, Eugene 541-343-4825	Interpreter upon request	FREE / GRATIS	Free, unbiased all-options pregnancy counseling as clients explore their options (parenting, abortion, and adoption) in a supportive, compassionate environment. Not affiliated with any religion. High integrity child-centered open adoptions include ongoing relationships between birth and adoptive families. Services include life-long adoption-related counseling and support.
Planned Parenthood	3579 Franklin Blv., Springfield 541-344-9411 793 N. Danebo Dr., Eugene 541-344-9411	Interpreter upon request	OHP, private insurance, sliding scale	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, all gender health care, emergency contraception, abortion services.
Pregnancy & Parenting Center	475 Laurel Street, Florence P.O. Box 1732 541-902-2273 541-999-2427	◆ Spanish speaking interpreter	FREE / GRATIS	Prenatal and birthing education; diapers, maternity clothes, baby clothes/supplies; pregnancy tests and options information; parenting education; life skills education; family mentoring, peer counseling; weekly parent/child playgroup; monthly parent lunch.
Our Community Birth Center	188 West B Street, Building O, Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	OHP, private insurance, sliding scale	Nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum care including home visits, newborn care, lactation services.

CAR SEAT CLINIC

Agency	Contact	Notes
Safe Rides for Safe Kids (Sacred Heart – Riverbend)	PeaceHealth RiverBend 3311 RiverBend Dr. Springfield	A certified child passenger safety technician (CPST) will provide a free car seat check when families with newborns are discharged from PeaceHealth Sacred Heart Medical Center at Riverbend.
For current information about Oregon's car seat regulations: https://www.oregon.gov/odot/safety/pages/belts-seats.aspx		

DIAPER ASSISTANCE

Agency	Contact	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St. Springfield	FREE diapers. Stop by to check on availability.
Lane County Diaper Bank	info@lcdiaperbank.org 541-221-0824	FREE diapers for low-income families in Eugene, Springfield, and surrounding areas. Distributed through partner agencies. See website.
The Cloth Option, Inc.	See website to apply: www.theclothoption.org/apply Email: info@theclothoption.org	FREE cloth diaper distribution program. Qualifying families receive a starting cloth diaper stash. Newborns receive 20 cloth diapers, infants 15, and potty training toddlers 10.

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Community Resource Guide

Updated 9/3/2026

PRENATAL / POST-PARTUM SUPPORT / DOULAS

Agency	Contact	Español	Fees	Notes
Baby Connection (Parenting Now)	86 Centennial Loop, Eugene 541-484-5316	◆	FREE / GRATIS	Free infant feeding support and socializing for parents with a baby under 12 months. In person every Wednesday, 11 am to 12 pm. • Talk to a lactation and feeding specialist • Have your baby weighed • Have a weekly photo taken • Connect with a professional Parenting Educator • Meet other new parents
				Reunión gratuita de apoyo para la alimentación infantil y socialización para padres con bebés menores de 12 meses. Presencial todos los miércoles, de 11:00 a. m. a 12:00 p. m. • Hable con una especialista en lactancia y alimentación infantil. • Pese a su bebé. • Tome una foto semanal de su bebé. • Conéctese con un educador profesional de crianza. • Conozca a otros padres primerizos.
Community Doula Program	Referrals@communitydoulaprogram.org 541-600-4064	◆	OHP	Connecting families with information and support during birth, pregnancy, and the early weeks of parenting through the care of a trained doula from your community.
				Conectamos a familias con información y apoyo durante el parto, embarazo, y las primeras semanas de crianza a través del cuidado de una doula capacitada de su comunidad.
Family & Child Health (Lane County Public Health) 541-682-8720 FCH.Referrals@lanecountyor.gov Serving all of Lane County Provided at no cost to families Spanish speaking staff available. Interpretation available for all other languages ◆ Al servicio de todo el condado de Lane. Se ofrece sin costo alguno para las familias. Personal que habla español disponible. Interpretación disponible para todos los demás idiomas		Home visiting by Registered Nurses with Nurse-Family Partnership supports parents starting in pregnancy and through their child’s 2nd birthday. RNs with Family Connects Oregon visit families in the first 2 months postpartum for in-home medical and resource navigation support. Family Support Specialists with Healthy Families Oregon offer support starting in pregnancy or in the first 3 months after birth, through their baby’s 3rd birthday. Home visiting with CaCoon : RN case managers offer system navigation support to families of children with special medical needs, birth through age 5.		
		All programs focus on supporting healthy pregnancies, child health & development, parent/child attachment, building resilience, and resource connection for medical and social needs.		
		Eligibility: All pregnant people and families with newborns who are Lane County residents. Some programs limited to OHP members.”		
		El programa de visitas a domicilio de enfermeras registradas de Nurse-Family Partnership brinda apoyo a los padres desde el embarazo hasta el segundo cumpleaños de su hijo. Las enfermeras registradas de Family Connects Oregon visitan a las familias durante los dos primeros meses después del parto para brindarles apoyo médico y orientación sobre recursos en el hogar. Los especialistas en apoyo familiar de Healthy Families Oregon ofrecen apoyo desde el embarazo o durante los primeros tres meses después del nacimiento, hasta el tercer cumpleaños del bebé. El programa de visitas a domicilio CaCoon , a cargo de enfermeras gestoras de casos, ofrece apoyo para la navegación del sistema de salud a familias de niños con necesidades médicas especiales, desde el nacimiento hasta los 5 años.		
		Todos los programas se centran en apoyar embarazos saludables, la salud y el desarrollo infantil, el vínculo entre padres e hijos, el desarrollo de la resiliencia y la conexión con recursos para necesidades médicas y sociales.		
		Requisitos de elegibilidad: Todas las personas embarazadas y familias con recién nacidos que residen en el condado de Lane. Algunos programas están limitados a miembros de OHP.		

See next page for more PRENATAL / POST-PARTUM SUPPORT / DOULAS

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Community Resource Guide

Updated 9/3/2026

PRENATAL / POST-PARTUM SUPPORT / DOULAS (CONTINUED)

Agency	Contact	Español	Fees	Notes
La Leche League	971-301-2120 lalecheleaguewv@gmail.com Facebook Page FB support group	◆	FREE / GRATIS	Breastfeeding support provided by warm line, email, text. Monthly in-person meetings. Apoyo para la lactancia materna mediante una línea telefónica, correo electrónico y mensajes de texto. Reuniones presenciales mensuales.
Milkweed and Honey Doula and Peer Services	541-543-3863	No	OHP	Compassionate, culturally responsive doula care across the entire reproductive health journey, holistic case management services that address the complex needs of young people navigating challenging life circumstances. Peer-led, harm reduction approach. Age 16-29.
National Maternal Mental Health Hotline	833-TLC-MAMA (1-833-852-6262)	◆	FREE / GRATIS	24/7, free, confidential support before, during, and after pregnancy. This hotline offers counselors who speak English and Spanish, and interpreter services in 60 languages. Apoyo gratuito y confidencial las 24 horas del día, los 7 días de la semana, antes, durante y después del embarazo. Esta línea de ayuda ofrece consejeros que hablan inglés y español, así como servicios de interpretación en 60 idiomas.
Nurturely	541-579-8941 info@nurturely.org	◆	FREE / GRATIS	Prenatal education, postpartum social connections, drop-in Perinatal Lounge, boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents. Educación prenatal, conexiones sociales posparto, sala de espera perinatal, una boutique y centro de bienestar para la lactancia y el apoyo para portear bebés. Cohortes de bienestar para futuros padres.
Our Community Birth Center	188 West B Street, Building O Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	OHP, private Insurance, sliding scale	Nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General & preventative health care, gynecology, all-options pregnancy counseling, birth control, fertility, pregnancy, birth and postpartum care. Home visits, lactation services. Centro de maternidad y clínica de salud con enfermeras obstetras. Centrado en el cliente e inclusivo para LGBTQIA+. Atención médica general y preventiva, ginecología, asesoramiento integral sobre embarazo, control de la natalidad, fertilidad, embarazo, parto y atención posparto. Visitas a domicilio, servicios de lactancia.
Post-Partum Support International	support@postpartum.net 800-944-4773	◆	FREE / GRATIS	Email / phone support, referrals for post-partum services. Asistencia por correo electrónico/teléfono, referencias para servicios posparto.
Pregnancy & Parenting Center	475 Laurel Street, Florence P.O. Box 1732 541-902-2273 541-999-2427	◆ Spanish speaking interpreter	FREE / GRATIS	Prenatal and birthing education; diapers, maternity clothes, baby clothes/supplies; pregnancy tests; options information; parenting education; life skills education; family mentoring, peer counseling; weekly parent/child playgroup; monthly parent lunch. Educación prenatal y sobre el parto; pañales, ropa de maternidad, ropa y artículos para bebés; pruebas de embarazo e información sobre opciones; educación para la crianza; educación en habilidades para la vida; mentoría familiar y consejería entre pares; grupo de juego semanal para padres e hijos; almuerzo mensual para padres.
Rainbow Bridge Doula Services	Facebook: Rainbow Bridge Doula Services 541-914-9975	◆	Sliding Scale	Prenatal, birth & postpartum support. Apoyo prenatal, parto y posparto.
WellMama	576 Olive St #205, Eugene Call or text SUPPORT to 541-525-0495 info@wellmamaoregon.org	◆	FREE / GRATIS	24-hour peer support help line, private online self-assessment, support groups for maternal mental health challenges. Línea de ayuda de apoyo entre pares disponible las 24 horas, autoevaluación privada en línea, grupos de apoyo para problemas de salud mental materna.
Women, Infants, & Children (WIC)	151 W 7th Ave, #210, Eugene 541-682-4202	◆	FREE / GRATIS	Breastfeeding / nutrition support. Breast pumps. Apoyo a la lactancia materna y a la nutrición. Extractores de leche.

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Community Resource Guide

Updated 9/3/2026

SCHOOL DISTRICT OFFICES in LANE COUNTY

District	Contact	District	Contact
Bethel	541-689-3280 4640 Barger Dr, Eugene	Mapleton	541-268-4312 10868 E. Mapleton Rd, Mapleton
Blachly	541-925-3262 20264 Blachly Grange Rd, Blachly	Marcola	541-933-2817 38300 Wendling Rd, Marcola
Creswell	541-895-6000 998 West A St, Creswell	McKenzie	541-822-3338 51187 Blue River Dr, Finn Rock
Crow-Applegate-Lorane	541-935-2100 85955 Territorial Rd, Eugene	Oakridge	541-782-2813 76499 Rose St, Oakridge
Eugene 4J	541-790-7700 200 N. Monroe St, Eugene	Pleasant Hill	541-746-9646 36386 Hwy 58, Pleasant Hill
Fern Ridge	541-935-2253 88834 Territorial Rd, Elmira	Siuslaw	541-997-2651 2111 Oak St, Florence
Junction City	541-998-6311 69 325 Maple St, Junction City	South Lane	541-942-3381 455 Adams, Cottage Grove
Lowell	541-937-2124 65 South Pioneer St, Lowell	Springfield	541-747-3331 640 A St, Springfield

How do I contact the Lane ESD Superintendent?

Find the name of the current Superintendent on this website: <https://lesd.k12.or.us/superintendent/>

Email: supt-office@lesd.k12.or.us or call: **541-790-7707**

¿Cómo me comunico con el Superintendente de Lane ESD?

Encuentre el nombre del Superintendente actual en este sitio web: www.lesd.k12.or.us/admin/supt.html

Correo electrónico: supt-office@lesd.k12.or.us o llame al: **541-790-7707**

SAFETY TIP LINE FOR OREGON SCHOOLS

Agency	Contact	Notes
SafeOregon	Call or text: 844-472-3367 tip@safeporegon.com	Tip line for reporting school threats, weapons, violence, bullying, dating violence, drugs, self-harm, or other safety concerns. A real, live person is available 24 hours a day. 7 days a week.

EDUCATIONAL ADVOCACY

Agency	Contact	Español	Fees	Notes
CADRE - Center for Appropriate Dispute Resolution in Special Education	576 Olive St, Suite 300 Eugene 541-359-4210 cadre@directionservice.org	◆	Varies	Technical assistance, training, presentations, and other products and services that are useful for dispute resolution in special education and early intervention.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	◆	OHP, private insurance	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
Education Justice Action Team	mica@calclane.org 541-485-1755	◆	FREE / GRATIS	Connects parents/caregivers with advocates who assist after incidents of bias, harassment, and discrimination. Advocates also act as witnesses and accompany parents to meetings.
Inclusive Partners	inclusivepartners@state.or.us 866-837-0250 www.inclusivepartners.org	◆	FREE / GRATIS	FREE consultation and individualized planning for child care providers caring for children who need additional accommodation to support inclusive care. For children and youth birth - age 17.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	◆	FREE / GRATIS	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Virtual and in-person support groups. Assistance with IEP and 504 meetings. Online support group for families raising LGBTQ+ youth. Food pantry.

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HOME SCHOOLING and DISTANCE LEARNING OPTIONS

Agency	Contact	Notes
Baker Charter Schools	541-524-2300	Free statewide K-12 home-based public charter school. Online and textbook-based classes with teacher support. Option to earn college and high school credit at the same time. ♦ - bilingual staff Escuela pública autónoma (charter) gratuita a nivel estatal para estudiantes de K-12 (desde kínder hasta 12.º grado). Clases en línea y basadas en libros de texto con apoyo de maestros. Opción de obtener créditos universitarios y de escuela secundaria al mismo tiempo. Personal bilingüe.
Bridge Charter Academy	60 South Pioneer St, Lowell 541-937-5200 joinbca@bridgecharter.com	Free partial-day classroom setting serving home-based K-12 students. Accredited online curriculum options. Mostly remote with required weekly 3-hour in-person sessions on the school campus. ♦ Interpreter upon request.
Cascadia Learning Cooperative	3495 W. 18th Ave., Eugene 734-218-4877 cascadilearning@gmail.com	Secular learning program for Eugene-Springfield area homeschoolers and unschoolers ages 6-14. Enrichment classes to a full homeschool curriculum. Full-Time Members: - parents volunteer a minimum of 4 hours per week - One child \$1,350 / year or \$790 / semester if paid in full for the semester. - Two children \$1,500 / year, or \$875 / semester if paid in total for the semester. - Each additional child above 2 children is \$50 more per semester Part Time Members: - parents volunteer a minimum of 2 hours per week - \$500 for 1 child, \$250 for the second child, \$50 for each additional child.
Fossil Distance Learning Program	centraloffice@fossildlp.com 458-215-0204	Free K-8 distance learning. A credentialed teacher provides support to students and their families. Each student is allocated instructional funds to purchase curriculum, supplies, lessons, and classes.
Home School Legal Defense Association	540-338-5600	Education consulting services. Advice / legal support regarding homeschooling. . Fees for membership: Monthly \$14, Annual \$135, Lifetime \$1500. ♦ - bilingual staff, website available in Spanish Servicios de consultoría educativa. Asesoría y apoyo legal relacionado con la educación en el hogar (homeschooling). Tarifas de membresía: \$14 al mes, \$135 al año, \$1,500 de por vida. Personal bilingüe; sitio web disponible en español.
Learn at Home Oregon	301 South 3rd Street, Alsea 541-487-5644	Free K-8 home-based distance education program. Learning materials and technology delivered to the child's home. Provides hands-on learning experiences.
Navigators Homeschool Group	800-382-6010	Homeschool classes, activities, events, field trips, theater opportunities on Fridays starting in October and finishing in May. \$450 / year. Additional fees may apply.
Oregon Christian Education Association Network	503-288-1285	A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
Willamette Connections Academy	800-382-6010	FREE accredited online public school that allows students to learn from home or anywhere with an internet connection. ♦ Interpreter upon request.
Oregon Home Education Network	Message Line: 503-893-2744 info@ohen.org	A statewide nonprofit that provides information about homeschooling, promotes connection among homeschoolers, and supports homeschool families in Oregon.
Evergreen Virtual Academy	541-751-8060	FREE statewide online K-12 public education. Experienced, Oregon-licensed teachers, available online and by phone. Provides laptops and all materials to students. Some bilingual teachers but cannot provide Spanish services completely.
Teach Northwest	541-952-1381	K-12 Virtual STEAM and Homeschool Academy that allows parents to select from a wide range of traditional homeschool and/or online school options.

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Community Resource Guide

Updated 9/3/2026

SPECIALIZED EDUCATIONAL SETTINGS

Agency	Contact	Español	Fees	Notes
Bridgeway House	541-345-0805 555 E 15 th , Eugene		OHP , private insurance	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, social events and a full-time school.
Riverview Center for Growth	541-726-1465 3995 Marcola Rd, Springfield	No	OHP	Integrated treatment and education program for ages 4-19 with severe emotional and behavioral issues. Individual therapy, group therapy, and family therapy.
ECCO 4J Young Parent Program	200 N Monroe Ave. Eugene 541-790-6850	Interpreter upon request	FREE / GRATIS	High school and GED program offering pregnancy and parenting support for young parents. Free on-site childcare while students are attending classes.
Gateways High School	425 10th Street Springfield 541-744-8862	No	FREE / GRATIS	High school option for students who need help with basic academic skills (2-4 grade levels behind), are behind in course credits, need extra support, or are pregnant or parenting. Traditional diploma, modified diploma, and GED options.
Jasper Mountain School	37875 Jasper-Lowell Rd, Jasper 541-747-1235	◆ Bilingual staff & interpreter upon request	OHP , private insurance	Intensive mental health treatment for ages 4-13. K-8 residential educational program and academic day treatment for children with psychiatric disorders. Specializing in reactive attachment disorder.
JC Options	325 Maple St, Junction City rsmith@junctioncity.k12.or.us 541-998-6311		FREE / GRATIS	K-12 alternative educational program. Students may be home-based, work at the local Learning Center, or a combination. Families can select all JC Options classes or dual enrollment in their neighborhood school.
Lane School	1717 City View, Eugene 541-463-8500	Interpreter for meetings, not classes	FREE / GRATIS	Short-term behavioral & academic day school for K-8 students experiencing emotional disturbance or autism spectrum disorder.
Looking Glass Educational and Vocational Services	Center Point School	541-868-0661 1790 W 11th Ave, Eugene	No	Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy and transition services. Services are not available in Spanish.
	New Roads School	541-302-2551 945 W 7th Ave, Eugene	◆ Spanish GED support	Alternative educational program for runaway / homeless youth, 16-21. GED prep, tutoring, life skills, meals, health care, counseling, case management, and recreational activities. Safe space.
	Riverfront School	541-302-2554 1666 W 12th Ave, Eugene	◆ English and Spanish	Education & vocational training for at-risk youth 14-21, diploma / GED, help with transportation, clothing, and employment. Coordinates mental health and drug and alcohol recovery services.
	Independent Living Program	541-302-2554 1666 W 12th Ave, Eugene	No	Assists current and former foster youth ages 16 – 21 to gain skills to transition into independent living. Supports youth to create goals toward education, housing, employment, financial literacy, and more. Must be referred by DHS.
Martin Luther King Jr Education Center	2515 Martin Luther King Jr. Blvd, Eugene 541-682-4715	◆ Bilingual staff available	FREE / GRATIS	Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, vocational training, and employment support.

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Community Resource Guide

Updated 9/3/2026

TRANSITION PROGRAMS and SCHOOL DISTRICT SERVICES FOR STUDENTS AGE 14-21

- Transition programs support youth with disabilities as they transition from high school to adult life.
- Each school district has their own unique way of supporting students who are eligible for these services.
- The [School District Transition Program](#) website has information about most of these programs.
- If you are unsure which program to contact, you can reach out to Josh Barbour, who is the Transition Network Facilitator in Lane County. Josh's email is josh.barbour@lblead.k12.or.us

Agency	Contact	Notes
4J Community Transition Program	Anders Pettersson, pettersson_a@4j.lane.edu 541-912-3618 Jason Renslow, Renslow_J@4j.lane.edu 541-790-3340	Transition supports for young adults, ages 18-21, in the 4J district who qualify for an IEP and have graduated high school, have a GED, or are planning to complete high school / GED. Vocational, academic, independent living, and recreational skill building.
Bethel Community Transition Network (BCTN)	Edane Chism: edane.chism@bethel.k12.or.us 541-607-1458	Youth transition program for the Bethel School District.
The Bridge Program (Siuslaw)	ijohnson@siuslaw.k12.or.us 541-997-5477	Supports Siuslaw students to work toward achieving their individual goals as stated in their Individual Education Plans as well as focusing on lifelong fitness/health and work-based learning through job experiences in the community.
Springfield Community Transition Program (CTP) and Life Skills Transition Program (LSTP)	1030 "G" Street, Springfield Sally Golden, CTP Teacher - 541-501-3571 sally.golden@springfield.k12.or.us Christina Takei, LSTP Teacher - 541-228-7261 christina.takei@springfield.k12.or.us Hai Nguyen, Administrator - 541-972-2021 hai.nguyen@springfield.k12.or.us	Serving Springfield students with disabilities ages 18-21 in the four areas of Transition: Work/Vocational, Independent Living, Community Participation, & Post-Secondary Education.
Transition Education Network (TEN) (Sheldon High School)	Sheldon High School, 2455 Willakenzie Road, Eugene 541-790-6633	Serves students at Sheldon High School aged 14–18 with developmental disabilities and who have educational needs that include high level staff support and a focus on functional skills. Students who attend TEN are invited to attend either CLP or Connections once they leave high school.
Westmoreland Transition Program (Lane ESD)	Brittney Spencer bspencer@lesd.k12.or.us 458-234-7216	Serves students aged 18–21 with developmental disabilities. Life Skills support services include speech and language therapy, vocational/community training, behavioral consultation, autism consultation, supported inclusion, physical therapy, occupational therapy, and nursing consultation services.

VOCATIONAL REHABILITATION PROGRAMS

Agency	Contact	Notes
Youth Transition Program	Michelle Markle, YTP Statewide Coordinator, michelle.markle@dhsosha.state.or.us 971-304-4281	Prepares students with disabilities for employment, education or training through an array of transition services and supports.
Pre-Employment Transition Services (Vocational Rehabilitation)	C.J. Webb, Pre-ETS Program Coordinator, Carolyn.Webb@dhsosha.state.or.us 503-479-4979	Services for students with a disability 14 to 21 years old, by request. See website for more information: https://www.oregon.gov/dhs/EMPLOYMENT/VR/Pages/YTS-Pre-ETS.aspx

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MCKINNEY-VENTO PROGRAM FOR STUDENTS WITHOUT HOUSING

Students experiencing housing disruptions, living in temporary housing, or experiencing homelessness have additional educational rights and protections under the McKinney-Vento Act.

McKinney-Vento liaisons support eligible students and families by:

- Assisting with enrollment
- School transportation support (pending availability)
- Providing school supplies and other supplies as available
- Providing referrals to school and community services
- Problem-solving barriers to school attendance and participation and advocating to remove barriers
- Assisting unaccompanied youth with the FAFSA

The following living situations may qualify a student:

- Living in a hotel, motel, shelter, transitional housing, car, RV, or camping outside
- Staying at someone else's home due to an economic or other such hardship
- Staying in a house that lacks water, electricity, heat, or is over-crowded

Bethel School District	• Mari Ford - Mari.Ford@bethel.k12.or.us - 541-689-3283 • Yadira Flores (bilingual) - Yadira.flores@bethel.k12.or.us - 541-607-1497
Creswell School District	• Kristen Shroy - 541-852-0837 (call/text) - kshroy@creswell.k12.or.us
Eugene School District 4J	541-790-6888 or click here to make a referral • Kristine Craft (craft_k@4j.lane.edu) – South and Churchill regions • Eve Cornelius (cornelius_e@4j.lane.edu) – North and Sheldon regions • Mary Kate Coy (coy_m@4j.lane.edu) – Unaccompanied Youth Liaison
Fern Ridge School District	• Becky Dube' - 541-935-2253 x1210
Junction City School District	• Becca Larsen 541-321-5359 - email: blarsen@junctioncity.k12.or.us • Katie Bradford 541-998-6311 ext. 5621 - email: kbradford@junctioncity.k12.or.us
Mapleton School District	• Brenda Moyer bmoyer@mapleton.k12.or.us
Marcola School District	• Holly Genthner - hgenthner@marcola.k12.or.us - 541-933-2512 x 1101
McKenzie School District	• Lacey Joy, Special Programs Coordinator, lacey.joy@mckenziesd.org (541) 822-1110
Siuslaw School District	• Ella Glowacki – 541-997-2514 x5457 - eglowacki@siuslaw.k12.or.us
South Lane School District	• Maty Meier – 541-731-5702 - mary.meier@slane.k12.or.us
Springfield School District	• 541-744-6769



Community Resource Guide

Updated 9/3/2026

EARLY CHILDHOOD SERVICES

Agency	Contact	Español	Fees	Notes
Find Child Care Oregon	www.findchildcareoregon.org Call 211, or Text "children" to 898211	◆	FREE / GRATIS	Call, text, email or check website for referrals to local childcare providers. Llame, envíe un mensaje de texto, correo electrónico o visite el sitio web para obtener referencias de proveedores locales de cuidado infantil.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	◆	All services are free to eligible children. No insurance required	Early Intervention (EI) and Early Childhood Special Education (ECSE) services for children birth to kindergarten who have developmental delays or disabilities. Services help children with speech and language, behavior and social skills, moving, playing, learning and understanding. Servicios de Intervención Temprana (EI) y de Educación Especial en la Primera Infancia (ECSE) dirigidos a niños desde el nacimiento hasta la edad preescolar que presentan retrasos en el desarrollo o discapacidades. Estos servicios ayudan a los niños en áreas como el habla y el lenguaje, el comportamiento y las habilidades sociales, el movimiento, el juego, el aprendizaje y la comprensión.
Early Education Program (EEP)	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene 541-485-0368 office@earlyeducationprogram.org	◆	FREE / GRATIS	Classrooms for children with special needs age 3-5. Half-day or full day sessions. Aulas para niños con necesidades especiales de 3 a 5 años. Sesiones de medio día o jornada completa.
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835	◆	FREE / GRATIS	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
	996 A St., Modular 3, Creswell 541-942-4835	◆	FREE / GRATIS	Programa terapéutico para la primera infancia, visitas domiciliarias, apoyo a la crianza, alcance a la comunidad latina, evaluaciones del desarrollo, servicios de relevo, y clases para padres; dirigido a familias elegibles con niños menores de 6 años.
Head Start of Lane County Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425 ◆ Spanish speaking staff. Interpretation for all other languages Services are FREE for eligible families. Full Day childcare may require an affordable co-pay.		Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Early Head Start: Visitas domiciliarias y grupos de juego para futuros padres y niños de hasta 3 años (momento en que los niños tienen la edad suficiente para participar en un aula preescolar). Promueve resultados de nacimiento saludables, un desarrollo infantil optimizado y habilidades de crianza positivas. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available. Head Start: Educación preescolar de alta calidad para niños de 3 a 5 años que promueve la preparación escolar mediante el fomento del desarrollo social y cognitivo. Ofrece servicios médicos, dentales y nutricionales, educación para padres, oportunidades de establecer contactos y otros apoyos para los niños y sus familias. Se hace hincapié en la participación de los padres, la sensibilidad cultural y una programación inclusiva. Se encuentran disponibles aulas de jornada parcial, jornada extendida y jornada completa.		

See next page for more EARLY CHILDHOOD SERVICES

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Community Resource Guide

Updated 9/3/2026

EARLY CHILDHOOD SERVICES (continued)

Agency	Contact	Español	Fees	Notes
Jerry Adams Aquatics Resilience (JAAR)	Mailing address: 3095 Kincaid St., Eugene, 97405 541-852-2997 hello@jaarprogram.org	No Spanish services Limited sign language	FREE / GRATIS Donations and/or Flex Funds appreciated	Specialized water-safety swim lessons for children with disabilities, mental illnesses, and/or those in the foster care system. 12 free, private, water-safety swim lessons along with free equipment (e.g., competitive bathing suit, cap, goggles, ear plugs, nose plugs).
Jump Start	The ARC of Lane County 4181 E St, Springfield Annie Wahto: 541-914-4232	◆	ERDC / Private Pay	Inclusive preschool and after school programs where children of all abilities can feel safe, nurtured and included. Monday – Friday, 7:30 a.m. - 6 p.m. Full day program for children age 6-13. Programas inclusivos de preescolar y actividades extraescolares donde niños de todas las capacidades pueden sentirse seguros, cuidados e incluidos. De lunes a viernes, de 7:30 a. m. a 6:00 p. m. Programa de jornada completa para niños de 6 a 13 años.
Kids in Transition to School (KITS)	10 Shelton McMurphy Blvd, Eugene 541-485-2711	◆	FREE / GRATIS	School readiness program that provides a boost to children’s literacy, self-regulation, and social skills. 12-session workshop for parents.
Pearl Buck Preschool and Family Supports	3690 W 1 st Ave, Eugene 541-484-4666	◆	FREE / GRATIS	Specialized, year-round preschool for children age 2-5 whose parents have cognitive challenges. Parenting support and education adapted for adults with diverse learning abilities, home visits, case management. Preescolar especializado, disponible todo el año, para niños de 2 a 5 años cuyos padres presentan desafíos cognitivos. Ofrece apoyo y educación para la crianza adaptados a adultos con diversas capacidades de aprendizaje, visitas domiciliarias y gestión de casos.
Preschool Promise	Various classroom locations. Apply at United Way: 3171 Gateway Loop, Springfield 541-741-6000	◆	FREE / GRATIS	Free, full time preschool for children age 3-4. https://www.earlychildhoodlane.org/preschool-promise Preescolar gratuito y de tiempo completo para niños de 3 a 4 años. https://www.earlychildhoodlane.org/preschool-promise
Relief Nursery	1720 W. 25th Eugene 850 S. 42nd, Springfield 541-343-9706 	◆ Todos los servicios disponibles en español	FREE services for qualifying families with children birth to age 5. • Home visiting and parenting support • Early Childhood Respite Program • Therapeutic Early Childhood Program • Child and Family Counseling • Peer Support and support group for parents in recovery • Parenting classes and Circle of Security (English and Spanish) Servicios GRATUITOS para familias que califiquen con niños desde el nacimiento hasta los 5 años. • Visitas a domicilio y apoyo parental • Programa de Respiro para la Primera Infancia • Programa Terapéutico para la Primera Infancia • Consejería Infantil y Familiar • Apoyo entre pares y grupo de apoyo para padres en recuperación • Clases para padres y Círculo de Seguridad (inglés y español)	

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Community Resource Guide

Updated 9/3/2026

ACTIVITIES FOR CHILDREN, YOUTH and FAMILIES

For a **calendar of current events for children** in Lane County, check out:

www.earlychildhoodlane.org/activity-calendar



Agency		Contact	Notes
Community Centers Eugene Rec Class List & Registration Willamalane Class List & Registration	Amazon Community Center	2700 Hilyard St., Eugene 541-682-5373	Programs for youth, families & seniors. Preschool & afterschool programs, fitness classes, summer camps, adaptive programs and equipment rentals, veteran programs. Scholarships available.
	Hilyard Community Center	2580 Hilyard St., Eugene 541-682-5311	
	Peterson Barn	870 Bertzen Rd, Eugene 541-682-5521	
	River Road Parks & Rec	1400 Lake Dr, Eugene 541-688-4052	
	Sheldon Community Center	2445 Willakenzie Rd, Eugene 541-682-5312	
	Willamalane Parks & Rec	250 S. 32 nd , Springfield 541-736-4544	
Swimming Pools	Amazon Pool	2600 Hilyard St., Eugene 541-682-5350	Outdoor pool open May – October. Lap & rec swims, lessons, & water-based fitness classes.
	Echo Hollow Pool	1655 Echo Hollow Rd, Eugene 541-682-5525	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
	Eugene Family YMCA	2055 Patterson, Eugene 541-686-9622	Lap pool, children's pool, hot tub. Lessons, recreational swim, lifeguard training, swim team, water fitness.
	Jerry Adams Aquatics Resilience (JAAR)	Mailing address: 3095 Kincaid St., Eugene, 97405 Lesson address: EVEN Hotel, 2133 Centennial Plaza, Eugene 541-852-2997 hello@jaarprogram.org	FREE Specialized water-safety swim lessons for children with disabilities, mental illnesses, and/or those in the foster care system. 12 free, private, water-safety swim lessons along with free equipment (e.g., competitive bathing suit, cap, goggles, ear plugs, nose plugs). No Spanish services, Limited sign language. Donations and/or Flex Funds appreciated.
	Max Strauss Pool (Junction City)	1515 Laurel St., Junction City 541-998-3621	Recreational swim and family swim times.
	River Road Pool & Emerald Park Wading Pool	1400 Lake Dr, Eugene 541-461-7777	Indoor pool, spas, dry heat sauna. Outdoor wading pool for children 48" or less. Open on sunny days above 70 °.
	Sheldon Pool	2445 Willakenzie Rd, Eugene 541-682-5312	Lap and rec swim, lessons, water-based fitness classes.
	Splash! At Lively Park (Willamalane)	6100 Thurston Road, Springfield 541-736-4244	Wave pool, water slide, lap pool, spa, kiddie pool, community rooms, and more!
	Veneta Community Pool	25190 E Broadway Ave, Veneta 541-935-4390	Lap swim, swim lessons (group and private), recreational swim, swim team
	Warren H. Daugherty Aquatic Center	1440 S. 8th St., Cottage Grove 541-942-5533	Recreational swim times, fitness classes, baby swim times, ai chi, swim lessons.

See next page for more Activities for Children and Families

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Community Resource Guide

Updated 9/3/2026

ACTIVITIES FOR CHILDREN and FAMILIES (CONTINUED)

Sports, Gymnastics, Active Play	Bounce Gymnastics	329 W 3rd Ave, Eugene 541-343-4222	Gymnastics & Circus Arts classes, open gym, and camps for all ages.
	Boys and Girls Club of Emerald Valley	1545 W. 22nd Ave 541-345-9939	Sports and recreation, art programs, education and career development. Open to all children between the ages first grade through high school seniors.
		5305 Royal Ave 458-201-1915	
	Camp Putt Mini Golf	4006 Franklin Blvd., Eugene 541-852-4653	Two 18-hole miniature golf courses. Youth (11 and under): \$5.25, Adults (12-54): \$6.50, Seniors (55+): \$5.50, Students & Military: \$6
	Defy Extreme Air Sports	85 Division Ave, Eugene 541-246-9989	Trampolines, obstacle course, zip line. \$13-\$17 / hour, depending on age. 2 and younger are free with another paid jumper. Jump socks are required (\$3 / pair).
	Get Air	4211 W 11th Ave, Eugene 541-827-1016	Trampoline park, ninja course, foam pit, dodge ball, toddler area. \$10-15 / hour, depending on height of the child. Jump socks are required (\$3 / pair).
	Kidsports	2190 Polk St, Eugene 541-683-2374	Positive youth team sports experiences. Scholarships available based on income.
	Eugene Family YMCA	2055 Patterson, Eugene 541-686-9622	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.
	The Rink Exchange	796 West 13th Ave, Eugene 541-225-5123	Ice rink with public skating, adult & youth classes, adult & youth hockey, figure skating club and birthday rentals.
Libraries	Putters Family Entertainment Center	1156 Highway 99 Eugene 541-688-8901	Pizzeria, indoor mini golf, an indoor play area, pool tables, video arcade, and a laser tag arena.
	National Academy of Artistic Gymnastics	1205 Oak Patch Rd., Eugene 541-344-2002	Classes and camps for all ages.
	Eugene Public Library	Downtown Branch - 100 W. 10th 541-682-8316	
		Bethel Branch - 1990 Echo Hollow Rd 541-682-5450	
		Sheldon Branch - 1566 Coburg Rd 541-682-5450	
	Springfield Public Library	225 N 5th St, Springfield 541-726-3766	
	Alvadore Volunteer Library	90829 Alvadore Road, Junction City 541-461-4933	
	Blue River Volunteer Library	51790 McKenzie Highway, Blue River	
	Cascade Foothills Volunteer Library	39095 Dexter Road, Dexter, OR 97431 541-937-2625	
	Cottage Grove Public Library	700 E. Gibbs Avenue, Cottage Grove 541-942-3828	
	County Corner Community Library	23479 Hwy 36, Cheshire 541-998-2093	
	Creswell Public Library	64 W. Oregon Ave., Creswell 541-895-3053	
	Fern Ridge Public Library	88026 Territorial Road, Veneta 541-935-7512	
	Junction City Public Library	726 Greenwood, Junction City 541-998-8942	
	Leaburg Volunteer Library	Old Leaburg School Building (Mile 20 on Highway 126) 541-896-3112	
	Maggie Osgood Library (Lowell)	70 N. Pioneer Street, Lowell 541-937-2157	
	Marcola School Media Center	38300 Wendling Rd, Marcola	
	Oakridge Public Library	48318 E. First Street, Oakridge 541-782-2258	
	River Rd Santa Clara Volunteer Library	105 Oakleigh Lane, Eugene Contact Vickie Cain 541-554-6854	
	Siuslaw Public Library District	1460 9th Street, Florence 541-997-3132	
		88148 Riverview Ave., Mapleton 541-268-4033	

See next page for more Activities for Children and Families

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Community Resource Guide

Updated 9/3/2026

ACTIVITIES FOR CHILDREN and FAMILIES (CONTINUED)

Agency		Contact	Notes
Clubs and Service Opportunities	Boy Scouts of America (BSA)	For youth of all genders, 5 th grade through high school. Service, community engagement, leadership development, camping, skill building, and connection.	
	Girl Scouts	72 Centennial Loop #300, Eugene 541-485-5911	Engaging, challenging, fun activities. Badges to earn, outdoor trips, exploring science, service projects.
	Little Hands Can	http://littlehandscan.org	Local volunteer opportunities for children and families.
Museums	Adventure Children's Museum	490 Valley River Center, Eugene 541-653-9629	\$7 per person, aged 2+ (including adults). Free for membership families and under 2. Inquire about reduced admission with EBT card.
	Applegate Pioneer Museum	24864 W Broadway, Veneta 541-337-8599 kshafer58@msn.com	The Mission of the Museum is to preserve the history of the West Lane area. Hours: Open 1-4pm; 1st & 3rd Saturday; 1st & 3rd Sunday
	Bohemia Gold Mining Museum	737 East Main Street Cottage Grove 541-942-5022	Open Thursday, Friday, Saturday: 1:00 to 4:00 pm
	Cottage Grove History Museum	147 N H St, Cottage Grove 541-942-4269	Open Saturday and Sunday 1-4pm
	Eugene Science Center	2300 Leo Harris Parkway, Eugene	Exhibits \$7.50, planetarium \$7.50. \$12 for both. Free for children age 2 and under. Open Tuesday - Sunday
	Jordan Schnitzer Museum of Art	1430 Johnson Lane, Eugene 541-346-3027	Adults \$5, Seniors \$3, FREE for UO Students and faculty, K-12 students. Open Wednesday: 11 am - 8 pm and Thursday - Sunday: 11 am - 5 pm.
	Lane County History Museum	740 West 13th Avenue, Eugene 541-682-4242	FREE admission. Open Thursday – Sunday: 10am – 6 pm
	Mims Historic House	330 High St, Eugene 541-484-1119	Two of the oldest houses in Eugene that served as a safe-haven for African American travelers from 1948 - 1966. Managed by the National Association for the Advancement of Colored People (NAACP).
	Museum of Natural & Cultural History	1680 East 15th Avenue, Eugene 541-346-3024 mnch@uoregon.edu	Admission: \$6. Seniors and youth (3-18): \$4. Families (2 adults, 2 youth): \$12. Children under 2, UO students / staff, veterans / active duty military: FREE.
	Oregon Air and Space Museum	90377 Boeing Drive, Eugene 541-461-1101	Adults \$7, Seniors (62 & over) \$6, Ages (6-17) \$3, Ages 5 and under Free
	Pitney House Museum	Holly & 4th St., Junction City jcorhistory@yahoo.com	Open 1st Saturday 1:00-3:00 and Thursdays 3:00-5:00
	Shelton McMurphey Johnson House	303 Willamette Street, Eugene	\$6 for adults, \$3 for children, \$5 for students and Seniors, FREE with an EBT / SNAP card
	Siuslaw Pioneer Museum	278 Maple Street, Florence 541-997-7884	Adults (14 and over) \$5. FREE for children 13 and under (if accompanied by adult). Open Thursday through Sunday: 12 - 4:00 PM.
	Springfield History Museum	590 Main Street, Springfield 541-726-3677	FREE admission

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Community Resource Guide

Updated 9/3/2026

NATURE, OUTDOOR RECREATION, and GARDENING RESOURCES

Agency	Contact	Notes
4-H Youth Development	541-344-5043 LaneCounty4H@oregonstate.edu	Empowers young people with hands-on learning experiences to help them grow and thrive. Plant and animal sciences, outdoor education, school enrichment, civic engagement, social skills and life skills, STEM. Fees vary.
Back2Youth	541-515-8295 28992 Summerville Rd., Eugene back2youth.info@gmail.com	Back2Youth is a multicultural organization that actively engages youth between 11-18 to get out into nature all year around.
Annie Mims Community Garden	255 Maxwell, Eugene	This community garden is a place for community to gather, grow and garden. It is sponsored by the NAACP and hosted by Our Redeemer Lutheran Church.
Cascades Raptor Center	32275 Fox Hollow Rd, Eugene 541-485-1320	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under 12. Free family passes can be checked out at Lane County libraries (up to \$30)
Nearby Nature	541-687-9699 622 Day Island Road, Eugene	Register online for in-person Nearby Nature School, summer day camps, Green Start Play Days, Nature Quests, Haunted Hike, and Citizen Science Saturdays.
Whole Earth Nature School	541-937-5437	Unique nature connection programs, utilizing an approach rooted in ancient knowledge, filled with real-life experience, and sprinkled with a touch of mystery. Outdoor school, distance learning, afterschool programs, camps,
Eugene Parks and Nature Areas	1820 Roosevelt Blvd., Eugene 541-682-4800	For a comprehensive list of parks and natural areas in Eugene, take a look at this website: https://www.eugene-or.gov/632/Parks-and-Natural-Areas-A-Z
City of Eugene Community Garden Plots	1820 Roosevelt Blvd., Eugene 541-682-4831	Six community gardens throughout Eugene with more than 340 plots. Low-income gardeners may submit a Scholarship Application to receive a plot fee discount. Community Organizations may submit a Community Garden Partnership Application to have the plot fee waived.
FFLC Gardens and Farm	770 Bailey Hill Road, Eugene 541-343-2822	The GrassRoots Garden and the Youth Farm grow fresh nutritious for distribution while providing opportunities for youth and adults to grow, learn and contribute to their community. Seed to Supper™ is a free beginning vegetable gardening course that teaches participants how to garden on a budget.
Locally Grown Guide	info@willamettefarmandfood.org 541-658-0715	A free guide to Lane County farmer's markets, farm stands, U-Picks, CSAs, and more.
Lane County Master Gardeners (OSU Extension Service)	996 Jefferson Street, Eugene lane.extension@oregonstate.edu • Office : 541-344-5859 • Master Gardeners: 541-344-0265 • Master Food Preservers: 541-344-4885 • 4-H Youth: 541-344-5043 • Nutrition Education: 541-344-0249	Affordable / free educational opportunities, gardening advice, classes, and activities. 4-H Youth Development Food Safety & Preservation Home Gardening Well Water Nutrition Education Farming Forestry & Natural Resources Livestock & Forages
Parker Learning Gardens	31241 Lanes Turn Road, Eugene info@parkerlearninggardens.com	Creative environments for garden-based education. Planting, cultivating and harvesting in a garden enables tangible, real-life involvement that provides sensory and exploratory learning for a multitude of ages and audiences.
Plaza de Nuestra Comunidad	944 W 5 th , Eugene 541-687-2667	Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas.
School Garden Project of Lane County	454 Willamette Street, Room 205 (Grower's Market Building) 541-284-1001	Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation.
Seed Library (Eugene Public Library)	Downtown Branch - 100 W. 10th 541-682-8316 Bethel Branch - 1990 Echo Hollow Rd 541-682-5450 Sheldon Branch - 1566 Coburg Rd 541-682-5450	Get seeds: Choose seeds by self-service at the Downtown Library on the 2nd floor in one of our vintage card catalogs. Seeds are also available in smaller collections at our Bethel and Sheldon branches. Donate seeds: Seed donations can be dropped off at the Seed Library box on the Information Desk at the Downtown Library, or given to staff at Bethel and Sheldon branches. You can donate seeds you have purchased, even if the packet has been opened or partially used. We also accept locally grown and harvested seeds if they are clean, dry, and stored in a labeled container. Download and print a donation form to attach to the seeds.

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Community Resource Guide

Updated 9/3/2026

EQUITY & SOCIAL JUSTICE ADVOCACY

Agency	Contact	Notes
Black Lives Matter	The official Facebook page for Black Lives Matter: Eugene shares the message of Black Lives Matter and organizes peaceful, nonviolent protests for change. https://www.facebook.com/groups/283681563038502/about	
Black Girl from Eugene	Ayisha Elliott provides anti-racism trainings, consultation and facilitated group conversations.	
Eugene BIPOC Art Collective	Highlighting the voices and visions of local BIPOC artists through connecting them to spaces, funds, and other resources in the Eugene area. [White allies and artists are encouraged to get involved to support the efforts of BIPOC artists telling their own stories]. https://www.facebook.com/groups/296551804716104/	
CALC (Community Alliance of Lane County)	458 Blair Blvd, Eugene info@calclane.org 541-485-1755	BIPOC-led team addresses roots causes of oppression and works to help build leadership, especially in underserved, underrepresented communities
Communities of Color & Allies Network	Melissa Cariño, Multicultural Liaison mcario@eugene-or.gov	Third Thursday program creates a safe space that fosters friendships and networks for local people of color, social justice allies, and equity workers.
Equity, Access and Inclusion (Lane County)	125 E 8th Ave, Eugene 541-682-3725	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
Equity Community Consortium		An information and resource sharing forum for agencies that provide governmental and public services in the Eugene-Springfield area.
Eugene Human Rights Commission	101 W 10th Ave. 2nd floor, Eugene amcluskey.hrc@gmail.com	Promotes the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
Fair Shot for All	http://www.fairshotoregon.org/ 503-383-9766	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; holds legislators accountable.
H.O.N.E.Y. (Honoring Our New Ethnic Youth)	www.facebook.com/honeycultureclub Contact : Niyah Ross 541-337-3670 Email: honey nonprofit@gmail.com	Support and advocacy for the enhancement and acceptance of multiracial persons and their families.
Human Rights and Neighborhood Involvement (Eugene)	101 W 10th Ave. 1st floor, Eugene hrni@ci.or.us 541-682-5177	Supports victims of hate and bias, coordinates accessibility for events and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
NAACP Eugene Springfield	https://naacplanecounty.org/contact/	Works to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
Nurturely	541-579-8941 info@nurturely.org	Preventative programs to reduce disparities in perinatal healthcare. In person and virtual prenatal education and postpartum social connections.
One Oregon	joel@causaoregon.org	Statewide coalition to defend against anti-immigrant & anti-Muslim policies.
Rural Organizing Project	PO Box 664, Cottage Grove office@rop.org 503-543-8417	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
Showing Up for Racial Justice - SURJ	info@surjaction.org	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
Solidarity Network / Jobs With Justice	PO Box 10272, Eugene 541-632-3265 essn@solidaritynetwork.org	Supports civil & economic rights of all working people, including the right to a decent standard of living and a stable job, and the right to organize.
Springfield Alliance for Equity and Respect	safer1214@gmail.com 541-485-1755	Promotes human rights, responds to abuses of human dignity, and urges public institutions to address social justice concerns. SAFER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
Unite Oregon	communications@uniteoregon.org 503-287-4117	A membership organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for climate justice, housing justice, community safety, educational equity, economic justice, and health equity.

JEWISH RESOURCES

Agency	Contact	Notes
Jewish Federation of Lane County	PO Box 5924, Eugene, 97405 541-484-2541 jewishfederationlc@gmail.com	Promotes the social, cultural, educational, and philanthropic needs of Jews in Lane County, globally, and in Israel.
Temple Beth Israel Center for Jewish Life	1175 E. 29th Ave., Eugene 541-485-7218	Promotes the spiritual, educational and social well-being of the Jewish people of Lane County, and the larger community.

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Community Resource Guide

Updated 9/3/2026

LGBTQIA2S+ RESOURCES

Lesbian, gay, bisexual, transgender, queer (or questioning), intersex, asexual/aromantic/agender, and Two Spirit.

The + indicates that there are more sexualities and gender identities than expressed by the letters in this acronym.

For additional gender and sexuality affirming resources, please check out the **Transponder Resource Directory**, available online at: <https://transponder.community/resource-directory/>

Agency	Contact	Español	Notes
Basic Rights Oregon	Email: info@basicrights.org 503-222-6151		Working for policies to support the LGBTQA community
Options Counseling	360 E 10th Ave Ste 450 Eugene 541-687-6983 1445 8th Street, Florence 541-997-6261	◆	AFFIRM groups help LGBTQ+ youth (ages 12-21) manage stress. Groups run throughout the year, most insurance accepted. Grants are available for those unable to pay.
Eugene/Springfield Pride	event@eugene-pride.org 541-321-0356		Sponsors pride events.
Family Acceptance Project	fap@sfsu.edu		Resources to help families support LGBT children / teens.
HIV Alliance	1195 Cityview, Eugene 541-342-5088		Culturally responsive services for LGBTQ+. Free testing, syringe exchange, education, sexual health clinic and counseling services. Free drop-in telehealth counseling. Peer support. HIV case management and harm reduction.
It Gets Better Project	info@itgetsbetter.org		Uplifting, empowering, and connecting lesbian, gay, bisexual, transgender, and queer youth,
Lane Community College Gender Equity Center	GenderEquityCenter@lanecc.edu LCC Campus Bldg #1, Rm 202 541-463-5353		Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
Lavender Network	1590 Willamette St, Eugene 541-342-7105	◆	LGBTQ+ specialized services: gender-affirming hormone injection supply program, rapid HIV, Hep. C, and Syphilis testing, Narcan supply and training, distribution of safer sex supplies, PrEP navigation service, access to gender-affirming products and clothing, resources navigation, peer support, and substance use counseling.
Left Coast Wellness	info@leftcoastwellness.com Call or text: 541-600-4151		LGBTQ+ and Gender Affirming Therapy with an LGBTQ+ competent therapist in a safe, welcoming environment. Individual and couples therapy. Parenting support.
LGBTQA3 Alliance	lgbtqa3@gmail.com Erb Memorial Union, UO #22 Facebook: www.facebook.com/groups/UOLGBTQA/		A student-run organization for LGBTQIA+ students to socialize, do homework, and connect to resources. LGBTQIA+ library. Safer sex supplies available. 9am-5pm weekdays during the term. Meetings Tuesdays 6pm
SASS (Sexual Assault Support Services) - LGBTQIA+ Support Group	541-343-7277 - 24/7 Crisis Line (call/text) Or instant message on website Monday – Friday 9am-5pm 541-484-9791 (office) supportgroup@sass-lane.org 1902 Jefferson St. #1, Eugene	◆ Todos los servicios disponibles en español	100% confidential support for survivors of sexual violence, their families, friends, and community. Free online support groups for people 18 years+. Only an email address is needed to register. Camera is optional. Participants can use any name they choose. Current groups & registration: https://www.sass-lane.org/support-groups/
LGBTQ Groups in Lane County	Psychology Today listing - https://www.psychologytoday.com/us/groups/gay/or/eugene		
LGBTQ Therapists in Lane County	Psychology Today listing of LGBTQ couples counseling and individual counseling. https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909		

See next page for more LGBTQIA2S+ Resources

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Community Resource Guide

Updated 9/3/2026

LGBTQIA2S+ RESOURCES (CONTINUED)

Agency	Contact	Español	Notes
OGALLA: LGBT Bar Association of Oregon	Email: info@ogalla.org		A statewide organization to support the needs of lesbians, gay men, and other sexual minorities in the legal profession.
Our Community Birth Center	188 West B Street, Building O, Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	Community-based nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum including home visits, newborn care, lactation services. OHP / Private Insurance / Self-pay sliding scale.
Point of Pride	Contact via website: www.pointofpride.org/contact		Scholarship-like funding for transgender individuals to access needed services, such as gender-affirming surgery, hormone replacement therapy, electrolysis, chest binders, femme shapewear, prosthetics, fertility preservation, vocal training, medical tattooing, etc.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	LGBTQIA+ affirming services including individual, couples, and family therapy for clients of all ages. Common topics and concerns include exploring gender and sexual identities, coming out, couples therapy, family therapy, parent support, and gender transition.
Trans*Parent Family Support Group	info@transponder.community The Lavender Network 1590 Willamette St., Eugene		A support group for all caregivers with transgender, gender diverse, and gender-questioning youth.
TransPonder	440 Maxwell Road, Eugene 541-321-0872 info@transponder.community		Monthly meetings, support groups, special events for trans/gender diverse folks and allies, trainings and consultation for businesses. Online resource guide. Staff to help with resource navigation.
Transponder Resource Directory	https://www.transponderoregon.org/resource-directory-1		Online directory of trans / gender diverse friendly resources including mental health, medical/surgical, bodywork, faith centers, and more.
University of Oregon OUTLaws	www.facebook.com/outlawsUO/		LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.
Youth LGBTQIA+ Group Amazon Community Center	2700 Hilyard St, Eugene 541-682-5373		Weekly drop-in group that offers support and referral for ages 13-18 in Eugene. Free, confidential, and adult-facilitated.
 Talk Lines and Hotlines			
LGBT National Youth Talkline 800-246-7743 A peer talk line for LGBTQ youth 25 & under. Mon-Fri 1pm-9pm Saturday 9am-2pm		LGBT National Hotline 888-843-4564 Online peer support chat at www.glbtnationalhelpcenter.org Mon-Fri 4pm-12am Saturday 12pm-5pm	
Lambda Legal Help Desk 213-382-7600 Resources related to discrimination based on sexual orientation, gender identity, gender expression, and HIV status.		The Trevor Project 866-488-7386 24/7 hotline for LGBTQ youth 24 & under. Text "Trevor" to 678-678. Chat: www.thetrevorproject.org/chat Protected online community www.trevorspace.org	
		Trans Lifeline 877-565-8860 Peer support hotline run by and for trans people. 7am-10pm daily. Micro-grants for trans people and an online resource library.	

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Updated 9/3/2026

BLACK and AFRICAN AMERICAN RESOURCES

	BlackLine - 1-800-604-5841 - A crisis support phone / text line focused on supporting Black, Black LGBTQI+, Brown, Indigenous, and Muslim folx, but supports all regardless of identity.	The Steve Fund- Text STEVE to 741741 24/7 Crisis Text Line focused on supporting the mental health & emotional well-being of young people of color.
Agency	Notes	
BEAM	A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities and removing the barriers that Black people experience accessing emotional health care and healing. https://www.beam.community/	
BLAC: Black Led Action Coalition	BLAC fights for the Black people who've died or faced injustice by the hands of our government. https://www.facebook.com/blackledactioncoalition/ and https://www.instagram.com/eugblac	
Black Lives Matter	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. "We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon." https://www.facebook.com/groups/283681563038502/about	
Blacks In Government	An advocate of equal opportunity and professional development for Black government employees at the Local, State and Federal government levels and others dedicated to justice for all. http://www.bignet.org/	
Black Male Alliance (U of O)	A community of Black men at the U of O (students, staff, faculty and alumni). A space to support general well-being, deepen cultural and social connections and collectively work towards success. bmacmae@uoregon.edu	
Black Student Union (U of O)	An intellectual, cultural and social environment for students and community members. Encourages a positive image of African Americans and supports its members in achieving their educational goals. bsu@uoregon.edu	
Black Women of Achievement (U of O)	BWA implies sisterhood, empowering women, and community service. A social, cultural, and educational & physical development for Black women. asuobwa@uoregon.edu	
BLAQ Youth	B.L.A.Q. Youth, Inc. serves youth who self-identify as Black, Bi-Racial, or Multi-ethnic and reside within Lane County, enrolled in a public, private, or charter school or home-schooled. Parents and/or Guardians of Black, Bi-racial, or Multi-ethnic youth. Educational providers and other non-profit and public entities that serve youth in Lane County. info@blaqyouth.org	
HIV Alliance (Prevention Program)	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. HIV case management and harm reduction. 1195 City View St, Eugene 541-556-1409	
The Historic Mims House Managed by Lane County NAACP	One of the oldest houses in Eugene, the Mims' Houses was a safe-haven for Black travelers from 1948-1966 while there was race separation in Eugene. The Eugene-Springfield branch of the NAACP is headquartered at the Mims House and holds events for the community and advocacy there. 330 High St, Eugene 541-484-1119	
H.O.N.E.Y. (Honoring Our New Ethnic Youth)	Support and advocacy for the enhancement and acceptance of multiracial persons and their families. www.facebook.com/honeycultureclub Contact : Niyah Ross 541-337-3670 Email: honeynonprofit@gmail.com	
NAACP Eugene Springfield	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. https://naacplanecounty.org/contact/	
Nurturing B.L.A.C.K.	Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. Four-week virtual group mentorship experience led by Ayisha Elliott to learn these skills and more, while connecting with other parents and gaining confidence in your parenting.	
Oregon Commission on Black Affairs	Working toward equity for Oregon's Black communities in jobs and the economy, education, health, safety, family stability, environment, and civic engagement. 1819 SW 5th Ave, #313 Portland 97201 503-302-9725	
West African Cultural Arts	Dance troupe, lessons, classes. www.westafricanculturalarts.org 541-232-5471	

BLACK OWNED BUSINESSES

Agency	Notes	
Black Owned Businesses in Eugene Oregon	The median wealth for white families is about 12 times that for Black families. Check out this list and support Black-Owned Businesses in our area: https://blackbusinesseseugene.github.io/bbe/	

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NATIVE AMERICAN and INDIGENOUS RESOURCES

Thank you to our partners on the Relief Nursery Native American Advisory Council for helping to create this section of the guide.



We hold space on the ancestral lands of the Kalapuya people. We honor and pay respect to the past, present and future stewards of this land and all indigenous peoples who call Oregon home. We recognize that the people and communities that cared for, and lived on, these lands since the beginning of time are still here. We reflect on the displacement, forced removal, and suffering that took place throughout Oregon and beyond. We respectfully acknowledge all Indigenous communities throughout time and into the future and are grateful for their vibrant presence.

NINE FEDERALLY RECOGNIZED TRIBES IN THE STATE OF OREGON

Burns Paiute of Harney County	541-573-2088 Email: info@burnspaiute-nsn.gov
Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians	541-744-1334 (Eugene), 541-997-6685 (Florence) 541-888-9577 (Government office)
Confederated Tribes of Grand Ronde	503-879-5211 Email: info@grandronde.org
Confederated Tribes of Siletz	541-444-2532
Confederated Tribes of Umatilla Reservation	541-276-3165
Confederated Tribes of Warm Springs	541-553-1161
Cow Creek Band of Umpqua Indians	541-672-9405
Coquille Indian Tribe	541-756-0904 https://www.coquilletribe.org/
Klamath Tribes	541-783-2219

	BlackLine - 1-800-604-5841 - A crisis support phone / text line focused on supporting Black, LGBTQI+, Brown, Indigenous, and Muslim folx, but supports all regardless of identity.	The Steve Fund- Text STEVE to 741741 24/7 Crisis Text Line focused on supporting the mental health & emotional well-being of young people of color.
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Agency	Contact	Notes
4J NATIVES Program Native Americans Toward Improved Values in Education and Society	2295 Four Oaks Grange Rd. Eugene 541-790-5900	Title VI Education Program for American Indian & Alaskan Native students in the 4J School District (grades K-12). Offering free tutoring, mentoring, and cultural connection through weekly Culture Classes, family/community events, monthly newsletters, annual summer camp, annual Powwow, classroom speakers and presentations, assistance for educators to include Tribal History/Shared History curriculum in their classrooms, and coordinating Native American Student Union (NASU) groups in all middle & high schools in 4J.
Bethel Native American Education Program	Programs to increase the knowledge and awareness of cultural values, traditions and contemporary issues, encourage and support post-secondary education, provide scholarship and financial aid information, instill student pride in Native American heritage, and encourage parent involvement in school activities. https://www.facebook.com/BethelSD.NativeEd.Program/	
Center For Multicultural Academic Excellence	541-346-3479 cmae@uoregon.edu	Develops and implements programs and services that support retention, academic excellence, and success at the UO and beyond.
Chifin Native Youth Center	1084 G Street, Springfield 541-726-4301	A central location for Indian Education students in Springfield School District to develop tribal identity while interacting with mentors, community leaders & other students.
Confederated Tribes of Siletz Indians CARE Program	541-444-9680 (hotline and office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals to services.
HIV Alliance (Prevention Program)	1195 City View St, Eugene 541-556-1409	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. HIV case management and harm reduction.
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene 541-916-7025 ko-kwel.eug@coquilletribe.org	Culturally appropriate primary outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity. OHP, sliding scale, some private insurance
LCC Longhouse Lane Community College	4000 East 30th Avenue, Eugene 541-463-5238 longhouse@lanecc.edu	A sovereign space where Native American students and the community can share their values and cultures to create mutual learning relationships. A multi-use facility providing space for culturally appropriate activities.
Many Nations Longhouse University of Oregon	541-346-3036 jyunker@uoregon.edu	A place of community, welcome, peace, harmony, cultural exchange, and of individual support, respecting the diversity of numerous American Indian cultures and beliefs.

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Community Resource Guide

Updated 9/3/2026

NATIVE AMERICAN and INDIGENOUS RESOURCES (CONTINUED)

Agency	Contact	Notes
Native American Rehabilitation Association (NARA)	Locations in Portland, Gresham, and Scappoose. See website for details. 503-224-1044 info@naranorthwest.org	Culturally appropriate services for American Indians / Alaskan Natives. Adult and youth residential and outpatient addictions treatment, 2SLGBTQ+ services, health, mental health dental services, programs for youth, veterans and elders. Sliding scale.
National Indian Child Welfare Association	5100 S Macadam Ave. Suite 300, Portland 503-222-4044 info@nicwa.org	Supports the safety, health, and spiritual strength of American Indian and Alaska Native children by helping tribes build the capacity to prevent child abuse and neglect through positive systems change.
Native American Student Association	4000 East 30th Avenue, Eugene 541-463-5238 tapahonsol@lanec.edu	Assists American Indian, Alaskan Natives, and Indigenous peoples in maintaining cultural values while pursuing their educational goals.
Native American Student Union	University of Oregon Multicultural Center/EMU 541-346-4207 asuonasu@gladstone.uoregon.edu	Assists indigenous peoples in maintaining cultural values while pursuing their educational goals. NASU emphasizes the support, safety and educational successes of the Native American community.
Native American Youth and Family Center	5135 NE Columbia Blvd. Portland 503-288-8177	Culturally specific programs and services to enhance the diverse strengths of youth and families in partnership with the community through cultural identity & education.
Natives' Classroom at Head Start of Lane County	Apply at: www.hsolc.org Or call 541-747-2425 to request information or an application	Open to Head Start eligible families identifying as American Indian or Alaskan Native. Focus on Native American heritage & culture in the classroom with AI/AN teachers
Northwest Indian Language Institute (UO)	1629 Moss St, Eugene 541-346-0730 nwili@uoregon.edu	NILI supports and strengthens language preservation and revitalization efforts. With tribal, academic and community partners, NILI establishes collaborative, on-going projects which meet the specific needs and desires of each language community.
Oregon Indian Education Association	oeia_president@gmail.com	Advances comprehensive, culture-based, and Native language educational opportunities for American Indians, Alaska Natives and Native Hawaiians (AI/AN/NH).
Oregon Native American Chamber	4445 SW Barbur Blvd, STE. 102 Portland 503-894-4525 support@onacc.org	Working with all members of the community to advance the educational and economic opportunities for Native Americans in Oregon and Southwest Washington.
Siletz Tribal Home Visiting Program	Lori Christy, Home Visitor 541-272-2241	Home visiting program that serves Native families that are expecting or have infants under the age of twelve months, continuing through to the child's third birthday, using a culturally specific model called Family Spirit.
Smok Signalz: Independent Tribal Media	503-879-1463 news@grandronde.org	The independent Tribal newspaper of the Confederated Tribes of Grand Ronde. Tribal news, health, education, culture. Published 2x/month. www.smokesignals.org/
Strong Hearts Native Helpline	1-844-7NATIVE (762-8483)	24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline. Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
Tribal Climate Change Project	541-346-5777 kathy@uoregon.edu	Understanding needs and opportunities for tribes in addressing climate change and exploring the role of traditional knowledge in climate change studies and plans.
Wellbriety Lane County	Jon Roberts 541-912-0818 stoneriver15@outlook.com	A culturally-based movement and resource for Native American addiction recovery.
Youth Movement	movement@ym7.org	Non-profit organization that works to inspire Native youth to be active and empower them to participate in and start movements.

ASIAN AMERICAN and PACIFIC ISLANDER RESOURCES

Agency	Contact	Notes
Asian American Council of Oregon	info@asiancouncil.org 541-225-5982	Fostering friendship and harmonious relations among all people through events and activities that stimulate a better understanding of Asian and Asian-American cultures.
Asian Pacific American Network of Oregon	8188 SE Division St, Portland info@apano.org 971-340-4861	A statewide, grassroots organization, uniting Asians and Pacific Islanders to achieve social justice.
Chinese American Benevolent Association	392 Rustic Place, Eugene cabaeugene@gmail.com 541-485-1755	Nonprofit based in Eugene that promotes education, arts, and cultural programs related to Chinese, Chinese Americans, and Asian Americans.
DisOrient Asian American Film Festival of Oregon	1430 Willamette St. #30, Eugene info.disorientfilm@gmail.com 541-954-1798	Indie film festival featuring authentic Asian American/Pacific Islander voices, histories and stories. Films highlight social justice themes and universal human experiences, with a commitment to representation, diversity and inclusion.
Japanese American Association of Lane County	1863 Pioneer Pkwy. E #123, Springfield 541-521-9078 james3374@gmail.com	Brings together community, celebrates culture, supports activities that promote Asian culture, including the Oregon Asian Celebration, the Asian Kite Festival by the Asian Council, and DisOrient Asian American Film Festival of Oregon.

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Community Resource Guide

Updated 9/3/2026

SENIOR & AGING SERVICES

For more resources for seniors, please check out the **Lane Senior Guide**.
Available online and printed: <https://laneseniorguide.org/>

 To report the abuse of a senior or an adult with a disability, call 541-682-4140, email abusereporting@lcog.org or call the Oregon Elder Abuse Hotline at 1-855-503-SAFE (7233). If it is an emergency, dial 911.		
Agency	Contact	Notes
AARP Driver Safety Class	541-282-9838	Class on driving safety & preventive measures for 55+ . Completion may make you eligible for insurance discounts. 25\$ fee, 5\$ discount if a AARP member.
Aging & Disability Resource Connection	ADRCLane@lcog.org 541-682-3353	Services, information, and assistance to Lane County's older adult population, adults with physical disabilities, and their caregivers. Assistance with Medicaid and SNAP. ♦ Interpreters
Campbell Community Center	155 High Street, Eugene 541-682-5318	Classes, activities, social & support groups, special events for 50+. Prices vary. ♦ Spanish classes and interpreters.
CareWorks of Lane County	688 Charnelton St Eugene 541-600-5754 essn@solidaritynetwork.org	An advocacy group offering free support for caregivers, care-receivers and their families. Assists with resources to properly care for the elderly and disabled.
Family Caregiver Program Senior & Disability Services	1015 Willamette St, Eugene 541-682-3353	Respite, training & support to unpaid caregivers who are: 1) caring for a person aged 60+ or a person with dementia or 2) 55+ and caring for a related child birth-18 years.
Living Well Program – Senior & Disability Services	livingwell@lcog.org 541-682-4103	Free workshops for 6 weeks: walk with ease, caregivers, and chronic conditions. No services in Spanish.
Long-Term Care Ombudsman	503-378-6533	Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
Nursing Facility Complaint Unit	1-877-280-4555	Call this number if you suspect a nursing facility resident was neglected or abused.
Osher Lifelong Learning Institute - University of OR	975 High St, Ste 110 Eugene 541-346-0697	Year-round non-credit lectures, courses, study groups & activities for people age 50+. Annual or six-month registration options.
Retired Senior Providers of Lane County	2525 Cal Young Rd Eugene 541-342-1983	Our goal is to promote successful aging, engage in social and educational activities and learn about services and resources that benefit the lives of older adults.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038 3180 Highway 101, Florence 541-902-9430	Service coordination and advocacy for seniors in Lane County.
Senior Companion Program	541-463-6260 Facebook: www.facebook.com/SCPofLaneCounty/	Volunteer companions age 55+ help senior & disabled adults overcome loneliness & retain independence. FREE visiting, household tasks, transportation for errands.
Senior Community Service Employment Program	2510 Oakmont Way, Eugene 541-349-4130	Short-term training for unemployed individuals 55 or older who qualify.
Senior Health Insurance Benefit Assistance (SHIBA)	Campbell Senior Center, 155 High St, Eugene 541-682-5318	SHIBA counselors provide assistance with Medicare. Available year-round to assist with Medicare insurance questions, especially during Annual Enrollment Period.
Senior Law Service	541-402-2241	Civil (non-criminal) legal services for people who are age 60 or over who live in Lane County or have a matter pending in a Lane County court. Senior Law Service focuses on serving those in the greatest economic or social need.
Senior Resource Advisors, Inc.	2295 Coburg Rd, #102 Eugene 541-968-9380	Consultation, advocacy, assistance for seniors, the disabled, and their families as they make difficult care decisions. Assistance understanding Long Term Care insurance benefits.
Social Security Administration	2504 Oakmont Way, Eugene 800-772-1213	Stop in or apply online for benefits.

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Community Resource Guide

Updated 9/3/2026

SERVICE MEMBERS, VETERANS & THEIR FAMILIES

Agency	Contact	Notes
Veteran's Legal Clinic (Access the Law)	211 East 7th Ave., 2nd floor, Eugene 541-242-0445 access@accessthelaw.org	Free legal consultation for veterans. Criminal and civil cases (divorce, custody, parenting time, child support, landlord-tenant, debtor-creditor, bankruptcy, etc.). Free clinic on the last Wednesday of each month (5-7 pm). <i>Call in advance to schedule with the clinic.</i>
Eugene Community Based Outpatient Clinic	3355 Chad Dr, Eugene 541-607-0897	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	190 East 11 th , Eugene 541-465-6918	Re-adjustment counseling services for Veterans of combat theaters.
Family Assistance Specialist	541-736-4601 x4601 lacy.j.cromwell.ctr@mail.mil	Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
Goodwill Veteran Services	541-431-3339 855 Seneca Rd, Eugene Springfield, Eugene and Florence locations	Job and career-development goals, assistance in resume preparation, overcoming recent gaps in employment history, educational assistance and/or trainings, computer-lab research and vocational preparation, certification and license assistance, interview preparation, on-the-job training, interview and/or work clothing options, transportation assistance, and placement assistance in job or career areas of interest and/or expertise.
Helping Hands for Freedom	www.helpinghandsforfreedom.org/life-needsfinancial-assistance	Emergency financial assistance to military/wounded veteran families and Gold Star families with a child 18 or under in the home. Assistance includes lease, mortgage, insurance, car payments, utility bills, and some travel expenses.
Easterseals HVRP (Homeless Veterans Reintegration Program)	541-600-3780 115 W. 8th Ave, Suite 380, Eugene	HVRP helps Veterans find meaningful employment and achieve financial independence. Eligibility: Homeless or at risk of homelessness; Veteran of the US Armed Services; ready to work with us to make a change in their life.
LCC Maxwell Student Veteran Center	LCC Main Campus, Bldg 19, Rm 233 541-463-5663 vaedbenefits@lanecc.edu	A safe, welcoming, and inclusive space for veterans to study, relax, chat with other veterans, and obtain resources. Student Veterans of America chapter.
Lane County Veteran Services	151 W. 7 th , 460, Eugene 541-682-4191 veterans@lanecountyor.gov	Assists veterans and their families to determine eligibility for military benefits. • Filing for disability claims (service-connected and non service-connected) • Obtaining military records • Applying for VA Health Care • Applying for VA Education Benefits • Applying for Surviving Spouse Benefits
Oregon Department of Veteran's Affairs	700 Summer St NE, Salem 800-692-9666	Information about applying for a wide range of benefits including employment, education, home loans, healthcare, pensions and more.
State Youth Outreach Coordinator	503-584-2390	Subsidized childcare for active-duty service members with children age 0-5. Programs and camps for military-connected middle / high school youth.
Supportive Services for Veteran Families (St. Vincent de Paul)	2890 Chad Drive, Eugene. For an intake leave a message: 541-743-7107	Homeless prevention, case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility, auto repair, bus pass, childcare, etc.).
Veterans Administration Legal & Housing Services	211 E. 7 th Ave, Eugene 541-242-0445	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
University of Oregon Veterans Affairs Office	244 Oregon Hall 541-346-3201	For students seeking assistance with VA educational benefits.
University of Oregon Student Veterans Center	215 Oregon Hall, Eugene 541-346-1160	Study and meeting space, computer and printing stations, staff to assist you with personal and academic needs, community veteran service providers.
VA Behavioral Health, Recovery & Reintegration	211 E. 7th Ave, Eugene 541-242-0440	Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance.
 Hotlines	Homeless Veteran Hotline 1-877-424-3838 Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can call or chat online confidentially with trained VA counselors 24/7. Get information about VA homeless programs, health care and other services in your area.	
	Veterans Crisis Hotline 1-800-273-8255, Press #1 or Text: 838255 TTY: Use preferred relay service, or dial 711 then 1-800-273-8255 Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, and their family members and friends.	

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Community Resource Guide

Updated 9/3/2026

LATINO & HISPANIC RESOURCES

♦ - Todos los siguientes recursos están disponibles en español. All of the following resources are available in Spanish.

Agency	Contact	Notes
Amigos Multicultural Youth Center	503-289-1517 info@mrgrf.org	Promotes respect for Latin American immigrants whose dignity and livelihood have been challenged by poverty, discrimination, and social exclusion. Promueve el respeto por los inmigrantes latinoamericanos cuya dignidad y sustento han sido desafiados por la pobreza, la discriminación y la exclusión social.
Center for Latino/a and Latin American Studies (U of O)	541-346-5286 cllas@uoregon.edu	A hub for interdisciplinary and collaborative research and creative work focusing on the study of Latin America and U.S. Latino/a populations. Un centro para la investigación interdisciplinaria y colaborativa y el trabajo creativo centrado en el estudio de América Latina y las poblaciones latinas de EE. UU.
Citywide Unión de Activistas	458 Blair Boulevard, Eugene 541-485-1755	Helps Latino youth develop cultural identity; understand the cultural, colonial and resistance histories of their ancestors; and develop political knowledge and advocacy skills. Youth mentorship, tutoring, professional skill development, and leadership development. Ayuda a los jóvenes latinos a desarrollar una identidad cultural; comprender las historias culturales, coloniales y de resistencia de sus antepasados; y desarrollar conocimientos políticos y habilidades de promoción. Mentoría juvenil, tutoría, desarrollo de habilidades profesionales y desarrollo de liderazgo.
Escudo Latino	541-321-8034 Email: escudolatino2@gmail.com www.facebook.com/escudolatino	An organization of Latina volunteers that help the Latino community in Lane County with information and resources. Provides free food boxes at the CARE center and a selection of free clothing. Una organización de voluntarias latinas que ayudan a la comunidad latina en el condado de Lane con información y recursos. Proporciona cajas de comida gratis en el centro CARE y una selección de ropa gratis.
Grupo Latino de Acción Directa	313 E 8th Ave, Eugene 541-525-0507 gladoflanecounty@gmail.com	An independent, non-partisan gathering of Latino members and allies working to increase participation and visibility of Latino communities in conversations and decisions that affect them. On Facebook: https://www.facebook.com/grupolatinodeacciondirecta/ Una reunión independiente y no partidista de miembros latinos y aliados que trabajan para aumentar la participación y visibilidad de las comunidades latinas en las conversaciones y decisiones que los afectan. En Facebook: https://www.facebook.com/grupolatinodeacciondirecta/
HIV Alliance (Prevention Program)	1195 City View St, Eugene 541-556-1409	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. HIV case management and harm reduction. Brinda servicios de prevención cultural y lingüísticamente apropiados para los indígenas negros de color que se inyectan drogas.
Latinx Male and Allies Alliance	Reach out by email for additional information. latinxmalealliance@uoregon.edu	A student organization that supports male Latinx students in their UO college experience. The Alliance provides academic, cultural, social, leadership development, and personal support to UO undergraduate students. Una organización estudiantil que apoya a los estudiantes latinos varones en su experiencia universitaria en la UO. La Alianza proporciona apoyo académico, cultural, social, de desarrollo de liderazgo y personal a los estudiantes universitarios de la UO.
LatinX Network	541-701-4630	A group of Latinx community workers that connect and share information about services for Latinx families in Lane County. Un grupo de trabajadores comunitarios latinos que se conectan y comparten información sobre servicios para familias latinas en el condado de Lane.

See next page for more LATINO & HISPANIC Resources

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LATINO & HISPANIC RESOURCES (CONTINUED)

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Agency	Contact	Notes
League of United Latin American Citizens (LULAC of Lane County)	541-337-6294	The largest and oldest Hispanic organization in the United States, LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs.
		LULAC, la más grande y más antigua organización hispana de Estados Unidos, promueve la situación económica, los logros educativos, la influencia política, la vivienda, la salud y los derechos civiles de los hispanoamericanos a través de programas comunitarios.
Integration Network for Immigrants of Lane County	www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/	A group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County.
		Un grupo de organizaciones, instituciones e individuos que quieren ayudar a crear un entorno de integración para todos los inmigrantes del condado de Lane.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	Bilingual, strengths-based, trauma informed, social justice focused individual and relational therapy services.
		Servicios de terapia individual y relacional bilingües, basados en fortalezas, informados sobre traumas y centrados en la justicia social.
Plaza de Nuestra Comunidad 944 W 5th Ave, Eugene 541-687-2667		Counseling in Spanish; youth groups and mentoring for ages 7–16; addiction support; and social service navigation. Free and low-cost educational programs for adult immigrants and their families, including basic English (ESL), U.S. citizenship and civics, bilingual computer skills, Oregon Driver License test preparation, literacy and adult basic education in Spanish, and GED readiness. Pilas Family Literacy Program is free for Spanish-speaking families and offered twice a year. Pasos al Futuro is a free summer career and leadership program for Hispanic youth ages 16–21. Programs also support Latino families in Lane County through training and opportunities in organic agriculture and business development.
		Consejería en español; grupos y mentoría para jóvenes de 7 a 16 años; apoyo para personas que enfrentan problemas de adicción; y orientación para acceder a servicios sociales. Programas educativos gratuitos y de bajo costo para personas adultas inmigrantes y sus familias, incluyendo inglés básico (ESL), ciudadanía y educación cívica de EE. UU., habilidades informáticas bilingües, preparación para el examen de la licencia de conducir de Oregon, alfabetización y educación básica para adultos en español, y preparación para el GED. El Programa de Alfabetización Familiar Pilas es gratuito para familias de habla hispana y se ofrece dos veces al año. Pasos al Futuro es un programa gratuito de verano sobre carreras y liderazgo para jóvenes hispanos de 16 a 21 años. Los programas también apoyan a familias latinas del condado de Lane mediante capacitación y oportunidades en agricultura orgánica y desarrollo empresarial.
Programa de la Comunidad Latine (SASS)	Coordinadora de Conexión Latine al 541-484-9791 o latinx@sass-lane.org	Crisis intervention and advocacy services for Latine survivors of sexual violence. Outreach to organizations and community groups, referrals for free counseling, and individual advocacy. Linguistically- and culturally-specific information about sexual violence and SASS services. Groups and workshops facilitated in Spanish are available regularly. Current groups and registration can be found online at: https://www.sass-lane.org/latinx-community-services/
		Servicios de intervención en crisis y defensa para sobrevivientes Latine de violencia sexual. Servicios de alcance comunitario para organizaciones y grupos comunitarios, referencias para recibir consejería gratuita y apoyo individual. Información específica, desde una perspectiva lingüística y cultural, sobre la violencia sexual y los servicios de SASS. Se ofrecen regularmente grupos y talleres en español. Los grupos actuales y la información para inscribirse están disponibles en línea en: https://www.sass-lane.org/latinx-community-services/

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Community Resource Guide

Updated 9/3/2026

ENGLISH AS A SECOND LANGUAGE

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Agency	Contact	Notes
Lane Community College English as a Second Language Program	541-463-5253 eslstudentservices@lanecc.edu	English as a Second Language classes for adult students who wish to improve their oral and written communication skills for work, community, and academic goals. Online and in-person classes. Clases de inglés como segundo idioma para estudiantes adultos que desean mejorar sus habilidades de comunicación oral y escrita para objetivos laborales, comunitarios y académicos. Clases en línea y presenciales.
Plaza de Nuestra Comunidad	944 W 5th Ave, Eugene 541-687-2667	Free and low-cost educational programs for adult immigrants and their families. Basic English as a second language (ESL); U.S. citizenship and civics; bilingual computer skills; Oregon Driver License test preparation; literacy / adult basic education in Spanish, and GED Readiness. Pilas Family Literacy Program, (free for Spanish-speaking families); Pasos al Futuro, a free youth career-transitioning and leadership summer program for Hispanic youths ages 16-21. Programas educativos gratuitos y de bajo costo para inmigrantes adultos y sus familias. Inglés básico como segunda lengua (ESL); ciudadanía y educación cívica de EE.UU.; conocimientos informáticos bilingües; preparación para el examen del permiso de conducir de Oregón; alfabetización/educación básica para adultos en español, y preparación para el GED. El programa de alfabetización familiar Pilas (gratuito para familias hispanohablantes); Pasos al Futuro, un programa de verano gratuito de transición profesional y liderazgo para jóvenes hispanos de 16 a 21 años.

IMMIGRATION, REFUGEE, ASYLUM SEEKER & MIGRANT SERVICES

◆ - Todos los siguientes recursos están disponibles en español. All of the following resources are available in Spanish.

For additional resources, see the **Immigration Advocates Network** searchable online directory:
www.immigrationadvocates.org/legaldirectory/

Agency	Contact	Notes
Access the Law	245 West 13th Avenue Eugene 541-686-4890	To become a client, fill out a contact form online. Consult Fee: \$50 Para convertirse en cliente, complete un formulario de contacto en línea. Tarifa de consulta: \$50
American Immigration Lawyers Association	www.aialawyer.com	Find an immigration lawyer in your community. Encuentre un abogado de inmigración en su comunidad.
CALC (Community Alliance of Lane County)	458 Blair Blvd, Eugene info@calclane.org 541-485-1755	BIPOC-led team addresses roots causes of oppression, privilege and power, works collaboratively to help build leadership, especially in underserved, underrepresented communities
Centro de Servicios para Campesinos de PCUN	300 Young Street Woodburn 503-982-0243	Consult Fee: \$75 Tarifa de consulta: \$75
Center for Nonprofit Legal Services	225 W Main Street Medford 541-779-7292	To become a client, fill out a consultation request form. Consult Fee: \$35 Para convertirse en cliente, complete un formulario de solicitud de consulta. Tarifa de consulta: \$35

See next page for more IMMIGRATION, REFUGEE, ASYLUM SEEKER, and MIGRANT SERVICES

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Community Resource Guide

Updated 9/3/2026

IMMIGRATION, REFUGEE, ASYLUM SEEKER & MIGRANT SERVICES (continued)

◆ - Todos los siguientes recursos están disponibles en español. All of the following resources are available in Spanish.

Agency	Contact	Notes
Grupo Latino (GLAD)	313 E 8th Ave Eugene 458-205-3295 gladoforegon@gmail.com	Referral to pro bono lawyers, mentoring from immigration attorneys, Spanish translation. Supporting asylum seekers to work with their attorney (e.g. filling out paperwork, pursuing asylum claims, practicing with them to express their claims, conducting research, assisting to prepare asylum seekers for trial, and providing support services). Remisión a abogados pro bono, mentoría por parte de abogados de inmigración y traducción al español. Apoyo a los solicitantes de asilo para colaborar con sus abogados (p. ej., completar trámites, dar seguimiento a las solicitudes de asilo, realizar simulacros para que practiquen la exposición de sus argumentos, llevar a cabo investigaciones, asistir en la preparación de los solicitantes para el juicio y brindar servicios de apoyo).
Immigration Counseling Service	519 SW Park Ave #610, Portland 503-221-1689 216 Columbia St., Hood River 541-399-8029	To become a client, fill out an application. Forms are available online or at the office. Consult Fee: \$50. Para convertirse en cliente, complete una solicitud. Los formularios están disponibles en línea o en la oficina. Consultar cuota: \$50.
Immigration Legal Services (Catholic Community Services)	541-345-3628 ext. 1326 RISP@ccslc.org	Low-cost, high-quality legal services to low-income Lane County immigrants. Assistance for renewals of legal status documents (legal residency, DACA, Temporary Protected Status, employment authorization, etc.), initial applications for citizenship, legal permanent residency, etc. Services available in English, Spanish, Dari and Pashto. Servicios legales de bajo costo y alta calidad para inmigrantes de bajos ingresos del Condado de Lane. Asistencia para renovaciones de documentos de estatus legal (residencia legal, DACA, Estatus de Protección Temporal, autorización de empleo, etc.), solicitudes iniciales de ciudadanía, residencia legal permanente, etc. Servicios disponibles en inglés, español, dari y pashto.
Immigrant and Refugee Community Organization (IRCO)	8040 NE Sandy Blvd Portland 971-271-6537 lrcoils@irco.org	The Immigration Legal Services (ILS) team helps clients pursue a wide range of immigration benefits, including naturalization, lawful permanent residence, work authorization, asylum, parole, and other forms of humanitarian or family-based relief. ILS represents clients before U.S. Citizenship and Immigration Services (USCIS) and the Executive Office for Immigration Review (EOIR), also known as immigration court. El equipo de Servicios Legales de Inmigración (ILS) asiste a los clientes en la tramitación de una amplia gama de beneficios migratorios, que incluyen la naturalización, la residencia permanente legal, la autorización de empleo, el asilo, el *parole* y otras formas de alivio humanitario o basado en vínculos familiares. ILS representa a sus clientes ante el Servicio de Ciudadanía e Inmigración de los Estados Unidos (USCIS) y la Oficina Ejecutiva de Revisión de Casos de Inmigración (EOIR), también conocida como el tribunal de inmigración.
Programa de Educación Migrante Migrant Education Program for Lane and Douglas Counties	Lane Education Service District 1200 Highway 99 N, Eugene 541-461-8382 mep@lesd.k12.or.us	Services for students ages 3 to 22 who have moved across school district boundaries in the last 3 years for work in agriculture, forestry or fishing. Servicios para estudiantes de 3 a 22 años que están todavía en la escuela y que han cruzado los límites del distrito escolar en los últimos 3 años para trabajar en la agricultura, la silvicultura o la pesca.
Eugene School District 4J Migrant Education Program Distrito Escolar de Eugene 4J - Programa de Educación Migrante	541-790-7576	Supplemental services for Students between 3 and 22 years old who have not yet graduated from high school or received a GED diploma, if the students themselves have made a move or with their parents/guardians, within the last three years to work in agriculture, fishery, nursery, or forestry. Students can qualify by themselves, however, if they are under 14 years old an adult has to sign on their behalf. Servicios complementarios para estudiantes de entre 3 y 22 años que aún no se hayan graduado de la escuela secundaria ni hayan obtenido un diploma de equivalencia de estudios secundarios (GED), si ellos mismos o sus padres/tutores se han mudado en los últimos tres años para trabajar en agricultura, pesca, viveros o silvicultura. Los estudiantes pueden solicitar el servicio por sí mismos; sin embargo, si son menores de 14 años, un adulto debe firmar en su nombre.

See next page for more IMMIGRATION & MIGRANT SERVICES Resources

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Community Resource Guide

Updated 9/3/2026

IMMIGRATION, REFUGEE, ASYLUM SEEKER & MIGRANT SERVICES (continued)

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Agency	Contact	Notes
Northwest Immigrant Rights Project	1119 Pacific Avenue Suite 1400, Tacoma TSUintake@nwirp.org 206-816-3893	Adults arrested by federal immigration authorities in Oregon, are most-often taken to the Northwest Immigrant Detention Center in Tacoma, WA. NIRP provides representation in deportation proceedings, assistance with applications for asylum, protections for survivors of domestic violence and other crimes, children and youth (SIJS), DACA renewals, naturalization and family visas. E-mail or leave a voice message with your name, phone number, county, and request for assistance. Los adultos arrestados por las autoridades federales de inmigración en Oregón, son llevados con mayor frecuencia al Centro de Detención de Inmigrantes del Noroeste en Tacoma, WA. NIRP proporciona representación en procedimientos de deportación, asistencia con solicitudes de asilo, protecciones para sobrevivientes de violencia doméstica y otros delitos, niños y jóvenes (SIJS), renovaciones de (DACA), naturalización y visas familiares. Envíe un correo electrónico o deje un mensaje de voz con su nombre, número de teléfono, condado y solicitud de asistencia.
Northwest Workers Justice Project	310 SW 4th Ave., #320 Portland 503-525-8454	Litigation of major cases, policy advocacy, and training for workers about employment and organizing rights. Litigio de casos importantes, defensa de políticas y capacitación para trabajadores sobre el empleo y los derechos de sindicación.
Oregon Community Asylum Network	Click the link to view this group's Facebook page.	Volunteer network of community members based in Eugene / Springfield. Advocacy on behalf of all immigrants/refugees/asylum seekers, assistance and support for local asylum seekers, solidarity with asylum seekers at the U.S. Mexico border. Red de voluntarios de miembros de la comunidad en Eugene / Springfield. Defensa en nombre de todos los inmigrantes/refugiados/solicitantes de asilo, asistencia y apoyo a los solicitantes de asilo locales, solidaridad con los solicitantes de asilo en la frontera entre Estados Unidos y México.
Oregon Law Center (Legal Aid)	101 E Broadway Ave, Suite 200, Eugene 541-485-1017	Help completing forms, filing with USCIS, representation at asylum interviews, immigration court, and immigration appeals. Services focused on survivors of domestic violence and sexual assault. Apply by phone. Ayuda para llenar formularios, presentar solicitudes al USCIS, representación en entrevistas de asilo, tribunal de inmigración y apelaciones de inmigración. Servicios enfocados en sobrevivientes de violencia doméstica y asalto sexual. Solicitar por teléfono.
Pacific Refugee Support Group (PRSG)	prsg-cso@pnwrsrg.org 503-710-6679	Non-profit dedicated to supporting immigrants, refugees, & newcomers in their pursuit of happiness through wrap-around social support. We have five response areas: basic needs, health and wellness, education and career, and legal. This allows our team to provide resources relevant to each individual. All services are free. 24/7 interpretation available. Una organización sin fines de lucro dedicada a apoyar a inmigrantes, refugiados y recién llegados en su búsqueda de la felicidad a través de un apoyo social integral. Tenemos cinco áreas de respuesta: necesidades básicas, salud y bienestar, educación y carrera profesional, y asuntos legales. Esto permite a nuestro equipo proporcionar recursos relevantes para cada individuo. Todos los servicios son gratuitos. Servicio de interpretación disponible las 24 horas del día, los 7 días de la semana.
Refugee Resettlement Coalition (Catholic Community Services)	541-345-3628 Email: RISP@ccslc.org	Assist refugees, asylum seekers, and asylees to access housing, employment, physical and mental health services, English as a Second Language classes, and other resources. Ayudar a los refugiados, solicitantes de asilo y asilados a acceder a vivienda, empleo, servicios de salud física y mental, clases de inglés como segundo idioma y otros recursos.
Sanctuary Promise Response Hotline	1-844-924-7829 Spanish Direct Line: 1-844-626-7276	Call to report suspected violations of Oregon's Sanctuary Promise laws. Receive support and be connected to resources. Reports can also be made online at www.SanctuaryPromise.Oregon.gov or www.PromesaSantuario.Oregon.gov Llame para informar sobre violaciones sospechosas de las leyes de la Promesa de Santuario de Oregón. Reciba apoyo y conéctese con recursos. Los informes también se pueden presentar en línea en www.SanctuaryPromise.Oregon.gov o www.PromesaSantuario.Oregon.gov

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Community Resource Guide

Updated 9/3/2026

IMMIGRATION, REFUGEE, ASYLUM SEEKER & MIGRANT SERVICES (CONTINUED)

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Agency	Contact	Notes
SOAR Immigration Legal Services Ecumenical Ministries of Oregon	7931 NE Halsey St, #302, Portland and 862 SE Oak Street, #3A, Hillsboro 503-384-2482	Portland: call or stop by any Tuesday or Thursday to complete an intake and schedule a consultation. Hillsboro: call stop by any Tuesday to complete an intake and schedule a consultation. Consult Fee: \$50. Portland: abierto martes y jueves. Hillsboro: abierto los martes. Llame o visítenos para completar una admisión y programar una consulta. Tarifa de consulta: \$50.
U.S. Citizenship and Immigration Services	800-375-5283	Information about becoming a permanent U.S. resident, getting refugee or asylum seeker status, getting proof of U.S. citizenship, etc. Información sobre cómo convertirse en residente permanente de los EE. UU., obtener el estatus de refugiado o solicitante de asilo, obtener prueba de ciudadanía de los EE. UU., etc.

LEGAL SUPPORT

Agency	Contact	Español	Fees	Notes
Access the Law	1245 Pearl Street, Suite 1 Eugene 541-686-4890 access@accessthelaw.org		Sliding scale. \$50 for initial consultation	Legal assistance with child custody, divorce, child support, restraining orders, bankruptcy, landlord / tenant disputes, etc.
Veteran's Legal Clinic (Access the Law)	211 East 7th Ave., 2nd floor, Eugene 541-242-0445 access@accessthelaw.org <i>Call in advance to schedule time at the clinic.</i>		FREE / GRATIS	Free legal consultation for veterans. Criminal and civil cases (divorce, custody, parenting time, child support, landlord-tenant, debtor-creditor, bankruptcy, etc.). Free clinic on the last Wednesday of each month (5-7 p.m.).
Child Support- Oregon Department of Justice	541-686-7833 Eugene 541-726-3525 Springfield		FREE / GRATIS	Child Support services for families who have received TANF. Call for nearest location
Family Court Assistance	125 E 8 th , 2 nd floor Eugene 541-682-4302		Review is FREE. Document costs vary.	Review documents regarding divorce & custody. Drop in M-F 8:30-11:30 am or call for appointment.
Lane County Youth Services	2727 Martin Luther King Jr Blvd, Eugene 541-682-3962		Varies	Restorative justice, custody & parenting time mediation, supervised parenting time, parenting classes.
Law for the People	info@lawforthepeople.org www.lawforthepeople.org 541-632-6453	No	Free 30-min consultation, low hourly rates	Nonprofit legal services organization providing advice and guidance for low-income clients with family law cases.
Lawyer Referral Service	800-452-7636		\$35 for first visit	Refers clients to attorneys for an office consultation. No phone consultations
Oregon Law Center (Legal Aid)	101 E Broadway Ave, Suite 200, Eugene 541-485-1017	◆	FREE / GRATIS	Free legal help for issues related to home, livelihood, medical care, domestic violence.
Legal Clinic at Sponsors	338 Hwy 99 N, Eugene 541-505-5690	◆ by arrangement	FREE / GRATIS	Support for individuals with conviction histories to address civil legal matters. Call for dates and to register.
Modest Means	800-452-7636		\$35 for consult, \$60-100 / hr	Lower cost legal assistance.
Senior Law Service	541-402-2241			Civil (non-criminal) legal services for people who are age 60 or over who live in Lane County or have a matter pending in a Lane County court. Senior Law Service focuses on serving those in the greatest economic or social need.

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Community Resource Guide

Updated 9/3/2026

VICTIMS OF CRIME SERVICES

Agency	Contact	Español	Fees	Notes
Crime Victim and Survivor Services	503-378-5348 Email: CVSSD@doj.state.or.us	◆	FREE / GRATIS	Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.
Crime Victim's Assistance	99 W 10 th #310, Eugene 541-682-8401		FREE / GRATIS	Assists victims in misdemeanor cases handled by City Prosecutor's office.
Lane County Victim Services Division	125 E 8 th Ave, Room 400, Eugene 541-682-4523	◆	FREE / GRATIS	Assistance for crime victims. Restraining orders, stalking orders. Victims may qualify for financial assistance for medical, mental health, rehabilitation, funeral, loss of income.

WORKER'S COMPENSATION

Agency	Contact	Notes
Worker's Compensation	800-452-0288	Call regarding worker's comp. claims. Se ofrecen servicios en español

MEDIATION and RESTORATIVE JUSTICE SERVICES

Agency	Contact	Español	Fees	Notes
Center for Dialogue & Resolution	1400 Cross St, Eugene 541-344-5366	Sometimes available	Varies	Mediation for community disputes, family issues (including creating / modifying parenting plans), foreclosures. Restorative Justice program and training.
Eugene Mediators	This website lists professional mediators in the Eugene area, their qualifications, and contact info. https://www.mediate.com/EugeneMediators/index.cfm			
Lane County Family Mediation	151 W. 7 th , Suite 360, Eugene 541-682-3962	◆	FREE 1 st session. Discount if on SNAP	Custody, parenting time, & financial mediation.
Resolutions Northwest	503-595-4890 info@resolutionsnorthwest.org	◆	Call for details	Equity Informed Mediation and Mediator training.
Resolve Youth Restorative Justice (formerly Teen Court)	Petersen Barn Center 870 Berntzen Rd., Eugene 541-285-8901 eswanson@eugene-or.gov	Programs in English. Interpreter upon request	FREE / GRATIS	A restorative justice program that allows youth ages 12-17 who have committed non-violent crimes an opportunity to repair harm. Volunteer opportunities available.
University of Oregon Student Conflict Resolution Center	1691 Columbia Alley, Eugene 541-346-0617 src@uoregon.edu		FREE / GRATIS	Conflict resolution support for UO students and student organizations. Consultation, coaching, and facilitation of difficult conversations.

LAW ENFORCEMENT OVERSIGHT

Agency	Contact	Español	Notes
Independent Police Auditor (City of Eugene)	101 East Broadway, Suite 230 541-682-5016 , policeauditor@eugene-or.gov	◆	A City of Eugene civilian oversight office completely separate from the Eugene Police Department where community members can submit complaints and commendations for EPD. For more information, or to submit a complaint/commendation online, visit: www.eugene-or.gov/Police-Auditor

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VOTER REGISTRATION



Registering to vote is easy at:

<https://secure.sos.state.or.us/orestar/vr/register.do>

Find out who your federal, state, and local elected officials are and their contact information at: <https://www.usa.gov/elected-officials>

Registrarse para votar es fácil en:

<https://secure.sos.state.or.us/orestar/vr/register.do>

Averigüe quiénes son sus funcionarios electos federales, estatales y locales y su información de contacto en: <https://www.usa.gov/elected-officials>

DOMESTIC VIOLENCE & SEXUAL ASSAULT

HOPE AND SAFETY ALLIANCE

24-hour Crisis Line: 541-485-6513

◆ - Personal que habla español

SEXUAL ASSAULT SUPPORT SERVICES

24-hour Hotline: 541-343-7277

◆ - Personal que habla español

Agency	Contact	Español	Fees	Notes
Hope and Safety Alliance	541-485-6513 (24-hour crisis line) 541-485-8232 (office) 1557 Pearl St., 2 nd floor, Eugene	◆ Personal que habla español	FREE / GRATIS	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, shelter, support groups, Latina bilingual advocacy. Al servicio de sobrevivientes de violencia de pareja y sus familias. Apoyo entre pares, defensa, planificación de seguridad, transporte de emergencia, refugio, grupos de apoyo, defensa bilingüe para latinas.
SASS - Sexual Assault Support Services	541-343-7277 - 24/7 Crisis & Support Line Línea de Crisis y Apoyo Chat on website or text 541-343-7277 Monday – Friday 9am-5pm 541-484-9791 (office) 1902 Jefferson St. Suite 1, Eugene	◆ Todos los servicios disponibles en español	FREE / GRATIS	A nonprofit providing 100% confidential support for survivors of sexual violence, as well as their families, friends, and community. 24/7 crisis and support hotline, legal advocacy, support groups, emergency medical advocacy, as well as a Latine Connection Program providing crisis intervention and advocacy services to Latine survivors of sexual violence. Una organización sin fines de lucro que brinda apoyo 100 % confidencial a sobrevivientes de violencia sexual, así como a sus familias, amistades y comunidad. Ofrece una línea de crisis y apoyo disponible las 24 horas, los 7 días de la semana; defensa y acompañamiento legal; grupos de apoyo; acompañamiento médico de emergencia; y un Programa de Conexión Latine que brinda servicios de intervención en crisis y defensa a sobrevivientes Latine de violencia sexual.
CAFA - Christians As Family Advocates	921 Country Club, #222, Eugene 541-579-6265	◆	OHP , private insurance, Private pay	Domestic violence classes for survivors. 36-week class for perpetrators. English and Spanish anger management classes. Clases de violencia doméstica para sobrevivientes. Clase de 36 semanas para perpetradores. Clases de manejo de la ira en inglés y español.

See next page for more DOMESTIC VIOLENCE & SEXUAL ASSAULT Resources

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Updated 9/3/2026

DOMESTIC VIOLENCE & SEXUAL ASSAULT

Agency	Contact	Español	Fees	Notes
Confederated Tribes of Siletz Indians – CARE Program	541-444-9680 (hotline and office)		FREE / GRATIS	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.
Domestic Violence Advocate at DHS English and Spanish ◆	2885 Chad Dr, Eugene 541-686-7878	◆	FREE / GRATIS	Domestic Violence advocates at the Department of Human Services (DHS) help with restraining orders, court appearances. Referral made by caseworker. No cost.
	2101 W 11th Ave, West Eugene 541-686-7722			
	101 30 th St. Springfield 541-726-3525			
	305 Coop Court, Cottage Grove 541-942-9186			Los defensores de casos de violencia doméstica del Departamento de Servicios Humanos (DHS) ayudan con órdenes de alejamiento y comparecencias judiciales. La derivación la realiza un trabajador social. Sin costo.
	3180 Highway 101 N, Florence 541-997-8251			
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence	◆	FREE / GRATIS	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rent & utility assistance. Defensa de sobrevivientes de violencia doméstica, agresión sexual y trata de personas. Grupos de apoyo, clases, casas de acogida, asistencia para órdenes de protección, vales para necesidades básicas. Asistencia con el alquiler y los servicios públicos.
Strong Hearts Native Helpline	1-844-7NATIVE (762-8483)		FREE / GRATIS	24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives . Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
Lane County Victim Services Division	125 E 8 th Ave, Room 400, Eugene 541-682-4523	◆	FREE / GRATIS	Information for crime victims. Restraining orders, stalking orders. Survivors of crime may qualify for assistance for medical, mental health, rehabilitation, funeral, loss of income. Información para víctimas de delitos. Órdenes de alejamiento y órdenes de acoso. Los sobrevivientes de delitos pueden calificar para recibir asistencia médica, de salud mental, rehabilitación, funeral y pérdida de ingresos.
National Domestic Violence Hotline	800-799-7233 (24/7) Text “START” to 88788 Email: www.thehotline.org/get-help/ ◆			
National Sexual Assault Hotline	800-656-HOPE 800-810-7440 (TTY) Connect with trained staff from a sexual assault service provider in your area. ◆			



Community Resource Guide

Updated 9/3/2026

BATTERER INTERVENTION

****For a complete list of Oregon approved Batterer Intervention Programs, click here: [Oregon BIP Directory](#)****

Agency	Contact	Español	Fees	Notes
Bridges 2 Success	1-800-509-0794 office@bridges2success.com		Fee due at time of service. Sliding scale. Community service discounts.	Evidence-based, trauma-informed intervention services, utilizes a combination of cognitive and dialectical behavioral therapies, motivational interviewing, accountability, and skill building.
Outgrowing Power, Anger & Control (Christians As Family Advocates)	921 Country Club Rd, # 222, Eugene 541-579-6265	◆ Class in Spanish and English Clases en inglés y español	OHP , private insurance, private pay: \$160 assessment \$55/group	Oregon approved 36 to 52-week program for people who use anger and control destructively in relationships and desire to change. Voluntary or mandated. Weekly sessions are 90 minutes. Payment plans available. Programa de 36 a 52 semanas, aprobado en Oregon, para personas que usan la ira y el control de forma destructiva en sus relaciones y desean cambiar. Voluntario u obligatorio. Sesiones semanales de 90 minutos. Planes de pago disponibles.

CHILD ABUSE & NEGLECT



OREGON CHILD ABUSE HOTLINE

1-855-503-SAFE (7233)

Call to report suspected child abuse or neglect, 24/7.

If a child is in immediate danger, call 911.

Agency	Contact	Español	Fees	Notes
90x30	1244 Walnut Street, Eugene friends@90by30.com		FREE / GRATIS	Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
CAFA - Christians As Family Advocates	921 Country Club Rd #222 Eugene 541-349-7562	No Spanish services	Cash pay	CAFA provides supervised visitation services for 1 hour, once per week for families who are court ordered to have that service. Completion of our 4-session parenting class is required to utilize the visitation services.
CASA – Court Appointed Special Advocates	174 Deadmond Ferry Rd, Springfield 541-984-3132	◆	FREE / GRATIS	Volunteers are trained to advocate in court for a children involved in the child welfare system. Los voluntarios están capacitados para defender ante los tribunales a los niños involucrados en el sistema de bienestar infantil.
Kids FIRST Child Advocacy Center	2675 Martin Luther King Blvd, Eugene 541-682-3938	◆	FREE / GRATIS	Medical exams, child interviews regarding abuse. Must be referred by DHS or law enforcement. Exámenes médicos, entrevistas a niños sobre abuso. Deben ser remitidos por el DHS o las autoridades policiales.
Prevent Child Abuse Oregon	PCAO amplifies the voices and perspectives of survivors of child abuse and those with lived experience of the child welfare system, unifies the efforts of a partnership of child-serving nonprofit organizations, and advocates at the legislative level for prevention policies.			
National Child Abuse Hotline	800-422-4453 Call or text	Professional crisis counselors are available 24/7 to talk to parents, children, and mandatory reporters or anyone who has concerns about the safety of a child. Crisis intervention, information, referrals to resources. All calls are anonymous and confidential.		

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FOOD PANTRIES

Thank you to our partners at Food for Lane County for maintaining an updated list of pantries and meal sites.

Check their website for days and times of operation.

<https://foodforlanecounty.org/find-a-food-pantry/>



EUGENE		
86 Hunger Foundation	769 Monroe St., Eugene	Free Meal Pickup: boxed meal available between 4pm and 6pm Saturday on the Acorn Cafe patio. Free Market Project: Market stand stocked with produce plus pantry and personal care items at Acorn Community Café on Saturdays from 4-6pm Recogida gratuita de comidas: comidas envasadas disponibles entre las 16:00 y las 18:00 del sábado en la terraza del Acorn Cafe. Proyecto Mercado Gratuito: Puesto de mercado con productos frescos, además de artículos de despensa y de cuidado personal, en el Acorn Community Café los sábados de 16:00 a 18:00.
Bethel Food Pantry	4445 Royal Ave 541-688-9085	Bus Routes: 40, 41 2nd and 4th Saturdays: 9:30am–12:00pm
Bethel Family Resource Center	4656 Barger Dr 541-689-0641 ext. 3024	Bus Routes: 41 - 1st and 3rd Thursdays of the month 4-6pm * Open the 2nd and 4th Thursdays in July instead of the 1st and 3rd *
Burrito Brigade: Waste to Taste	1775 W. 6 th Ave, Eugene	Appointment required. info@burritobrigade.org Please sign up online at: https://burritobrigade.org/waste-to-taste/ Se requiere cita previa. info@burritobrigade.org Por favor, regístrese en línea en: https://burritobrigade.org/waste-to-taste/
Casa de Luz	1295 Taney St. 541-521-7437	Bus Routes: 40, 41 Saturday: 10:00am–11:30am (3rd week of month) Rutas de autobús: 40, 41 Sábado: 10:00–11:30 (tercera semana del mes) ◆ Se habla español
Catholic Community Services	1464 W. 6th Ave. 541-345-3628	Bus Routes: EmX - Mondays, Wednesdays, Fridays: 8:00am–12:00pm
Faith Center Pantry	1410 W 13th Ave 541-686-9244	Bus Routes: 41, 55 - 2nd and 4th Thursdays: 2:00pm–6:00pm Rutas de autobús: 41, 55 - Segundo y cuarto jueves: de 14:00 a 18:00. ◆ Se habla español
Food for Lane County Mobile Pantry - Sheldon Community Center	2445 Willakenzie Rd	Bus Routes: 67 2nd Fridays 1:00pm–3:00pm Rutas de autobús: 67, Segundo viernes de 13:00 a 15:00. ◆ Se habla español
Larry Collins Memorial Pantry	255 Maxwell Rd. 541-688-2027	Bus Routes: 51, 52, 55 2nd and 4th Saturdays: 10:00am–12:00pm
Little Free Pantries (Burrito Brigade)	Various locations. See website.	See website for a list of small pantries located on residential properties in Eugene, Springfield, Junction City and Florence! Or apply to host a tiny pantry! https://burritobrigade.org/pantries/ Consulta nuestra página web para ver la lista de pequeñas despensas ubicadas en propiedades residenciales en Eugene, Springfield, Junction City y Florence. ¡También puedes solicitar ser anfitrión de una pequeña despensa! https://burritobrigade.org/pantries/
Pray BiG! St. Matthew's Church	4110 River Rd. 541-689-4010	Bus Routes: 51 - The last Saturday of the month: 10:00am–11:30am Rutas de autobús: 51 - El último sábado del mes: de 10:00 a 11:30. ◆ Se habla español
Sacred Connections Community Church	810 W 3rd Ave, Eugene	Food pantry on Sundays 1-3. sacredconnections810@gmail.com Reparto de alimentos los domingos de 13:00 a 15:00. sacredconnections810@gmail.com

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Community Resource Guide

Updated 9/3/2026

FOOD PANTRIES (continued)

SPRINGFIELD		
Catholic Community Services	1025 G St 541-345-3628	Bus Routes: 17, 18 Mondays, Wednesdays, Fridays: 8:00am–12:00pm
Crossfire Hands of Hope	942 28th St. 541-686-5433	Bus Routes: 18 Thursdays: 12:00pm–4:00pm (not the 1st week of the month)
Food for Lane County Mobile Pantry – Bob Keefer Center	250 South 32nd St	Bus Routes: 11 Last Friday of the month 4:00pm-6:00pm Rutas de autobús: 11 Último viernes del mes, de 16:00 a 18:00. ◆ Se habla español
Springfield 7th-day Adventist Community Service Center	1546 N. 12th 541-337-5101	Food boxes, clothing closet. Services available 1x /month, unless there is an emergency. Open 1st & 3rd Tuesday, 10am - 1 pm, 2nd & 4th Tuesday, 4 pm - 7 pm Reparto de alimentos y ropa. Servicios disponibles una vez al mes, salvo en casos de emergencia. Abierto el primer y tercer martes de 10:00 a 13:00 y el segundo y cuarto martes de 16:00 a 19:00.
The ARC of Lane County	4181 E Street 541-343-5256	Bus Routes: 11 Tuesday & Thursdays: 2:00pm–6:00pm Rutas de autobús: 11 Martes y jueves: de 14:00 a 18:00. ◆ Se habla español
The Shepherd's Table (St. John's)	2537 Game Farm Rd 541-746-3322	Bus Routes: EmX Saturdays: 9:00am–1:00pm Rutas de autobús: EmX Sábados: de 9:00 a 13:00. ◆ Se habla español

RURAL LANE COUNTY			
Coburg Food Pantry	541-953-6776 32695 E Pearl St, Coburg	Lower McKenzie Community Resources	541-896-3857 45061 McKenzie Hwy, Leaburg
Community Food for Creswell	541-246-9117 64 Cobalt Lane, Creswell	Lowell Food Pantry	541-603-5043 4 E. Lakeview St, Lowell
Community Sharing Program	541-942-2176 1440 Birch Ave, Cottage Grove	Mapleton Food Share	541-268-2919 10718 Highway 126, Mapleton
Dexter Food Pantry	541-937-4229 38925 Dexter Rd, Dexter	McKenzie River Food Pantry	541-570-5426 56634 McKenzie Hwy, McKenzie Bridge
Florence Food Share	541-997-9110 2190 Spruce St., Florence	Mid Lane Love Project	541-935-4555 x104 25035 W. Broadway, Veneta
God's Food Box	541-688-8884 27373 8th St, Alvadore	Noti Food Pantry	541-935-0324 22540 Fir St, Noti
Goldson Grange	541-998-1539 23479 Hwy 36, Cheshire	Oakridge Food Pantry	541-782-2192 46433 Westfir Rd, Westfir
Helping Hand	541-933-2575 92170 Marcola Rd, Marcola	Up River Pantry	541-946-1821 37895 Row River Rd, Dorena
Hilltop Pantry	541-935-1331 25735 Crow Rd	Triangle Food Box	541-925-3090 20280 Blachly Grange Rd, Blachly
Junction City Local Aid	541-998-3992 210 E. 6th Avenue, Junction City		

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Community Resource Guide

Updated 9/3/2026

MEAL SITES

Agency	Contact	Notes
86 Hunger Foundation	769 Monroe St., Eugene miranda@mission86hunger.com	Free Meal Pickup: boxed meal available between 4pm and 6pm Saturday on the Acorn Cafe patio. Free Market Project: Market stand stocked with produce plus pantry and personal care items at Acorn Community Café on Saturdays from 4-6pm Recogida gratuita de comidas: comidas envasadas disponibles entre las 16:00 y las 18:00 del sábado en la terraza del Acorn Cafe. Proyecto Mercado Gratuito: puesto de mercado con productos frescos, alimentos no perecederos y artículos de higiene personal en el Acorn Community Café los sábados de 16:00 a 18:00.
Neighbors Feeding Neighbors	5th & Washington 541-735-3823	Wednesday – Saturday starting at 9:30 am De miércoles a sábado a partir de las 9:30 de la mañana.
St Vincent de Paul Service Station	450 Oregon 99, Eugene 541-461-8688	7 days a week, 8:30-9:30 am, 12-12:45 pm (Wednesday 11-11:45 am) Los 7 días de la semana, de 8:30 a 9:30 y de 12 a 12:45 (los miércoles de 11 a 11:45).
Crossfire Food Ministry	942 28th St, Springfield 541-686-3473	Free meal, Sundays at 8:30am Comida gratuita, los domingos a las 8:30 de la mañana.
Eugene Mission	1542 W 1 st St, Eugene 541-344-3251	Call for mealtimes Llamada para horarios de comidas
Fern Ridge Community Services	25133 E Broadway Ave, Veneta	Sundays 5-6:30 pm Domingos de 17:00 a 18:30
Food Not Bombs	126 E 8th Ave., Eugene eugenefoodnotbombs@proton.me	Food is served from 4pm to 5pm every Friday La comida se sirve de 16:00 a 17:00 todos los viernes.
Free People	Washington-Jefferson Park	Sunday Breakfast, 9:15-10:00 am, Sunday Dinner, 5:00-5:45pm Desayuno del domingo, de 9:15 a 10:00, cena del domingo, de 17:00 a 17:45.
Hearth and Table	Central Lutheran Church, 1857 Potter St. Use the entrance in the back off the parking lot.	Free meals for local college students once a week. Sit down meals on Thursdays, 6:30-7:15pm. To go meals available from 7:15-7:30. Comidas gratuitas para estudiantes universitarios de la zona una vez por semana. Comidas para consumir en el local los jueves de 18:30 a 19:15. Comidas para llevar disponibles de 19:15 a 19:30.
Helping Hands Coalition	4590 US-101, Florence	Monday, Wednesday, Friday 12-1pm Lunes, miércoles y viernes de 12 a 13 horas.
Hosea Youth Services	834 Monroe, Eugene	Monday, Tues, Wed, Thurs: Lunch 1-2, Dinner 5-6pm. Fridays, Lunch from 10am-1pm. (16-24-year olds) Lunes, martes, miércoles, jueves: Almuerzo de 13:00 a 14:00, cena de 17:00 a 18:00. Viernes: Almuerzo de 10:00 a 13:00. (Jóvenes de 16 a 24 años)
Looking Glass, New Roads	941 W 7 th Ave Eugene 541-686-4310	Open on non-school days, 11am-1pm and 5-7pm. School days, 5-7pm. (for homeless youth, 16-24 years) ♦ English and Spanish. Abierto los días no lectivos de 11:00 a 13:00 y de 17:00 a 19:00. Los días lectivos, de 17:00 a 19:00. (Para jóvenes sin hogar de 16 a 24 años) ■ Inglés y español.
RAVEN (Radical Assistance for Vulnerable Eugene Neighbors)	Monday, Wednesday and Friday 9am–1pm at First United Methodist Church (1376 Olive St.) – Food, phone charging, hygiene supplies, Narcan. Clothing and blankets as available. Saturday 9am–1pm and Sunday 12-4pm at First Christian Church (1166 Oak St.) - Hot Breakfast (Saturday 9-10 only), Food, phone charging, hygiene supplies, Narcan. Clothing and blankets as available.	
The Dining Room	270 W 8 th Ave, Eugene 541-343-2822.	Mon-Thurs, 12-2:45. Youth must be with legal guardian De lunes a jueves, de 12:00 a 14:45. Los menores deben ir acompañados de su tutor legal.
Trinity Lutheran Church	657 S 7th, Cottage Grove 541-942-2373	Call for mealtimes Llamada para horarios de comidas

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Community Resource Guide

Updated 9/3/2026

MEALS for SENIORS

Agency	Contact
Campbell Senior Center	155 High St., Eugene 541-682-5318
Café 60 Meal Sites (Senior & Disability Services)	Coburg United Methodist Church, 91193 N. Willamette, 541-682-4378
	Coburg – I.O.O.F. Hall - 91119 N Willamette Street 541-525-6407
	Cottage Grove Community Center, 700 E. Gibbs Avenue
	Riverview Terrace, 925 W. Main, Cottage Grove - 541-942-9261
	Cresview Villa, 350 S. 2nd St., Creswell - 541-895-2338
	Northwest Neighbors, 1221 Jacobs Dr, Eugene - 541-689-8011
	Florence Senior Center, 1570 Kingwood Florence - 541-997-5673
	Viking Sal Senior Center, 245 W. 5th St., Junction City - 541-998-5367
	Church of the Nazarene, 48187 Highway 58, Oakridge - 541-782-4318
	Willamalane Adult Center, 215 W. C St., Springfield - 541-736-4424
	Fern Ridge Service Center - 25035 W. Broadway, Veneta 541-935-7354
Serving individuals who are 60 years of age and over, and their spouses, regardless of age. \$8 per meal. Mealtimes vary. Call for details. Ofrecemos servicios a personas de 60 años o más, y a sus cónyuges, independientemente de la edad de estos últimos. \$8 por comida. Los horarios de las comidas varían. Llame para obtener más información.	
Kaufman Senior Center	996 Jefferson St, Eugene 541-342-1881
Meals on Wheels Eugene (Food for Lane County)	Food For Lane County delivers Meals on Wheels in Eugene. Senior & Disability Services delivers Meals on Wheels in Springfield, Veneta, Florence, Junction City, Creswell, Cottage Grove and Oakridge. People age 60 and older who are homebound and need help with meal preparation are eligible. Persons under age 60 may be eligible under the following circumstances: Disabled dependent child living in a non-institutional household with a person over age 60 or Case Manager has authorized meals as part of their Medicaid Long Term Care Plan or State Plan Personal Care. Eugene: 541-607-5065 Outside Eugene: 541-682-3353, or TTY 541-682-4567
	Food For Lane County reparte comidas a domicilio en Eugene. Senior & Disability Services reparte comidas a domicilio en Springfield, Veneta, Florence, Junction City, Creswell, Cottage Grove y Oakridge. Las personas mayores de 60 años que no pueden salir de casa y necesitan ayuda con la preparación de sus comidas son elegibles. Las personas menores de 60 años pueden ser elegibles en las siguientes circunstancias: si tienen un hijo dependiente con discapacidad que vive en un hogar no institucional con una persona mayor de 60 años, o si un administrador de casos ha autorizado las comidas como parte de su Plan de Atención a Largo Plazo de Medicaid o del Plan Estatal de Cuidado Personal. Eugene: 541-607-5065 Fuera de Eugene: 541-682-3353, o TTY 541-682-4567
Senior Grocery (FFLC)	Provides low-income seniors over 60 with a monthly food box (or bag) filled with nutritious staple foods necessary for a balanced diet. 541-343-2822 ext. 115
	Este programa proporciona a las personas mayores de 60 años con bajos ingresos una caja (o bolsa) mensual de alimentos que contiene productos básicos nutritivos necesarios para una dieta equilibrada. 541-343-2822 ext. 115

NUTRITION RESOURCES

Agency	Contact	Español	Fees	Notes
Food for Lane County	770 Bailey Hill Rd, Eugene 541-343-2822	◆	FREE / GRATIS	Provides food for pantries & meal sites in Lane County. M-F 8am-5pm. List of sites at www.foodforlanecounty.org
OSU Extension Service	996 Jefferson St, Eugene 541-344-0249	◆	Varies, mostly FREE	Hands-on cooking, nutrition, food safety, food shopping & physical activity classes for adults in English & Spanish.
SNAP (food stamps)	Call for closest office 800-723-3638	◆	FREE / GRATIS	Apply in person or www.apps.state.or.us/onlineApplication
WIC - Women, Infants, & Children	151 W 7 th Ave, Rm 210, Eugene 541-682-4202	◆	FREE / GRATIS	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.
Positive Community Kitchen	info@positivecommunitykitchen.org 541-249-4942, ext.102		FREE / GRATIS	Meals for people experiencing health crises due to cancer or life-threatening illness. Prepared with love by teen volunteers and delivered free

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Community Resource Guide

Updated 9/3/2026

BASIC NEEDS

Agency	Contact	Notes
15th Night	Call or text 24/7- 541-246-4046 info@15thNight.org	Support for homeless youth to access resources & services (clothing, personal care items, backpacks, food, housing, transportation, counseling, mentors/peer support, youth advocate, application assistance, library cards, etc.
Carry It Forward	541-654-0139 info@carryitforward.net	Serves unhoused people through advocacy, outreach, urgent response, public shower service, a continuum of shelter options, and workforce development.
Catholic Community Services	541-345-3628 1464 W 6 th , Eugene	Clothing, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
Community Sharing Program	541-942-2176 1245 Birch Ave, Cottage Grove	Food boxes, rent / utility assistance, emergency shelter, limited medical/dental /prescription.
Emerald Community Services	541-683-4169 90 Lawrence St, Eugene	Clothing, household goods, food boxes, special needs referrals.
F.I.S.H. - St. Mary's Church	541-688-3269 440 Maxwell Rd, Eugene	Emergency food boxes, propane, help paying for medication. Open Monday-Friday, 10-2:30. Call to request food box.
Home Starter Kit	541-686-8462 3925 Hilyard, Eugene	Household items for homeless people moving into a new home. Applications must be sent from partner organizations.
Hope to Dream Ashley HomeStores	Provides a twin mattress, bed frame, bedding and pillow to children 3-16 without a bed. For families with very low income or transitioning from homelessness. Service providers can nominate a child at: www.ahopetodream.com/	
Hosea Youth Services	541-344-5583 834 Monroe, Eugene	For youth 22 & under. Showers, food, laundry, hygiene, clothing.
Love for Lane County	541-653-8537 jennifer@loveforlanecounty.org	Short-term practical, hands-on assistance, "gap services" that other agencies are unable to meet. We take donations and turn them over to those in need.
RAVEN (Radical Assistance for Vulnerable Eugene Neighbors)	<u>Monday, Wednesday and Friday</u> 9am–1pm at First United Methodist Church (1376 Olive St.) – Food, phone charging, hygiene supplies, Narcan. Clothing and blankets as available. <u>Saturday</u> 9am–1pm and <u>Sunday</u> 12-4pm at First Christian Church (1166 Oak St.) - Hot Breakfast (Saturday 9-10 only), Food, phone charging, hygiene supplies, Narcan. Clothing and blankets as available.	
Sleep in Heavenly Peace	844-432-2337 x5113 Contact Connie & Bryce Jonas	To request a bed or refer a family submit online application: www.shpbs.org/request-bed . Families must have a space for the bed and must be the legal guardian of the child receiving the bed.
7th-day Adventist Community Service Center	541-337-5101 1546 N. 12th, Springfield	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency.
St. Vincent de Paul	541-689-6747 456 Hwy 99, Eugene	Furniture & other household goods.
The Hope Project	www.hopeprojecthelps.com/ask	Online application for needs falling through the cracks of traditional systems. Give as much detail as you can. No ask is too big or too small!
Western Lane Crisis Response (WLCR)	541-997-3515	Responds to emergencies in the greater Florence area (including Dune City, Mapleton, SwissHome & Deadwood). Emotional support, assessment, community resources and follow up to help community members navigate unexpected traumatic situations and mental health crises.

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Community Resource Guide

Updated 9/3/2026

CLOTHING ASSISTANCE

Agency	Contact	Notes
4J School District	200 N. Monroe, Eugene 541-687-3349	For 4J families. Call for appointment
Adventist Community Center	1546 N 12th, Springfield 541-746-7071	Tuesday 10-12
Catholic Community Services	1464 W 6 th Eugene 541-345-3628 1025 G St., Springfield	Eugene: Monday-Friday 9am-4:30pm (Children's clothing only). Springfield: Monday-Friday 9-12pm, must get voucher by 11:45.
Eastside Baptist Church Clothes Closet	4045 Commercial Ave., Springfield	See Facebook page for days and times.
Eugene Mission	1542 W 1 st Ave, Eugene 541-344-3251	Free Clothing for Infants - Teens. Shoes, pants, shirts, boots, shirts, baby blankets. Monday-Friday, 10am-12pm. No need to call.
Helping Hand Room 1st Christian Church	1166 Oak St., Eugene 541-344-1425	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	834 Monroe, Eugene 541-344-5583	The Youth Drop In Center is open Monday – Thursday from 11am – 6:30pm and Friday from 11am – 3pm. Youth under 22 years. Lunch and Dinner, Clothing, Toiletries, Outdoor supplies, Showers, Laundry Facilities, Computer and Wi-Fi access, Lockers; Kennels for pets, Napping room, Basic first aid supplies, Toolbox.
RAVEN (Radical Assistance for Vulnerable Eugene Neighbors)	<u>Monday, Wednesday and Friday</u> 9am–1pm at First United Methodist Church (1376 Olive St.) – Food, phone charging, hygiene supplies, Narcan. Clothing and blankets as available. <u>Saturday</u> 9am–1pm and <u>Sunday</u> 12-4pm at First Christian Church (1166 Oak St.) - Hot Breakfast (Saturday 9-10 only), Food, phone charging, hygiene supplies, Narcan. Clothing and blankets as available.	
Springfield 7th-day Adventist Community Service Center	1546 N. 12th, Springfield, 541-337-5101	Food boxes, clothing closet. Services available 1x /month, unless there is an emergency. 1st & 3rd Tuesday, 10am-1pm, 2nd & 4th Tuesday, 4-7pm
St. Vincent de Paul	456 Hwy 99 N, Eugene 541-689-6747	Clothing, furniture & other household goods.
Titan Pantry and Closet (Lane Community College)	Ground floor of the center building at the LCC main campus	Free thrift store for current, registered students of Lane Community College.
White Bird Clinic	341 E. 12th, Eugene 541-342-4357	Monday-Friday, 8am – 10pm.

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Community Resource Guide

Updated 9/3/2026

TRANSPORTATION ASSISTANCE

Agency	Contact	Español	Notes
Catholic Community Services	1464 W 6 th Eugene AND 1025 G St., Springfield 541-345-3628	◆	Free bus days pass up to 2x/month, when available.
Job Connections (Goodwill)	855 Seneca Rd, Eugene 541-431-3309 102 30th Street, Springfield 458-205-8157 1310 Hwy 101, Florence 541-590-3541	Interpreter upon request	Free bus Passes for Job Seeking STEP participants
Lane Transit District Reduced Fare, Accessibility Support, and Travel Training (LTD)	1080 Willamette St, Eugene 355 S. A Street Springfield 541-687-5555 LTD@LTD.org		Free fare for adults 65+, K-12 students and college students. Half-Fare cards are available to • All Medicare recipients • People who receive Supplemental Security Income (SSI) disability or Social Security Disability (SSD) benefits • Veterans who receive 50% or higher disability benefits • Persons who need an accessible accommodation in order to ride the bus may also be eligible • Half-Fare eligibility is not based on financial need. Personal Care Attendants ride free. In partnership with Alternative Work Concepts , LTD offers free one-on-one training to help older adults and people with disabilities learn to ride the bus independently.
RideSource	240 Garfield St, Eugene RideSource Call Center 541-682-5566		RideSource ADA Paratransit is public transportation for people traveling throughout Eugene and Springfield who are unable to use LTD bus service due to a disability. Eligibility assessment is required to qualify. Call to schedule.

BICYCLE SAFETY AND RESOURCES

Agency	Contact	Notes
City of Eugene	500 East 4th Avenue, Eugene	The City of Eugene produces free bike maps and an online bike map for suggested routes around the City. Eugene-Springfield bike maps are available in both English and Spanish. You can download a PDF version at the link below or visit a local bike shop to pick-up a free paper copy.
GEARS – Greater Eugene Area Riders	info@eugenegears.org	Promotes bicycle riding for transportation and recreation. Organized weekly rides, offers safety and skill education, defends the rights and responsibilities of bike riders, and works to enhance the bicycle culture in Eugene and surrounding area.
PeaceHealth Rides Bike Share	Shane Rhodes - SRhodes@eugene-or.gov Transportation Options Program Manager Phone: 541-556-3553 See website for locations.	Publicly available bikes to rent in Eugene and Springfield. \$1 to unlock and then 10 cents per minute ride.
SafeRoutes: Eugene-Springfield Safe Routes to School	Emails / phone numbers for regional coordinators can be found at: www.eugenespringfieldsrts.org/about	Working to create safe, easy, fun ways for kids to walk, bike, skate, scooter, bus or carpool to school.
Shift Community Cycles	(541) 728-2453 811 W 6th Ave., Eugene https://www.shiftcc.org/contact-us	Youth programs to encourage bike riding. Free Bikes 4 Kids program provides a bicycle, helmet, and lock (request must come from a partner organization). Pedal Forward program provides participants with hands-on education and guidance about bike mechanics.

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Community Resource Guide

Updated 9/3/2026

LOW COST PET SERVICES

Agency	Contact	Fees	Notes
Eugene Spay and Neuter Clinic	3970 W. 1st Ave., Eugene 541-682-3643	Varies	Low cost spays / neuters, vaccinations and flea control products for cats and dogs. The clinic is unable to provide medical services to sick or injured animals.
Greenhill Humane Society	88530 Greenhill Rd, Eugene 541-689-1503	FREE / GRATIS	Pet food and supply pantry for people with pets in need of financial assistance. Crisis Care Program temporary housing for animals whose owners are in crises such as domestic violence, hospitalization, incarceration and emergency situations. Greenhill also provides support and transitional housing for the pets of people who have recently passed. • Senior & Veteran Adoption Discounts • Info about outdoor and community cats. • List of local dog parks • Pet sitting / boarding resources • Local Veterinarians & Clinics • Local Animal Control, Shelters, & Rescues • End of Life Care • What to do if you Find a Litter of Kittens • What to do if you see an animal in distress
Lane County Animal Services	3050 N. Delta Hwy. Eugene		In Lane County, every dog must obtain a license when the dog reaches the age of 6 months, or it obtains its permanent canine teeth, whichever comes first. See Lane County's licensing page for more information about licensing laws.
Patient Pet Advocates	541-632-3217 info@patientpetadvocates.org	FREE / GRATIS	For people struggling with life-altering or terminal medical issues. Services to support pets in their home, helping patients to plan for pet care in emergencies, and providing support in crisis situations. Request support at: https://patientpetadvocates.org/pet-support/
Pro Bone-O	541-607-8089	FREE / GRATIS	Free veterinary services, food, and supplies for the pets of people who are homeless in our community. Two free clinics per month at the Eugene Mission (1509 West 1st Ave). Each clinic offers exams, vaccinations, flea treatments, food, and referrals to spay/neuter.
S.P.O.T.	www.spotspayneuter.org 541-485-7768	Reduced cost	Financial assistance for low/no income residents of Lane County to spay/neuter dogs.

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ID & BIRTH CERTIFICATE ASSISTANCE

Agency	Notes	
15th Night	Call or text 24/7 541-246-4046 info@15thNight.org	Technical & financial assistance with obtaining a birth certificate or a state-issued I.D. Cost is covered. For youth under 21.
Catholic Community Services	1464 W 6 th Eugene 541-345-3628	Eugene & Springfield Locations M/W/F 12pm-4pm, Tu/Th 9am-4pm. Staff can assist with technical and financial assistance with obtaining a birth certificate or state issued ID. Cost is covered depending on funds. All ages. 1x/year ♦ English and Spanish.
CORE – Community Outreach through Radical Empowerment	503-877-5320 info@coreeugene.org	Street outreach, case management, document recovery, public benefits enrollment, harm reduction/survival/hygiene supplies, rental assistance. For young people in Lane County surviving the effects of poverty, homelessness or other adversities. Age: 29 and under.
Eugene Mission	1542 W 1 st , Eugene 541-344-3251	Assists overnight guests receiving case management with obtaining ID's. Most birth certificates are \$20-30 & a new state ID card is \$44.50
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020	Independent living skills classes, service navigation, counseling, support groups, clubhouse, and ID assistance.
Looking Glass New Roads	941 W 7th Avenue, Eugene 541-302-2551	Technical assistance with obtaining a state issued I.D. Cost may be covered depending on funds. For youth, age 16-24. ♦ English and Spanish.
Social Security Office	2504 Oakmont Way, Eugene 1-800-772-1213	It is free to get a social security card! Visit: https://www.ssa.gov/ssnumber/ or stop by the office to apply for a card, update your name, or order a replacement card.
Whitebird Clinic	323 E 12th Ave, Eugene 541-342-1295	Walk in times Monday-Thursday from 12-2. Staff can assist with technical and financial assistance with obtaining a birth certificate. Cost is covered. All ages.

To get a State Issued ID – Submit application in person at the DMV

EUGENE DMV - 2870 W 10th Place **SPRINGFIELD** DMV - 204 30th Street

Full list of locations: www.oregon.gov/odot/dmv/pages/offices/index.aspx



What you need to apply for a state issued ID:

1. Proof of identity, date of birth, and legal U.S. presence (U.S. birth certificate or U.S. citizenship certificate)
2. Proof of Oregon residency (Bank statement, insurance card or official mail addressed to you)
3. Completed application and \$44.50

Para obtener una identificación emitida por el estado: presente la solicitud en persona en el DMV

EUGENE DMV - 2870 W 10th Place **SPRINGFIELD** DMV - 204 30th Street

Lista completa de ubicaciones: www.oregon.gov/odot/dmv/pages/offices/index.aspx



Lo que necesita para solicitar una identificación emitida por el estado:

1. Prueba de su identidad, fecha de nacimiento y presencia legal en los EE. UU.
(certificado de nacimiento de los EE. UU. o certificado de ciudadanía de los EE. UU.)
2. Prueba de su residencia en Oregón (Extracto bancario, tarjeta de seguro o correo oficial dirigido a usted)
3. Solicitud completa y \$44.50



OREGON HEALTH PLAN ENROLLMENT ASSISTANCE

[Community Health Centers of Lane County](#) offers free OHP enrollment assistance to residents in Lane County. Trained Access Specialists help individuals and families understand their health coverage options, complete applications, and enroll in OHP.

Contact CHCLC Access Helpline: **541-682-3585**

Available for phone appointments, no matter where you live in Oregon.

Staff can assist with eligibility questions, document preparation, and plan selection.

Alternative Help Options:

- OHP Customer Service: 1-800-699-9075 (TTY: 711)
- Online Application: Apply at ONE.oregon.gov
- In-Person Help: Find a local OHP-certified community partner – www.healthcare.oregon.gov/find-help.aspx

[Community Health Centers of Lane County](#) ofrecen asistencia gratuita para la inscripción en el OHP a sus residentes. Especialistas en Acceso capacitados ayudan a personas y familias a comprender sus opciones de cobertura médica, completar solicitudes e inscribirse en el OHP.

Llame a la Línea de Ayuda de Acceso de CHCLC: **541-682-3585**.

Disponible para citas telefónicas, sin importar dónde viva en Oregon.

El personal puede ayudarle con preguntas sobre elegibilidad, la preparación de documentos y la selección de planes.

Opciones de ayuda alternativas:

- Servicio al Cliente del OHP: 1-800-699-9075 (TTY: 711)
- Solicitud en línea: Solicite en ONE.oregon.gov
- Ayuda en persona: Encuentre un socio comunitario local certificado por el OHP: www.healthcare.oregon.gov/find-help.aspx

MEDICAL SERVICES

Agency	Contact	Español	Fees	Notes
Acupuncture for the People	2833 Willamette St Suite B, Eugene 541-521-6285		1 st appt: \$30-55, then: \$15-40	Licensed acupuncturist serving anyone who needs a sliding scale.
Bethel Health Center	1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430		OHP, sliding scale, some insurance	Health services and counselling for ages 1-19.
Community Health Centers of Lane County 541-682-3550 Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in. Call for hours. OHP, private insurance, sliding scale	RiverStone Clinic		2073 Olympic St, Springfield	
	Charnelton Community Clinic		151 W 7th Ave Suite 100, Eugene	
	Springfield Schools Health Center		1050 10th St, Springfield	
	South Lane Clinic		1275 South River Road, Cottage Grove	
	West 11th Clinic		3321 West 11 th Ave, Eugene	
	Delta Oaks Clinic		1022 Green Acres Rd, Eugene	

See next page for more MEDICAL SERVICES

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Community Resource Guide

Updated 9/3/2026

MEDICAL SERVICES (CONTINUED)

Agency	Contact	Español	Fees	Notes
HIV Alliance (Alliance for Community Wellness) OHP or sliding scale for individuals without insurance	1195 Cityview, Eugene 541-342-5088	Medical Clinic - PREP medication, STI's testing, HIV testing, Hepatitis C and Syphilis testing, case management, treatment for opioid use disorder and health focused street outreach.		
		Oaks Housing Program - Wraparound services for individuals with immune compromised systems, including housing navigation, and case management with a care team.		
		Hepatitis (HCV) Community Health Program – Helping people living with HCV in Lane County maintain and improve their health through support, advocacy, referrals, and emergency financial assistance. HCV Case Manager works with clients to access transportation, nutrition assistance, and community resources.		
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene 541-916-7025 ko-kwel.eug@coquilletribe.org		OHP, sliding scale, private insurance	Culturally appropriate primary outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity.
Lane County Public Health	151 W 7th Ave., Room 310, Eugene 541-682-4041	◆	OHP, sliding scale, private insurance	STD testing, vaccinations by appt. No walk ins. Pruebas de ITS y vacunas con cita previa. No se atiende sin cita.
Occupy Medical	541-316-5743 532 C Street, Springfield	◆	FREE / GRATIS	Saturday clinic offering medical, wound care, herbal medicine and emotional support. In the basement from 2 till 4pm. Come early and get your name on the list between 2pm and 3pm. Clínica gratuita los sábados con atención médica, cuidado de heridas, medicina herbal y apoyo emocional. La clínica está en el sótano y atiende de 2 a 4 p.m. Se recomienda llegar temprano para anotarse en la lista, entre las 2 y las 3 p.m.
Our Community Birth Center	188 West B Street, Bldg O, Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	OHP, sliding scale, private insurance	Nurse midwifery birth center and health clinic. Client-centered, LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control, fertility, pregnancy, birth, postpartum including home visits, newborn care, lactation services.
The SHOP (Sharing Healthcare Options Program) White Bird	541-342-1295 323 E 12th Ave, Eugene	◆	FREE / GRATIS	Enrollment assistance for health insurance including OHP. Call for appointment.
Trauma Healing Project	631 E. 19th Ave. Building B, Eugene 541-687-9447 info@healingattention.org	◆	Sliding Scale	Body-centered therapies and wellness classes. Drop-in groups: Gentle & Restorative Yoga, art circle, acupuncture Terapias corporales y clases de bienestar. Grupos sin cita previa: yoga suave y restaurativo, círculo de arte y acupuntura.
Volunteers in Medicine	2260 Marcola Rd, Springfield 541-685-1800	◆	FREE / GRATIS	Medical, mental health, prescription for low-income adults without insurance or with OHP but no provider. Servicios médicos, de salud mental y medicamentos recetados para adultos de bajos ingresos que no tienen seguro médico o que tienen OHP pero no tienen un proveedor de atención médica.
White Bird	541-484-4800 1400 Mill St., Eugene	Sometimes	OHP, sliding scale	Medical walk-in clinic.
Poison Control Hotline	800-222-1222	24/7 hotline for questions / emergencies regarding poisons.		

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Community Resource Guide

Updated 9/3/2026

VISION CARE

Agency	Contact	Notes
Lion's Eyeglass Assistance	lionsclubreferrals@olshf.org 971-270-0203	Free eye exams and glasses. Call or email to schedule
White Bird	341 E 12 th , Eugene 541-342-8255	Vouchers for free eye exams and glasses. Come into the clinic to apply. 3-4 month wait. M-F 9-3:30.

DENTAL SERVICES

Agency	Contact	Español	Fees	Notes
Children's Dental Center	1850 Bailey Hill Rd, Eugene 541-687-3232		FREE / GRATIS	For uninsured children. Referrals by school nurse.
Community Health Centers of Lane County	Call for locations. 541-682-3550	◆	OHP , sliding scale, private insurance	Dental prevention program. No walk in.
Dental Clinic - Lane Community College	2460 Willamette, Eugene 541-463-5206	Sometimes	Free eval, low cost	Adult exams, cleaning, fluoride. No fillings /surgery.
White Bird	1400 Mill St, Eugene 541-344-8302	◆	OHP , sliding scale	Dental appointments, walk-in clinic. Call for hours.

PRESCRIPTION ASSISTANCE

Agency	Contact	Español	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St Springfield 541-345-3628		Up to \$50 / year if funds are available (not for controlled substances).
F.I.S.H. - St. Mary's Church	541-689-9750 440 Maxwell Rd, Eugene		Food, propane, prescriptions.
Oregon Prescription Discount Program	800-913-4146		20-50% off. Apply online or by phone. www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx
Volunteers in Medicine	2260 Marcola Rd, Springfield 541-685-1800		For people with moderate income who are uninsured.
Community Sharing Program	1440 Birch Ave, Cottage Grove 541-942-7933		Prescription assistance, utility assistance, food boxes, firewood, showers, laundry, & propane. Help to avoid eviction / foreclosure.

SMOKING CESSATION

Agency	Contact	Español	Fees	Notes
Oregon Tobacco Quit Line	800-784-8669 Available 24/7	◆	FREE / GRATIS	Talk or chat online with an expert Quit Coach. Find smoking cessation programs by location and insurance at www.quitnow.net/oregon
QTIP - Quit Tobacco in Pregnancy	541-682-4440	◆	FREE / GRATIS	Incentive program that helps pregnant women quit smoking. Women who successfully quit smoking can earn up to \$250 in gift cards.
Springfield Treatment Center	1485 Market St., Springfield 541-653-8284 (main) 541-206-1785 (on call)		OHP , private insurance	Smoking cessation services for clients receiving methadone / Suboxone treatment for opioid addiction. Additional services include counseling, group services, gambling services, and integrated co-occurring disorders treatment

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Community Resource Guide

Updated 9/3/2026

GAMBLING ADDICTION TREATMENT

Agency	Contact	Español	Fees	Notes
Live. Grow. Share.	1966 Garden Ave., Eugene 541-505-9190 intake@livegrowshare.org	Bilingual Mental Health Peer Support	OHP	Integrated mental health services, peer support, group therapy, gambling treatment, telehealth available. Equine therapy, auto body skills shop.
National Problem Gambling Hotline	800-522-4700 Call or text	Interpreter upon request	FREE / GRATIS	Resource referrals for every state. 24/7, 100% confidential.
Problem Gambling Hotline (Oregon)	877-MyLimit Call or text	◆	FREE	Free, confidential help. Referrals to gambling treatment services. Ayuda gratuita y confidencial. Información y referencias para acceder a servicios de tratamiento para problemas de juego.
Springfield Treatment Center	1485 Market St., Springfield 541-653-8284 (main) 541-206-1785 (on-call)		OHP, private insurance	Gambling services for clients receiving methadone / Suboxone treatment for opioid addiction. Additional services include counseling, group services, nicotine cessation, and integrated co-occurring disorders treatment

SUBSTANCE USE DISORDER RECOVERY SUPPORT

Agency	Contact	Español	Fees	Notes
Al-Anon & Alateen	https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/ 541-265-4365	◆		Free 12-step meetings for families & friends of people experiencing addiction to alcohol. Call or check website for meeting times.
Alcoholics Anonymous	Free 12-step meetings for people in recovery from addiction to alcohol. http://www.eviaa.org/ 541-342-4113 ◆ Spanish AA site: https://aaoregon.webs.com Spanish Intergroup # 971-327-5523			
Heroin Anonymous	pacificregionaltrustee@heroinanonymous.org	NO	FREE / GRATIS	12-step meetings for people in recovery from addiction to heroin.
Behavioral Health Resource Network	(800)-422-2595		FREE / GRATIS	Confidential, rapid resource and treatment access, 24/7 hotline.
Buckley Detoxification Center	605 W 4th Ave, Eugene 541-762-4575	◆ Pre-assessment interpreter	OHP, sliding scale, private insurance	Support for people affected by substance use disorder who need to withdraw safely from substances & achieve sobriety in a caring environment
Celebrate Recovery – Ekklesia Church	2866 Crescent Ave, Ste 103 Eugene 541-912-9411 Celebrate Recovery®		FREE / GRATIS	Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Multiple meeting locations available.
Center for Family Development	261 E 12 th Ave., Eugene 541-342-8437	◆ Bilingual therapist / Interpreter upon request	OHP, sliding scale, private insurance	Counseling, recovery programs, relapse prevention planning, telehealth services. Phone intakes available.
Chrysalis (White Bird)	350 E 11th Ave, Eugene 541-683-1641	minimal services	OHP, sliding scale	Outpatient. Peer counseling, groups, court referred DUI, acupuncture, transportation support
Community Medical Services	651-655 W 7th Ave, Eugene 458-320-0320	Translation line for all languages	All insurances	Specializing in opioid-based substance use disorder treatment, including heroin and fentanyl. Individual and group counseling, peer support, Medication-Assisted Treatment (MAT), including MAT specifically for use during pregnancy.

See next page for more **SUBSTANCE USE DISORDER RECOVERY SUPPORT** Resources

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Community Resource Guide

Updated 9/3/2026

SUBSTANCE USE DISORDER RECOVERY SUPPORT

Agency	Contact	Español	Fees	Notes
Emerald Valley Intergroup (EVI)	2160 W 11th Ave Suite, Eugene 541-342-4113 evicpci@gmail.com Spanish Intergroup # 971-327-5523	◆	FREE / GRATIS	EVI has many local face-to-face and online meetings. https://eviaaweb.org/ Spanish AA site: https://aaoregon.webs.com
Eugene Treatment Center	98 E. 11th Avenue, Eugene 458-273-4008		OHP , private insurance	Opioid treatment program providing methadone and Suboxone treatment in conjunction with counseling,
Families Actively Improving Relationships (FAIR)	10 Shelton McMurphey Blvd, Eugene 541-485-2711	NO	OHP	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health. Families involved with child welfare.
HIV Alliance Prime Peer Program	1195 City View Street, Eugene *Jonathan Duncan - 541-359-7897 *Alex Cribbs – 541-556-2686 *Jessica Higgs – 541-342-5088 ext.118	◆	OHP , sliding scale	Peer professionals assist others dealing with substance disorder. Help accessing services, insurance enrollment, harm reduction supplies, practical advice regarding treatment & safer injection practices.
Insight Northwest Recovery	1776 Millrace Drive, suite 202 Eugene (541) 203-0539 info@insightrecovery.com www.insightrecovery.com		OHP , other insurance, private pay	Intensive outpatient mental health and substance use/co-occurring treatment for ages 12 and older, including group therapy, individual counseling, psychiatry/medication management, family therapy, and peer support, in person and online.
Integrated Health Clinics of Eugene	715 Lincoln Street, Eugene 541-344-3574	◆	OHP, Kaiser, Healthshare	Behavioral health screening. Assessment. Drug testing. Outpatient addiction treatment. Group / individual / family counseling. Medication Assisted Treatment.
JESCO Club	340 Blair Blvd, Eugene 541-686-0538 jescoclub@gmail.com	NO	FREE / GRATIS	Substance Use Disorder services, meetings, community people in recovery and their families.
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene 541-916-7025 ko-kwel.eug@coquilletribe.org		Medicaid	Culturally appropriate outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity. Methadone clinic specializing in treating individuals with opioid-use disorder. Holistic wellness model, counseling, drug screens, crisis intervention, resource education and navigation.
Lane County Treatment Center	432 W 11 th Ave Room 170, Eugene 541-682-4464	◆	OHP , private insurance, private pay	Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.

See next page for more SUBSTANCE USE DISORDER RECOVERY SUPPORT Resources

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Community Resource Guide

Updated 9/3/2026

SUBSTANCE USE DISORDER RECOVERY SUPPORT (continued)

Agency	Contact	Español	Fees	Notes
Lavender Network	1590 Willamette St, Eugene 541-342-7105	◆	No cost to participants	LGBTQ+ specialized services: gender-affirming hormone injection supply program, rapid HIV, Hep. C, and Syphilis testing, Narcan supply and training, distribution of safer sex supplies, PrEP navigation service, access to gender-affirming products and clothing, resources navigation, peer support, and substance use counseling.
Live. Grow. Share.	1966 Garden Ave., Eugene 541-505-9190 intake@livegrowshare.org	Bilingual Mental Health Peer Support	OHP	Integrated mental health services, peer support, group therapy, gambling treatment, telehealth available. Equine therapy, auto body skills shop.
Looking Glass Counseling	260 E 11th Ave, Eugene 541-484-4428	◆	OHP , private insurance	Substance Use Disorder counseling for youth 23 and under.
Native American Rehabilitation Association (NARA)	Locations in Portland, Gresham, and Scappoose. See website for details. 503-224-1044 Email: info@naranorthwest.org	NO	OHP, Sliding Scale	Culturally appropriate services for American Indians / Alaskan Natives. Adult and youth residential and outpatient substance use disorder treatment, 2SLGBTQ+ services, health, mental health dental services, programs for youth, veterans and elders.
Narcotics Anonymous	http://lanecountyarea-na.org/meetings/ 541-729-0080 24-hour helpline	NO	FREE / GRATIS	12-step meetings for people experiencing substance use disorder.
ODI Clinic: Adolescent and Family Services	10 Shelton McMurphey Blvd, Eugene 541-284-7560 Plaza de Nuestra Comunidad 944 W 5th 541-687-2667	◆	No cost to participants	Outpatient drug and alcohol counseling for teens. Treatment is provided as part of a research study. Parents & youth earn money for research interviews.
Plaza de Nuestra Comunidad	944 W 5 th , Eugene 541-687-2667 x120 info@centrolatinoamericano.org	◆ Todos los servicios	\$10-25 sliding scale, OHP	Substance Use Disorder support for Spanish speaking adults and teens. Youth mentoring age 7-16. Apoyo para adultos y adolescentes de habla hispana que enfrentan problemas de consumo de sustancias. Mentoría para jóvenes de 7 a 16 años.
Emerald Valley Resource Network (EVRN)	(541)-799-6336	◆	FREE / GRATIS	Call to connect to community resources and make appointments upon contact.
Relief Nursery	1720 W. 25 th Ave, Eugene 541-343-9706	◆	FREE / GRATIS	Parents for Recovery: Support group for parents in recovery for substance use disorder. Peer Support for parents participating in other Relief Nursery programs or referred by DHS.
	850 S 42 nd Ave, Springfield 541-485-0007	Todos los servicios disponibles en español		Padres para la Recuperación: Grupo de apoyo para padres en recuperación de adicciones a las drogas y al alcohol. Apoyo entre pares para padres que participan en otros programas de guarderías de apoyo o son referidos por el DHS.

See next page for more SUBSTANCE USE DISORDER RECOVERY SUPPORT Resources

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Community Resource Guide

Updated 9/3/2026

SUBSTANCE USE DISORDER RECOVERY SUPPORT (continued)

Agency	Contact	Español	Fees	Notes
Restored Connections Peer Center (RCPC)	Main Office: 146 E 12th Ave, Eugene Community center: 1200 High St, Unit 180, Eugene 458-544-0000 scameron@restoredconnections.org		FREE / GRATIS	A peer run organization serving the Lane County area in an evidence-based approach to individuals seeking a recovered lifestyle. Through a strength base and peer lead process, peer mentors pair up with individuals who need guidance and support regarding their substance use, houselessness and a variety of other high-risk situations they may be experiencing.
Serenity Lane	4211 W 11 th Ave, Eugene 541-485-1577 out-patient 91150 Coburg Industrial Way 541-687-1110 in-patient	NO	Private insurance, private pay, some OHP	In-patient & outpatient treatment. Specilizing in treatment for clients with dual diagnoses.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP , sliding scale	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment. Consejería individual, familiar y para niños y niñas; manejo de medicamentos; atención en situaciones de crisis; manejo de la ira; vivienda con apoyo; neurofeedback; servicios para personas LGBTQIA+; y programa de recuperación para personas de 14 años en adelante. También ofrecen vivienda y empleo con apoyo.
Springfield Treatment Center	1485 Market St., Springfield 541-653-8284		OHP , private insurance	Opioid treatment program providing methadone and Suboxone treatment in conjunction with counseling, group services, nicotine cessation, gambling services and Integrated co-occurring disorders treatment.
Veterans Affairs	3355 Chad Dr, Eugene 541-607-0897	Interpreter upon request Intérprete disponible a solicitud		Mental health services, outpatient alcohol treatment and aftercare. Servicios de salud mental, tratamiento ambulatorio para el consumo de alcohol y servicios de seguimiento después del tratamiento.
Willamette Family Treatment Services	1050 High Street, Eugene 541-762-4300	NO	OHP , sliding scale, other insurance	Substance Use Disorder assessments. Same-day medical & behavioral health services. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
Wellbriety	Holly P. and Jon R. 541-912-0818 stoneriver05@hotmail.com	NO	FREE / GRATIS	Native American based support for substance use, empowering all people in recovery. Visit website for meeting schedules. Welbriety Circles Map and Listing
SAMHSA Treatment & Referral Hotline		1-800-662-HELP (4357)		
www.Addicted.org		Directory & confidential referral service for drug & alcohol treatment. 1-877-208-7211		

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Community Resource Guide

Updated 9/3/2026

MEDICATION ASSISTED TREATMENT (MAT) PROGRAMS

Medication-Assisted Treatment (MAT) is an evidence-based approach for treating opioid use disorder. It combines FDA-approved medications with counseling and behavioral therapies.

Agency	Contact	Notes
Community Medical Services	651-655 W 7th Ave, Eugene 458-320-0320	Treatment for individuals with opioid addiction disorders, including heroin and fentanyl. Individual & group counseling, peer support, Medication-Assisted Treatment, (including MAT during pregnancy). All insurances accepted. Translation line for all languages.
Ideal Option	401 E. 10 th Avenue Suite 330, Eugene and 3831 Main St., Springfield - 1-877-522-1275	Multiple locations, same day appointments, peer support, no financial barrier to treatment. To schedule, visit https://www.idealoption.com/
Eugene Treatment Center	98 E. 11th Avenue, Eugene 458-273-4008	Opioid treatment program providing methadone and Suboxone treatment in conjunction with counseling. OHP / Some private insurance
Equinox Clinics	160 E. 18 th Ave, Eugene 541-790-2455	Patient focused treatment combining medication and behavioral therapy. Accepts most insurances. For more information visit https://equinoxclinics.com/
White Bird (Chrysalis)	541-683-1641 or visit https://whitebirdclinic.org/chrysalis-behavioral-health/	Medication Assisted Treatment for those diagnosed with opioid and/or alcohol use disorders, integrated with our outpatient program.
The Alliance for Community Wellness	541-342-5088 or visit https://hivalliance.org/acw/medical-clinic/	Medication Assisted Treatment to treat opioid use disorder with provider-monitored medications, such as Suboxone®, that reduce withdrawal effect and help prevent opioid overdose.
Springfield Treatment Center	1485 Market St., Springfield 541-653-8284	Opioid treatment program providing methadone and Suboxone treatment in conjunction with counseling, group services, nicotine cessation, gambling services and Integrated co-occurring disorders treatment.

HARM REDUCTION SERVICES

Agency	Notes
HIV Alliance Needle Exchange Program	Harm reduction supplies, including sterile syringes and Naloxone for people who inject drugs. For a current calendar of times and locations, visit: https://hivalliance.org/prevent/syringe-services/ **If you come across a used syringe, do not touch it! The syringe could be carrying viruses that can cause hepatitis C, HIV, or other blood borne diseases. If you are in Eugene or Roseburg, contact HIV Alliance and they will send staff who are trained in syringe pick-up and the necessary precautions.**
Black Thistle Street Aid Medical Wednesday Clinic	2nd Wednesday of each month 11-2pm at Washington Jefferson Park (on 5th between Washington and Jefferson). 541-232-8546 whatsapp@blackthistlestreetaid.org FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready to eat food, harm reduction supplies.
White Bird 647 Polk St., Eugene 541-246-1353 https://whitebirdclinic.org/front-rooms	Rapid, low-barrier access to comprehensive, holistic treatment and harm reduction services for community members with active substance use disorders who lack health insurance. Peer Support, ASAM Assessment and Treatment, Low-Barrier SUDS Treatment, Acupuncture, Agency Referrals, Personalized recovery plans, Gear Distribution (essential supplies such as tents, backpacks, tarps, and sleeping bags), Harm Reduction Kits : including fentanyl and xylazine test strips, First Aid Kits and Basic Hygiene Supplies, Condoms and Menstruation Supplies, Limited Clothing Options (based on donations)

To learn more about the signs of opioid overdose and how to respond, visit:

<https://hivalliance.org/services/harm-reduction/>

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Community Resource Guide

Updated 9/3/2026

RECOVERY HOUSES

WOMEN		
Brothers Sober Living Housing	Brandi 541-606-9166 2 locations in Springfield, 1 couples house	Sober living housing, weekly group treatment and support meetings, 24/7 on-site management.
Adult & Teen Challenge PacWest Eugene Women and Children's Campus	541-344-4328 5989 Bailey Hill Rd, Eugene	Faith-based residential discipleship program for those who experience substance use disorder. Programs are 12-18 months of individual and group biblical studies, work projects, education (for adolescents), recreation and more.
Women's Oxford Houses	Baker	541-246-8858 1826 N Danebo Ave. Eugene
	Beverly	458-201-7762 2406 Beverly St. Springfield
	Blair	458-210-2979 312 Blair Blvd
	Brilliance	541-653-9440 2049 Wisconsin St. Eugene
	Clarity	541-600-8794 2162 Loch Dr. Springfield
	Dalton	541-844-1709 1740 Dalton Dr. Eugene
	Hayden Bridge	541-654-9995 1017 Hayden Bridge Rd. Springfield
	Rosetta	458-210-2633 1010 Horn Ln. Eugene
	Resilience	458-215-4935 137 51 st St. Springfield
	Riverbend	541-344-9191 5117 Innsbrook Way, Eugene
	Spencer Butte	541-632-4757 3230 Portland St. Eugene
	Westmoreland	541-844-1950 1895 Polk St. Eugene

MEN		
Brothers Sober Living Housing	541-653-1211 12 locations in Eugene and Springfield	Sober living housing, weekly group treatment and support meetings, 24/7 on-site management.
Housing Our Veterans	Contact Travis Yakis 541-606-9220 2055 W 12 th Ave. Eugene travis@housingourveterans.com	Sober housing for veterans and non-veteran community members. *Female house opening soon*
Phoenix House	541-607-5869 675 Hughes St, Eugene	30 days clean. 6-month commitment. Mandatory meetings. Random UA's
Choice Sober Living	541-515-6224 3260 Stark Ct., Eugene	Random UA's. Mandatory Meetings.
Men's Oxford Houses	Autzen	541-735-3445 1240 River Rd. Eugene
	Balcom	541-636-4260 30001 Kelso St. Eugene
	Boondock	541-654-0744 845 Elm Dr. Eugene
	C. Roman House	541-393-6669 3740 Emerald St. Eugene
	Coburg	541-654-5792 2900 Coburg Rd, Eugene
	Crenshaw	541-653-9381 1257 Crenshaw Ave. Eugene
	Crescent	458-210-2105 2475 Crescent Ave. Eugene
	Dillard	541-246-8285 3990 Dillard Ave. Eugene
	Echo Hollow	541-636-4035 4160 Avalon St. Eugene
	Emerald Valley	458-210-2159 4087 Concord St. Eugene
	Glory	541-653-8477 875 Glory Dr. Eugene
	Harlow Gateway	458-780-8373 3345 Harlow Rd. Eugene
	J. Noonan	541-704-8373 908 Darlene Ave. Springfield
	Mohawk	541-600-8221 1923 Centennial Blvd. Springfield
	Nighthawk	541-505-9286 33 E. 20 th Ave. Eugene
	Tugman	458-215-6105 557 E 39th Pl Eugene
	West Howard	541-654-4332 133 Howard Ave. Eugene

CO-ED		
First Place Family Center St. Vincent de Paul	541-342-7728 4060 W Amazon Drive, Eugene	Services available to families with children. Overnight shelter, front door assessments, day room.

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Community Resource Guide

Updated 9/3/2026

HOUSING ASSISTANCE

Agency	Contact	Español	Notes
Affordable Housing Online	https://affordablehousingonline.com/housing-search/Oregon/Lane-County		
Catholic Community Services	541-345-3628 1464 W 6 th Eugene / 1025 G St, Springfield	◆	Rent, utilities, and other referrals. Alquiler, servicios públicos y otras referencias.
Community Sharing Program (Cottage Grove)	541-942-2176 1440 Birch Ave. Cottage Grove info@communitysharing.org	◆	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane. Ayuda para evitar el desalojo o la ejecución hipotecaria o ayuda con los costos iniciales de alquiler. Cajas de alimentos, leña, asistencia con los servicios públicos y medicamentos, duchas, lavandería y propano.
Cornerstone Community Housing	541-683-1751 Multiple locations. Call or see website.	◆	High-quality affordable housing, onsite services that promote personal growth & economic independence. Viviendas asequibles de alta calidad, servicios en el lugar que promueven el crecimiento personal y la independencia económica.
DevNW	541-345-7106 212 Main St, Springfield	◆	Financial and debt counseling; information on homeownership, foreclosure, affordable rentals, and real estate; development accounts, down-payment assistance, lending, and emergency assistance. Consejería financiera y sobre deudas; información sobre compra de vivienda, ejecuciones hipotecarias, alquileres accesibles y bienes raíces; cuentas de desarrollo, asistencia para el pago inicial, préstamos y asistencia de emergencia.
Homes for Good	100 W 13th Ave, Eugene 541-682-3755	◆	Wait list for low-income housing. Includes rent subsidies (Section 8). Apply online or in person. www.homesforgood.org/ Lista de espera para viviendas para personas de bajos ingresos. Incluye subsidios de alquiler (Sección 8). Solicite en línea o en persona. www.homesforgood.org/
HUD (Section 8)	Voucher to help pay rent. Eligibility is primarily determined by income. Anyone over 18 who is a US citizen or permanent resident living in Oregon can apply online at: www.applysectioneight.com/apply_select_state		
New Roads (Looking Glass)	541-686-4310 941 W 7 th Ave Eugene	◆	Support for homeless youth, 16-24 years old, to find housing. Apoyo a jóvenes sin hogar, de 16 a 24 años, para encontrar vivienda.
ShelterCare	541-686-1262 499 W 4 th Ave, Eugene	◆	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list. Asistencia para ingresar a la lista de espera centralizada para vivienda asequible, lista de espera de 12 a 18 meses.
St. Vincent de Paul	LIFT Permanent Supported Housing 541-687-5820 x148 2890 Chad Drive, Eugene		Housing support for dual diagnosed mental health and alcohol / drug addiction.
	Supportive Services for Veteran Families 541-743-7170 , 1870 W 11th Ave, Eugene		Housing support for low-income veterans and their families.
	Affordable Rental Waitlist 541-743-7164 waitlist@svdp.us		Affordable rental and housing properties, maintenance requests
Sponsors	338 Hwy 99 N, Eugene 541-485-8341 housing@sponsorsinc.org	By arrangement	Short-term Transitional Housing for people releasing from incarceration.
SquareOne Villages	Multiple locations 541-525-0501 info@squareonevillages.org		Sign up on their website to receive an email notification the next time applications are open. https://www.squareonevillages.org/apply

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Community Resource Guide

Updated 9/3/2026

HOMELESSNESS PREVENTION and ADVOCACY

Agency	Contact	Notes
15th Night	Call or text 24/7 541-246-4046 info@15thNight.org	Support homeless youth in accessing resources and services, such as: clothing/shoes, personal care products, backpacks, food, housing specialist, transportation, doctor's appointments, counseling, mentors/peer support, youth advocate, application assistance, library cards, etc.
CORE — Community Outreach through Radical Empowerment	503-877-5320 info@coreeugene.org	Street outreach, case management, advocacy, document recovery, public benefits enrollment, harm reduction/survival/hygiene supplies, rental assistance. For young people in Lane County surviving the effects of poverty, homelessness or other adversities. Age: 29 and under.

DAY CENTERS & EMERGENCY SHELTERS

Lane County Shelter Finder: www.lanecountyor.gov/shelter

Agency	Contact	Español	Fees	Notes
Community Supported Shelters	1160 Grant St, Eugene 541-683-0836 office@cssoregon.org		FREE / GRATIS	Conestoga huts & tent communities for the unhoused. Plan advisors & peer support.
Dawn to Dawn (St. Vincent de Paul)	717 Hwy 99 N, Eugene 541-461-8688	◆	FREE / GRATIS	Emergency shelter in heated communal tents. Meals at Eugene Service Station (450 Hwy 99 N), basic healthcare, case managers to assist in steps for stable housing. Refugio de emergencia en tiendas comunitarias con calefacción. Comidas en la estación de servicio Eugene (450 Hwy 99 N), atención médica básica, administradores de casos para ayudar con los pasos necesarios para obtener una vivienda estable.
Egan Warming Center	9 locations. Text "Join" to 541-730-3071 for alerts on activation status		FREE / GRATIS	Open 7pm to 8am, Nov 15 th - March 31 st on nights when average temperature is 29 degrees or below. See website https://www.svdv.us/services/shelter-assistance/egan-warming-centers/ for locations and site-specific information.
Eugene Mission	1420 W 1 st , Eugene - women 1542 W 1 st , Eugene - men 541-344-3251	Interpreter upon request	3 nights free, then chores	Shelter. Meals. Faith based 12 step recovery support. Residential life skills program. GED classes.
Eugene Service Station St. Vincent de Paul	450 Hwy 99, Eugene 541-461-8688		FREE / GRATIS	Day shelter, clothing, laundry, showers, phone, computer access, crisis assistance.
First Place Family Center	4060 W Amazon Dr Eugene 541-342-7728	◆	FREE / GRATIS	Day center, showers, laundry, food, internet, respite (age 5 & under). Night shelter & overnight parking (year-round). Centro de día, duchas, lavandería, comida, internet, descanso (hasta 5 años). Refugio nocturno y estacionamiento nocturno (todo el año).
Station 7 (Looking Glass)	931 W. 7 th , Eugene 888-689-3111 24-hour crisis line	◆	FREE / GRATIS	Emergency shelter for homeless youth ages 11-17 yrs. Refugio de emergencia para jóvenes sin hogar de entre 11 y 17 años.
ShelterCare	499 W 4 th Ave, Eugene 541-686-1262	◆	FREE / GRATIS	Emergency shelter, supportive housing for people experiencing mental illness or brain injury. Rapid rehousing for families with 72-hour notice. 30-day post-hospitalization medical recuperation. Refugio de emergencia, vivienda de apoyo para personas con enfermedades mentales o lesiones cerebrales. Realojamiento rápido para familias con un aviso de 72 horas. Recuperación médica de 30 días después de la hospitalización.
Hope and Safety Alliance	541-485-6513 (24-hour crisis line) 541-485-8232 (office) 1557 Pearl St., 2 nd floor, Eugene	◆ Personal que habla español	FREE / GRATIS	Peer support, advocacy, safety planning, emergency transportation, shelter, support groups, Latina bilingual advocacy for survivors of intimate partner violence. Apoyo entre pares, defensa y acompañamiento, planificación de seguridad, transporte de emergencia, alojamiento, grupos de apoyo y servicios bilingües de defensa y acompañamiento para sobrevivientes latinas de violencia de pareja íntima.

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Community Resource Guide

Updated 9/3/2026

HOUSING COMPLAINTS

Agency	Contact	Español	Notes
Fair Housing Council of Oregon	800-424-3247 ext. 2	◆ ASL also available	Assists in issues of illegal housing discrimination. Provides education, outreach, technical assistance, and enforcement of fair housing laws. Brinda asistencia en cuestiones de discriminación ilegal en materia de vivienda. Brinda educación, difusión, asistencia técnica y aplicación de leyes de vivienda justa.
Community Alliance of Tenants	503-288-0130 hotline@oregoncat.org	◆	Renter's rights hotline. MWF: 1pm-5pm Tues: 6pm-8 pm Sat 1pm-5pm Línea directa de derechos de los inquilinos. Lunes, miércoles y viernes: 13:00 a 17:00 horas Martes: 18:00 a 20:00 horas Sábado: 13:00 a 17:00 horas
Office of Equity and Community Engagement	541-682-5177	◆	Report complaints of illegal housing discrimination in the City of Eugene. Reportar quejas de discriminación ilegal en materia de vivienda en la ciudad de Eugene.
Springfield Eugene Tenant Association	541-972-3715		Tenant hotline serving Lane County. Leave a voicemail anytime with a brief overview of the issue for which you are seeking help. It may take up to 24 hours or longer to return a call. If you are in an urgent situation, state that in your message.

HOME OWNERSHIP (DOWN PAYMENT and MORTGAGE ASSISTANCE)

Agency	Contact	Fees	Notes
Springfield Home Ownership Program (SHOP)	Luis Mendoza luis.mendoza@devnw.org or 541.345.7106 ext 2053	FREE / GRATIS	Interest-free loans up to \$25,000 for first-time home buyers. Info in English: https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-english-to-email.pdf Información en español: https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-spanish-to-email.pdf
DevNW	212 Main St, Springfield 541-345-7106	\$75 annual membership	Affordable rentals, homeownership, real estate. Access to funds: development accounts, down-payment assistance, lending, and emergency assistance. ◆ English and Spanish. Alquileres asequibles, compra de vivienda, bienes raíces. Acceso a fondos: cuentas de desarrollo, asistencia para el pago inicial, préstamos y asistencia de emergencia. ◆ Inglés y español.
Oregon Homeowner Assistance Fund		https://oregonhomeownerassistance.org/	
Oregon Mortgage Help		https://www.oregon.gov/ohcs/homeownership/pages/foreclosure-default-prevention.aspx	
Oregon's Foreclosure Hotline		1-800-SAFENET	
Making Home Affordable hotline		888-995-HOPE	

HOME REPAIRS and IMPROVEMENT

Agency	Contact	Notes
Eugene Emergency Minor Home Repair	541-682-5446 99 W 10th Ave, Eugene	Zero-interest loans / grants to correct conditions that create an immediate safety threat; \$10,000 maximum.
City of Springfield Home Repair Program	541-736-1039	Grants up to \$10,000 for eligible households to correct conditions that create a threat to the health and safety of the occupants, or could cause rapid deterioration of the structure.
Regional Housing Rehabilitation Program	541-743-7128 andy.clay@sudp.us	Home repair loan program for people living in small towns and unincorporated areas of Lane County. The program provides financial assistance for health and safety repairs. Must qualify by income.

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Community Resource Guide

Updated 9/3/2026

ENERGY ASSISTANCE

Thank you to Lane County Energy and Weatherization for updates to this section of the guide. To see their up-to-date information about Energy Assistance in Lane County, see www.lanecounty.org/energyassistance

Agency	Notes
Community Sharing Program	Utility assistance, warming center, and other supports for residents of Cottage Grove. 1440 Birch Ave, Cottage Grove 541-942-2176 info@communitysharing.org
Springfield Utility Board	For information on whether you qualify or to make an appointment, email at projectshare@ccslc.org or call them at 541-345-3642 . Call 541-726-2395 for Electric Service Center or 541-726-2396 for Water Service Center.
Emerald People's Utility District Emerald Rate Assistance Program (ERAP)	ERAP provides a total of \$300, spread out at \$75 per month for four months. Program starts in March, and is available to households of senior or disabled persons, or those with children aged 18 and under. Funds and space are limited. Call 541-682-3378 for information.
EWEB Customer Care	EWEB offers a \$280 bill credit annually to eligible customers. Applications open on the first business day of each month and funds are available on a first-come, first-served basis. Social security number / legal status not required. Apply online: http://www.eweb.org/residential-customers/income-based-assistance/customer-care-application or call EWEB at 541-685-7000 M-F 9 a.m. - 6:30 p.m.
Lane County Low Income Home Energy Assistance Program (LIHEAP) & Water Assistance (WA)	Federal programs that provide assistance to low-income households for home heating, energy, and water bills. Funds disbursed on a first-come, first-served basis. Seasonal program. Apply on the website here: https://www.lanecounty.org/cms/One.aspx?portalId=3585881&pageId=9773412 .
Helping Hands (EPUD)	Funds for this program are available starting in February and are first-come, first-served. There are no waiting lists. If you are approved, a one-time grant of up to \$300 is credited to your electric bill. For more information about the program, email Customer Service (CustomerService@epud.org) or call 541-746-1583 .
Oregon Energy Assistance Program (Pacific Power)	This program is available to Pacific Power customers who meet income qualifications. OEAP Agencies: Catholic Community Services in Eugene 541-345-3628 Catholic Community Services in Springfield 541-345-3628 Community Sharing in Cottage Grove 541-942-2146
NW Natural Oregon Low-income Gas Assistance	Senior citizens, ages 60 & older, call Campbell Community Center in Eugene 541-682-5318 General Public: Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3628 , opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 541-345-3628 , opens @ 9:00 am Cottage Grove Community Sharing 1440 Birch Ave, 541-942-2176 , opens @ 11:00 am

TELEPHONE ASSISTANCE

Agency	Contact	Notes
Oregon Lifeline	https://www.oregon.gov/puc/Pages/RSPF.aspx	Reduces bill. Apply online / print application from the website.

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Community Resource Guide

Updated 9/3/2026

BUDGETING & MONEY MANAGEMENT

Agency	Contact	Español	Fees	Notes
DevNW	212 Main Street, Springfield 541-345-7106	◆	\$75 annual membership	Financial wellbeing, personal finance counseling, student debt counseling, and homeowner and foreclosure information. Affordable rentals, homeownership, and real estate. Access to funds such as development accounts, down-payment assistance, lending, and emergency assistance. Thriving communities with community building, health assistance, equity, and advocacy.
Prosperity Program (Goodwill Employment and Training Services)	855 Seneca Rd, Eugene 541-431-3307 trystad@goodwill-oregon.org	Interpreter upon request	FREE / GRATIS	Training and education programs, financial planning, budgeting, debt reduction, investment information, income support and tax assistance. Assistance with resumes, applications, cover letters, networking, interviewing, referrals and more. Online job connections workshops.
St. Vincent de Paul	2890 Chad Drive, Eugene 541-687-5820		FREE / GRATIS	Individual Development Accounts for home purchase, home repair, transportation, and education.
Homes for Good	100 W 13th Ave, Eugene, 541-682-3755	◆	FREE / GRATIS	Individual Development Accounts for home purchase, home repair, and education. Must be a current client.

FINANCIAL ASSISTANCE

Agency	Contact	Español	Notes
DHS-Self Sufficiency	2885 Chad Dr, Eugene 541-686-7878	◆	SNAP (food stamps) TANF (Temporary Assistance for Needy Families) ERDC (Employment Related Daycare) Domestic Violence Grant <i>Must qualify by income.</i>
	2101 W 11th Ave, West Eugene 541-686-7722		
	101 30th St. Springfield 541-726-3525		
	305 Coop Court, Cottage Grove 541-942-9186		
	3180 Highway 101 N, Florence 541-997-8251		

ADULT EDUCATION

Agency	Contact	Español	Fees	Notes
Adult Basic & Secondary Education (Lane Community College)	LCC Campus 4000 E 30 th Ave, Bdg 11, Rm 201 541-463-5214 ABSE@lanecc.edu	◆	FREE / GRATIS	GED prep in English and Spanish, classes to improve reading / math scores, support applying to LCC. Preparación para GED en inglés y español, clases para mejorar los puntajes de lectura/matemáticas, apoyo para postularse a LCC.
Eugene Mission	1542 W 1 st Ave, Eugene 541-344-3251		FREE / GRATIS	GED classes and long-term wellness solutions for people in shelters.
Plaza de Nuestra Comunidad 944 W 5th Ave, Eugene 541-687-2667 ◆	Programas educativos gratuitos y de bajo costo para inmigrantes adultos y sus familias. inglés básico como segundo idioma (ESL); ciudadanía estadounidense y educación cívica; habilidades informáticas bilingües; preparación para el examen de licencia de conducir de Oregón; alfabetización/educación básica de adultos en español, y GED Readiness. El Programa de Alfabetización Familiar Pilas (gratis para familias de habla hispana) se ofrece dos veces al año; Pasos al Futuro, un programa gratuito de verano de liderazgo y transición profesional para jóvenes hispanos de 16 a 21 años. Free and low-cost educational programs for adult immigrants and their families. Basic English as a second language (ESL); U.S. citizenship and civics; bilingual computer skills; Oregon Driver License test preparation; literacy / adult basic education in Spanish, and GED Readiness. Pilas Family Literacy Program, (free for Spanish-speaking families) is offered twice a year; Pasos al Futuro, a free youth career-transitioning and leadership summer program for Hispanic youth ages 16-21.			

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Community Resource Guide

Updated 9/3/2026

PROFESSIONAL DEVELOPMENT & TRAINING RESOURCES

Agency	Contact	Notes
Alexis Reed (Alexis Reed Behavior Consulting)	alexis@alexisreed.com 541-520-6241	Training topics include: • Co-regulation & the science of behavior (for children & adults) • Developmental disabilities inclusion and advocacy • Personal boundaries and sexual assault prevention for people with developmental disabilities
Black Girl from Eugene (Ayisha Elliott)	Website contact form: https://blackgirlfromeugene.org/contact/	Anti-racism trainings, consultation and facilitated group conversations.
Dr. Johnny Lake	positiveimages07@gmail.com	Consultant, trainer and speaker on topics related to leadership, diversity, community-building, cross-cultural communication, equity and ethics for youth and adults.
EdWeb	help@edweb.net	Free live and pre-recorded webinars on topics related to teaching preschool through high school. Certificates provided.
HIV Alliance	1195 City View Street, Eugene 541-556-1409 Contact the Education Coordinator at education@allianceor.org	Training and education for the community and agencies: • Blood-borne pathogens: HIV, Hepatitis, STI's • Free Naloxone and Opiate Overdose Awareness Training • Harm Reduction Philosophy
Michelle Harvey	971-345-4119 michelle@mharveylcswh.com	Trainings topics including Early childhood trauma, Infant Mental Health, Trauma Informed Practice, Introduction to NEAR Science (Neuroscience, Epigenetics, ACEs, and Resilience), Reflective Practice through a polyvagal lens.
MINT (Motivational Interviewing Training Resources)	This website provides a calendar of Motivational Interviewing training (online and in person), as well as a list of Motivational Interviewing trainers (including some local to Lane County). "MI is a collaborative, goal-oriented style of communication with particular attention to the language of change." (Miller & Rollnick, 2013, p. 29)	
NAEYC – National Association for the Education of Young Children	info@naeyc.org	Online learning, in-person training, videos, and articles on topics related to the highest quality, researched-based practices in early education. Membership is required to access some materials.
Nurturely	541-579-8941 info@nurturely.org	Workshops on topics related to racism, perinatal wellness, lactation, climate justice, and baby-wearing. Scholarships available.
Oregon Association for the Education of Young Children	503-496-3991 sara@oregonaeyc.org	Oregon's NAEYC chapter that offers an annual conference, workshops, and other professional development opportunities.
Oregon Parenting Education Collaborative (OPEC)	opcec@oregonstate.edu 541.737.1013	Free live and recorded webinars for parenting education professionals. OPEC also hosts an annual Oregon Parenting Educators Conference.
Oregon Registry Online (ORO)	1-877-725-8535 orohelp@pdx.edu	Free statewide program that records the professional development of early childhood professionals. Create an account at: https://my.oregonregistryonline.org/accounts/create/step1/ Find trainings at: https://calendar.oregonregistryonline.org/
Quality Care Connections	4000 E 30 th Bldg. 24 Eugene 541-463-3954 qualitycareconnections@lanecc.edu	Training, consultation and resources for early childhood educators and childcare providers. Cost varies. Typically, trainings are \$0-30. See website for current classes and registration. www.lanecc.edu/gcc
Start Early	High quality, online, self-paced trainings including: Building Engaging and Collaborative Relationships with Families, Substance Abuse & Domestic Violence in Home Visiting, - Ages and Stages Questionnaire, Infant Mental Health Practice in Home Visiting, The Impact of Trauma in Home Visiting, Supervising Home Visitors https://startearly.csod.com/default.aspx?c=ehv_or_custom	
The Trauma Healing Project	631 E. 19th Ave. Building B, Eugene 541-687-9447 info@healingattention.org	Training on trauma and trauma informed care appropriate for anyone with an interest in trauma healing.
Trauma Informed Oregon	503-725-9618 info@traumainformedoregon.org	Free online Intro to Trauma Informed Care trainings, online resource library and a database of trainers around Oregon who can deliver trainings on TIC.

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Community Resource Guide

Updated 9/3/2026

EMPLOYMENT SERVICES

Agency	Contact	Español	Fees	Notes
Alternative Work Concepts	541-345-3043 Email: awc@efn.com			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
Job Connections (Goodwill)	Assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, and community resource referrals. Online workshops about job search techniques, overcoming a criminal background barrier, interviewing, financial education, and workplace success. To speak with an Employment Specialist, call 541-431-3309 . Check website for workshop schedule: https://goodwill-oregon.org/job-connections/			
Lane Small Business Development Center	101 W 10th Ave, #133, Eugene 541-463-6200 lanesbdc@lanecc.edu	Interpreter upon request	Varies	Support services for small businesses, workshops and free business advising.
Northwest Youth Corps	2621 Augusta Street, Eugene 541-349-5055	Some programs	See notes	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
Pearl Buck Center	3690 W 1st Ave, Eugene 541-484-4666		FREE / GRATIS	Support finding housing / employment for adults with developmental disabilities
Plaza de Nuestra Comunidad	944 W 5th, Eugene 541-687-2667	◆ Todos los servicios	FREE / GRATIS	Employment & resume support.
				Apoyo laboral y de currículum.
Quality Care Connections	Lane Community College Campus 4000 E 30th Bldg. 24, Eugene 541-463-3954 qualitycareconnections@lanecc.edu	◆	Class prices vary	Child Care Resource and Referral Agency; support for childcare and early learning workforce and education for parents regarding childcare options.
Supported Employment Services	711 Country Club Rd 1-A, Eugene 541-687-0687		FREE / GRATIS	Supported employment, independent living, and employer resources for adults with disabilities.
Vocational Rehabilitation	2885 Chad Dr, Eugene 541-684-2450	◆	FREE / GRATIS	Training / job placement for adults with disabilities.
	101 30th Ave, Springfield 541-736-7812			
WorkSource Oregon	2510 Oakmont Way, Eugene 541-686-7601	◆	FREE / GRATIS	Career coaching, free workshops, one-on-one support, customized services based on the individual's needs and goals. Resume, interviewing, and job search support.

EMPLOYMENT WITH A CRIMINAL RECORD

Agency	Contact	Notes
Felony Record Hub	Searchable "Jobs for Felons" by typing in a city, zip code, or keywords. This website also has support for finding housing, legal assistance, re-entry programs, and a Facebook community.	
Job Connections (Goodwill)	Assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, and community resource referrals. Online workshops about job search techniques, overcoming a criminal background barrier , interviewing, financial education, and workplace success. To speak with an Employment Specialist, call 541-431-3309 . Check website for workshop schedule: https://goodwill-oregon.org/job-connections/	
Re-entry Resource Center at Sponsors	338 Hwy 99 N, Eugene 541-505-5690	Resume, interviews, jobs search, clothes for people with a conviction history .

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RURAL LANE COUNTY

Thank you to our partners at Family Relief Nursery for updating our South Lane listings!

SOUTH LANE SERVICES (Cottage Grove, Creswell, Dorena and surrounding area)

Agency	Notes	
Community Meal Sites	Meal sites with a fee:	
	Elks Lodge #1904 541-942-3554 755 N. River Road, Cottage Grove Open to the public, membership not required. Fee per meal. Dinners every Friday 5-6:30 pm. Bingo Burger Wednesday – 5-7 pm.	
	Veterans of Foreign Wars 541-942-7099 3160 Hillside Drive, Cottage Grove Breakfast every 1st Sunday monthly, 8 a.m. - 11 a.m. Fee per meal.	
	FREE meal sites:	
	New Hope Baptist 541-895-4436 597 S. Front Street, Creswell Free meals every Wednesday 5-6pm. Check Facebook page for updates. Trinity Lutheran Church 541-942-2373 675 S. 7th Street, Cottage Grove (Entrance on 7th Street) Free meal served “To Go” Tuesdays, 5:15 p.m. - 6:00 p.m.	
Meals for Seniors		
Café 60 Senior Meals	700 E. Gibbs Avenue, Cottage Grove 541-942-9261 (call ahead) T/TH	Meals served "To Go" for people ages 60+ that are eligible on a donation basis. \$3 fee per meal is preferred. Guests under age 60 are welcome to attend for \$8 per meal. Please call ahead. Cottage Grove - Meals served Tuesday, Wednesday, and Thursday
	Crestview Villa, 350 S. 2 nd St, Creswell 541-895-2338 (call ahead) M/W/F	
Meals On Wheels	Call 541-682-7804 if enrolled or call 541-682-3353 to enroll or visit www.sdslane.org	The Senior Meals Program helps people age 60+ by providing food, friendship and safety checks.
Meals for Youth		
Looking Glass	Office: 541-767-3823 Hotline: 541-689-3111 620 E. Whiteaker Avenue, Cottage Grove www.lookingglass.us	Free meals for youth (ages 11-21). Serving breakfast, lunch, dinner and snacks. Meal Schedule: Breakfast served 8:30 a.m. - 9:30 a.m. and lunch served 12:00 p.m. - 4:00 p.m. ◆ Servicios en español
Community Sharing Program	1440 Birch Ave. Cottage Grove 541-942-2176 Email: info@communitysharing.org www.communitysharing.org	Clothing closet, firewood, food, utility & prescription assistance, 15 minute free showers, laundry vouchers, propane. Help to avoid eviction, foreclosure assistance, and rental entry costs. ◆ Servicios en español

See next page for more SOUTH LANE SERVICES



Community Resource Guide

Updated 9/3/2026

SOUTH LANE SERVICES Continued

Agency	Contact	Notes
Community Sharing Program	1440 Birch Ave. Cottage Grove 541-942-2176 Email: info@communitysharing.org www.communitysharing.org	Clothing closet, firewood, food, utility & prescription assistance, 15 minute free showers, laundry vouchers, propane. Help to avoid eviction, foreclosure assistance, and rental entry costs.
Community Sharing Warming Shelter	1440 Birch Ave. Cottage Grove 541-942-2176 Email: info@communitysharing.org www.communitysharing.org	Normally operates between November 1 and March 31, and activates when temperatures fall to or below 29 degrees Fahrenheit. While at the shelter, individuals also have access to hot food, blankets, hats, socks, first aid supplies, etc. based on available donations. When Active, doors are open between 7 PM and 10 PM. Check out time is 8 AM. The site will be closed down if nobody shows up by 10PM. Pets are not allowed. Para obtener información sobre el refugio de calentamiento en español, comuníquese con Community Sharing: (541)942-2176. (Los hispano hablantes siempre son bienvenidos, es posible que no tengamos un traductor en el lugar.) ♦ Servicios en español
Cottage Grove Community Center	700 E. Gibbs Ave, Cottage Grove 541-942-3828	Yoga, crafts, support groups. Room space available for rent for events, trainings and classes.
Cottage Grove Public Library	700 E. Gibbs Avenue, Cottage Grove 541-942-3828 www.cottagegrove.org/library	Books and media for children and adults. Public computers / internet. Programs for children, teens and adults. ♦ Servicios en español
Cottage Grove Senior Center	700 E. Gibbs Ave, Cottage Grove 541-942-8751	Senior Center, monthly newsletters and event calendar, bingo, card games, pinocle, painting and woodcarving, needle arts & crafts, and quilting.
Creswell Pantry	364 Cobalt Lane, Creswell 541-870-2252	Food Pantry and "Grab and Go" meals every Thursday from 9 a.m. - 12 p.m.
Creswell YMCA	996 W. A Street, Creswell 541-686-9622	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services (Cottage Grove)	305 Coop Court, Cottage Grove 541-942-9186	Childcare assistance to eligible families. SNAP (Food stamps) for eligible low-income families and individuals. ♦ Servicios en español
Early Education Program	Creslane Elementary School 996 West A, Module 2 Creswell 541-895-6174	Structured preschool for children age 3-5 with and without special needs. Classes focused on language development, social skills and self-regulation.
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
	75 S. 4 th St., Creswell 541-942-4835	
Habitat for Humanity of Central Lane	78314 OR-99, Cottage Grove 541-741-1707	Supports local needs for housing and restoration of homes for people in need. www.habitatlane.org ♦ Servicios en español
Peace Health Cottage Grove Community Medical Center	1515 Village Drive, Cottage Grove 541-767-5500	Walk-in clinic, 24-hour emergency department, hospital, physicians.
Café 60 Senior Meals	700 E. Gibbs Avenue, Cottage Grove 541-942-9261 (call ahead) T/W/TH	Serving ages 60+. Guests under age 60 are welcome to attend for \$8 per meal.
	Crestview Villa, 350 S. 2 nd St, Creswell 541-895-2338 (call ahead) M/W/F	
Family Resource Center - Peggy's Primary Connection	1310 S. 8 th St, Cottage Grove 541-767-3532	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays - 8:30am - 12:30pm and 1:30pm - 3:30pm Fridays 8:30am - 12:30pm (bilingual) ♦ Servicios en español

See next page for more SOUTH LANE SERVICES

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Community Resource Guide

Updated 9/3/2026

SOUTH LANE SERVICES Continued

Agency	Contact	Notes
Creswell Family Resource Center	Creslane Elementary School, 996 West A St., Module #4 541-895-6175 kdumas@creswell.k12.or.us	Parenting workshops, early literacy activities and story times, STEM activities, family fun & educational events, free computer use and printing, clothing closet, parenting book check-out, recruitment for KITS, Preschool Promise, and Family Relief Nursery, referrals to other community resources. ♦ Servicios en español
Hope and Safety Alliance	541-485-6513 (24-hour crisis line) 541-485-8232 (office) 1557 Pearl St., 2 nd floor, Eugene	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, shelter, support groups, Latina bilingual advocacy. Al servicio de sobrevivientes de violencia de pareja y sus familias. Apoyo entre pares, defensa, planificación de seguridad, transporte de emergencia, refugio, grupos de apoyo, defensa bilingüe para latinas. ♦ Personal que habla español
South Lane Mental Health	37 N. 6 th St. and 1345 Birch Ave, Cottage Grove 541-942-3939	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment. ♦ Personal que habla español
South Valley Athletics	700 E Gibbs Avenue, Cottage Grove 541-942-3079	Kid's Sports, Adult Softball
Warren H. Daugherty Aquatic Center	1440 S 8 th St., Cottage Grove 541-942-5533	Public pool, swim programs for all ages, lessons, fitness classes, warm water therapy pool. ♦ Personal que habla español
90 by 30 Welcome Baby Bundle	1244 Walnut St., Cottage Grove 541-870-0689 or 541-346-7484 friends@90by30.com	Free box for the families of all infants born in the South Lane region. Contains diapers, clothes, wipes, other necessities, and a guide to community resources.
WIC (Women, Infants, and Children)	1275 S. River Rd. Ste. 200, Cottage Grove 541-682-4202	Nutrition education, breastfeeding support, and access to healthy foods. ♦ Personal que habla español

MARCOLA SERVICES

Thank you to community organizer, Ellen Furstner, for updates to this section of the guide.

Agency	Contact	Notes
Helping Hand	92170 Marcola Rd, Marcola 541-933-2575	Drive-up food pantry and food boxes. 2 nd Tuesday of the month. Numbers handed out at 9 a.m. Distribution 10-noon.
Friends of the Marcola Schools Media Center	Marcola Elementary School, 38300 Wendling Rd, Marcola https://www.facebook.com/friendsofmarcolamediacycenter/	Open to the public every Wednesday 4-7:00 p.m. and the second Saturday of the month.
Mohawk Messenger	Linda K Mooney: 541-933-2511 lindamooney39361@gmail.com	Quarterly newsletter distributed to every mailbox in the Mohawk Valley. Email for information or to submit articles.
Mohawk Valley Community Grange	93727 Marcola Rd, Marcola 541-933-3948 https://www.facebook.com/MohawkValleyCommunityGrange/ EMAIL: mohawkvalleycommunitygrange@gmail.com	Community center. Available for rental.
Mohawk Valley Emergency Preparedness	https://www.facebook.com/groups/2379908638805350	Facebook page where events, tips, tricks, and all things preparedness are posted.

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Community Resource Guide

Updated 9/3/2026

LOWELL SERVICES

Agency	Contact	Notes
Head Start of Lane County  Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.

PLEASANT HILL SERVICES

Agency	Contact	Notes
Pleasant Hill Education Foundation	541-736-0759	Innovative Educator Grants are offered twice yearly. These grants are open to Pleasant Hill School District administrators, teachers, staff, and student groups. Our grant cycles for the 2024-2025 school year are as follows: Multiple student scholarships are available. All applicants must fill out General Scholarship Form and indicate which of the scholarships they are applying for.

OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
Early Childhood CARES All services are free to eligible children. No insurance required	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	Early Intervention (EI) and Early Childhood Special Education (ECSE) services for children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding.
Head Start of Lane County  Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Oakridge Food Box	541-782-2192 47674 School Street, Oakridge	
Oakridge School District Homeless Liaison	541-782-2231 or 541-782-3226 rdasher@oakridge.k12.or.us	Help for students and their families who are homeless, living in a hotel/car/trailer/campground.
Oakridge Animal Clinic	541-782-4281 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	541-686-7855 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Oakridge Public Library	541-782-2258 48318 E 1st St, Oakridge	
Oakridge Eye Clinic	541-782-5000 48247 Hills St, Oakridge	
Orchid Health Oakridge Clinic	541-782-8304 47815 OR-58, Oakridge	Primary care, preventative, & mental health services.

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Community Resource Guide

Updated 9/3/2026

JUNCTION CITY SERVICES

Agency	Contact	Notes
Junction City Local Aid	210 E 6th Ave, Junction City 541-998-3992	Basic needs assistance and economic relief to people living in Junction City area. This includes food, utility and energy assistance, prescription/medical assistance, transportation assistance, clothing, referrals for area resources. info@JunctionCityLocalAid.org
Head Start of Lane County ◆ Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Viking Sal Senior Center	245 W 5th Ave, Junction City (541) 998-1556	Community recreation center serving area residents, 55 and over. Services and activities include education, leadership development, volunteer opportunities, health, nutrition, and social work. The Center also serves as a community resource for information on aging.
JC Community Center	175 W. 7th, Junction City 541-998-4767	The Community Center offers program and services for all ages, and rental space for youth, family, and adult activities, including a classroom, meeting space, and kitchen.
JC Public Library	726 Greenwood St, Junction City 541-998-8942	The library holds over 22,000 items including books, magazines, DVDs and audio books. These are available for check out. Free borrowing privileges to people living within the city limits, along with on-site and on-line services.

VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance Mid Lane Cares	541-935-0948 25035 W Broadway Ave, Veneta	Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
Fern Ridge Library	541-935-7512 88026 Territorial Hwy, Veneta	Open Tuesday - Friday 10-7 / Saturday and Monday 10-5 / Closed Sunday
Fern Ridge Family Resource Center	Veneta Elementary 888131 Territorial Rd 541-935-2253 frc@fernridge.k12.or.us	Activities, programs & resources for families with children of all ages in the Fern Ridge area. Parenting classes, clothing closet, lending library, free diapers and pull ups.
Mid Lane Cares	541-935-4555 25035 W Broadway Ave, Veneta midlanecares2@gmail.com	• Love Project Food Pantry • Community Garden • Emergency Assistance • Senior Meals & Programs • Free Medical Clinic • Scholarship Assistance • SANTA & Silver Tree
Olivet Baptist Church Lillies of the Field	541-935-1988 25027 Dunham Ave, Veneta	Provides family clothing & housewares for no cost for those in Fern Ridge Area, Tu/Th 2:00-4pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	541-234-3255 Orchid Medical Clinic 24934 Fir Grove Ln, Elmira	Free medical clinic on the 2 nd Sunday of each month at the Valley United Methodist Church in Veneta. The 2 nd Saturday in May & November we hold Project Community Connect at Veneta's Olivet Baptist Church, with free medical, dental, foot care, blood pressure checks, childcare & representatives of various health services. Facebook:
S.A.N.T.A. (Sharing Among Neighbors Toy Appeal)	Veneta Elementary 88131 Territorial Rd, Veneta	Winter holiday gift giving: children receive a new coat, 2 books, & 2 new toys selected by their parents. Last Saturday before Christmas. First come first served. Bring proof of residency in the Fern Ridge area & proof of each child's age.
Silver Tree	Veneta Elementary 88131 Territorial Rd, Veneta	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund Mid Lane Cares	541-935-4555	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

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Community Resource Guide

Updated 9/3/2026

FLORENCE & MAPLETON SERVICES

Please see the Florence Community Resource Guide, maintained by Western Lane Fire & EMS Authority for a more comprehensive list of Western Lane County Resources: <https://www.wlfea.org/mobile-crisis-response/>

 Siuslaw Outreach Services Crisis Hotline 541-997-4444 24 hour support and advocacy for anyone experiencing domestic violence or sexual assault. This confidential support line is also available to anyone in crisis or just needing someone to talk to. Also provides emergency assistance and resource and referral information.		
Agency	Contact	Notes
Alcoholics Anonymous	AA Florence: 541-902-0152 AA Hotline: 888-203-1432	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up-to-date list of meetings. www.florenceareacc.org/alcohol.aspx
Beacon of Hope Recovery Center	88896 Hwy 101 A-1, Florence 541-997-3690	Location for a wide variety of 12-step recovery meetings. See website for calendar: https://beaconofhopealanoclub.com/
Boys and Girls Club	541-902-0304 1501 Airport Rd., Florence	Tutoring, sports. During the school year, a hot meal is served each day. During the summer, two hot meals & snacks are served. Fees vary. Scholarships available.
DHS Self Sufficiency Program	541-997-8251 3180 Hwy 101 N, Florence	Food benefits (SNAP), financial assistance for families (TANF), employment related day care assistance, refugee services.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	Provides Early Intervention (EI) and Early Childhood Special Education (ECSE) services to children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding. All services are free to eligible children. No insurance required. ♦ Spanish-speaking staff, interpreters available.
Florence Area Community Coalition	541-999-2927	Online resource directory at: www.florenceareacc.org/service_directory.aspx
Florence Cold Weather Shelter	Shelter is open when wind-chill is 32 degrees or lower. Separate areas for men & women. Crates for pets out of the rain. FREE www.standrewsflorence.org/florence-emergency-cold-weather-shelter.html	
Florence United Methodist Church	333 Kingwood Street, Florence 541-997-6025	Free lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
Head Start of Lane County ♦ - Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.		Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Helping Hands Coalition	541-997-5057 4590 US-101, Florence	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance.
Job Connections (Goodwill)	1310 Hwy 101, Florence 541-590-3541	Job search, resume assistance, career counseling. For Job Seeking STEP participants: Assistance with birth certificates / IDs, bus passes, short term training, employment supports.

See next page for more **Florence and Mapleton Services**

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Community Resource Guide

Updated 9/3/2026

FLORENCE & MAPLETON SERVICES (Continued)

Agency	Contact	Notes
Mapleton Food Share and Resource Center	10718 Hwy 126, Mapleton 541-268-2715 Karen@mapletonfoodshare.com	Food pantry, clothing closet, household items. Open on the 2nd Thursday and 4th Saturday of every month. Proof of address required.
Options Counseling & Family Services	541-997-6261 1445 8th St, Florence	Family and individual counseling for adults & children. OHP, private pay, some private insurance, sliding scale.
Peace Harbor Medical Center 400 Ninth St, Florence 541-997-8412	Behavioral Health - 541-997-8412	Diabetes Wellness Clinic - 541-203-6458
	Emergency Services - 541-997-8412	Orthopedics - 541-997-7104
	End-of-Life Care- 541-997-8412	Walk-In Clinic - 541-203-6458
	Imaging Services - 541-997-2804	Women's Services - 541-997-8412
	Rehabilitation and Wellness Center - 541-902-1669	Birth Services – 541-997-8412
PFLAG (Parents & Friends of Lesbians & Gays)	541-991-8550 pflagflo@gmail.com	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
Pregnancy & Parenting Center	475 Laurel Street, Florence P.O. Box 1732 541-902-2273 541-999-2427	Prenatal and birthing education; diapers, maternity clothes, baby clothes/supplies; pregnancy tests and options information; parenting education; life skills education; family mentoring, peer counseling; weekly parent/child playgroup; monthly parent lunch. Spanish interpreter available.
Reconnections Counseling	541-997-1697 1720 34th St, Florence	Addictions & mental health counseling. Peer support, and support for people who have used substances during their pregnancy. OHP, sliding scale.
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & human trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance. Self-sufficiency education.
Siuslaw Public Library	1460 9th St, Florence 541-997-3132	Story times & activities for children. Computer lab. Library cards are free for residents, \$15 nonresidents
	88148 Riverview Ave, Mapleton 541-268-4033	
Western Lane Crisis Response (WLCR)	541-997-3515	Responds to emergencies in the greater Florence area (including Dune City, Mapleton, SwissHome & Deadwood). Emotional support, assessment, community resources and follow-up to help community members navigate unexpected traumatic situations and mental health crises.