



Relief Nursery

Community Resource Guide

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Relief Nursery Inc.
1720 West 25th Avenue, Eugene
(541) 343-9706

Relief Nursery
Robin Jaqua Child and Family Center
850 South 42nd Street, Springfield
(541) 485-0007

Maintained in
collaboration with



**Oregon
Family Support
Network**

(541) 342-2876 - 72 Centennial Loop, Suite 150, Eugene

Community Resource Guide

Updated November 2018

CHILD / YOUTH MENTAL HEALTH

Agency	Phone	Address	Fees	Spanish?	Notes
Center for Family Development	342-8437	261 E. 12 th Eug	OHP / sliding scale for some services	YES	Walk-in assessment. Child therapy and behavioral support specialists.
Center for Autism and Related Disorders	505-9398	134 E 13th Ave Ste 2B, Eug	Most insurance accepted, including OHP		Applied Behavior Analysis therapy for children & adults with a focus on communication, social, adaptive & behavioral management skills.
Centro Latino Americano	687-2667	944 W 5 th Eug	Sliding scale / OHP	YES	Family / individual counseling in Spanish. Youth groups & mentoring, age 7-16 . Addiction support for adults / teens. Social service navigation.
Child and Family Center (U of O)	346-4805	1600 Millrace Dr, #103, Eug	Sliding scale	NO	Family assessment, counseling, parenting support for families with children age 2-17 .
Child Center	726-1465	3995 Marcola Rd, Spfd	OHP / private insurance	NO	Assessment, counseling, day treatment, Collaborative Problem Solving, ABA, 24-hour crisis response, for families in Lane County.
Child Development & Rehabilitation Center (CDRC)	346-3575	901 E 18 th Eug	OHP / private insurance	NO	Services for children with special health care needs and developmental disabilities.
Children / Adolescent Mental Health Crisis Response Program	888-989-9990 crisis line Made possible by The Child Center, Jasper Mountain and Looking Glass		FREE	NO	Support for caregivers of youth experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence).
Center for Family Development	342-8437	261 E. 12 th Eug	Sliding Scale, OHP, other insurance	YES	Walk-in assessment. Individual counseling for youth.
Community Health Centers of Lane Co	682-3550	Call for locations	OHP / Medicare	YES	Call for hours / appointments. Short term counseling (5-8 visits).
Direction Service	344-7303	576 Olive St, Suite 307, Eug	OHP / private insurance (limited)	NO	Provides a full range of mental health services to children, adolescents, families, and adults.
Early Assessment and Support Alliance (EASA)	682-7583	1200 Hilyard St, #570, Eug			Counselors, case managers, job / education support, medical staff, mentorship for youth, age 12-25, experiencing symptoms of psychosis for the first time.
Elrod Center	294-1010	105 E Hilliard Ln, Eugene	\$10 / class / child Discount for multiple children		Offers a variety of therapeutic services and classes for youth ages 2-22. Group therapy on a wide variety of topics
Jasper Mountain	747-1235	37875 Jasper-Lowell Rd, Jasper	OHP / private insurance	YES	Intensive residential mental health treatment, day treatment school. Age 3-13 .
Lane County Behavioral Health	682-1915	2411 Martin Luther King Blvd, Eug	OHP / sliding scale/private ins		Adult and child assessment & treatment. Call and leave a message for a screening.
Looking Glass Counseling	484-4428	260 E 11 th Ave, Eug	OHP / private insurance	YES	Residential / outpatient services & addiction counseling for youth under 21 . Services for runaway / homeless youth. Therapeutic alternative school. Circle of Security group.
Ophelia's Place	284-4333	1577 Pearl St. #100, Eug	FREE / sliding scale	YES	Programs for girls age 10-18 . Drop in M-Th, 3pm-6 pm. Classes, groups and counseling.
Options Counseling	687-6983 EUG	1255 Pearl, Eug	OHP	YES	Family / individual counseling for adults and children, DBT group, Circle of Security, Parent-Child Interactive Therapy.
	762-1971 SPFD	175 W. B, Bldg D, Spfd			
Oregon Community Programs	743-4340	1170 Pearl St, Eug	OHP / Trillium	YES	Counseling, skills trainers, psychiatry for children 5-18 and their families. Therapeutic foster care.
Oregon Family Support Network	342-2876 800-323-8521	72 A Centennial Lp #150, Eug	FREE for most services	YES	Support for caregivers raising a child with mental health challenges, Collaborative Problem Solving, support groups, respite, IEP support, fun events.
Relief Nursery Child Counseling	343-9706	850 S. 42 nd , Spfd 1720 W. 25 th Eug	OHP	YES	Counseling for children under age 6 . Must be a client at the Relief Nursery.
SAFE Center	741-7402	89124 Marcola Rd, Spfd	OHP / private insurance	NO	Short term residential (1-3 days) for youth age 4-13 experiencing serious emotional disturbances. Lane county only.

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Agency	Phone	Address	Fees	Spanish?	Notes
Shangri-La	344-1121	1195 City View #B, Eug	Trillium members only	NO	Outpatient mental health services. Counseling, med management, case management. Ages 14+ . 24-hour crisis line support for active clients.
Thrive Behavioral Health	246-7263	995 Willagillespie Rd, #200, Eug			Treatment options for children and adolescents with developmental or behavioral health concerns.
Rapid Access Center (Willamette Family)	762-4300	195 W. 12 th , Eug	OHP, other ins, sliding scale if uninsured	NO	Same-day walk-in medical & behavioral health. Chemical dependency assessments. Residential & outpatient tx for adults and teens . M-F 8-4:00
Young Adult Hub	682-7583	1200 Hilyard St, #570, Eug			Educational / job support, med management, individual / group therapy, activity therapy, skills training for youth, age 14-24 with significant behavioral health issues.

ADULT MENTAL HEALTH

Agency	Phone	Address	Fees	Spanish	Notes
CAFA - Christians As Family Advocates	686-6000	921 Country Club Rd, #222, Eug	OHP, sliding scale	NO	Individual / couples / neurofeedback / play therapy, DV intervention, Parenting After Crisis 15-week class.
CAHOOTS – Crisis Assistance Helping Out on The Streets	687-4000 crisis line 682-5111 24-hr	341 E 12 th Ave, Eug	FREE	YES	Crisis response / transportation to social services (not violent or life-threatening emergencies). EMT staffed.
Center for Autism and Related Disorders	505-9398	134 E 13th Ave Ste 2B, Eug	OHP, other insurance		Applied Behavior Analysis therapy for children & adults with a focus on communication, social, adaptive & behavioral management skills.
Center for Community Counseling	344-0620	1465 Coburg Rd, Eug	\$5-40 sliding scale	NO	Counseling. Groups for parents, grandparents. Men's support group. Changing Anger for Parents. Childcare available for parenting group.
Center for Family Development	342-8437	261 E. 12 th Eug	Sliding Scale, OHP, other insurance	YES	Walk-in assessment. Adult counseling, groups for depression, yoga, pain / diabetes management, DBT, other enrichment classes.
Center for Family Therapy (UO)	346-0923		Sliding Scale		Individual and couples' therapy.
Centro Latino Americano	687-2667	944 W 5 th , Eug	\$10-25 sliding scale, OHP	YES	Family / individual counseling in Spanish. Youth mentoring and youth groups age 7-16. Addiction support for adults / teens. Social service navigation.
Community Health Centers of Lane Cnty	682-3550	Various. Call for locations.	OHP, Low cost, FREE	YES	Call for hours. Behavioral health services, medical care, immunizations.
Direction Service	344-7303	576 Olive St, Suite 307, Eug	OHP / private insurance	NO	Provides a full range of mental health services children, adolescents, families, and adults of all ages.
Hourglass Community Crisis Center	505-8426	71 Centennial Loop, Eug	FREE	YES	Walk-in adult mental health crisis assessment. 24-hours a day.
Lane County Behavioral Health	682-3608	2411 Martin Luther King, Jr. Blvd, Eug	OHP		Walk-in assessment, treatment, groups. 9:30am-11:30pm M-Th.
Laurel Hill Center	485-6340	2145 Centennial Plaza, Eug			Supported housing and counseling for people with psychiatric disabilities.
Looking Glass Counseling	484-4428	260 E 11 th Ave, Eug	OHP / private insurance	YES	Residential / outpatient treatment services for children, teens, and young adults . Services for runaway / homeless youth. Addiction counseling for youth under 21. Therapeutic alternative school settings. Circle of Security group.
NAMI Lane County	343-7688	2411 Martin Luther King, Eug	FREE	YES	M-Th 10am-2pm. Peer support for mental health consumers and their families.

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ADULT MENTAL HEALTH

Agency	Phone	Address	Fees	Spanish	Notes
NW Christian University Counseling	349-7471	755 E 11th Ave, Eug	\$5 / session		Counseling sessions with grad students supervised by faculty.
Options Counseling	687-6983 EUG 762-1971 SPFD	1255 Pearl, Eug 175 W. B, Bldg D, Spfd	OHP / sliding scale in Eug	YES	Family, individual, DBT group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Shangri-La	344-1121	1195 City View #B, Eug	Trillium members only	NO	Outpatient mental health services. Counseling, med management, case management, & peer support. Ages 14+. 24-hour crisis line support for active clients.
Trauma Healing Project	687-9447	2222 Coburg Rd, #300, Eug	Sliding Scale	YES	Body-centered therapies such as yoga and acupuncture. Wellness classes.
UO Psychology clinic	346-4954	15 th and Onyx, Eug	Sliding scale	NO	Marriage and couple counseling.
Whitebird Clinic	687-4000 office 682-5111 24-hr	341 E 12 th Ave, Eug	OHP	YES	Individual, couples and family counseling.
Willamette Family (Rapid Access Center)	762-4300	195 W. 12 th , Eug	Sliding scale, OHP, other insurance	NO	Medical & behavioral health services. Chemical dependency assessments. Residential & outpatient for men, women and teens. Walk in M-F 8-4
Willamette Valley Counseling	636-0885	180 W 12th Ave, Eug	Sliding scale		Counseling for individuals & families. Anxiety, depression, grief, loss, trauma and resilience.
National Suicide Hotline	1-800-273-TALK				Support for people in crisis, and family members

CRISIS SUPPORT

Please call 911 if someone is in imminent danger to themselves or others.

Agency	Phone	Address	Fees	Spanish	Notes
CAHOOTS - Crisis Assistance Helping Out on The Streets	687-4000 crisis line 682-5111 24-hr	341 E 12 th Ave, Eug	FREE	YES	Crisis response / transportation to social services (not violent or life-threatening emergencies). EMT staffed.
Hourglass Community Crisis Center	505-8426	71 Centennial Loop, Eug	FREE	YES	Walk-in adult mental health crisis assessment. 24-hours a day.
Child / Adolescent Mental Health Crisis Line	888-989-9990		FREE		For parents of children up to age 17.
National Suicide Hotline	1-800-273-TALK (8255)		Support for people in crisis, and family members		
The Trevor Project	1-866-4-U-Trevor 24/7 lifeline for LGBTQ youth 24 and under. Chat at www.thetrevorproject.org/chat				

SUICIDE PREVENTION / SUPPORT AFTER A DEATH BY SUICIDE

Agency	Phone	Address	Fees	Spanish	Notes
Lane County Suicide Prevention Program	www.preventionlane.org (click on Prevention topics, Suicide) 541-682-8731		Coordinates Lane county's suicide prevention and postvention efforts. Call for information and opportunities to get involved.		
Suicide Bereavement Group	747-2087	www.jenniferbakerfund.org	FREE	NO	Monthly support group in Springfield for survivors of suicide loss
MISS Foundation	888-455-6477	www.missfoundation.org	FREE	YES	Online forums for bereaved parents, including parents who ave lost a child (of any age) to suicide. Peer support from people who have experienced a similar loss.

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GRIEF SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Cascade Health Solutions	228-3083	Grief Education & Support Groups	FREE		Grief education and support groups for adults living with the loss of a loved one
Compassionate Friends	689-0824	Call for group location.	FREE		Support group for families grieving the death of a child / grandchild.
Courageous Kids	458-205-7474	677 E 12 Ave, # N180, Eug	FREE		Grief support, groups, summer camp for children 6-17 who have experienced the death of a loved one.
Elrod Center	294-1010	105 E Hilliard Ln, Eugene	\$10/class / child		Offers a variety of therapeutic services and classes for youth ages 2-22, including traumatic grief and loss.
McKenzie Willamette Grief Support Group	726-4478		FREE		Weekly general bereavement support group
MISS Foundation	888-455-6477 www.missfoundation.org/		FREE	YES	Phone / email support and online forums for families grieving the death of a child / grandchild.
Parents of Murdered Children	888-818-7662		FREE		Support / referrals for family members who have suffered the murder of a child.
Sacred Heart Hospice	458-205-7400	677 E. 12 th Ave, Eug	FREE	NO	Grief classes / support groups. Call for a list of local grief counselors.
Sacred Heart Medical	242-8753		FREE		Bereavement support groups at Sacred Heart Medical Center
Suicide Bereavement Group	Please contact by email: darlene@jenniferbakerfund.org		FREE		Monthly support group in Springfield for survivors of suicide loss. www.jenniferbakerfund.org
WellMama Pregnancy & Infant Loss Support	800-896-0410	150 Shelton McMurphy Blvd, #208, Eugene	FREE		Monthly support group for parents who have experienced pregnancy loss or the loss of a child.

POST-PARTUM / PERINATAL SUPPORT

Agency	Phone	Address	Fees	Spanish?	Notes
Well Mama	800-896-0410	150 Shelton McMurphy Blvd, #208, Eugene	FREE	YES	Mama to mama peer support. Support groups.
Post-Partum Support International	800-944-4773	www.postpartum.net	FREE	YES	Phone / email support, referrals

ANGER MANAGEMENT

Agency	Phone	Address	Fees	Spanish	Notes
CAFA - Christians as Family Advocates	686-6000	921 Country Club Rd. #222 Eug	OHP	NO	26-week anger management class.
CARES – South Lane Mental Health	767-4173	Cottage Grove	OHP / sliding scale.	NO	For clients of SLMH. Ongoing weekly anger management classes.
Center for Community Counseling	344-0620	1465 Coburg Rd, Eug	Insurance not accepted. \$5-40 sliding scale	NO	Anger management for parents. Free childcare may be available.

LEGAL SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Child Support-OR Dept. of Justice	686-7833 Eug 726-3525 Spfd	Call for nearest location	FREE		Child Support services for families who receive or have received TANF.
Family Court Assistance	682-4302	125 E 8 th , 2 nd floor Eug	Review is FREE. Document costs vary.		Drop in M-F 8:30-11:30 am or call for appointment. Review documents regarding divorce and custody.
Lawyer Referral Service	800-452-7636		\$35 for the first visit		Refers clients to attorneys for an office consultation. No telephone consultations
Legal Aid and Advocacy	485-1017	376 E 11th Ave, Eug	FREE		Apply in person. 12:45-2:45pm M/ W/ F.
Legal Clinic at Sponsors	505-5690	338 Hwy 99 N, Eug	FREE	Spanish by arrangement	Support for past / present criminal legal issues. Call for dates and to register.
Modest Means	(503) 431-6444 or 800-452-7636		\$35 max for consult, \$60-100 / hr		Initial consultation, up to 30 minutes.

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VICTIMS OF CRIME

Agency	Phone	Address	Fees	Spanish	Notes
Crime Victim Compensation Dept.	503-378-5348		FREE		Support for costs of medical, mental health, funeral, grief counselling, loss of income.
Crime Victim's Assistance (City of Eugene)	682-8401	99 W 10 th #310	FREE	NO	Assists victims in misdemeanor cases handled by City Prosecutor's office.
Victim Services Program	682-4523	125 E 8th Ave, Rm 400, Eug	FREE	YES	Provide crime victims with information regarding the legal process. Support with victim's compensation.

ID/BIRTH CERTIFICATE SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Catholic Community Services	345-3628	1464 W 6 th Eug 1025 G St, Spfd	FREE	Interpreter available	Last Thurs of the month. Arrive at 8:55am. Assistance with birth cert or ID card. Call DMV to see what documents you need for an ID. You must bring these with you. DMV phone #: 686-7855.
Eugene Mission	344-3251	1542 W 1 st , Eug	Varies		Assists overnight guests who are in case management with obtaining ID's. If they can pay, then they need to do so. Most birth certificates are \$20-30 and a new state ID card is \$44.50
Lane Independent Living Alliance (LILA)	607-7020	20 E 13th Ave. Eugene			Independent living skills classes, service navigation, counseling, support groups, club house, ID assistance and more.

MEDIATION SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Center for Dialogue and Resolution	344-5366	93 Van Buren St, Eug	Call for price info	Sometimes available	Mediation for issues such as tenant disputes, family issues, foreclosures, noise, pet problems, teen parents.
Lane Co. Family Mediation	682-3962	151 W. 7 th , Suite 360, Eug	FREE 1 st session. Discount if on SNAP	YES	Custody, parenting time, and financial mediation.

VETERAN'S SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Eugene Community Based Outpatient Clinic	607-0897	3355 Chad Dr, Eug			Outpatient primary care for medical and mental health needs. Must be enrolled and have appointment.
VA Behavioral Health, Recovery & Reintegration	242-0440	211 E. 7th Ave, Eug			Services for vets at risk of- or currently homeless. Medical, mental health, recovery, voc rehab, housing assistance.
Eugene Vet Center	465-6918	190 East 11 th , Eug			Provides readjustment counseling services for Veterans of combat theaters.
Lane County Veteran Service Office	682-4191	151 W. 7 th , Ste 460, Eug			Assists Veterans and their families to determine eligibility for benefits based on military service. Call for hours.
Homeless Veteran Hotline	1-877-424-3838				Assistance for homeless Veterans and their families
Veterans Crisis Hotline	1-800-273-8255, Press #1				Free, 24/7 support for any personal crisis

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IMMIGRATION SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Catholic Charities Immigration Legal Services	503-542-2855	2740 SE Powell Blvd, #2, Portland	FREE	YES	Assistance to vulnerable immigrants, including victims of DV or crime, refugees, & some deportation & removal defense.
Centro Latino Americano	687-2667	944 W 5 th , Eug	Varies	YES	An independent immigration lawyer rents space at their location. Call Centro for info.
Legal Aid and Advocacy	485-1017	376 East 11th Ave, Eug	FREE	YES	Intakes M, W, F at 12:30. Must apply in person.
U.S. Citizenship & Immigration	800-375-5283			YES	

MIGRANT SERVICES

Agency	Phone	Fees	Spanish	Notes
Migrant Education Program (MEP)	461-8382	FREE	YES	For children under 22 who have not graduated & have moved across school district boundaries within the last 3 years to seek work in agriculture, forestry or fishing.

LGBTQA

Agency	Phone	Address	Fees	Spanish	Notes
Eugene/Spfd Pride	513-1711	event@eugenepride.org	FREE		Sponsors pride events.
Interweave	225-8696	1685 W 13 th Ave, Eug	FREE		LGBTQ / allies. Monthly film and potluck.
LCC Gender & Sexuality Alliance	463-5178 gsalanec@gmail.com	Student Resource Cntr, Bldg 1, Rm 206	FREE		Email or call for current meeting times.
Lesbian Gay Bisexual Trans Queer Alliance	lgbtqa@uoregon.edu	Suite 34, Erb Memorial Union, U of O	FREE		Weekly events, resources, support, and education
Lesbian Gay Law Student Assoc.	346-1134		FREE		Info / support group, social events, opportunities to talk with lesbian / gay attorneys.
TransPonder	508-443-6337	541 Willamette St, #407 A, Eug	FREE	NO	Trans support, resources, social events. Monthly gathering RSVP admin@transponder.community
Basic Rights Oregon	503-222-6151	310 SW 4th Ave #300, PDX			Working toward policy change that is supportive of those who identify as LGBTQA
GLBT Youth Talk Line		800-246-PRIDE			M-Sa 12pm-5pm. A peer talk line for LGBTQ youth 23 and under
GLBT National Hotline		888-843-4564			M-F 4pm-12am Saturday 12pm-5pm
Lambda National Hate Crime Hotline		206-350-4283			
National Gay & Lesbian Youth Hotline		800-347-8336			Weekend Nights Only
The Trevor Project	1-866-4-U-Trevor	24/7 lifeline for LGBTQ youth 24 and under. Chat at www.thetrevorproject.org/chat			

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CHILD ABUSE/NEGLECT

Agency	Phone	Address	Fees	Spanish	Notes
DHS Child Welfare	349-4444			YES	Call to report suspected child abuse / neglect, M-F 8am-5pm. After hours, call city police dept. If a child is in immediate danger, call 911.
90x30		1244 Walnut Street, Eug friends@90by30.com			Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
CAFA - Christians as Family Advocates	686-6000	921 Country Club Rd #222 Eug	No OHP		Supervise DHS parent-child visits for a fee. Counseling, DV class, parenting class.
Kids FIRST Child Advocacy Center	682-3938	2675 Martin Luther King Blvd, Eug	FREE		Medical exams, child interviews regarding abuse. Must be referred by DHS or law enforcement.
National Child Abuse Hotline	800-422-4453 (24/7)				Crisis counselors, support, resource referrals

DOMESTIC VIOLENCE/SEXUAL ASSAULT

Agency	Phone	Address	Fees	Spanish	Notes
Womenspace	485-6513 800-281-2800 (Hotline)	1557 Pearl St., Suite 400, Eug	FREE	YES	Shelter, safety plan, legal support, emergency transportation, support groups.
CAFA - Christians as Family Advocates	686-6000	921 Country Club, #222, Eug	OHP (Trillium)	NO	Domestic violence classes for survivors. 36-week class for perpetrators.
Crime Victim Compensation	503-378-5348 503-378-5938 (TDD)		Financial assistance		Financial assistance for medical, mental health, rehabilitation, funeral, loss of income.
DV Advocate at Child Welfare	349-4444	Call for location	FREE for survivors involved with CPS		Womenspace advocate at Child Welfare. Help with restraining orders, court appearances. Referral made by caseworker.
DV Advocate DHS Self Sufficiency	686-7878	Call for location	FREE		Womenspace advocate at Self Sufficiency available to meet with clients seeking safety.
DV Grant DHS-Self Sufficiency	686-7878 Eugene	2885 Chad Dr, Eug	FREE	YES	Financial assistance for those fleeing domestic violence.
	686-7722 West Eugene	2101 W 11th Ave, W. Eug			
	726-3525 Springfield	101 30 th St. Spfd			
	942-9186 Cottage Grove	305 Coop Court, Cottage Grove			
	997-8251 Florence	3180 Highway 101 N, Florence			
SASS - Sexual Assault Support Services	484-9791 (office) 343-7277 (24-hr Hotline)	591 West 19th Ave	FREE	YES	Medical / legal advocacy, peer counseling, support groups. Can accompany victim to doctor/hospital.
Victim Services Program	682-4523	125 E 8 th Ave, Eug	FREE		Assigns volunteers from court advocacy unit, protective order unit, and family assistance
National DV Hotline	800-799-7233 (24/7) Or email: www.thehotline.org/get-help/				

BATTERER / SEX OFFENDER INTERVENTION

Agency	Phone	Address	Fees	Spanish	Notes
CAFA - Christians as Family Advocates	686-6000	921 Country Club Rd, Suite 222, Eug	OHP. Intake \$65. \$35/ class	Front desk	Oregon approved 36 to 48-week Batterer Intervention Program for men & women
CHOICES	343-7643	1973 Garden Ave, Eug	\$125 intake. \$50 / weekly group.	YES	Domestic Violence Program.
McKenzie Counseling	503-880-1664 or 255-7951	1705 Centennial Blvd, Suite #1, Spfd	\$350-\$800 intake, \$300/ mo.	NO	Outpatient sex-offense specific treatment program for adult and juvenile males and females.

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RECOVERY SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Al-Anon & Alateen	741-2841	www.alanonlaneor.us/find-a-meeting	Free		Support for families / friends of people experiencing addiction to alcohol. Call or check website for location / meeting times.
Alcoholics Anonymous	342-4113	http://www.eviaa.org/	Free	YES	Support for people experiencing addiction to alcohol. Call or check website for location / meeting times.
Center for Family Development	342-4189	146 E 12 th Eug	OHP, sliding scale, other ins	YES	Recovery / co-occurring programs. Counseling, recovery skills training, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
Centro Latino Americano	687-2667	944 W 5 th , Eug	\$10-25 sliding scale, OHP	YES	Addiction support for Spanish speaking adults and teens. Family / individual counseling. Social service navigation. Youth mentoring age 7-16.
Chrysalis (Whitebird)	683-1641	350 E 11 th Eug	OHP, sliding scale	NO	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals.
Emergence	393-0777 EUG	78 A Centennial Lp	OHP, sliding scale, some ins	YES	Outpatient services. Specialize in drug court, corrections, DUI, gambling, mental health, smoking cessation.
Integrated Health Clinics of Eugene	344-3574	715 Lincoln St, Eug	OHP, sliding scale, some ins	NO	Outpatient treatment for opioid addiction. Group / individual counseling.
Looking Glass Counseling	484-4428	260 E 11 th Ave, Eug	OHP / private insurance	YES	Addiction counseling for youth under 21.
Methadone Treatment Lab	682-4464	151 W 7th Ave Rm 163, Eug	OHP, private insurance or self-pay		Methadone dispensing & monitoring, group, individual, family counseling, drug screens, crisis intervention, drug education, HIV education and risk assessment. Resource referrals as needed.
PAR Prevention & Recovery NW	484-9274	1188 Olive St, Eug	Sliding scale, OHP		Outpatient. Men's, women's, co-ed groups. Prevention, outreach, DUI program.
Parents for Recovery (Relief Nursery)	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Ave, Eug 850 S 42 nd Ave, Spfd	FREE	NO	Support group for parents in recovery for drug and alcohol addiction.
Relief Nursery Peer Support	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Ave, Eug 850 S 42 nd Ave, Spfd	FREE	NO	Must be participating in other RN programs or referred by DHS.
Serenity Lane	687-1110	4211 W 11 th Ave, Eug (outpatient) 616 E 16 th St, Eug (inpatient)	Private ins, private pay. Some OHP	NO	In-patient and outpatient treatment. Able to treat clients with dual diagnoses.
Veterans Affairs	607-0897	3355 Chad Dr, Eug			Mental health services, outpatient alcohol treatment and aftercare.
Willamette Family (Rapid Access Center)	762-4300	195 W. 12 th , Eug	Sliding scale, OHP, other insurance	NO	Same-day medical & behavioral health services. Addiction assessments. Residential & outpatient for adults / teens. Walk in M-F 8-4
Alcohol Treatment Referral Hotline		800-252-6465			
Drug Addiction Hotline		800-905-7590			

GAMBLING ADDICTION TREATMENT

Agency	Phone	Address	Fees	Spanish?	Notes
Meridian Gambling Program (Emergence)	741-7107	2149 Centennial Plaza Suite 4	FREE	YES	Outpatient gambling treatment.
Problem Gambling Hotline	877-MyLimit		FREE	YES	Referrals to outpatient gambling tx for the state of Oregon. Phone- / Skype-based tx.
Centro Latino Americano	687-2667	944 W 5 th , Eug	FREE	YES	Gambling and addiction support for adults / teens.
National Problem Gambling Hotline		800-522-4700			

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Community Resource Guide

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MEN'S RECOVERY HOUSES

Thank you so much to Relief Nursery Accessing Success program for updating the Recovery House lists.

Agency	Phone	Address	Fees	Notes
Crenshaw House (Oxford)	653-9381	1257 Crenshaw Rd, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Crescent House (Oxford)	636-4279	2475 Crescent Ave, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Donald House (Oxford)	654-0744	3302 Donald St, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Echo Hollow House (Oxford)	505-7912	4160 Avalon St, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Hayden Bridge House (Oxford)	735-3953	1017 Hayden Bridge Rd, Spfd	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Howard House (Oxford)	654-0294	133 Howard St, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Mohawk House (Oxford)	505-7057	1923 Centennial, Spfd	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Nighthawk House (Oxford)	505-9286	660 Aspen St, Spfd	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Emerald Valley House (Oxford)	501-1826	4087 Concord St, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Glory House (Oxford)	505-9311	875 Glory Drive, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory support groups.
Phoenix House	654-3998 607-5869	675 Hughes St, Eug	Call for details.	30 days clean. 6 month commitment, zero tolerance house. Mandatory meetings. Random UA's
Fresh Start #1	579-1961	727 5nd Street, Spfd	Call for details.	Call Dan Lansing for interview. Must be clean and sober.
Fresh Start #2	579-1961	544 Water St, Spfd	Call for details.	Call Dan Lansing for interview. Must be clean and sober.
Uncle John's	515-6866	313 49th St, Spfd	Call for details.	Random UA's. Must be clean and sober.
Sponsor's	485-8341	338 Hwy 99 North, Eug	Call for details	Random UA's. 30 days clean and sober. Mandatory support groups
Recovery First	606-3644	742 Washington St, Eug	Call for details.	Two weeks clean and sober. Random UA's.
Safe Haven	606-2995	325 S. 37th St, Spfd	Call for details.	Mandatory support groups. Random UA's.
Clean & Sober Living	954-6710	724 Washington St, Eug	Call for details.	Two weeks clean and sober.
Housing Our Veterans	606-9220	Multiple Locations.	Call for details.	Call Lorie Perkins for more information and openings.

WOMEN'S RECOVERY HOUSES

Thank you so much to Relief Nursery Accessing Success program for updating the Recovery House lists.

Agency	Phone	Address	Fees	Notes
Ashes to Beauty	654-5652	4736 Royal Ave PMB 112, Eug	Call for details. Assistance available for mothers on TANF	WOMEN 18-55, children (boys under 8, girls under 13). Education / job / parent support, mandatory meetings, bible study, counseling, UA's. No smoking / sex offenders. Apply www.ashestobeautey.org .
Autzen House (Oxford)	844-1676 337-5064	920 Summit Blvd. Spfd	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Baker House (Oxford)	246-8858	1826 Danebo, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Beverly House (Oxford)	458-201-7762	2406 Beverly St., Spfd	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Spencer Butte House (Oxford)	653-8236	3230 Portland St, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Riverbend House (Oxford)	344-9191	5117 Innsbruck Way, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Dalton House (Oxford)	505-8517	1740 Dalton Dr, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Westmoreland House (Oxford)	844-1950	1895 Polk St, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Safe Haven	514-8610	969 W. 3rd, Eug	Call for details.	Women/ Children. Mandatory meetings, Random UA's.
Teen Challenge Hannah's House	344-4328	85989 Bailey Hill Rd, Eug	Call for details.	12-month live-in program. Faith Based. Children up to age 6.
Fresh Start	579-1961	Multiple Locations.	Call for details.	Call Dan Lansing for more information and current openings. Must be clean and sober. 3 meetings per week. Random UA's.
Resurrection House	606-0537	940 N Park, Eug	Call for details.	WOMEN. 2 weeks clean. Mandatory meetings, random UA's
Sponsor's	485-6738	767 W. 8th Ave, Eug	Call for details.	30 days clean and sober. Random UA's. Mandatory Meetings.

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HOUSING ASSISTANCE

Agency	Phone	Address	Notes
Cornerstone Community Housing	683-1751	Multiple locations. Call or see website.	High quality affordable housing, onsite services that promote personal growth and economic independence. www.cornerstonecommunityhousing.org
Homes for Good	682-3755 Eug 682-4090 Spfd	177 Day Island Rd, Eug 300 W Fairview, Spfd	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or at Eugene / Springfield sites.
New Roads (Looking Glass)	686-4310	941 W 7 th Ave Eug	Support finding housing for homeless youth, 16-21 yrs.
Catholic Community Services	345-3628 x402	1464 W 6 th Eug 1025 G St, Spfd	Walk-in to meet with housing specialist. Call for hours. Interpreter available.
Salvation Army	343-3328 Eug 747-6229 Spfd	640 W. 7 th , Eug	Rental assistance. With 72-hour notice and copy of rental agreement. \$100 max.
St. Vincent de Paul	687-5820	2890 Chad Drive, Eug	Affordable housing, 12-18 month wait list. Renter's rehab.
Search HUD, Homes for Good, and Lane County Low Income Housing for lists of affordable / low income rentals.			

DAY CENTERS / SHELTERS / TRANSITIONAL HOUSING

Agency	Phone	Address	Fees	Spanish	Notes
Community Supported Shelters	683-0836	1160 Grant, Eug	FREE	Interpreter available	Tent communities for the unhoused. Skilled plan advisors, accountability, peer support.
Egan Warming Center	689-6747	456 Hwy 99N, Eug	FREE		Open 7pm to 8am, Nov 15 to March 31 on nights when temperatures drop below 28 degrees.
Eugene Service Station (Catholic Community Services)	461-8688	450 Hwy 99, Eug	FREE		Day shelter , food, clothing, laundry, showers, phone, computer access.
First Place Family Center	342-7728	1995 Amazon Pkwy, Eug	FREE	YES	Day center , showers, laundry, food, internet. Night shelter Sept-June. Overnight parking.
Station 7 (Looking Glass)	888-689-3111 24hr crisis	2485 Roosevelt, Eug	FREE		Emergency shelter for runaway / homeless youth ages 11-17 yrs.
ShelterCare	686-1262	499 W 4 th Eug	FREE	YES	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 .
SquareOne Villages	606-4455	111 N Garfield St, Eug		NO	Self-managed communities of cost-effective tiny homes for people in need of housing.
The Eugene Mission	344-3251	1420 W. 1 st , Eug - women 1542 W 1 st , Eug- men	3 nights free, then chores		Shelter . Meals. Faith based A&D 12 step. 1 yr residential life skills program. GED classes.

HOME IMPROVEMENT

Agency	Phone	Address	Notes
Eugene Emergency Minor Home Repair	682-5446	125 East 8th Ave, 2nd Floor, Eug	Zero-interest loans / grants to correct conditions that create an immediate safety threat.
Springfield Home Improvement Program	726-2358	225 5 th St., SPFD	No-interest, deferred loans for eligible home-owners for heating, roofing, painting, doors, windows, dry rot, foundation, electrical, plumbing, weatherization, handicap access

HOME OWNERSHIP

Agency	Phone	Notes
Homebuyers Assistance (City of Eugene)	682-5446	Down-payment assistance for qualifying families who can secure loan and pay mortgage.
Home Ownership Program (Springfield)	726-2358	Up to \$7000 interest-free loan toward down payment for qualified home.

HOUSING COMPLAINTS

Agency	Phone	Address	Notes
Oregon Fair Housing Council	800-424-3247	www.fhco.org	Enforces fair housing laws related to discrimination.
Community Alliance of Tenants	503-288-0130		Renter's rights hotline. Mon, Wed, Thurs, 3-7 pm.
Human Rights and Housing Practices Code (City of Eugene)	682-5177	Eugene	For housing discrimination complaints based on the housing practices code.

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EMPLOYMENT

Agency	Phone	Address	Spanish	Notes
Centro Latino Americano	687-2667	944 W 5 th , Eug	YES	Employment and resume support.
eDev	463-4619	1445 Willamette #1 Eug		Assists people starting a business.
Quality Care Connections	463-3954	4000 E 30 th Bldg. 24 Eug	YES	Training / business assistance for childcare providers.
Job Connections (Goodwill)	431-3309 Eug 458-205-8157 Spfd	1010 Green Acres, Eug 102 30 th Street, Spfd	Eugene only	Job search, supported employment, resume help.
Lane WorkForce Partnership	505-8674	1401 Willamette Street		Skill assessment, job search, on the job training
Northwest Youth Corps	349-5055	2621 Augusta Street, Eug	YES (some programs)	Job-training. Young adults- free. Youth- \$50-225 tuition, assist available. Crew members earn a stipend.
Re-entry Resource Center at Sponsors	505-5690	338 Hwy 99 N, Eug		Resume, interviews, jobs search, clothes for those who have been incarcerated
St. Vincent de Paul	607-0439	456 Hwy 99, Eug		Career counseling, resume help, interviewing tips.
Supported Employment	687-0687	711 Country Club Rd, #1-A, Eug		Employment support for adults who experience developmental disabilities.
Vocational Rehab DHS-Self Sufficiency	684-2450 Eug 726-3525 Spfd	2885 Chad Dr, Eug 101 30 th Ave, Spfd	YES	Training / job placement for adults who experience disabilities.
WorkSource Lane	686-7601	2510 Oakmont Wy, Eug		Resume, interviewing, job search center with internet

BUDGETING/MONEY MANAGEMENT

Agency	Phone	Address	Notes
NEDCO	345-7106	212 Main St, Spfd	Free 1 st time home-buyer and financial literacy class.
Prosperity Center (Goodwill)	431-3332	855 Seneca Rd, Eug	Free support with budgeting, debt reduction, taxes

ADULT EDUCATION

Agency	Phone	Address	Fees	Spanish	Notes
Downtown Languages	686-8483	532 C St, Spfd	Varies, some FREE	YES	ESL, GED, Citizenship, Bilingual Computer Class
Eugene Mission	344-3251	1470 W 1 st St Eug	FREE		GED classes for people in shelter
LCC GED	463-5723	Call for locations.	Scholarships	YES	GED classes. Call for details.
Women in Transitions (LCC)	463-5353	LCC - 4000 E 30 th	Financial aid	NO	Educational / career planning, empowerment.

WORKER'S COMPENSATION

Agency	Phone	Web Address	Spanish	Notes
Worker's Comp Division	800-452-0288	http://wcd.oregon.gov/Pages/index.aspx	YES	Call regarding worker's comp. claims.

CLOTHING ASSISTANCE

Agency	Phone	Address	Spanish	Notes
4J School District	687-3349	200 N. Monroe, Eug		Call for appointment
Catholic Community Services	345-3628	1464 W 6 th Eug 1025 G St., Spfd	Interpreter Available	Eugene: M-F 9am-4:30pm Spfd: M-F 9am-noon
Clothing Room	746-5624	1761 E St, Spfd		T, Th, F 10am-3pm and W 11am-3pm.
Eastside Clothes Closet	N/A	95 Centennial Lp, Spfd		1 st and 3 rd T 1pm-3pm and every last Th 7-8:30pm
Eugene Mission	344-3251	1542 W 1 st Ave, Eug		M-F 10am-4pm
Helping Hand Room 1st Christian Church	344-1425	Oak St, Eug	YES	Clothing, shoes, hygiene supplies, home goods and sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	344-5583	834 Monroe, Eug		Youth under 22 yrs. Showers, food, laundry, clothing. M, W, F 3-6:30pm, meal at 5pm
Relief Nursery Clothing Closet	343-9706 Eug 485-0007 Spfd	1720 W 25 th Ave, Eug 850 S. 42 nd , Spfd	YES	For families receiving Relief Nursery services
Salvation Army	343-3328 Eug 747-6229 Spfd	640 W. 7th Ave, Eug 1275 Mill St., Spfd		I.D / doc with child's birthdate needed
St. Vincent de Paul	689-6747	456 Hwy 99 N, Eug		M, T, Th, F, 10am-12:30pm & 1:30pm-4 pm
White Bird Clinic	342-4357	341 E. 12th, Eug		M-F, 8am – 10 pm

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LAUNDRY SERVICES

Agency	Address	Notes
Laundry Love (Springfield Faith Center)	Holiday Coin Laundromat on 14th street across from Grocery Outlet in Springfield	Free access to laundromat. 2nd Monday of each month from 5-8pm, and the last Thursday of each month, 10am to 12pm. 1st come, 1st served. 6 load max.

DIAPERS

Agency	Address	Fees	Notes
Catholic Community Services	1464 W 6 th , Eug / 1025 G St. Spfd	FREE	Stop by to check on availability.
Giving Diapers, Giving Hope	www.givingdiapersgivinghope.org	\$15 shipping + payment to ship back when finished	FREE cloth diapers for qualifying families.
Trillium Diaper Assistance	Contact pediatrician	FREE	For children 3+ with developmental disability. Doctor prescription required.

BASIC NEEDS

Agency	Phone	Address	Fees	Spanish	Notes
Brattain House	744-6769	1030 G St, Spfd	FREE	YES	School Supplies k-12
Catholic Community Services	345-3628	1464 W 6 th , Eug 1025 G St. Spfd	FREE	Interpreter Available	Clothing, computers, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
Community Sharing Program	942-2176	1245 Birch Ave, Cottage Grove	FREE	YES	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
Emerald Community Services	683-4169	90 Lawrence St, Eug	FREE		Clothing, household goods, food boxes, special needs referrals.
F.I.S.H. St. Mary's Church	689-9750	440 Maxwell Rd, Eug	FREE		Food, propane, prescriptions. Call 10-2:30 to request food box.
HomeMom's Heart	1574 Coburg Rd. #409, Eug		FREE		Assistance for stay at home moms. http://homemomsheart.org/
Home Starter Kit Church of the Resurrection	686-8462	3925 Hilyard, Eug	FREE		Household items for homeless people moving into a new home. resurrectioneugene.org/wordpress/wp-content/uploads/wp-pdf/hsk/HSKRequestForm.pdf Print app, complete, mail / deliver.
Hosea Youth Services	344-5583	834 Monroe, Eug	FREE		For youth 22 and under. Showers, food, laundry, hygiene, clothing.
St. Vincent de Paul	689-6747	456 Hwy 99, Eug	FREE		Furniture and other household goods

ENERGY ASSISTANCE

Agency	Phone	Address	Notes
Ebbert Memorial Methodist Church	746-3513	532 C St, Spfd	With shut-off notice, can offer \$25, if client can pay balance. SUB only.
Catholic Community Services	747-8349	1464 W 6 th Eug 1025 G St., Spfd	Call to enroll in LIHEAP, EWEB, SUB, NW Natural and Pacific Power assistance programs

EWEB - Starting in October, call 541-345-3642 on the first business day of the month after 9:00 a.m. to add your name to the waiting list.
LIHEAP – call 541-345-3642 on the first of each month starting at 9 a.m.
SUB (Springfield Utility Board) – customers with past due bills can call 541-345-3642 on Mondays starting at 9am

FINANCIAL ASSISTANCE

Agency	Phone	Address	Notes
DHS-Self Sufficiency (SNAP, TANF, ERDC, DV Grant)	686-7878 Eugene 686-7722 West Eugene 726-3525 Springfield 942-9186 Cottage Grove 997-8251 Florence	2885 Chad Dr, Eugene 2101 W 11th Ave, W. Eugene 101 30 th St. Springfield 305 Coop Court, Cottage Grove 3180 Highway 101 N, Florence	Must qualify by income.
HomeMom's Heart	http://homemomsheart.org/	1574 Coburg Rd. #409, Eug	Assistance for stay at home moms (appliances, medical, auto, education, etc). See website for eligibility.

TELEPHONE ASSISTANCE

Agency	Notes
Oregon Lifeline	www.puc.state.or.us/pages/rspf/otap.aspx Reduces bill. Apply online / print application from the website.

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FOOD/NUTRITION

Agency	Phone	Address	Spanish	Notes
Food for Lane County	343-2822	770 Bailey Hill Rd, Eug	YES	Provides food for food pantries and meal sites in Lane County. Call or see list of pantry / meal sites at www.foodforlanecounty.org
Natural Grocers	345-3300	201 Coburg Road, Eug		Free nutrition and cooking classes. Call or see website for current offerings.
Nutrition Education Program	344-0249	996 Jefferson St, Eug	YES	Hands-on cooking, nutrition and physical activity classes for adults in both English and Spanish. Can offer in-home education if that is preferable.
SNAP (food stamps)	800-723-3638	Call for closest office	YES	Apply in person or www.apps.state.or.us/onlineApplication
WIC Women Infants and Children	682-4202	151 W 7 th Ave Rm 210 Eug	YES	Nutrition education, food vouchers for pregnant and breast-feeding women, & children under 5.

FOOD BOXES / PANTRIES *EUGENE*

Thank you so much to Food for Lane County for providing updated Food Pantry and Meal Site lists.

Agency	Phone	Address	Notes
Bethel Food Pantry	688-9085	4445 Royal Ave at Bethesda Lutheran Church	2nd & 4th Saturday of the month 9:30 am to 12:00 pm.
Casa de Luz (se habla español)	521-7437	1295 Taney St. at Open Bible Fellowship	Third Saturday of the month 10 am to 11:30 am
Catholic Community Services	345-3628	1464 W. 6th Ave. Between Almaden and Taylor	Mondays, Wednesdays & Fridays 9 am to 1 pm.
Daily Bread Eugene Christian Fellowship	344-3380 x32	89780 N Game Farm Rd	Thursdays 2:00 pm to 6:00 pm.
Eugene Faith Center Pantry	686-9244	1410 W 13th Ave. Corner of 13th and Polk.	2nd & 4th Thursday of the month 2 pm to 6 pm.
Larry Collins Memorial Pantry	688-2027	255 Maxwell Rd. at Our Redeemer Lutheran Church	2nd & 4th Saturday of the month 10 am to 12 pm.
Salvation Army - Eugene	343-3328	640 W. 7th Ave. Corner of 7th and Jefferson.	Mon, Wed, Thurs 8:30 am - 11:55 am & 1:00 pm - 3:25 pm. Tues 8:30 am - 11:25 am & 2:00 pm - 3:25 pm. Fri 8:30 am to 12:25 am.
St Vincent de Paul Food Room	689-6747	456 Hwy. 99 N. Corner of Hwy. 99 and Elmira	Tuesdays, Thursdays & Fridays 10 am to 2 pm.
Pray BiG! - St. Matthew's Church	689-4010	4110 River Rd.	Last Saturday of the month 10 am - 11:30 am Second Tuesday of the month 5:30 pm - 7pm

FOOD BOXES / PANTRIES *SPRINGFIELD*

Thank you so much to Food for Lane County for providing updated Food Pantry and Meal Site lists.

Agency	Phone	Address	Notes
Catholic Community Services Springfield	345-3628	1025 G St. Corner of 10th and G Street.	Wednesdays, Fridays & Saturdays, 9am-1 pm
Catholic Community Services Thurston	345-3628	In Thurston at 332 58th St (Waypoint Church)	4th Saturday, 10 am - 1 pm
Crossfire Hands of Hope	335-9768	942 28th St. Inside Crossfire Church.	2nd & 4th Thursday of the month 12pm - 4pm. Wednesdays, Fridays & Saturdays, 9am-1 pm
Salvation Army	747-6229	1275 Mill St. Corner of Centennial and Mill.	Tuesdays and Thursdays 9 a.m. - 12 p.m. & 1 p.m. - 3 p.m., Wednesdays 9 a.m. - 11 a.m. & 1 p.m. - 3 p.m.
The Shepherd's Table at St. John's	746-3322	2537 Game Farm Rd. (Harlow and Game Farm)	1st & 3rd Saturday 9:00 am to 12 pm

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FOOD BOXES / PANTRIES RURAL LANE COUNTY

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Agency	Phone	Address	Notes
Coburg Food Pantry	221-5055	32695 E Pearl St. One block off Coburg Rd., Coburg	2nd & 4th Monday of the month, 2 pm to 6 pm.
Community Food For Creswell	246-9117	64 Cobalt Lane, Creswell	Thursdays 12:30 pm to 3:00 pm
Community Sharing	942-2176	1340 Birch Ave. In the old hospital, Cottage Grove	Monday - Friday 11:00 am to 3:30 pm.
Dexter Food Pantry	937-4229	38925 Dexter Rd at St. Henry Catholic Church, Dexter	1st & 3rd Tuesday of the month 2 pm to 6 pm.
Florence Food Share	997-9110	2190 Spruce St., Florence	Mon-Fri, 9:30 am to 1 pm. Also Mon & Wed, 4-6 pm.
God's Food Box	688-8884	27373 8th St. at Alvadore Christian Church, Alvadore	4th Thursday of the month 12:00 pm to 4:00 pm.
God's Storehouse	995-8403	180 Smith St., Harrisburg	Tuesdays & Thursdays 9:00 am to 5:00 pm.
Goldson Grange	998-1539	23479 Hwy. 36. Top of Low Pass Rd. Cheshire	3rd Thursday of the month 12:00 pm to 4:00 pm.
Helping Hand	933-2575	92170 Marcola Rd, Marcola	2nd Tuesday of the month 10:00 am to 12:00 pm.
Hilltop Pantry	935-1331	25735 Crow Rd, Church of the Nazarene, Crow-Applegate	2nd Thursday of month, 9:00 am to 12:00 pm. Perishable food only Wednesday before 4th Thursday, 9:00am to 12:00pm
Junction City Local Aid	998-3992	210 E. 6th Avenue, Junction City	Tues 9 am – 1 pm, Wednesdays 9 am – 12 pm, Thursdays 3 pm – 8 pm, Last Saturday of every month from 10 am – 12 pm
Leaburg Community Cupboard	896-3857	45061 McKenzie Hwy, McKenzie Bible Fellowship, Leaburg	4th Friday of the month 2 pm to 4 pm.
Lowell Food Pantry	603-5043	4 E. Lakeview St, Lowell	1st & 3rd Tuesday of the month, 2 pm-5 pm. Bread Day 2nd & 4th Tuesday 10 am-2pm.
Mapleton Food Share	268-2919	10718 Highway 126, Mapleton	2nd Thursday & 4th Saturday of the month 10 am to 2 pm.
McKenzie River Food Pantry	822-3249	51187 Blue River Dr. Next to Middle / High School, Blue River	2nd & 4th Tuesday of the month 4:30 pm to 6:30 pm.
Mid Lane Love Project	935-4555 x104	25035 W. Broadway Inside Fern Ridge Service Center, Veneta	Mondays, Wednesdays & Fridays 10 am to 11:30 am and 12:30 pm to 2 pm.
Noti Food Pantry	935-0324	22540 Fir St at Grace Fellowship Church, Noti	Third Tuesday, 5pm to 6:30 pm
Oakridge Food Pantry	782-2192	47674 School St. Serves Oakridge & Westfir	Tuesday - Thursday 9 am - 11 am and 11:30 am - 1 pm.
Up River Pantry	946-1606	37895 Row River Rd, Dorena	3rd Friday of the month 4:00pm-5:30pm
Triangle Food Box	925-3090 925-3254	20280 Blachly Grange Rd, Blachly	The Friday following the third Thursday 10 am to 2 pm.

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MEAL SITES

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Agency	Phone	Address	Notes
Burrito Brigade		336 Clark St, Eug	Sunday 12pm
Crossfire Food Ministry	686-3473	942 28th St, Springfield 1310 Echo Hollow Rd, Eug	Thurs 6:30pm - hot meal. Sunday Morning - hot breakfast at both of our locations at 8:30am.
Eugene Catholic Worker	735-3823	5th and Washington	Call for meal times
Eugene Mission	344-3251	1542 W 1 st St, Eug	Breakfast: Women @ 7 am Men @ 7 am Lunch: Women @ 11 am Men @ 12 pm Dinner: Women @ 5 pm Men @ 6 pm Adults 18+; do not need to stay or attend religious service to receive meal
First Christian Church	344-1425	1166 Oak St, Eug	Breakfast Sun, 7:45-9:15, clothing & sandwiches on Tues / Thurs noon-2
Food Not Bombs		8th & W Park street, Eug	Friday, 2pm. eugenefoodnotbombs@gmail.com
Free People		Lamb's Cottage at Skinner's Butte Park	Sunday 5:30 pm - 6:15 pm or when food runs out (Open to Everyone)
Hosea		834 Monroe, Eug	Monday, Wed, Fri, 5:00 pm - 7:00 pm (13-23 year olds)
Liberation Street Church	503-803-2921	Corner of Royal & 99	Call for meal times
Looking Glass, New Roads	686-4310	941 W 7 th Ave Eug	Tues, Thurs - 5:30 pm - 6:30 pm (11-21 year olds)
Occupy Medical		509 E 13th Ave, Eug	Sunday Lunch 11:45pm-3pm
Eugene Service Station (Catholic Community Services)	461-8688	450 B Hwy 99 N, Eug	Daily Breakfast & Lunch 8:00 am - 5:00 pm (Adults 18 and Over)
Shepherd's Hand	255-2331	653 3rd St, Junction City	Call for meal times
St. John Maximovitch		304 Blair, Eugene	9:00 am - 11:00 am 1st Saturday of the month (Open to Everyone)
St Mary's Episcopal Church	343-9253	13 th and Pearl, Eug	Call for meal times
The Dining Room	343-2822	270 W 8 th Ave, Eug	Call for meal times. Youth must be with legal guardian
Trinity Lutheran Church	942-2373	657 S 7th, Cottage Grove	Call for meal times
Valley United Methodist Church	935-1614	25133 E Broadway, Veneta	Call for meal times

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BREASTFEEDING SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Baby Connection	484-5316	86 Centennial Lp, Eug	FREE		Drop-in clinic for parents of new babies. Baby weigh-in, breastfeeding support.
Daisy Chain	505-1139	990 W. 7th, Eug	FREE	YES	Home visits from IBCLC and postpartum doulas, lactation support, workshops, thrift store.
La Leche League	744-6055 (help line)		FREE		Breastfeeding support line
McKenzie-Willamette Lactation Consultation	726-4471	1460 G. St., Spfd	\$15 / class, scholarships		Phone consultation. Breast-feeding classes and assistance.
Nutrition Education Program (OSU Lane Extension)	682-4281	950 W 13 th Ave, Eug	FREE		Teaches basic nutrition, food prep, food safety, and food shopping skills.
WIC (Women, Infants, and Children)	682-4202	151 W 7th Ave, # 210, Eug	FREE	YES	Breastfeeding and nutrition support. Breast pumps available.

DOULA SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Corrinne Kaleese	914-9975	Facebook: Rainbow Bridge Doula Services	Sliding Scale	YES	Prenatal, birth and postpartum support.
Daisy Chain	505-1139	990 W. 7th, Eug	FREE	YES	Home visits from IBCLC & postpartum doulas, walk-in professional lactation support, workshops, thrift store.
Doulas of Lane County	http://doulasoflanecounty.com/		Fees vary	YES	Professionally trained birth and postpartum doulas working within evidence-based standards of practice.

PRENATAL/BABY CARE

Agency	Phone	Address	Fees	Spanish	Notes
ACT for Families	833-0017	WIC office 7th & Charnelton, Eug	FREE OHP / WIC eligible only	NO	6-week prenatal class. Post-natal class for families with 6-12 month babies (can bring infants to the class).
Baby Connection (Parenting Now)	484-5316	86 Centennial Lp, Eug	FREE	NO	Baby weigh-in, breastfeeding support, connect with other parents.
Lane County Prenatal Clinic	682-3926	135 E 6 th Ave, Eug		YES	OHP enrollment assistance. Info, referrals, prenatal vitamins. Serves all languages.
Maternal/Child Health Programs	682-8720	151 W 7th Ave, Eug	FREE	YES	In-home education/support for parents prenatally and up to age 5. (Nurse-Family Partnership, CaCoon, Babies First!, Healthy Families, and Maternity Case Management)
McKenzie Willamette/ Women's Health / Birth	726-4471 741-4649	1460 G St, Spfd	Varies		Birthing / breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
Post-Partum Support International	231-4343 337-4960		FREE	YES	Email / phone support, referrals for post-partum services. support@postpartum.net
Sacred Heart Pregnancy & Parenting Education	686-7074	677 E 12 th Ave Ste 530, Eug	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga. breastfeeding, birth center tours, new infant care

FAMILY PLANNING / PREGNANCY OPTIONS COUNSELING

Agency	Phone	Address	Fees	Notes
Open Adoption and Family Services	484-2302	315 W. 10th Ave Eugene	FREE	All-options pregnancy counseling for pregnant / parenting women, partners. Arranges open adoptions.
Planned Parenthood	344-9411	3579 Franklin Blvd Eugene	OHP, some private insurance	Pregnancy Testing, Birth Control, STD Testing, Treatment & Vaccines, Men's & Women's Health Care, Emergency Contraception, Abortion Services, HIV Testing

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CAR SEATS

Agency	Phone	Address	Fees	Notes
Kohl's Car Seat Clinic	782-2510	Fire Station #2, 2 nd & Chambers, Eug	FREE	Car seat inspection, recall checks, some free car seats if needed. See schedule: http://www.kohlscarseatclinic.org/kohls-clinic-flyer

TRANSPORTATION

Agency	Phone	Address	Fees	Spanish	Notes
Catholic Community Services	345-3628 x324	1464 W 6 th Eug 1025 G St., Spfd	FREE	Translation Available	Day bus passes. Call or stop in to find out availability.
LTD Half / Free Fare Programs	687-5555	1080 Willamette, Eug	\$3 for bus card		Half-fare for people with disabilities. FREE fare to adults 65 years or older.
RideSource	682-5566	240 Garfield St, Eug	FREE		For people who cannot ride the LTD bus due to disability / other circumstances.

LOW COST PET SERVICES

Agency	Phone	Address	Fees	Notes
Community Veterinary Center	636-3324	470 Hwy. 99, Eug	Exam: \$25-45 Vaccines \$8-15	Proof of income required. No spay / neuter services. Call for hours.
Humane Society	689-1503	3970 1 st Ave and 88530 Green Hill Rd, Eug	FREE	Call first. They will keep animals until adopted unless animal is ill.
Pro Bone-O	607-8089	http://proboneo.org	FREE	Free vet, food & supplies for homeless
S.P.O.T. (Stop Pet Overpopulation Today)	485-7768	www.spotspayneuter.org	FREE	Financial assistance for Lane Co. residents to spay / neuter their dogs.
Spay and Neuter Clinic	682-3643	3970 W. 1st Ave, Eug	Discount with proof of SNAP, disability or unemployment	Low cost spay & neuter, vaccinations & flea control for cats and dogs
Willamette Animal Guild (WAG)	345-3566	3045 Royal Ave, Eug	\$40 - \$90	Spay Neuter Clinic

VISION CARE

Agency	Phone	Address	Fees	Notes
Lion's Eyeglass Assistance	971-270-0203	lionsclubsreferrals@olshf.org	FREE	Eye exam / glasses. Call or email to schedule
White Bird Front Rooms Program	342-8255	341 E 12 th , Eug	FREE	Vouchers for eye exam / glasses. Come into the clinic to apply. 3-4 month wait. M-F 9-3:30.

PERScription ASSISTANCE

Agency	Phone	Address	Fees	Spanish	Notes
Catholic Community Services	345-3628	1464 W 6 th , Eug 1025 G St Spfd	FREE		\$50.00 / year if funds are available (not controlled substances).
F.I.S.H. - St. Mary's Church	689-9750	440 Maxwell Rd, Eug	FREE		Food, propane, prescriptions.
OR Prescription Drug Discount Program	800-913-4146		FREE		www.oregon.gov/OHA/pharmacy/OPDP/pages/application_age.aspx 20-50% off. Apply online or by phone.
Volunteers in Medicine	685-1800	2260 Marcola Rd, Spfd			For moderate income uninsured.

DENTAL

Agency	Phone	Address	Fees	Spanish	Notes
Children's Dental Center	687-3232	1850 Bailey Hill Rd, Eug	FREE		Dental for uninsured school-aged children. Referrals made through school nurse.
Community Health Centers of Lane County	682-3550	Call for locations	OHP, private ins., sliding scale	YES	Dental prevention program. No walk in. OHP Enrollment assistance
Dental Clinic (LCC)	463-5206	2460 Willamette, Eug	Free evaluation, Low cost services	On some days	Exams, X-rays, cleaning, fluoride, sealants. No fillings / surgery. Mostly for adults.
White Bird	344-8302	1400 Mill St, Eug	OHP, sliding scale, Medicaid	YES	Dental appointments, walk-in clinic. Call for hours.

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MEDICAL

Agency	Phone	Address	Fees	Spanish	Notes
Acupuncture for the People	521-6285	2833 Willamette St Suite B, Eug	1 st appt: \$30-55, then: \$15-40		Licensed acupuncturist servicing anyone who needs a sliding scale.
Community Health Centers of Lane County	682-3550	Call for locations	OHP, Private ins, Sliding scale	YES	Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in.
Healthy Tomorrows (Peace Health)	687-6242		Free if not eligible for OHP	YES	Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
HIV Alliance	342-5088	1966 Garden Ave, Eug	OHP only	YES	HIV / hepatitis test, health / dental care, case management, housing support, social events, meals, financial assistance.
Homeless Youth Clinic	686-4310	941 W 7 th Ave, Eug	FREE	YES	STI / HIV testing / medical care for youth 11-21 (parent permission required under age 16).
Lane County Public Health	682-4041	151 W 7th Ave. Room 310, Eug	OHP, Sliding scale, some ins	YES	STD testing, vaccinations by appt. No walk ins.
Occupy Medical	316-5743	Downtown Eugene, 8th & Oak	FREE		Every Sunday 10am-4pm. Sign up by 1 to ensure a spot.
Rapid Access Center (Willamette Family)	762-4300	195 W. 12 th , Eug	OHP only		Same-day walk-in medical, behavioral health and addiction services.
Riverstone Health Clinic	682-3550 747-3426	1640 G St, Spfd	OHP, some ins, \$20-60 sliding scale	YES	Child/adult health services, OHP applications, homeless youth health
The SHOP (Sharing Healthcare Options Program)	342-8255	341 E 12 th	FREE	YES	OHP Enrollment assistance.
Trauma Healing Project	687-9447	2222 Coburg Rd, #300, Eug	Sliding Scale	YES	Body-centered therapies such as yoga and acupuncture. Wellness classes.
Trillium Member Services	485-2155		FREE		Members can call this number to change physicians.
Volunteers in Medicine	685-1800	2260 Marcola Rd, Spfd	FREE	YES	Medical / mental health / prescription for low-income adults without insurance, or those enrolled in OHP but without a provider.
White Bird	484-4800	1400 Mill St., Eug	OHP, Sliding scale, Medicaid	Sometimes	Medical walk-in clinic.
Ask-a-Nurse	686-7000	Call 24 hrs a day for free, confidential health-care information and referrals.			
Poison Control Hotline	800-222-1222	24/7 hotline for questions / emergencies regarding poisons.			

SMOKING CESSATION

Agency	Phone	Address	Fees	Spanish	Notes
Emergence	393-0777	78 A Centennial Lp	OHP, Sliding Scale	YES	12-week intensive outpatient (level 2) Smoking cessation.
Options Tobacco Cessation	222-7442	3311 Riverbend Dr, Eug	\$60		Evaluation, behavioral therapy after quitting smoking.
Oregon Tabaco Quit Line	800-784-8669	Talk or chat online with an expert Quit Coach. www.quitnow.net/oregon			

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CHILDREN with DISABILITIES

Agency	Phone	Address	Fees	Spanish	Notes
ARC of Lane County	343-5256	4181 E. St, Spfd	Respite: \$10 for 1 st child, \$5 for next. Paid by K-plan	YES	Respite for children with disabilities, age 2-21 After school program, community events.
Autism Society of Oregon	689-2228		FREE	NO	Resource referrals for individuals with autism spectrum disorder and their families. Adult social skills class. www.autismsocietyoforegon.org
Bridgeway House	345-0805	555 E 15 th , Eug	Varies	YES	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, advocacy, social events and a full time school.
Child Development & Rehabilitation Center (CDRC)	346-3575	901 E 18 th Eug	OHP / private ins	NO	Services for children with special health care needs & developmental disabilities. Feeding clinic.
Connect the Dots	255-2681	84 Centennial Lp, Eug	OHP / private ins	NO	Speech, physical and occupational therapy for feeding issues, developmental delays, sensory integration, Autism, ADD, etc, for children under 17 years.
Direction Service	686-5060	1144 Gateway Lp, #200, Spfd	OHP / private insurance	YES	Support & planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
Early Education Program (EEP)	485-0368	Various locations	FREE for children with dev. delays. \$55-185 for non-delayed	YES	Preschool for children with and without special needs age 3-5
Early Childhood CARES	346-2578 344-4723 Fax	1500 W 12th Ave, Eug	FREE	YES	Assessment and support for children with developmental delays, birth to age 5.
Embody Play Yoga	852-2799		Varies		Trauma-informed yoga therapy, classes for children and adults, including those impacted by trauma, disabilities or behavioral issues. Mindfulness-based parenting classes and parent coaching.
KindTree: Autism Rocks	780-6950	www.kindtree.org	Varies	NO	Support groups (adults), activities, camp, transition-aged and adult skills training for people experiencing Autism.
Lane Co. Developmental Disabilities Services	682-6564	125 E. 8 th Ave, Eug	FREE		Case management, in-home support, consultation, equipment for children with developmental disabilities.
Lane County Public Health CaCoon	682-8720	151 W 7th Ave, Eug	FREE		Support for children birth through 18 with Special Health Care needs
Oregon Family Support Network	342-2876 or 800-323-8521	72 A Centennial Lp, Eug	FREE for most services	YES	Support for caregivers raising a child with mental health challenges. Parenting classes, support group, respite, family events, IEP support.
RideAble	684-4623	85230 Hicks Lane, Eug	Varies		Horsemanship classes for special needs children, teens and adults. Essential life skills are developed through riding.
RISE	503-851-7765	Some providers in Lane Co.			In-home support for children with disabilities, especially serious behavioral challenges.

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ADULTS with DISABILITIES

Agency	Phone	Address	Fees	Spanish	Notes
ARC of Lane County	343-5256	4181 E St Springfield	FREE	YES	Support for parents who have a cognitive limitation or parents of a child with a cognitive limitation.
Autism Society of Oregon	689-2228		FREE	NO	Resource referrals for individuals with autism spectrum disorder and their families. Adult social skills class. www.autismsocietyoforegon.org
Embody Play Yoga	852-2799		Varies		Trauma-informed yoga therapy / classes for children / adults, including those impacted by trauma, disabilities / behavioral issues. Mindfulness-based parenting classes / coaching.
Full Access Brokerage	284-5070 (Eug) 513-8548 (CG)	1240 Charnelton, Eug 1450 Birch, Cottage Grove			Assists adults with developmental disabilities to determine needs, plan services, and develop individualized budgets.
KindTree	780-6950	PO Box 40847, Eugene 97404	Varies	NO	Support groups (adults), activities, camp, transition-aged and adult skills training for people experiencing Autism. www.kindtree.org
Lane County Developmental Disabilities Services	682-3695	125 E. 8 th Ave, Eug	FREE		Support services for children and adults who experience developmental disabilities
Lane Independent Living Alliance (LILA)	607-7020	20 E 13th Ave. Eugene			Independent living skills classes, service navigation, counseling, support groups, club house and more.
Lane WorkForce Partnership	686-7904 or 686-7521	2510 Oakmont Way, Eug	FREE		Employment support for adults who experience disabilities
Oregon Supported Living Program	343-4196	1250 Charnelton Street, Eugene			Residential, supported living, supported employment, and arts/culture programs for adults who experience developmental disabilities.
Pearl Buck Center	484-4666	3690 W 1 st Ave, Eug	FREE	NO	Preschool for children age 2-5 whose parents experience cognitive limitations. Parenting support.
	780-6404	115 W 8 th Ave, #280, Eug	FREE	NO	Job coaches, support finding housing and employment for adults with developmental disabilities.
RideAble	684-4623	85230 Hicks Lane, Eug	Varies		Horsemanship classes for people with special needs. Life skills developed through riding.
RideSource	682-5566	240 Garfield St, Eug			Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
SAIL – Supporting Access to Independent Living	http://www.sailhousing.org		FREE		Advocate for and promote sustainable housing for persons with developmental disabilities
Self Help for Hard of Hearing People (SHHH)	345-9432 TTY:345-9432	2580 Hilyard St, Eug	FREE		Monthly meetings 2 nd Thursday of every month. Monthly newsletter.
Senior and Disabled Services	682-4038	1015 Willamette Street, Eug	FREE		Service coordination and advocacy for anyone with a disability in Lane County (and seniors).
SLLEA – Smart Living, Learning, and Earning with Autism	http://sllea.org		Free		Promote quality housing and support adults with Autism and related disorders
Social Security Office	800-772-1213	2504 Oakmont Wy, Eug	FREE		Stop in or apply online for benefits.
Supported Employment Services	687-0687	711 Country Club Rd, Suite 1-A, Eug	FREE		Employment support for adults with disabilities
Trips, Inc.	686-1013	PO Box 10885 Eugene	Varies		Travel opportunities to people of various abilities in a safe, respectful, fun atmosphere.
Vocational Rehab (DHS)	686-7878 EUG 726-3525 SPFD	2885 Chad Dr, Eug 101 30 th Ave, Spfd	FREE	YES	Skills training / job placement for adults with disabilities.

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PARENT EDUCATION/SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
4J Young Parent Program	463-3950	johnson_jul@4j.lane.edu	FREE	Interpreter available	District-wide program to support pregnant and parenting students in their education and life goals.
A Family for Every Child	343-2856	1675 W 11 th Eug	FREE	NO	Mentors for youth (5-18). 10 hours+ /mo of individual attention and support. Parent mentor for families at risk for DHS involvement.
ACT for Families	833-0017	WIC office - 7 th & Charnelton, Eug	FREE - OHP / WIC eligible only	NO	6-week prenatal class. Post-natal class for families with 6-12 month babies (can bring infants to class).
ARC of Lane County	343-5256	4181 E St, Spfd	FREE	YES	Support for parents with a cognitive limitation or who have a child with a cognitive limitation.
Bridgeway House	345-0805	555 E 15 th , Eug	Varies	YES	Services for families affected by autism. Home visits, support groups, parenting classes, advocacy +more.
CaCoon (Lane County Public Health)	682-8720	151 W 7th Ave, Eug	FREE	YES	Support for parents of children birth-18 with special health care needs
Center for Community Counseling	344-0620	1465 Coburg Rd, Eug	\$5-40 sliding scale	NO	Changing Anger for Parents class. Childcare available for parenting group.
Center for Dialogue & Resolution (Parent/Teen Program)	344-5366	93 Van Buren St, Eug	Varies		Private, personalized and balanced opportunities for good communication between parents and teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends and more
Child Center	726-1465	3995 Marcola Rd, Spfd	OHP / private insurance	NO	Collaborative problem solving classes. And many other services (see Child Counseling).
Direction Service	686-5060	1144 Gateway Loop, Suite 200, Spfd	OHP / private insurance	YES	Array of support & planning programs for youth with disabilities (ages 0-23) and their families.
Family Resource Centers		<p>Bethel Village Family Center, Malabon Elementary -1380 Taney, Eugene 461-6424 x3061</p> <p>Cottage Grove/Creswell - Bohemia Elementary School 721 South R St, Cottage Grove 942-4967</p> <p>Eugene Family Resource Centers: River Road Elementary 120 Hilliard Lane, Eugene 790-7200</p> <p>Junction City Family Resource Network - Laurel Elementary 1401 Laurel Street, Junction City 998-2386 x 497</p> <p>Marcola Family Resource Center 38300 Wendling Rd, Marcola 933-2411 x1216</p> <p>McKenzie Family Resource Center 51187 Blue River Drive, Finn Rock 822-1110</p> <p>Oakridge-Westfir Family Resource Center 76499 Rose St., Oakridge 782-3281</p> <p>Pleasant Hill Family Connections 36386 Hwy. 58, Pleasant Hill 736-0493</p> <p>Springfield Family Resource Center Brattain House 1030 G Street, Springfield 744-6769</p>			<p>Services in Spanish and English.</p> <p>Access to community resource information</p> <p>Parent education</p> <p>Child literacy groups and story times</p> <p>Family activity nights</p> <p>Parent-child and parent-youth activities</p> <p>Playgroups</p> <p>Parent resource libraries</p> <p>After school enrichment</p> <p>Parent literacy and computer support</p> <p>Assistance with accessing school personnel</p> <p>Basic needs resources</p> <p>Drop-in services for families, children, youth and teens</p>

See next page for more Parent Education and Support resources.

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PARENT EDUCATION/SUPPORT (continued)

Agency	Phone	Address	Fees	Spanish	Notes
Family Support & Connections (Catholic Community Services)	345-3628 x311	1025 G St Spfd	FREE		Home visiting for parents of children under 18, help connecting with resources, goal planning
Focus on Children	682-2070		\$60/ parent, ½ price if on SNAP		Parenting class required for parents who are getting divorced
Healthy Families	682-7425	850 S 42 nd , Spfd & 86 Centennial Lp, Eug	FREE for qualifying families	YES	Home visiting and parenting support for qualifying parents.
Maternal/Child Health (Lane County Public Health)	682-8720	151 W 7th Ave, Eug	FREE	YES	In-home education/support for parents prenatally and up to age 5.
Options Counseling Circle of Security group	687-6983	1255 Pearl, Eug	OHP	NO	10-12-week classes focused on helping parents better understand their children's attachment needs. For parents with children age 9 and younger.
Oregon Community Programs	743-4340	1170 Pearl St. Eug	OHP	YES	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Oregon Family Support Network	342-2876	72 A Centennial Lp, Eug	FREE	YES	Support for caregivers raising a child with mental health challenges. Parenting classes, support group, respite, family events, IEP support.
Parenting Now	484-5316	86 Centennial Lp, Eug	Varies. Scholarships.	YES	Classes and support groups for parents of children ages 0-8 . Also, classes for teen parents .
Pearl Buck Center	484-4666	3690 W 1 st Ave, Eug	FREE	YES	Support for parents who experience cognitive limitations and have children age 2-5.
Relief Nursery Outreach Services	343-9706 Eug	1720 W. 25 th Eug 850 S. 42 nd , Spfd	FREE	YES	Home visiting, parenting support, resource referral, developmental screenings, respite for qualifying families.
Relief Nursery Parenting Classes	485-0007 Spfd		FREE for RN clients	YES	Parenting classes in English and Spanish. Circle of Security. Childcare and transportation provided.
Relief Nursery Parents for Recovery			FREE	NO	Support group for parents in recovery for drug / alcohol addiction.
Young Fathers Program (Catholic Community Services)	345-3628 x308	1025 G St Spfd	FREE		Support group, parent education and options to anger curriculum for fathers.
Parent Helpline	211 x5	Child development specialist will answer questions from parents with children 0-8			

FOSTER PARENT SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
A Family for Every Child	343-2856	1675 W 11 th Eug	FREE	NO	Mentor program for at-risk & foster youth (5-18). 10 hours+ /mo of individual support.
Foster and Adoptive Parent Association of Lane County	515-9951	Varies	FREE		Monthly support group, family events, peer support for foster and adoptive families.
OR Foster Parent Association	888-544-3402	410 Mill #366, Salem			
Relatives as Parents Program (RAPP)	682-3353	1015 Willamette, Eug	FREE	Interpreter available	Financial assistance for relatives 55+ raising a child. Adoption/ guardianship not req.

ADOPTION SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
A Family for Every Child	343-2856	1675 W 11 th Eug	FREE	NO	Helps find permanent and loving adoptive homes for children in foster care.
Adoption Connections of Oregon	554-1201	aco@peak.org adoptionconnectionsoforegon.org	FREE		Support, education, activities, friendship for anyone touched by adoption
Foster and Adoptive Parent Association of Lane County	515-9951	Varies	FREE		Monthly support group, family events, peer support for foster and adoptive families.
Open Adoption & Family Services	343-4825	315 W. 10 th Ave, Eug info@openadopt.org www.openadopt.org	FREE		Free, all-options pregnancy counseling for women and couples. Adoption plans at no cost to birth parents. Lifelong services for clients.

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CHILD CARE/ EARLY EDUCATION

Agency	Phone	Address	Fees	Spanish	Notes
211 Child Care Referrals	dial 211 or text "children" to 898211 or www.211info.org		FREE	YES	Referrals to local child care providers
Early Education Program (EEP)	485-0368	Various locations	Varies. FREE for children with delays	YES	Preschool for both children with special needs and typically developing children age 3-5
Family Relief Nursery	541-942-4835	1720 N. 14th St. Cottage Grove and 996 West A St., Creswell	FREE	YES	Therapeutic early childhood and infant programs, family support, parenting classes, respite, Latino outreach and more.
Head Start	747-2425	Various locations	FREE	YES	Preschool and home-based programs for qualifying children.
KITS - (Kids in Transition to School)	485-2711	Various locations	FREE	YES	Therapeutic play group that helps prepare children for entry into kindergarten.
Pearl Buck Center	484-4666	3690 W 1 st Ave, Eug	FREE	YES	Preschool for children age 2-5 whose parents have cognitive limitations. Parenting support.
Preschool Promise (United Way)	741-6000	Various locations	FREE	YES	Free high-quality preschool for qualifying children.
Relief Nursery Therapeutic Preschool	343-9706 Eug 485-0007 Spfd	1720 W. 25 th Eug 850 S. 42 nd , Spfd	FREE	YES	Therapeutic early childhood program, respite, and other support services for qualifying children 2-6 years old and their families.

ALTERNATIVE EDUCATION

(This is a new section that is just beginning to be compiled. Please feel free to email recommendations of schools to include to jessiec@ofsn.net.)

Agency	Phone	Address	Fees	Spanish	Notes
Bridgeway House	345-0805	555 E 15 th , Eug	Varies	YES	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, advocacy, social events and a full-time school .
Center Point School (Looking Glass)	868-0661	1790 W 11th Ave, Eugene			Year-round therapeutic middle and high school for youth experiencing emotional, neurological, and/or behavioral challenges. Mental health and educational assessments, individual, group, and family therapy, transition services.
Child Center	726-1465	3995 Marcola Rd, Spfd	OHP / private insurance	NO	Psychiatric day treatment school for children between the ages of 3 and 12 (for other services, see Child Mental Health, page 2)
Jasper Mountain	747-1235	37875 Jasper-Lowell Rd, Jasper	OHP / private insurance	YES	Intensive residential mental health treatment, day treatment school . Age 3-13.
Lane School	463-8500	1717 City View at the Lane ESD Westmoreland Campus.			Short-term behavioral and academic day school for K-8 students in need of special education and have been identified with Emotional Disturbance or Autism Spectrum Disorder. Students are referred by school district.
Martin Luther King Jr. Education Center	682-4715	2515 Martin Luther King Jr. Blvd, Eugene			Serves middle and high school students with an active case with Lane County Youth Services. Links to other services including counseling, tutoring, and employment support.
New Roads School (Looking Glass)	302-2551	945 W 7th Ave, Eugene			Alternative educational program for runaway and homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, and recreational activities.
Riverfront School (Looking Glass)	302-2554	1666 W 12th Ave, Eugene			Education and vocational training for at-risk and out-of-school youth 11-21, diploma / GED, computer skills, work readiness, job placement, assistance with transportation, clothing, child care, independent living program for youth in foster care.
Strive Academy	321-9945	375 Holly Street, Junction City		YES	Educational site for homeschoolers grades 4-12. 4 days / week (Mon-Thur).

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ACTIVITIES FOR CHILDREN

Agency	Phone	Address	Fees	Notes
Adventure Children's Museum	653-9629	490 Valley River Center, Eug	\$4 / person over 2 years old	10 am – 6 pm Weekdays 11 am – 6 pm Weekends
Amazon Community Center	682-5373	2700 Hilyard St., Eug	Varies	Fitness, trips out of town, family art and pottery classes, outdoor concerts, summer camps, pre-school program
Amazon Pool	682-5350	2600 Hilyard St., Eug	Varies	Lap and rec swims, lessons, and water-based fitness classes.
Brattain House Play Groups	744-6769	1030 G St, Spfd	FREE	Drop in play group for parents and kids 0-5. Call for times.
Campbell Community Center	682-5318	155 High St. Eug	Varies	Classes, activities, weekly social groups, presentations, support groups, and special events
Cascades Raptor Center	485-1320	32275 Fox Hollow Rd	Nature center specializing in raptors. \$8 adults, \$7 students, \$5 for kids under age 12. Free family passes can be checked out at Lane County libraries.	
Echo Hollow Pool	682-5525	1655 Echo Hollow Rd, Eug	Varies	Lap swims, recreational swims, lessons, and water-based fitness classes.
Eugene Parks and Rec	682-5333	Various locations	Varies	Fitness, enrichment classes, camps, child care
Eugene Public Library	682-8316	100 W. 10th 1990 Echo Hollow Rd 1566 Coburg Rd	FREE	Weekly story times. See website for current information. Click on Kids then Events.
Go Mom Go	www.gomomgoeugene.com/		Calendar of local events for children in Lane County.	
Hilyard Community Center	682-5311	2580 Hilyard St., Eug	Varies	Crafts, camps, trips, drama, music, fitness, support groups, sports, Paralympic sports, veteran programs, adaptive equipment rentals.
Kidsports	683-2374	2190 Polk St, Eug	Varies	Positive youth team sports experiences
LaneKids.org	www.lanekids.org/events/		Calendar of local events for children in Lane County.	
Little Hands Can	http://littlehandscan.org		FREE	Local volunteer opportunities for children.
River Road Parks & Rec	688-4052	1400 Lake Dr, Eug	Varies	Fitness and enrichment opportunities for youth and adults.
Science Factory	682-7888	2300 Leo Harris Pkwy	Cost varies. Reduced rates with EBT card (up to 6 family members): • Exhibit Hall - \$1 per person • "Stargazing" shows - \$1 per person	
Sheldon Community Center	682-5312	2445 Willakenzie Rd, Eug	Varies.	Preschool, after school programs, camps, fitness center. Pool - lap & rec swim, lessons, water-based fitness classes.
Skateworld	746-8424	3188 Gateway Loop, Spfd	Varies: \$2-\$6	Open for skating at various times, including \$2 night and Family Stake Night. Lessons also available.
Springfield Public Library	726-3766	225 N 5th St, Spfd	FREE	Events for families. Storytime every W & T at 10am. Check the website for a current calendar.
Tamarack Aquatic Center	686-9290	3575 Donald St, #300, Eug	Varies. Scholarships available.	Warm water swim lessons and swim times for ages 6 months and up.
Willamalane Parks & Rec	736-4544	250 S. 32 nd , Spfd	Varies. Scholarships.	Fitness and enrichment classes, camps and child care
YMCA	686-9622	2055 Patterson, Eug	Varies. Scholarships.	Recreational programs for people of all ages.

RESOURCE REFERRALS

Agency	Phone	Web Address	Notes
LANE 211	211	211info.org	Phone / website / app. Resource referrals to over 50,000 programs.

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FLORENCE / WESTERN LANE COUNTY

Agency	Phone	Address	Fees	Spanish	Notes
Self Sufficiency Protram (DHS)	997-8251	3180 Hwy 101 N, Florence	Free	YES	Food benefits (SNAP), financial assistance for families (TANF), child care assistance, refugee services.
Alanon	Webiste with updated list of AA meetings and other events: www.oregonal-anon.org/index.html		Free		Confidential 12-step support for families / friends of people experiencing addiction to alcohol. Call for location / meeting times.
Alcoholics Anonymous	24-Hour Hotline: 541-469-2440	Webiste with updated list of AA meetings and other events: http://district8or.wixsite.com/district8or	Free		Confidential 12-step programs for people experiencing addiction to alcohol. Locations and times vary. Contact the hotline or see the website for up to date listing.
Boys and Girls Club of Western Lane County	902-0304	1501 Airport Rd., Florence	Varies. Scholarships		Tutoring and homework help, sports, hot meals for elementary age children and teens.
Early Childhood CARES	997-1513	2325 Oak St, Florence	Free		Early intervention/childhood special education for children birth to school age. May include preschool, speech, occupational/physical therapy, autism, hearing, vision or home consultations.
Emergence	997-8509	1932 Pine St, Florence	OHP, sliding scale, pymnt plans		Counseling for chemical dependency/gambling for adolescents/teens, family dynamics.
Florence Area Community Coalition	999-2927	Online resource directory at: www.florenceareacc.org/service_directory.aspx			
Florence Emergency Cold Weather Shelter		www.coldshelter.org/	Free		Shelter is open when wind-chill factor is 32 deg. F or lower. Separate areas for men & women. Crates for pets out of the wind / rain.
Florence Food Share	997-9110	2190 Spruce Street, Florence	Free		Emergency food for low income, disabled, senior, individuals and families.
Florence United Methodist Church	997-6025	333 Kingwood Street, Florence	Free		Free lunch program on Tuesdays and Thursdays.
Head Start, West Lane County	997-3101	2325 Oak St, Florence	Free		Home visiting and parenting support for qualifying parents.
Helping Hands Coalition	997-5057	1790 US-101, Florence	Free		Day center for people experiencing homelessness. Hot lunch Mon, Wed and Fri. Laundry, food, showers, clothing, and travel assistance. Mailing address.
Mina Dickson, Counseling Services	999-6809	1535 12th Street, Suite 4A , Florence	Sliding scale, some insurance		Child, Individual, Family Therapy. Energy Psychology; Chronic pain and disease; Art therapy; Crime Victims Assistance Contracts
Ministry Event Services	MinisterEventServices@gmail.com		Free	No	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. Baptism, funerals, wedding officiant, spiritual counseling, & faith-based recovery class free of cost.
NAMI (National Alliance on Mental Illness)	902-8308	888 Western Way Florence	Free		Classes and support groups for people living with a mental health condition and for their families.
Oregon Family Support Network	342-2876	Main office is in Eugene, but services are available in Florence and Mapleton	Free		Support for caregivers raising a child with mental health challenges, including parenting classes, support groups, respite, and events for families. IEP support.

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FLORENCE / WESTERN LANE COUNTY (continued)

Agency	Phone	Address	Fees	Spanish	Notes
Options Counseling and Family Services	997-6261	1445 8th St, Florence	OHP/ OMAP private pay, & some ins		Family / individual counseling for adults and children.
Parent Child Play Group	997-1513	2325 Oak St, Florence			A variety of toys and crafts are made available every Friday from 10 to Noon for parents with children 0-5 yrs. Drop in is fine.
Peace Health Counseling Services	902-6085	1525 12th St, Florence			
PFLAG (Parents and Friends of Lesbians and Gays)	991-8550	pflagflo@gmail.com	FREE		Support, education and advocacy for lesbian, gay, bisexual, and transgender individuals, their families, friends, and allies.
Reconnections Counseling	997-1697	1720 34th St, Florence	Sliding scale, ins		Addictions and Mental Health Counseling within a private setting focusing on clients needs.
Siuslaw Batters Intervention Program	335-1457	1525 12th St, Suite 20, Florence			
Siuslaw Outreach Services	997-2816 997-4444 hotline	1576 W. 12th Street, Florence	Free		Advocacy for victims of domestic violence/ sexual assault. Safe house shelter. Protective orders assistance. Housing services. Energy assistance. Women's empowerment group. Emergency vouchers for basic needs, shelter, utilities, etc. Classes on financial management, parenting.
Siuslaw Public Library	997-3132 (Florence) 268-4033 (Mapleton)	1460 9th St, Florence and 88148 Riverview Ave, Mapleton	Free		Story times and activities for children. Computer lab. Library cards are free to residents, \$15 for nonresidents.

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