



Relief Nursery

Community Resource Guide

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Relief Nursery

1720 West 25th Ave, Eugene – **541-343-9706**
850 South 42nd St, Springfield – **541-485-0007**

Maintained in collaboration with



**Oregon
Family Support
Network**

72 A Centennial Lp #150, Eugene – 541-342-2876

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Thank you to our
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of this guide:



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CRISIS SUPPORT SERVICES

Call 911 if someone is an imminent danger to themselves or others The following resources are all free and are available in English and Spanish.		
Agency	Contact	Notes
CAHOOTS – Eugene	541-682-5111 Crisis Line	Crisis Assistance Helping Out on the Streets. EMT staffed crisis response and transportation to social services. Not for violent or life-threatening emergencies.
CAHOOTS – Springfield	541-726-3714 Crisis Line	
Child / Adolescent Mental Health Crisis Line	888-989-9990 Crisis Line	Support for parents when their child (up to age 18) is having an immediate mental health, emotional, or behavioral crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist parents over the phone and, if necessary, send a 2-person team to the family home to respond directly to the crisis.
Hourglass Community Crisis Center	71 Centennial Loop, Eugene 505-8426 Crisis Line	Crisis line and walk-in adult mental health crisis assessment & stabilization. Open 24-hours a day.
Looking Glass Youth & Family Crisis Line	689-3111 Crisis Line	For parents of children up to 18 to call when their child is having an immediate mental health, emotional, or behavioral crisis.
Whitebird Clinic Crisis Services	800-422-7558 Crisis Line 341 E 12 th Ave, Eugene	Crisis line and walk-in crisis intervention, referrals, & transportation assistance for people with mental health-related disabilities.
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	Support for people in crisis and their family members
The Trevor Project Lifeline	1-866-4-U-Trevor	24/7 lifeline for LGBTQ youth age 24 and under. See website for lifeline chat, resources, and more.
Crisis Text Line	741-741 (text "CONNECT")	24/7 text support

SUICIDE PREVENTION

Agency	Contact	Notes
Lane County Suicide Prevention Program	541-682-8731	Coordinates Lane County's suicide prevention and postvention efforts. Call for information & opportunities to get involved.
Oregon Alliance to Prevent Suicide	503-399-7201 amarcus@aocmhp.org	Appointed by the Oregon Health Authority to develop a public policy agenda for suicide prevention with the goal of reducing youth suicides across the state.

CHILD & YOUTH MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
4J Health Center (Churchill)	Churchill High School 1850 Bailey Hill, Eugene 541-790-5227	OHP / FREE	Translator available	Counseling for depression, anxiety, anger, attention and focusing challenges, family stress, and referrals for substance abuse. For 4J students age 19 and under.
4J Health Center (North Eugene)	North Eugene High 200 Silver Lane, Eugene 541-790-4445	OHP / FREE	Translator available	
Bethel Health Center	1525 Echo Hollow Rd., Ste A, Eugene 541-607-1430	OHP, private ins, sliding scale	NO	Comprehensive health and mental health services for students of Bethel School District age 1-19.
Center for Family Development	261 E. 12 th Ave, Eugene 541-342-8437	Sliding scale, OHP, other insurance	YES	Walk-in assessment, child therapy, behavioral support, groups & classes for depression, yoga, pain management, Dialectical Behavioral Therapy (DBT).
Center for Autism & Related Disorders	134 E 13th Ave, #2B, Eugene 541-505-9398	Most insurance, including OHP		Applied Behavior Analysis. Communication, social, adaptive & behavioral management skills.
Centro Latino Americano	944 W 5 th Ave, Eugene 541-687-2667	\$15-25 sliding scale / OHP	YES	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support for adults/teens. Social service navigation.
Child & Family Center	1600 Millrace Dr Ste 106, Eugene [LK1] 541-346-4910	Sliding scale	NO	Family assessment, counseling, parenting support for families with children ages 2-17.

See next page for more Child & Youth Mental Health Services

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CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP	NO	Assessment, counseling, day treatment, Collaborative Problem Solving, Applied Behavioral Analysis (ABA).
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575	OHP / private insurance	YES	Services for children with special health care needs and developmental disabilities.
Child / Adolescent Mental Health Crisis Response Program	888-989-9990 Crisis Line	FREE	YES	Support for caregivers of youth, up to age 17, experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence).
Community Health Centers of Lane County	Call for locations 541-682-3550	OHP / Low cost / FREE	YES	Behavioral health services, medical care, immunizations. Call for hours.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	OHP / private insurance	NO	Provides a full range of mental health services for children, adolescents, families and adults of all ages.
Early Assessment & Support Alliance	1200 Hilyard St, #570, Eugene 541-682-7583	OHP / private ins / no ins	YES	Counseling, case management, mentors, employment and educational support, for youth ages 12-25 experiencing psychosis.
Elrod Center	105 E Hilliard Ln, Eugene 541-294-1010	\$10 suggested donation. Families involved with DHS get free services	NO	A variety of therapeutic services for youth ages 2-22. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class for teens, psychoeducation, resources for families, emotional intelligence classes.
Jasper Mountain	37875 Jasper-Lowell Rd, Jasper 541-747-1235	OHP / private insurance	YES	Intensive residential mental health treatment for children and youth ages 3-13.
Lane County Behavioral Health	2411 Martin Luther King Blvd, Eugene 541-682-1915	OHP	YES	Walk-in assessment, counseling and groups for adults and youth. Psychiatry, medication management.
Looking Glass Counseling	260 E 11 th Ave, Eugene 541-484-4428	OHP	YES	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	Trillium / OHP IHN/Samaritan PacificSource	YES	Intensive Outpatient Eating Disorder Program for youth age 12-18. Outpatient mental health services (English and Spanish). Adult day treatment eating disorder program.
Monte Nido Eating Disorder Center of Eugene	888-826-2320	Private insurance		Day treatment services for adults of all genders, evening intensive outpatient program, adolescent day treatment.
SWIFT Program (Students with Involved Families and Teachers)	10 Shelton McMurfhey Blvd, Eugene 541-485-2711 swift@oslc.org	OHP	No	A strength-based program that provides behavioral health services to students and their families in school, home, and community settings.
Ophelia's Place	1577 Pearl St. #100, Eugene 541-284-4333	FREE / sliding scale	YES	Skill-building classes, groups and strength-based therapy services for girls ages 10-18. After school drop in Monday-Thursday, 3-6:00pm.
Options Counseling - Eugene	1255 Pearl, Eugene 541-687-6983	OHP	YES	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Options Counseling - Springfield	175 W. B, Bldg D, Springfield 541-762-1971			
Oregon Community Programs	1170 Pearl St, Eugene 541-743-4340	OHP / Trillium	YES	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE	YES	Support for caregivers raising a child with emotional, behavioral, or mental health challenges, Collaborative Problem Solving class, support group, family events, respite, IEP support.
Relief Nursery – Eugene	1720 W. 25 th Ave, Eugene 541-343-9706	OHP	YES	Mental health assessments, play therapy, family therapy, individual and group skills development, in-home therapeutic services, group therapy, parent-child attachment therapy. Circle of Security groups. All services in English and Spanish.
Relief Nursery - Springfield	850 S. 42 nd , Springfield 541-343-9706			

See next page for more Child & Youth Mental Health Services

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CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
SAFE Center Stabilization, Assessment and Family Evaluation	89124 Marcola Rd, Springfield 541-741-7402	OHP / private insurance	NO	Residential treatment center for children ages 3-13 experiencing serious emotional disturbances. Length of stay typically ranges from 3-90 days but can go longer if deemed appropriate.
Shangri-La	1195 City View #B, Eugene 541-344-1121	Trillium only	NO	Outpatient services, counseling, medication management, case management, peer support. Ages 14+. 24-hour crisis line for active clients.
Springfield Schools Health Center	1050 10th St., Springfield 541-682-3550	Sliding scale / Free		Health and mental health services for Springfield District students and their families.
Thrive Behavioral Health	995 Willagillespie Rd, #200, Eugene 541-246-7263	Most insurance. No Trillium for psychiatrist.	NO	Treatment options for children and adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
Vista ADHD Clinic	Call 541-517-9733 Text 541-525-0023 welcome@vistapsych.com 1551 Pearl St, Eugene	No OHP		ADHD evaluations and counseling for children, adolescents, adults, families and couples impacted by ADHD.
Rapid Access Center (Willamette Family)	195 W. 12 th , Eugene 541-762-4300	OHP, other ins, sliding scale	NO	Same-day walk-in medical and behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults and teens. Monday-Friday 8-4:00.
Young Adult Hub	1200 Hilyard St, #570, Eugene 541-682-7583	OHP, private insurance, no insurance	YES	Education and job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
Youth ERA	Eugene Drop 965 Oak Alley, 971-334-9295	FREE		Youth Peer Support Specialists help young adults empower themselves and build leadership and advocacy skills. Drop-in center - a safe, welcoming, and inclusive space where youth can receive peer support, gain leadership skills, meet new people, and achieve their goals.

ADULT MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	NO	Individual, couples, neurofeedback, play therapy, DV intervention, Parenting After Crisis 15-week class.
CAHOOTS – Eugene	541-682-5111 Crisis Line	FREE	YES	Crisis Assistance Helping Out on the Streets. EMT staffed crisis response & transportation to social services (not violent or life-threatening emergencies).
CAHOOTS – Springfield	541-726-3714 Crisis Line			
Center for Autism & Related Disorders	134 E 13th Ave Ste 2B, Eugene 541-505-9398	OHP, other insurance		Communication, social, adaptive therapies and Applied Behavior Analysis for children and adults.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	\$5-40 sliding scale	NO	Counseling, support groups, classes. Mindful Parenting Group. Men's group. Grandparent's group.
Center for Family Development	261 E. 12 th St, Eugene 541-342-8437	Sliding scale, OHP, other ins	YES	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
HEDCO Clinic University of Oregon	HEDCO Clinic, 1655 Alder St., Suite 170, Eugene 541-346-0923	Sliding Scale	YES	Individual, couples & family therapy provided by supervised graduate students. Day, evening and weekend hours.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	\$10-25 sliding scale, OHP	YES	Counseling in Spanish. Youth groups, mentors for youth ages 7-16. Addiction support for adults & teens. Social service navigation.
Community Health Centers of Lane Co	Various. Call for locations 682-3550	OHP, Low cost, FREE	YES	Call for hours. Behavioral health services, medical care, immunizations.
David Romprey Oregon Warmline	800-698-2392 Warm Line <i>Not a crisis line</i>	FREE		Peer Support Warm Line provided by persons who have had mental health challenges and are able to support others who are struggling. 7 days a week, 9am – 11pm.
Depression Bipolar Support Alliance	510-757-9522 moonlightsea@me.com	FREE		Online and in-person peer support for people who experience depression or bipolar disorder.

See next page for more Adult Mental Health Services

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JC-6/3/2019

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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Direction Service	576 Olive St, #307, Eugene 541-344-7303	OHP / private ins.	NO	Provides a full range of mental health services for children, adolescents, families, and adults of all ages.
Hourglass Community Crisis Center	71 Centennial Loop, Eugene 541-505-8426 Crisis Line	FREE	YES	Walk-in adult short-term mental health crisis assessment and stabilization. Open 24-hours a day.
Lane County Behavioral Health	2411 Martin Luther King, Jr. Blvd, Eugene 541-682-3608	OHP	YES	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.
Laurel Hill Center	2145 Centennial Plaza, Eugene 541-485-6340	OHP, Medicaid, Trillium	YES	Supported housing and counseling services for people with psychiatric disabilities.
Madrone Mental Health	150 Shelton McMurfhey Blvd, Eugene 541-210-8090	Trillium / OHP IHN/Samaritan PacificSource	YES	Outpatient mental health services (English and Spanish). Adult day treatment eating disorder program.
Monte Nido Eating Disorder Center of Eugene	888-826-2320	Private insurance		Day treatment services for adults of all genders, evening intensive outpatient program, adolescent day treatment.
NAMI Lane County	2411 Martin Luther King, Eugene 541-343-7688	FREE	YES	Peer support for mental health consumers & their families. Office is open Monday-Thursday 10am-2pm. See below for support groups and classes. All groups are free of cost.
NAMI Connection Recovery Support Group	Peer-led support group for adults living with mental illness. Mondays, 6-7:30pm and Thursdays, 1-2:30pm, Lane County Behavioral Health, 2411 Martin Luther King, Jr. Blvd., Eugene, Rm 198.			
Survivors of Suicide Peer Connection Recovery Support Group	Wednesdays, 6-7:30pm, Lane County Behavioral Health, 2411 Martin Luther King, Jr. Blvd., Eugene, in the NAMI Resource Center			
LGBTQIA+ Peer Support Group	Thursdays, 6-7:30pm, Lane County Behavioral Health, 2411 Martin Luther King, Jr. Blvd, Eugene, Rm 208 <u>University of Oregon</u> : Tuesdays, 6-7:30pm, Lillis Bldg, 955 E 13 th Ave, Peterson Hall, Room 101, U of O campus. <u>Florence</u> : Wednesdays, 6:30 – 8pm, New Winds Apartments Community Room, 750 Laurel St, Florence. (Park on street.)			
NAMI Family Support Group	For family members / loved ones / friends of someone living with a mental illness. <u>Eugene</u> : Every Thursday, 7 – 8:30pm, NAMI Resource Center, 2411 Martin Luther King Jr. Blvd., 2nd floor, Eugene. <u>Florence</u> : 4th Thursday every month, 6 – 8pm, 1720 34th Street, Florence. For more information call Monica, 541-902-8308.			
NAMI Mindfulness Group	Thursdays, 4-5pm, NAMI Resource Center, 2411 Martin Luther King Jr. Blvd., 2nd floor, Eugene. Free, no registration. Call 541-520-3096, or email mparrill@aol.com Marty Parrill, facilitator, for more information.			
Family to Family Class	12-week course for family caregivers of individuals with severe mental illnesses. Call for details about the next class.			
Peer to Peer Class	Experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. Call for details about the next class.			
In Our Own Voice Program	A unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. Call to schedule a presentation.			
Northwest Christian University Counseling	755 E 11th Ave, Eugene 541-349-7471	Free intake \$10 / session Free to college students		Counseling sessions with graduate level counseling students supervised by faculty. For adults 18 years and older.
Odyssey Community Counseling (Emergence)	2149 Centennial Plaza, Ste 4, Eugene 541-741-7107			Integrated mental health services. Individual and group counseling. Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, EMDR, Acceptance and Commitment Therapy and other modalities. Medication management.
Options Counseling - Eugene	1255 Pearl, Eugene 541-687-6983	OHP	YES	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Options Counseling - Springfield	175 W. B, Bldg D, Springfield 541-762-1971			
Shangri-La	1195 City View #B, Eugene 541-344-1121	Trillium only	NO	Outpatient, counseling, medication management, case management, peer support. Ages 14+. 24-hour crisis line for active clients.
Trauma Healing Project	1100 Charnelton Eugene 541-687-9447	Sliding Scale	YES	Body-centered therapies such as yoga and acupuncture. Wellness classes.
University of Oregon Psychology Clinic	15 th & Onyx, Eugene 541-346-4954	Sliding scale	NO	Marriage and couple counseling.

See next page for more Adult Mental Health Services

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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Vista ADHD Clinic	Call 541-517-9733 Text 541-525-0023 welcometo@vistapsych.com 1551 Pearl St, Eugene	No OHP		ADHD evaluations and counseling for children, adolescents, adults, families and couples impacted by ADHD.
Whitebird Clinic	341 E 12 th Ave, Eugene 541-342-8255 Office 541-687-4000 Crisis Line	OHP	YES	Individual, couples & family counseling. Phone and walk-in crisis intervention.
Rapid Access Center (Willamette Family)	195 W. 12th, Eugene 541-762-4300	Sliding scale, OHP, other ins	NO	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8-4:00.
Willamette Valley Counseling	180 W 12 th Ave, Eugene 541-636-0885	Sliding scale		Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

ANGER MANAGEMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
CAFA - Christians as Family Advocates	921 Country Club Rd. #222 Eugene 541-686-6000	OHP	NO	26-week anger management class.
CARES – South Lane Mental Health	Cottage Grove 541-767-4173	OHP / sliding scale.	NO	For clients of SLMH. Ongoing weekly anger management classes.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	Insurance not accepted. \$5-40 sliding scale	NO	Anger management for parents. Free childcare may be available.

GRIEF SUPPORT

Agency	Contact	Fees	Spanish	Notes
Cascade Health Solutions	541-228-3083	FREE	YES	Grief education and support groups for adults living with the loss of a loved one.
Compassionate Friends	541-689-0824	FREE		Support for families grieving the death of a child or grandchild of any age.
Courageous Kids	677 E 12 Ave, # N180, Eugene 458-205-7474	FREE	NO	Grief support groups, summer camp for children ages 6-17 who have experienced the death of a loved one.
Elrod Center	105 E Hilliard Ln, Eugene 541-294-1010	\$10 suggested donation. Families involved with DHS get free services	NO	A variety of therapeutic services for youth ages 2-22 including traumatic grief and loss. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class for teens, psychoeducation, resources for families, emotional intelligence classes.
Hospice of Sacred Heart	677 E. 12 th Ave, Eugene 458-205-7400	FREE	NO	Grief classes and groups. Call for a list of grief counselors.
McKenzie Willamette	Call for location. 541-726-4478	FREE		Weekly general bereavement support group.
MISS Foundation	888-455-6477	FREE	YES	Online support forums for parents and grandparents who have lost a child of any age. Peer support from people who have experienced a similar loss.
Parents of Murdered Children	888-818-7662	FREE	YES	Support and referrals for family members who have suffered the murder of a child.
Sacred Heart Medical	3333 Riverbend Dr, Springfield 541-242-8753	FREE	YES	Bereavement support groups.
Suicide Bereavement Group	darlene@jenniferbakerfund.org	FREE	NO	Support group for survivors of suicide loss; caring peer-support setting for people to share their pain with others.
Healing Conversations American Foundation for Suicide Prevention	surviving-suicidellloss@afsp.org	FREE		Peer support for survivors of suicide loss. Available in person, on the phone or by video chat.
WellMama Pregnancy & Infant Loss Support	150 Shelton McMurphy Blvd, #208, Eugene 800-896-0410	FREE		Monthly support group for parents who have experienced pregnancy loss or the loss of a child.

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CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
Able Find	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. www.ablefind.org			
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funding available through DD Services	YES	After school program, community events, family support. In-home respite care for children with intellectual and developmental disabilities, age 2-21. Financial planning and budgeting assistance. Employment skill building and job placement.
The Arc Families Connected	4181 E St., Springfield 541-343-5256	No fees	YES	Parent-led organization that helps families on their journey of raising a child (birth to 18 years) with intellectual and developmental disabilities. Helps families value full inclusion and high expectations and works across the community to make it more welcoming and accessible for families.
Autism Society of Oregon	541-689-2228	FREE	NO	Resource referrals for individuals with autism spectrum disorder & their families. Adult social skills class.
Bridgeway House	555 E 15 th , Eugene 541-345-0805	Varies	YES	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, social events, & school.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575	OHP / private insurance	NO	Services for children with special health care needs & developmental disabilities. Feeding clinic.
Connect the Dots	84 Centennial Loop, Eugene 541-255-2681	OHP / private insurance	NO	Speech, physical & occupational therapy for feeding issues, developmental delays, sensory integration, Autism, ADD, etc. (under 18 years).
Creating Opportunities	462 17th St NE, Salem 503-559-3674	FREE if eligible. See notes.	Interpreter Available	Equips people with developmental disabilities or their family or representatives to find & manage Personal Support Workers. Free if eligible to hire PSW's through a DD or mental health diagnosis.
Developmental Disabilities Services of Lane County	125 E. 8th Ave, Eugene 541-682-6564	FREE		Case management, in-home support, consultation, equipment for children with developmental disabilities.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	OHP / private insurance	YES	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578	FREE	YES	Assessment and support for children with developmental delays, birth to age 5.
Early Education Program (EEP)	Various locations 541-485-0368	FREE for children with dev. delays. \$55-185 no delays	YES	Preschool for children with and without special needs age 3-5.
Embody Play Yoga	541-852-2799	Varies		Trauma-informed yoga therapy for children and adults, including those impacted by trauma, disabilities or behavioral issues. Mindfulness-based parenting classes and parent coaching.
FACT Oregon	888-988-3228 support@factoregon.org	FREE	YES	Support for families navigating special education services, early Intervention, IEP's, and Transition to Adulthood.
KindTree: Autism Rocks	541-780-6950	Varies	NO	Groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane County Public Health CaCoon	151 W 7th Ave, Eugene 541-682-8720	FREE		Support for children birth through 18 with Special Health Care needs
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	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	85230 Hicks Lane, Eugene 541-684-4623	Varies		HorsemanSHIP classes for children, teens and adults. Life skills are developed through riding.
RISE	1500 Valley River Dr, #270, Eugene 541-246-3697	Funding through DD Services	YES	Direct Support Professionals. In-home support for adults and children with disabilities. Residential group homes. Supported living program.
Therapeutic Animal Interactions & Life Skills	27847 Easy Acres Drive, Eugene 541-335-1390			Equine therapy for individuals, couples, families, or groups. Ages 13+.
Youth Transition Program (University of Oregon)	Shareen Vogel 541-461-8275 or svogel@lesd.k12.or.us Kathy Mayer 541-461-8333 or kmayer@lesd.k12.or.us	Funded by Voc. Rehab		Prepares students with disabilities for employment, education or training through an array of transition services and supports

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JC-6/3/2019

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ADULTS WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
Able Find	Online searchable database for disability services in Oregon. Categories include housing, health, transportation, recreation, child resources, employment, education, social security, safety, legal, finances & dating. www.ablefind.org			
Allies	131 E. 11th Ave, Eugene 558-210-2837	Paid for by DD Services		Support services for adults with intellectual & developmental disabilities. Attendant care, transportation. Self-Expressions Program.
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funding available through DD Services	YES	After school program, community events, family support. In-home respite care for children with intellectual and developmental disabilities, age 2-21. Financial planning and budgeting assistance. Employment skill building and job placement.
Embody Play Yoga	541-852-2799	Varies		Trauma-informed yoga therapy and classes for children and adults, including those impacted by trauma, disabilities, or behavioral issues. Mindfulness-based parenting classes and coaching.
Full Access Brokerage	1240 Charnelton, Eugene 541-284-5070			Services for adults with intellectual and developmental disabilities. Attendant care, home modifications, person-centered behavior support, assistive technology, relief care, employment support. Referred by DD Services.
	1450 Birch, Cottage Grove 541-513-8548			
Inner Potential	innerpotential1@gmail.com 503-539-8330 207-807-4807			Partnering with individuals experiencing intellectual &/or developmental disabilities in achieving a healthy, fulfilling life. Daily activities club (age 18+). Funded through the K Plan.
KindTree	PO Box 40847, Eugene 541-780-6950		NO	Support groups (adults), activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane County Developmental Disabilities Services	125 E. 8 th Ave, Eugene 541-682-3695	FREE		Support services for children & adults who experience developmental disabilities
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020	FREE		Independent living skills classes, service navigation, counseling, support groups, club house & more.
Lane WorkForce Partnership	2510 Oakmont Way, Eugene 541-505-8674			Employment support for adults who experience disabilities
Mentor Oregon Brokerage	1600 Valley River Dr, Eugene 541-345-5151			Residential homes, supported living, skill building, employment services for adults with intellectual / developmental disabilities
Oregon Supported Living Program	1250 Charnelton Street, Eugene 541-343-4196			Residential, supported living, supported employment, & arts/culture programs for adults with developmental disabilities.
Pearl Buck Center	115 W 8 th Ave, #280, Eugene 541-780-6404	FREE	NO	Job coaches, support finding housing & employment for adults with developmental disabilities.
RideAble	85230 Hicks Lane, Eugene 541-684-4623			Horsemanship classes for people with special needs. Life skills developed through riding.
RideSource	240 Garfield St, Eugene 541-682-5566			Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
RISE	1500 Valley River Dr, #270, Eugene 541-246-3697	Funding through DD Services	YES	Direct Support Professionals. In-home support for adults and children with disabilities. Residential group homes. Supported living program.
SAIL – Supporting Access to Independent Living				Advocate for & promote sustainable housing for persons with developmental disabilities
Self Help for Hard of Hearing People (SHHH)	2580 Hilyard St, Eugene 541-345-9432 TTY:345-9432			Monthly meetings 2 nd Thursday of every month. Monthly newsletter.
Senior & Disabled Services	1015 Willamette Street, Eugene 541-682-4038			Service coordination & advocacy for anyone with a disability in Lane County (& seniors).
SLLEA (Smart Living, Learning, & Earning with Autism)	541-554-8170			Promote quality housing & support adults with Autism & related disorders
Social Security Office	2504 Oakmont Wy, Eugene 800-772-1213			Stop in or apply online for benefits.

See next page for more ADULTS WITH DISABILITIES resources

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ADULTS WITH DISABILITIES (continued)

Agency	Contact	Fees	Spanish	Notes
Supported Employment Services	711 Country Club Rd, Suite 1-A, Eugene 541-687-0687			Job placement, coaching, ongoing supported employment for adults with disabilities. Referrals must come from Voc Rehab.
Therapeutic Animal Interactions & Life Skills	27847 Easy Acres Drive, Eugene 541-335-1390			Equine therapy for individuals, couples, families, or groups. Ages 13+.
Trips, Inc.	PO Box 10885 Eugene 541-686-1013			Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
Vocational Rehab	2885 Chad Dr, Eugene 541-686-7878 101 30 th Ave, Springfield 541-726-3525	FREE	YES	Skills training / job placement for adults with disabilities.

PARENT EDUCATION & SUPPORT

Agency	Contact	Fees	Spanish	Notes
4J Young Parent Program	johnson_jul@4j.lane.edu 541-463-3950	FREE	Interpreter available	Supports pregnant & parenting students in their education & life goals.
A Family for Every Child	1675 W 11 th Eugene 541-343-2856	FREE	NO	Mentors for youth ages 5-18 . 10 hours+ /mo. Parent mentor for families at risk for DHS involvement.
ACT for Families	WIC office - 7 th & Charnelton, Eugene 541-833-0017	FREE if OHP / WIC eligible	NO	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funding available through County Developmental Disabilities Services	YES	After school program, community events, family support. In-home respite care for children with intellectual and developmental disabilities, age 2-21. Financial planning and budgeting assistance. Employment skill building and job placement.
The Arc Families Connected	4181 E St., Springfield 541-343-5256	No fees	YES	Parent-led organization that helps families on their journey of raising a child (birth to 18 years) with intellectual and developmental disabilities. Helps families value full inclusion and high expectations and works across the community to make it more welcoming and accessible for families.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	NO	Parenting after Crisis class, Domestic Violence Intervention, True Insights Parent Strategies
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	\$5-40 sliding scale	NO	Changing Anger for Parents class. Grandparent's group.
Center for Dialogue & Resolution (Parent/Teen Program)	93 Van Buren St, Eugene 541-344-5366	Varies		Support for communication between parents & teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, etc.
Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP, private insurance	NO	Collaborative Problem-Solving classes & many other services (see Child Counseling).
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	OHP, private insurance	YES	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
FACT Oregon	2475 SE Ladd Ave, Portland 888-988-3228	FREE	YES	Support for families navigating special education services (early Intervention, IEP's, transition to adulthood).
Family Check Up (Lane County Youth Services)	2727 Martin Luther King Jr Blvd, Eugene 541-682-7936	OHP	YES	Strengths-based program that helps parents set parenting goals. Parents receive \$150 in gift cards to Fred Meyer for attending 3 appointments.
Family Support & Connections (CCS)	1025 G St Springfield 345-3628 x311	FREE	YES	Home visiting for parents of children under 18, help connecting with resources, goal planning
Focus on Children	541-682-2070	\$60/ parent, ½ price if on SNAP		Parenting class required for parents who are getting divorced

See next page for more PARENT EDUCATION AND SUPPORT resources

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PARENT EDUCATION & SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
Families Actively Improving Relationships (FAIR)	10 Shelton McMurphey Blvd, Eugene 485-2711	OHP	YES	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health challenges.
Family Resource Centers Free drop-in services for families, children, youth & teens. Access to community resource information. Basic needs resources available. Spanish services available at some locations.	Bethel Family Resource Center			Fairfield Elementary Annex, 3455 Royal Ave, Eugene 541-607-1449 Anne.Diaz@bethel.k12.or.us
	Creswell Family Resource Center			Creslane Elementary School, 996 West A St, Creswell 541-895-6175 cperdue@creswell.k12.or.us
	Crow-Applegate-Loraine Family Resource Center			Applegate Elementary, 85955 Territorial Hwy, Eugene 541-935-2100 dwillits@cal.k12.or.us
	Cottage Grove Family Resource Center			Harrison Elementary School, 1310 S. 8th St, Cottage Grove 541-942-4967 anamaria.dudley@slane.k12.or.us
	Eugene Family Resource Centers			El Camino del Rio/River Road Elementary, 120 W Hilliard Ln, Eugene 541-790-7709 longoria@4j.lane.edu
	Fern Ridge Family Resource Center			Fern Ridge Middle School, 88831 Territorial Hwy, Elmira 541-952-7049 frc@fernrIDGE.k12.or.us
	Lowell Family Resource Center			Lundy Elementary School 45 S Moss St, Lowell dsilver@lowell.k12.or.us
	Marcola Family Resource Center			Marcola Elementary School, 38300 Wendling Rd, Marcola 541-933-2512 shockema@marcola.k12.or.us
	McKenzie/Blue River Family Resource Center			McKenzie High School, 51187 Blue River Dr., Finn Rock 541-822-1110 ljoy@mckenzie.k12.or.us
	Oakridge Family Resource Center			76499 Rose St, Oakridge 541-782-3281 kcamerer@oakridge.k12.or.us
	Pleasant Hill Family Resource Center			Pleasant Hill Elementary, 36400 HWY 58, Pleasant Hill 541-736-0495 lhammond@mendez@pleasanthill.k12.or.us
	Springfield Family Resource Center			Brattain House, 1030 G St., Springfield 541-744-6769 silvia.ceja@springfield.k12.or.us
LaneKids (United Way)	Information on parenting classes and workshops- including online options, a parenting blog, community activity calendar, and many other resources for Lane County parents. www.lanekids.org			
Maternal/Child Health a division of Lane County Public Health 541-682-8720 MCH.Referrals@co.lane.or.us Spanish interpretation services available. Serving all of Lane County These programs are provided at no cost to families.	Babies First	An education and support program for women with social or health concerns during pregnancy. Nurses help identify children at risk for developmental delays or other health conditions and provide parents with information to help them overcome or cope with developmental delays and connect with other medical or support services.		
	CaCoon	Helps families access needed services to support children that have special health care needs.		
	Healthy Families Lane County	Family support and parent education home visiting program that can start prenatally or after birth and continue until the child's third birthday.		
	Nurse Family Partnership	Partners first-time parents with a nurse early in the pregnancy to receive ongoing visits that continue through the child's second birthday		
	Oregon Mother's Care	Enrolls pregnant women in the Oregon Health Plan faster, provides individual education and support, helps find prenatal care, and assists with finding the right services within Public Health and the community.		
Options Counseling Circle of Security group	1255 Pearl, Eugene 541-687-6983	OHP	NO	10-12-week classes focused children's attachment needs. For parents with children age 9 and younger.
Oregon Community Programs	1170 Pearl St Eugene 541-743-4340	OHP	YES	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE	YES	Support for caregivers raising a child with mental health challenges. Collaborative Problem Solving classes, family events, respite, support group, IEP support.
Parenting Now	86 Centennial Loop, Eugene 541-484-5316	Varies. Scholarships	YES	Classes & support groups for parents of children ages 0-8. Also, classes for teen parents.

See next page for more PARENT EDUCATION AND SUPPORT resources

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PARENT EDUCATION & SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
Parent Well-being Program (Trauma Healing Project)	1100 Charnelton, Eugene 541-687-9447	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session. www.healingattention.org
Pearl Buck Preschool	3690 W 1 st Ave, Eugene 541-484-4666	FREE	YES	Support for parents who experience cognitive limitations & have children age 2-5.
Relief Nursery	1720 W. 25 th Eugene 541-343-9706	FREE	YES	Therapeutic early childhood program, respite, and support for qualifying families with children age 2-6. Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery.
	850 S. 42 nd , Springfield 541-485-0007			
Fathers Program (Catholic Community Services)	fathers@CCSLC.org 541-345-3628 x308	FREE		Support and parent education for biological, adoptive or stepfathers who are parenting, expecting a child, or working to regain custody of a child.
Parent Helpline	211 x5	FREE	YES	Child development specialist will answer questions from parents with children 0-8

FOSTER PARENT & ADOPTION SUPPORT

Agency	Contact	Fees	Spanish	Notes
A Family for Every Child	1675 W 11 th Eugene 541-343-2856	FREE	NO	Helps find permanent & loving adoptive homes for children in foster care. Mentor program for at-risk & foster youth (5-18). 10 hours+ /mo. of individual support.
Adoption Connections of Oregon	aco@peak.org 541-554-1201	FREE		Support, education, activities for anyone touched by adoption
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	NO	Specialized TIPS (True Insights) Parenting Classes for Foster Parents
Foster & Adoptive Parent Association of Lane County	541-515-9951	FREE		Monthly support group, family events, peer support for foster & adoptive families.
Open Adoption & Family Services	315 W. 10 th Ave, Eugene info@openadopt.org 541-343-4825	FREE		Free, all-options pregnancy counseling for women & couples. Adoption plans. Lifelong services.
Oregon Foster Parent Association	410 Mill #366, Salem 888-544-3402			
Relatives as Parents Program	1015 Willamette, Eugene 682-3353	FREE	Interpreter available	Financial assistance for relatives 55+ raising a child. Adoption/ guardianship not req.

FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Fees	Spanish	Notes
Dove Medical	487 East 11th Ave., Eugene 541-345-3683	FREE		Pregnancy testing / ultrasound, decision coaching. STI testing. Support after abortion.
Open Adoption & Family Services	315 W. 10th Ave., Eugene 541-343-4825	FREE		All-options pregnancy counseling for pregnant and parenting women, partners. Arranges open adoptions. Origins therapy & adoption counseling.
Planned Parenthood	3579 Franklin Blvd., Eugene 541-344-9411	OHP, some insurance		Pregnancy, STD, HIV tests, birth control, treatment, vaccines, men's & women's health care, emergency contraception, abortion services

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PRENATAL & BABY CARE

Agency	Contact	Fees	Spanish	Notes
ACT for Families	1776 Millrace Dr info@actforfamilies.org 541-434-1621	FREE if OHP / WIC eligible	NO	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
Baby Connection (Parenting Now)	86 Centennial Loop, Eugene 541-484-5316	FREE	YES	Drop-in clinic for parents of new babies. Baby weigh-in, lactation support, meet other new parents, photo of child, parent educators; Wednesdays, 11am – 12:30pm
Lane County Prenatal Clinic	135 E 6 th Ave, Eugene 541-682-3926		YES	Info, referrals, prenatal vitamins. OHP enrollment assistance. Serves all languages.
Maternal/Child Health - An education and support program for women with social or health concerns during pregnancy. Nurses help identify children at risk for developmental delays or other health conditions and provide parents with information to help them overcome or cope with developmental delays and connect with other medical or support services.				
a division of Lane County Public Health 682-8720 MCH.Referrals@co.lane.or.us Interpretation services available Serving all of Lane County These programs are provided at no cost to families.	Babies First			Helps families access needed services to support children that have special health care needs.
	Healthy Families Lane County			Family support and parent education home visiting program that can start prenatally or after birth and continue until the child's third birthday.
	Nurse Family Partnership			Partners first-time parents with a nurse early in the pregnancy to receive ongoing visits that continue through the child's second birthday
	Oregon Mother's Care			Enrolls pregnant women in the Oregon Health Plan faster, provides individual education and support, helps find prenatal care, and assists with finding the right services within Public Health and the community.
McKenzie Willamette Women's Health	1460 G St, Springfield 541-726-4400	Varies		Birthing / breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
Nurse Midwifery Birth Center	353 Deadmond Ferry Rd, Springfield 541-222-7750			Prenatal, birth, postpartum services. Birth attended at hospital or Birth Center. 24-hour lactation support
Post-Partum Support International	support@postpartum.net 800-944-4773	FREE	YES	Email / phone support, referrals for post-partum services.
Sacred Heart Pregnancy & Parenting Education	3333 Riverbend Dr, Springfield 541-222-7074	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga. breastfeeding, birth center tours, new infant care

POST-PARTUM & PERINATAL SUPPORT

Agency	Contact	Fees	Spanish	Notes
Rainbow Bridge Doula Services	Facebook: Rainbow Bridge Doula Services 541-914-9975	Sliding Scale	YES	Prenatal, birth & postpartum support.
Daisy Chain	info@daisychainmothering.org 541-505-1139	FREE	YES	Home visits from IBCLC & postpartum doulas, lactation support, workshops, baby classes.
Doulas of Lane County	http://doulasoflanecounty.com/	Varies	YES	Listing of professionally trained birth & postpartum doulas.
Parent Well-being Program <i>Trauma Healing Project</i>	1100 Charnelton, Eugene 541-687-9447	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session. www.healingattention.org
Post-Partum Support International	support@postpartum.net 800-944-4773	FREE	YES	Email / phone support, referrals for post-partum services. www.postpartum.net
Well Mama	150 Shelton McMurphy Blvd, #208, Eugene 800-896-0410	FREE	YES	Mama to mama peer support & groups

DIAPER ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St. Springfield	FREE		FREE diapers. Stop by to check on availability.
Giving Diapers, Giving Hope	dirtydiaperlaundry@gmail.com	FREE		FREE cloth diapers for qualifying families. \$15 shipping + payment to ship back when finished
Trillium Diaper Assistance	Contact pediatrician	FREE		FREE diapers for children 3+ with developmental disability. Prescription required.

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BREASTFEEDING SUPPORT

Agency	Contact	Fees	Spanish	Notes
Baby Connection	86 Centennial Loop, Eugene 541-484-5316	FREE	YES	Drop-in clinic for parents of new babies. Baby weigh-in, lactation support, meet other new parents, photo of child, parent educators; Wednesdays, 11 am – 12:30 pm
Daisy Chain	info@daisychainmothering.org 541-505-1139	FREE	YES	Home visits from IBCLC & postpartum doulas, lactation support, workshops, baby classes.
La Leche League	541-744-6055 (help line)	FREE	YES	Breastfeeding support line
Nursing Mothers Council of Oregon	info@nursingmotherscounsel.org 503-282-3338			Lactation support, pump assistance, peer support.
Nutrition Education Program	950 W 13 th Ave, Eugene 541-682-4281	FREE	YES	Teaches basic nutrition, food prep, food safety, & food shopping skills.
Women, Infants, & Children (WIC)	151 W 7th Ave, #210, Eugene 541-682-4202	FREE	YES	Breastfeeding / nutrition support. Breast pumps.

CHILD CARE & EARLY EDUCATION

Agency	Contact	Fees	Spanish	Notes
211 Child Care Referrals	dial 211 or text “children” to 898211 or www.211info.org	FREE	YES	Call, text, email or check the www.211.org website for referrals to local childcare providers
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578	FREE	YES	Assessment and support for children with developmental delays, birth to age 5.
Early Education Program (EEP)	99 W. 10th Avenue Suite 340, Eugene 541-485-0368	Varies. FREE for children with delays	YES	20 preschool classrooms around Lane County. Designed for children with special needs as well as typically developing children age 3-5.
Family Relief Nursery	1720 N. 14 th , Cottage Grove & 996 West A St., Creswell 541-942-4835	FREE	YES	Therapeutic early childhood program, family support, parenting classes, respite, Latino outreach & more.
Head Start	Various locations. Main office: 221 B St, Springfield 541-747-2425	FREE	YES	Preschool & home-based programs for qualifying children.
Kids in Transition to School (KITS)	10 Shelton McMurphy Blvd, Eugene 541-485-2711	FREE	YES	Therapeutic play group that helps prepare children for entry into kindergarten.
Pearl Buck Preschool	3690 W 1 st Ave, Eugene 541-484-4666	FREE		Preschool for children age 2-5 whose parents have cognitive limitations. Parenting support.
Preschool Promise	Various classroom locations. Applications at United Way: 3171 Gateway Loop, Springfield preschoolpromise@unitedwaylane.org 541-741-6000	FREE	YES	Free high-quality preschool for qualifying children, if slots are available. www.lanekids.org/preschool-promise/
Relief Nursery Therapeutic Preschool	1720 W. 25th Eugene 541-343-9706	FREE	YES	Therapeutic early childhood program, respite, and support for qualifying families with children age 2-6. Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery.
	850 S. 42nd, Springfield 541-485-0007			
Quality Care Connections	4000 E 30 th Bldg. 24 Eugene 541-463-3954	Varies	YES	Training / assistance for childcare providers. See website for current classes and registration. www.lanecce.edu/qcc
Inclusive Partners	Email: inclusivepartners@state.or.us 866-837-0250	FREE		FREE consultation, planning, & financial supplements for schools & preschools to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors or needs that the school is struggling to support. www.inclusivepartners.org

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SENIOR & AGING SERVICES

Agency	Contact	Fees	Spanish	Notes
AARP Driver Safety Class	503-780-3454	Class is \$14. \$2 discount for AARP members		Class on driving safety & preventive measures. Completion may make you eligible for insurance discounts.
Aging & Disability Resource Connection	ADRCLane@lcog.org 541-682-3353	FREE		Information about aging & disability services in Oregon.
Campbell Community Center	155 High Street, Eugene 541-682-5318			Classes, activities, social & support groups, special events for 50+
Elder Help Volunteer Program	1015 Willamette St, Eugene 541-682-3353			Volunteers assist with friendly visiting, simple household tasks, transportation for grocery shopping, errands & appointments.
Hearing Loss Association of Lane County	541-345-9432			Call for more information. Support group held at Hilyard Community Center.
Lane Senior Support Coalition	859 Willamette St, #500, Eugene 541-525-1474			Assistance to low income seniors. Meals on Wheels, senior meal sites & emergency support funds.
Long-Term Care Ombudsman	541-345-2846			Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038 3180 Highway 101, Florence 541-902-9430	FREE		Service coordination & advocacy for seniors in Lane County.
The Lane Senior Guide	Free, comprehensive online directory of services for seniors. www.laneseniorservices.org/ 541-302-9508			
Senior Companion Program	www.lanecce.edu/scp 541-463-6260			Volunteer companions age 55+ help frail senior & disabled adults overcome loneliness & retain independence through 1:1 visits.

SERVICE MEMBERS, VETERANS & their FAMILIES

Agency	Contact	Fees	Notes
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		Provides readjustment counseling services for Veterans of combat theaters.
Family Assistance Specialist	503-584-3153		Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
Lane County Veteran Services	151 W. 7 th , #460, Eugene 541-682-4191		Assists vets & their families to determine eligibility for benefits based on military service. Call for hours.
State Youth Outreach Coordinator	503-584-2390		Subsidized childcare for active duty service members (children age 0-5), program for military-connected middle / high school children, family camps, youth symposium
Supportive Services for Veteran Families (St. Vincent de Paul)	2890 Chad Drive, Eugene 541-743-7140 For an intake call: 541-743-7107 and leave a message		Homeless prevention for veterans. Case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility deposit / payment, auto repair, bus pass, childcare, etc.). Outreach event every Friday, 10-11:00 at Westside Apostolic Church (1090 Clark St., Eugene)
Trauma Healing Project	1100 Charnelton, Eugene 541-687-9447	FREE	Women veteran's support group. Thursdays 12-1. Sliding scale fee (\$2-10). www.healingattention.org
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.
VA Behavioral Health, Recovery & Reintegration	211 E. 7 th Ave, Eugene 541-242-0440		Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance. Drop in services M-F @ 2:00 pm
Homeless Veteran Hotline	1-877-424-3838 Assistance for homeless Veterans & their families		
Veterans Crisis Hotline	1-800-273-8255, Press #1 Free, 24/7 support for any personal crisis		

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LGBTQIA+ SERVICES

Agency	Contact	Notes
Basic Rights Oregon	503-222-6151	Working for policies to support LGBTQA
Eugene/Springfield Pride	541-513-1711	Sponsors pride events.
Interweave	541-225-8696	LGBTQI / allies. Monthly film & potluck.
LCC Gender & Sexuality Alliance	aslccgsda@gmail.com LCC Campus Bldg #1, Rm 202 541-463-5353	Email or call for current meeting times.
LCC Gender Equity Center	GenderEquityCenter@lanecc.edu LCC Campus Bldg #1, Rm 202 541-463-5353	Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
Lesbian Gay Law Student Association	541-346-1134	Info, support group, social events, opportunities to talk with lesbian / gay attorneys.
LGBTQ Alliance	lgbtqa@uoregon.edu Erb Memorial Union, U of O #34	Events, resources, support, education. Email for details.
LGBTQIA+ Support Group	541-484-9791 supportgroup@sass-lane.org	Call or email for schedule. 18 years+. FREE
NAMI Peer Connections	Contact NAMI for details. 541-343-7688	Peer support group for LGBTQIA+ community 18 and over who live with mental health concerns.
Trans*Parent Support Group	eugenetransparentgroup@gmail.com	For parents and families of transgender & gender expansive youth.
TransPonder	541 Willamette St, #310, Eugene info@transponder.community 508-443-6337	Trans support, resources, social events. Monthly groups.
Youth LGBTQIA+ Group	2700 Hilyard St, Eugene 541-684-3466	Youth group meets Fridays 4-6:00.
Talk Lines and Hotlines	GLBT Youth Talk Line	800-246-PRIDE M-Sa 12pm-5pm. A peer talk line for LGBTQ youth 23 & 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, for LGBTQ youth 24 & under. M-F Noon - 7 pm. TrevorText , text "Trevor" to 202-304-1200; 7 days/week, Noon to 7pm. Chat: www.thetrevorproject.org/chat
	Trans Lifeline	1-877-565-8860 8am-2am daily. You may need to call more than once to get through.

EQUITY and SOCIAL JUSTICE RESOURCES

Agency	Contact	Notes
One Oregon	www.oneoregon.org/contact-us/ or email joel@causaoregon.org	Statewide coalition that defends against anti-immigrant and anti-Muslim policies and works to ensure that all Oregonians are treated with dignity and respect.
Asian Pacific American Network of Oregon (APANO)	2788 SE 82nd Ave Suite 203 97266 971-340-4861 Email: info@apano.org	A statewide, grassroots organization, uniting Asians and Pacific Islanders to achieve social justice.
Causa Oregon	700 Marion St. NE, Salem 503-409-2473	Works to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
CALC (Community Alliance of Lane County)	458 Blair Blvd, Eugene 541-485-1755 Email: info@calclane.org	Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people.
Eugene Springfield NAACP	https://naacplanecounty.org/contact/	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.
Equity, Access and Inclusion (Lane County)	125 E 8th Ave, Eugene Mo.Young@co.lane.or.us 541-682-3725	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
Fair Shot for All	http://www.fairshotoregon.org/	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; turns the discussion of racial, gender, and economic inequality into action and holds legislators accountable.
Human Rights and Neighborhood Involvement (Eugene)	99 W. 10th Ave. Suite 117 Eugene 541-682-5177	Supports victims of hate and bias activity, coordinates accessibility for events, facilities, and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
Rural Organizing Project	PO Box 664 Cottage Grove 503-543-8417	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
Unite Oregon	https://www.uniteoregon.org/contact	Led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for justice.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at jessiec@ofsn.net.

JC-6/3/2019

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IMMIGRATION & MIGRANT SERVICES

Agency	Contact	Fees	Spanish	Notes
Immigration Legal Services	1025 G Street, Springfield 541-345-3628 x303 icolgan@ccslc.org	All services discounted	YES	Legal assistance for DACA, family-based petitions, victims of violence, abuse, DV, crime or trafficking, refugees, citizenship.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	Varies	YES	Call for info about an independent immigration lawyer on site.
Legal Aid & Advocacy	376 East 11th Ave, Eugene 541-485-1017	FREE	YES	Intakes M, W, F at 12:30. Must apply in person.
Migrant Education Program (MEP)	541-461-8382 Email: mep@lesd.k12.or.us	FREE	YES	Services for youth 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.
Oregon Immigration Resources	https://oregonimmigrationresource.org/	FREE	YES	Legal help, know your rights resources, family preparedness.
American Immigration Lawyers Association	www.aialawyer.com		YES	Find a qualified immigration lawyer in your community.
U.S. Immigration	800-375-5283		YES	

LEGAL SUPPORT

Agency	Contact	Fees	Spanish	Notes
Child Support- Oregon Department of Justice	541-686-7833 Eugene	FREE		Child Support services for families who receive or have received TANF. Call for nearest location
	541-726-3525 Springfield			
Family Court Assistance	125 E 8 th , 2 nd floor Eugene 541-682-4302	Review is FREE. Document costs vary.		Drop in M-F 8:30-11:30 am or call for appointment. Review documents regarding divorce & custody.
Lane County Youth Services	2727 Martin Luther King Jr Blvd, Eugene 541-682-3962	Varies		Restorative justice, custody & parenting time medication, family check-up, supervised parenting time, Focus on the Family parenting class.
Lawyer Referral Service	800-452-7636	\$35 for the first visit		Refers clients to attorneys for an office consultation. No telephone consultations
Legal Advocacy Center	376 E 11th Ave, Eugene 541-485-1017	FREE		Apply in person. 12:45-2:45pm M/ W/ F.
Legal Clinic at Sponsors	338 Hwy 99 N, Eugene 541-505-5690	FREE	Spanish by arrangement	Support for past / present criminal legal issues. Call for dates & to register.
Modest Means	800-452-7636	\$35 max for consult, \$60-100 / hr		Initial consultation, up to 30 minutes.

VICTIMS OF CRIME SERVICES

Agency	Contact	Fees	Spanish	Notes
Crime Victim Compensation Department	503-378-5348	FREE		Support for costs of medical, mental health, funeral, grief counselling, loss of income.
Crime Victim's Assistance	99 W 10 th #310, Eugene 541-682-8401	FREE	NO	Assists victims in misdemeanor cases handled by City Prosecutor's office.
Victim Services Program	125 E 8th Ave, Rm 400, Eugene 541-682-4523	FREE	YES	Provide crime victims with information regarding the legal process. Support with victim's compensation.

MEDIATION SERVICES

Agency	Contact	Fees	Spanish	Notes
Center for Dialogue & Resolution	93 Van Buren St, Eugene 541-344-5366	Call for price info	Sometimes available	Mediation for issues such as tenant disputes, family issues, foreclosures, noise, pet problems, teen parents.
Lane County Family Mediation	151 W. 7 th , Suite 360, Eugene 541-682-3962	FREE 1 st session. Discount if on SNAP	YES	Custody, parenting time, & financial mediation.

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CHILD ABUSE & NEGLECT

Agency	Contact	Fees	Spanish	Notes
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.				
90x30	1244 Walnut Street, Eugene friends@90by30.com	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
CAFA Christians as Family Advocates	921 Country Club Rd #222 Eugene 541-686-6000	No OHP		Supervise DHS parent-child visits for a fee. Counseling, DV class, parenting class.
CASA – Court Appointed Special Advocates	174 Deadmond Ferry Rd, Springfield 541-984-3132	FREE	YES	Court Appointed Special Advocates are volunteer community members committed to keeping children safe. They are trained, supported, and sworn in by a judge to advocate in court for an abused child with an uncertain future.
Kids FIRST Child Advocacy Center	2675 Martin Luther King Blvd, Eugene 541-682-3938	FREE	YES	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	Contact	Fees	Spanish	Notes
Womenspace	1557 Pearl St., Suite 400, Eugene 800-281-2800 (Hotline) 485-6513 (office)	FREE	YES	Shelter, safety plan, legal support, emergency transportation and support groups for women and women with children who have experienced intimate partner violence.
SASS - Sexual Assault Support Services	591 West 19th Ave, Eugene 541-343-7277 (24-hr Hotline) 541-484-9791 (office)	FREE	YES	Medical / legal advocacy, peer counseling, support groups. Can accompany victim to doctor/hospital.
CAFA - Christians as Family Advocates	921 Country Club, #222, Eugene 541-686-6000	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.
Domestic Violence Advocate at DHS	2885 Chad Dr, Eugene 541-686-7878	FREE	YES	Womenspace advocate at Child Welfare. Help with restraining orders, court appearances. Referral made by caseworker.
	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			
	3180 Highway 101 N, Florence 541-997-8251			
Victim Services Program	125 E 8 th Ave, Eugene 541-682-4523	FREE		Assigns volunteers from court advocacy unit, protective order unit, & family assistance
National DV Hotline	800-799-7233 (24/7). Or email: www.thehotline.org/get-help/			

BATTERER & SEX OFFENDER INTERVENTION

Agency	Contact	Fees	Spanish	Notes
CAFA - Christians as Family Advocates	921 Country Club Rd, # 222, Eugene 541-686-6000	OHP. Intake \$65. \$35/ class	Front desk	Oregon approved 36 to 48-week Batterer Intervention Program for men & women
CHOICES	1973 Garden Ave, Eugene 541-343-7643	\$125 intake. \$50 / weekly group.	YES	Domestic Violence Program.
McKenzie Counseling	1705 Centennial Blvd, Suite #1, Springfield 503-880-1664 or 541-255-7951	\$350-\$800 intake, \$300/ mo.	NO	Outpatient sex-offense specific treatment program for adult & juvenile males & females.

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RECOVERY SUPPORT

Agency	Contact	Fees	Spanish	Notes
Al-Anon & Alateen	https://alanonlaneor.us/find-a-meeting/ 541-741-2841	Free support for families / friends of people experiencing addiction to alcohol. Call or check website for meeting times.		
Alcoholics Anonymous	http://www.eviaa.org/ 541-342-4113	Free support for people experiencing addiction to alcohol. Call or check website for location / meeting times.		
Buckley Detoxification Center	605 W 4th Ave, Eugene 541-343-6512	OHP, sliding scale, other insurance		Community response for intoxicated individuals; support for substance users who need to withdraw safely from substances & achieve sobriety in a caring environment
Center for Family Development	146 E 12 th Eugene 541-342-4189	OHP, sliding scale, other insurance	YES	Counseling, recovery programs, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	\$10-25 sliding scale, OHP	YES	Addiction support for Spanish speaking adults and teens. Youth mentoring age 7-16.
Chrysalis (Whitebird)	350 E 11 th Eugene 541-683-1641	OHP, sliding scale	NO	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
Emergence	78 A Centennial Loop, Eugene 541-393-0777	OHP, sliding scale, other insurance	YES	Outpatient services. Specialize in drug court, corrections, DUI, gambling, mental health, smoking cessation.
Integrated Health Clinics of Eugene	715 Lincoln St, Eugene 541-344-3574	OHP, sliding scale, other insurance	NO	Outpatient treatment for opioid addiction. Group / individual counseling.
JESCO Club	340 Blair Blvd, Eugene 541-686-0538	FREE		Addiction Services, meetings
Lane County Area Narcotics Anonymous	http://lanecountyarea-na.org/meetings/ 541-729-0080 24-hour helpline	FREE		12-step meetings. "Recovering addicts who meet regularly to help each other stay clean."
Looking Glass Counseling	260 E 11 th Ave, Eugene 541-84-4428	OHP / other insurance	YES	Addiction counseling for youth under 21.
Methadone Treatment Lab	151 W 7th Ave Rm 163, Eugene 541-682-4464	OHP, other insurance or self-pay		Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.
Families Actively Improving Relationships (FAIR)	10 Shelton McMurfhey Blvd, Eugene 541-485-2711	OHP	YES	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
ODI Clinic Adolescent/Family Services	10 Shelton McMurfhey Blvd, Eugene 541-284-7560 944 W. 5 th Ave, Eugene (Centro Latino) 541-687-2667	OHP & Grant funding	YES	Outpatient counseling services for teens with alcohol or drug problems.
PAR Prevention & Recovery NW	1188 Olive St, Eugene 541-484-9274	Sliding scale, OHP		Outpatient. Men's, women's, co-ed groups. Prevention, outreach, DUI program.
Parents for Recovery (Relief Nursery)	1720 W. 25 th Ave, Eugene 541-343-9706 850 S 42 nd Ave, Springfield 541-485-0007	FREE	NO	Support group for parents in recovery for drug & alcohol addiction.
Relief Nursery Peer Support	541-343-9706 1720 W. 25 th Ave, Eugene 541-485-0007 850 S 42 nd Ave, Springfield	FREE	NO	Must be participating in other Relief Nursery programs or referred by DHS.
Serenity Lane	541-485-1577 out-patient 4211 W 11 th Ave, Eugene 91150 Coburg Industrial Way 541-687-1110 in-patient	Private insurance, private pay, some OHP	NO	In-patient & outpatient treatment. Able to treat clients with dual diagnoses.
Veterans Affairs	3355 Chad Dr, Eugene 541-607-0897			Mental health services, outpatient alcohol treatment & aftercare.
Willamette Family (Rapid Access Center)	195 W. 12 th , Eugene 541-762-4300	OHP, sliding scale, other insurance	NO	Same-day medical & behavioral health services. Addiction assessments. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
Alcohol Treatment Referral Hotline	800-252-6465			

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GAMBLING ADDICTION TREATMENT

Agency	Contact	Fees	Spanish	Notes
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	FREE	YES	Gambling addiction support for adults and teens.
Meridian Gambling Program (Emergence)	2149 Centennial Plaza Suite 4, Eugene 541-741-7107		YES	Outpatient gambling treatment.
National Problem Gambling Hotline	800-522-4700 Call or text	FREE	Interpreter	Resource referrals for every state. 24/7, 100% confidential.
Problem Gambling Hotline	877-MyLimit	FREE	YES	Referrals to outpatient gambling treatment & phone / Skype-based treatment.

RECOVERY HOUSES (MEN)

Agency	Contact	Notes
Clean & Sober Living	724 Washington St, Eugene 541-954-6710	Two weeks clean & sober.
Crenshaw House	1257 Crenshaw Rd, Eugene 541-653-9381	30 days clean & sober. Random UA's. Mandatory support groups.
Crescent House	2475 Crescent Ave, Eugene 541-636-4279	30 days clean & sober. Random UA's. Mandatory support groups.
Donald House	3302 Donald St, Eugene 541-654-0744	30 days clean & sober. Random UA's. Mandatory support groups.
Echo Hollow House	4160 Avalon St, Eugene 541-505-7912	30 days clean & sober. Random UA's. Mandatory support groups.
Emerald Valley House	4087 Concord St, Eugene 541-501-1826	30 days clean & sober. Random UA's. Mandatory support groups.
Fresh Start	727 5nd Street, Springfield 544 Water St, Springfield 541-579-1961	Call for interview. Must be clean & sober.
Glory House	875 Glory Drive, Eugene 541-505-9311	30 days clean & sober. Random UA's. Support groups.
Hayden Bridge House	1017 Hayden Bridge Rd, Springfield 541-735-3953	30 days clean & sober. Random UA's. Mandatory support groups.
Housing Our Veterans	Multiple Locations. 541-606-9220	Call Lorie Perkins for more information & openings.
Howard House	133 Howard St, Eugene 541-654-0294	30 days clean & sober. Random UA's. Mandatory support groups.
Mohawk House	1923 Centennial, Springfield 541-505-7057	30 days clean & sober. Random UA's. Mandatory support groups.
Nighthawk House	660 Aspen St, Springfield 541-505-9286	30 days clean & sober. Random UA's. Mandatory support groups.
Phoenix House	675 Hughes St, Eugene 541-654-3998 541-607-5869	30 days clean. 6-month commitment, zero tolerance house. Mandatory meetings. Random UA's
Recovery First	742 Washington St, Eugene 541-606-3644	Two weeks clean & sober. Random UA's.
Safe Haven	325 S. 37th St, Springfield 541-606-2995	Mandatory support groups. Random UA's.
Sponsor's	338 Hwy 99 North, Eugene 541-485-8341	Random UA's. 30 days clean & sober. Mandatory support groups
Uncle John's	313 49th St, Springfield 541-515-6866	Random UA's. Must be clean & sober.

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RECOVERY HOUSES (WOMEN)

Agency	Contact	Notes
Ashes to Beauty	4736 Royal Ave PMB 112, Eugene 541-654-5652	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.ashestobeauty.org .
Autzen House	920 Summit Blvd., Springfield 541-844-1676 / 541-337-5064	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Baker House	1826 Danebo, Eugene 541-246-8858	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Beverly House	2406 Beverly St., Springfield 458-201-7762	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Dalton House	1740 Dalton Dr, Eugene 541-505-8517	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Fresh Start	Multiple Locations. 541-579-1961	Call Dan Lansing for more information & current openings. Must be clean & sober. 3 meetings per week. Random UA's.
Resurrection House	940 N Park, Eugene 541-606-0537	WOMEN. 2 weeks clean. Mandatory meetings, Random UA's
Riverbend House	5117 Innsbruck Way, Eugene 541-344-9191	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Safe Haven	969 W. 3rd, Eugene 541-514-8610	Women/ Children. Mandatory meetings, Random UA's.
Spencer Butte House	3230 Portland St, Eugene 541-653-8236	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Sponsor's	767 W. 8th Ave, Eugene 541-485-6738 or 541-485-8341	30 days clean & sober. Random UA's. Mandatory Meetings.
Teen Challenge Hannah's House	85989 Bailey Hill Rd, Eugene 541-344-4328	12-month live-in program. Faith Based. Children up to age 6.
Westmoreland House	1895 Polk St, Eug 541-844-1950	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's

HOUSING ASSISTANCE

Agency	Contact	Spanish	Notes
Affordable Housing Online	https://affordablehousingonline.com/housing-search/Oregon/Lane-County		
Catholic Community Services	541-345-3628 x402 1464 W 6 th Eugene 1025 G St, Springfield	Interpreter available.	Walk-in to meet with a housing specialist. Assistance getting on the centralized wait list for affordable housing. Call for hours.
Centro Latino Americano	541-687-2667 944 W 5th, Eugene	YES	Se Habla Español - Asistencia con vivienda rapida. Assistance with finding housing.
Community Sharing Program of Cottage Grove	541-942-7933 1440 Birch Ave. Cottage Grove	YES	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane.
Cornerstone Community Housing	541-683-1751 Multiple locations. Call or see website.	No	High quality affordable housing, onsite services that promote personal growth & economic independence. www.cornerstonecommunityhousing.org
Homes for Good	177 Day Island Rd, Eugene 541-682-3755 300 W Fairview, Springfield 541-682-4090	YES	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. www.homesforgood.org/
HUD (Section 8)	Apply online at: www.applysectioneight.com/apply_select_state		Section 8 Housing Choice Voucher program offers a subsidy to help pay for rent. Anyone who is living in Oregon, is a US citizen or permanent resident, and over 18 can apply for Section 8. Eligibility is primarily determined by income.
New Roads (Looking Glass)	941 W 7 th Ave Eugene 541-686-4310	No	Support finding housing for homeless youth, 16-21 yrs.
Opportunity Village	458 Blair Blvd. Eugene 541-606-4455	No	Square One Villages - Tiny Homes. \$30/month rent

See next page for more HOUSING ASSISTANCE resources

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HOUSING ASSISTANCE (continued)

Agency	Contact	Spanish	Notes
Salvation Army	640 W. 7 th , Eugene 541-343-3328	YES	Rental assistance. With 72-hour notice & copy of rental agreement. \$100 max.
	Springfield 541-747-6229		
ShelterCare	969 Hwy 99 N Eugene 541-689-7156	YES	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
	1545 S Brooklyn, Eugene 541-741-7726		
Springfield Housing Programs	541-736-1039 225 5 th St, Springfield		
St. Vincent de Paul Assistance getting on the centralized wait list for affordable housing,	First Place Family Center	342-7728	1995 Amazon Parkway Eugene
	Lindholm Center	607-0439	450 Hwy 99 N, Eugene
	Veteran Families	743-7170	2890 Chad Drive, Eugene

DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Fees	Spanish	Notes
Community Supported Shelters	1160 Grant, Eugene 541-683-0836	FREE	NO	Conestoga huts & tent communities for the unhoused. Plan advisors & peer support.
Dusk to Dawn (St. Vincent de Paul)	456 Hwy 99, Eugene 541-687-5820	FREE	YES	Homeless day shelter for adults, food boxes, employment support for homeless veterans, 2nd chance rehabilitation program, social service office.
Egan Warming Center	1857 Potter, 525 Mill St., 636 W. 18 th 1166 Oak St, 1376 Olive St., 3925 Hilyard, 440 Maxwell 541-689-6747	FREE	NO	Open 7pm to 8am, Nov 15 th - March 31 st on nights when average temperature is 29 degrees or below. www.eganwarmingcenter.com
Eugene Mission	1420 W 1 st , Eugene - women 1542 W 1 st , Eugene - men 541-344-3251	3 nights free, then chores	Spanish translator	Shelter. Meals. Faith based A&D 12 step. Residential life skills program. GED classes. www.Eugenemission.com
Eugene Service Station Catholic Community Services	450 Hwy 99, Eugene 541-461-8688	FREE		Day shelter, food, clothing, laundry, showers, phone, computer access.
First Place Family Center	1995 Amazon Pkwy, Eugene 541-342-7728	FREE	YES	Day center, showers, laundry, food, internet, respite (age 5 & under). Night shelter & overnight parking (year round).
Station 7 (Looking Glass)	931 W. 7 th , Eugene 888-689-3111 24-hour crisis line	FREE		Emergency shelter for runaway / homeless youth ages 11-17 yrs.
ShelterCare	969 Hwy 99 N, Eugene 541-689-7156	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.
	1545 S Brooklyn St, Eugene 541-741-7726			
SquareOne Villages	606-4455 111 N Garfield St, Eugene	\$35 utility payment	NO	Self-managed communities of cost-effective tiny homes for people in need of housing.
Womenspace	485-6513 Crisis line	FREE	YES	Shelter, safety plan, legal support, emergency transportation for women & women with children who have experienced intimate partner violence.
	485-8232 office 1557 Pearl St., Suite 200, Eugene			

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HOME IMPROVEMENT

Agency	Contact	Spanish	Notes
Eugene Emergency Minor Home Repair	99 W 10th Ave, Eugene 541-682-5446	YES	Zero-interest loans / grants to correct conditions that create an immediate safety threat.
Springfield Home Improvement Program	225 5 th St., Springfield 541-726-2358	YES	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	Contact	Spanish	Notes
Homebuyers Assistance (City of Eugene)	541-682-5446		Down-payment assistance for qualifying families who can secure loan & pay mortgage.
Home Ownership Program (Springfield)	541-726-2358		Up to \$7000 interest-free loan toward down payment for qualified home.

HOUSING COMPLAINTS

Agency	Contact	Spanish	Notes
Oregon Fair Housing Council	800-424-3247	YES	Enforces fair housing laws related to discrimination.
Community Alliance of Tenants	503-288-0130	YES	Renter's rights hotline. Mon, Wed, Thurs, 3-7 pm.
Human Rights & Housing Practices Code	541-682-5177		For housing discrimination complaints based on the housing practices code.

ENERGY ASSISTANCE

Agency	Contact	Spanish	Notes
Ebbert Memorial Methodist Church	532 C St, Springfield 541-746-3513		With shut-off notice, can offer \$25, if client can pay balance. SUB only.
Community Sharing Program	1440 Birch Ave, Cottage Grove 541-942-7933		Utility assistance, Food boxes, firewood, prescription assistance, showers, laundry, & propane. Help to avoid eviction / foreclosure.
Springfield Utility Board Project Share	Email projectshare@ccslc.org , call 541-746-9852 , or walk into the Springfield Community Service Center, 1025 G St.		
Emerald Rate Assistance Program (ERAP)	For EPUD households with a member who has a permanent disability, and/or age 60+, or with children under 6 years old who meet the income qualification. Participants receive \$200 credit to their EPUD account over 4-months. Program starts in spring. Call Lane County Energy Programs at 541-682-3378		
EWEB Customer Care	Up to \$200 for qualifying customers. Wait list opens on 1 st business day of each month, starting in October at 9am. Call, walk in or apply online. <i>Senior citizens, ages 60+, call Campbell Community Center: 541-682-5354</i> <i>General Public:</i> Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642 Springfield Community Service Center, 1025 G Street, 541-747-8349		
Low-Income Home Energy Assistance Program (LIHEAP)	Waitlist opens the 1 st business day of the month in November. Call, walk in or apply online. Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 747-8349, opens @ 9:00 am Florence Siuslaw Outreach Services, 997-2816, opens @ 9:00 am Cottage Grove Community Sharing, 942-6492, opens @ 11:00 am Oakridge St. Vincent de Paul, 782-3590, opens @ 8:30 am		
NW Natural Oregon Low-income Gas Assistance	<i>Senior citizens, ages 60 & older, call Campbell Community Center in Eugene 541-682-5354</i> <i>General Public:</i> Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 541-747-8349, opens @ 9:00 am Cottage Grove Community Sharing, 541-942-6492, opens @ 11:00 am		
Pacific Power – Oregon Energy Assistance Program	Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 541-747-8349, opens @ 9:00 am Cottage Grove Community Sharing, 541-942-6492, opens @ 11:00 am		

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FINANCIAL ASSISTANCE

Agency	Contact	Spanish	Notes
DHS-Self Sufficiency	2885 Chad Dr, Eugene 541-686-7878	YES	SNAP (food stamps), TANF (Temporary Assistance for Needy Families), ERDC (Employment Related Daycare), Domestic Violence Grant. Must qualify by income.
	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		
	3180 Highway 101 N, Florence 541-997-8251		
HomeMom's Heart	1574 Coburg Rd. #409, Eugene http://homemomsheart.org		Assistance for stay at home moms (appliances, medical, auto, education, etc). See website for eligibility.

TELEPHONE ASSISTANCE

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

EMPLOYMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
Centro Latino Americano	541-687-2667 944 W 5 th , Eugene	FREE	YES	Employment & resume support.
eDev	541-463-4619 1445 Willamette #1 Eugene	FREE	YES	Assists people starting a business.
Job Connections (Goodwill)	1010 Green Acres, Eugene 541-431-3309 102 30th Street, Springfield 458-205-8157	FREE	Eugene only	Job search, supported employment, resume help.
Lane Small Business Development Center	101 W 10th Ave, #304, Eugene 541-463-6200	Varies	Interpreter Available	Support services for small businesses, including workshops and free business advising.
Lane WorkForce Partnership	541-505-8674 1401 Willamette Street	FREE	YES	Skill assessment, job search, on the job training
Northwest Youth Corps	541-349-5055 2621 Augusta Street, Eugene	See notes	Some programs	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
Pearl Buck Center	541-780-6404 115 W 8 th Ave, #280, Eugene	FREE	NO	Support finding housing / employment for adults with developmental disabilities
Quality Care Connections	541-463-3954 Lane Community College campus 4000 E 30 th Bldg. 24, Eugene	Class prices vary from free to \$60	YES	Training / business assistance for childcare providers
Re-entry Resource Center at Sponsors	541-505-5690 338 Hwy 99 N, Eugene	FREE	Some classes	Resume, interviews, jobs search, clothes for those who have been incarcerated
St. Vincent de Paul	541-607-0439 456 Hwy 99, Eugene	FREE		Career counseling, resume help, interviewing tips.
Supported Employment Services	541-687-0687 711 Country Club Rd, #1-A, Eugene	FREE	No	Job placement, coaching, supported employment for adults with disabilities. Referrals must come from Vocational Rehabilitation.
Vocational Rehabilitation (DHS-Self Sufficiency)	2885 Chad Dr, Eugene 541-684-2450 101 30 th Ave, Springfield 541-726-3525	FREE	YES	Training / job placement for adults with disabilities.
WorkSource Lane	2510 Oakmont Wy, Eugene 541-686-7601	FREE	YES	Resume, interviewing, job search center with internet.

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BUDGETING & MONEY MANAGEMENT

Agency	Contact	Fees	Spanish	Notes
NEDCO	212 Main St, Springfield 541-345-7106	Some classes free	Some classes	Free 1 st time homebuyer & financial literacy class.
Prosperity Center	855 Seneca Rd, Eugene 541-431-3332	FREE		Free support with budgeting, debt reduction, taxes

ADULT EDUCATION

Agency	Contact	Fees	Spanish	Notes
Adult Basic & Secondary Education (LCC)	LCC main campus, Bdg 11, Rm 207 541-463-5785	Varies. Some tuition waivers available.	YES	GED prep (English & Spanish), classes for students who want to improve reading / math test scores, support applying to LCC, info about LCC programs.
Downtown Languages	532 C St, Springfield 541-686-8483	Varies, some FREE	YES	ESL, GED, Citizenship, Bilingual Computer Class
Eugene Mission	1470 W 1 st St Eugene 541-344-3251	FREE		GED classes for people in shelter
LCC GED	Call for locations. 541-463-5723	Scholarships	YES	GED classes. Call for details.
Women in Transitions (LCC)	LCC - 4000 E 30 th , Eugene 541-463-5353	Financial aid	NO	11-week class to help women plan to reach personal and career goals. GenderEquityCenter@lanecc.edu

WORKER'S COMPENSATION

Agency	Contact	Spanish	Notes
Worker's Compensation	800-452-0288	YES	Call regarding worker's comp. claims.

FOOD BOXES & PANTRIES *EUGENE*

Agency	Contact	Notes
Bethel Food Pantry	4445 Royal Ave 541-688-9085	2nd & 4th Saturday of the month 9:30 am to 12:00 pm.
Casa de Luz (se habla español)	1295 Taney St. 541-521-7437	Third Saturday of the month 10 am to 11:30 am
Catholic Community Services	1464 W. 6th Ave. 541-345-3628	Mondays, Wednesdays & Fridays 9 am to 1 pm.
Daily Bread	89780 N Game Farm Rd 541-344-3380 x32	Thursdays 2:00 pm to 6:00 pm.
Eugene Faith Center Pantry	1410 W 13th Ave 541-686-9244	2nd & 4th Thursday of the month 2 pm to 6 pm.
Larry Collins Memorial Pantry	255 Maxwell Rd. 541-688-2027	2nd & 4th Saturday of the month 10 am to 12 pm.
Oregon Family Support Network	72 A Centennial Loop 541-342-2876	Pantry for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
Pray BiG! St. Matthew's Church	4110 River Rd. 541-689-4010	Last Sat of the month 10-11:30am, 2 nd Tues of the month 5:30-7pm
Salvation Army - Eugene	640 W. 7th Ave. Corner of 7th & Jefferson 541-343-3328	Pantry hours: 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. Thanksgiving & Christmas food baskets & meals.
St Vincent de Paul Food Room	456 Hwy. 99 N. 541-689-6747	Tuesdays, Thursdays & Fridays 10 am to 2 pm.

FOOD BOXES & PANTRIES *SPRINGFIELD*

Agency	Contact	Notes
Catholic Community Services	1025 G St 541-345-3628	Wednesdays, Fridays & Saturdays, 9am-1 pm
Catholic Community Services Thurston	332 58th St. Springfield - Waypoint Church 541-345-3628	4th Saturday, 10 am - 1 pm
Crossfire Hands of Hope	942 28th St - Crossfire Church 541-335-9768	Wed, Fri & Sat, 9am-1 pm 2nd & 4th Thurs, 12-4pm.
Salvation Army - Springfield	1275 Mill St 541-747-6229	Tues & Thurs 9am-12pm & 1pm-3pm, Wed 9am-11am & 1pm-3pm
The Shepherd's Table at St. John's	2537 Game Farm Rd 541-746-3322	1st & 3rd Saturday 9:00 am to 12 pm

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FOOD BOXES & PANTRIES *RURAL LANE COUNTY*

Agency	Contact	Notes
Coburg Food Pantry	541-221-5055 32695 E Pearl St, Coburg	2nd & 4th Monday of the month, 2 pm to 6 pm.
Community Food for Creswell	541-246-9117 64 Cobalt Lane, Creswell	Thursdays 12:30 pm to 3:00 pm
Community Sharing Project	541-942-2176 1340 Birch Ave, Cottage Grove	Monday – Friday 11:00 am to 3:30 pm.
Dexter Food Pantry	541-937-4229 38925 Dexter Rd, Dexter	1st & 3rd Tuesday of the month 2 pm to 6 pm.
Florence Food Share	541-997-9110 2190 Spruce St., Florence	Mon-Fri, 9:30 am to 1 pm. Mon & Wed, 4-6 pm.
God's Food Box	541-688-8884 27373 8th St, Alvadore	4th Thursday of the month 12:00 pm to 4:00 pm.
God's Storehouse	541-995-8403 180 Smith St., Harrisburg	Tuesdays & Thursdays 9am - 5pm.
Goldson Grange	541-998-1539 23479 Hwy 36, Cheshire	3rd Thurs of the month 12pm to 4pm.
Helping Hand	541-933-2575 92170 Marcola Rd, Marcola	2nd Tues of the month 10am to 12pm.
Hilltop Pantry	541-935-1331 25735 Crow Rd	2nd Thurs of month, 9am-12pm. Wed before 4th Thurs, 9am-12pm
Junction City Local Aid	541-998-3992 210 E. 6th Avenue, Junction City	Tues 9am–1pm, Wed 9am–12pm, Thurs 3–8pm, Last Sat 10am–12pm
Leaburg Community Cupboard	541-896-3857 45061 McKenzie Hwy, Leaburg	4th Friday of the month 2pm- 4pm
Lowell Food Pantry	541-603-5043 4 E. Lakeview St, Lowell	1st & 3rd Tues 2-5pm. Bread 2nd & 4th Tues 10am-2pm
Mapleton Food Share	541-268-2919 10718 Highway 126, Mapleton	2nd Thursday & 4th Saturday of the month 10 am to 2 pm.
McKenzie River Food Pantry	541-822-3249 51187 Blue River Dr, Blue River	2nd & 4th Tuesday of the month 4:30 pm to 6:30 pm.
Mid Lane Love Project	541-935-4555 x104 25035 W. Broadway, Veneta	Mon, Wed & Fri 10-11:30am & 12:30 -2 pm.
Noti Food Pantry	541-935-0324 22540 Fir St, Noti	Third Tuesday, 5pm to 6:30 pm
Oakridge Food Pantry	541-782-2192 47674 School St., Oakridge	Tuesday – Thursday 9 am - 11 am & 11:30 am - 1 pm.
Up River Pantry	541-946-1606 37895 Row River Rd, Dorena	3rd Friday of the month 4:00pm-5:30pm
Triangle Food Box	541-925-3090 / 541-925-3254 20280 Blachly Grange Rd, Blachly	The Friday following the third Thursday 10 am to 2 pm.

MEAL SITES

Agency	Contact	Notes
Burrito Brigade	336 Clark St, Eugene	Sunday 12pm
Crossfire Food Ministry	942 28th St, Springfield 541-686-3473	Thurs 6:30pm - hot meal.
	1310 Echo Hollow Rd, Eugene	Sunday Morning - hot breakfast at both locations at 8:30am.
Eugene Catholic Worker	541-735-3823 5th & Washington	Call for mealtimes
Eugene Mission	541-344-3251 1542 W 1 st St, Eugene	Breakfast: women & men @ 7am, Lunch: Women @ 11am Men @ 12pm, Dinner: Women @ 5pm Men @ 6pm, Adults 18+.
Eugene Service Station (CCS)	541-461-8688 450 B Hwy 99 N, Eugene	Daily Breakfast & Lunch 8:00 am - 5:00 pm (Adults 18 & Over)
First Christian Church (Eugene)	541-344-1425 1166 Oak St, Eugene	Breakfast Sunday, 7:45-9:15. Clothing & sandwiches on Tues / Thurs, noon-2.
Food Not Bombs	8th & W Park street, Eugene	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, Eugene	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 mealtimes
Looking Glass, New Roads	541-686-4310 941 W 7 th Ave Eugene	For homeless youth. Tues, Thurs - 5:30 pm - 6:30 pm (11-21 year olds)
Occupy Medical	509 E 13th Ave, Eugene	Sunday Lunch 11:45pm-3pm
Shepherd's Hand	541-255-2331 653 3rd St, Junction City	Call for mealtimes
St Mary's Episcopal Church	541-343-9253 13 th & Pearl, Eugene	Call for mealtimes
St. John Maximovitch	304 Blair, Eugene	9am - 11am, 1st Saturday of the month (Open to Everyone)
The Dining Room	541-343-2822 270 W 8 th Ave, Eugene	Call for mealtimes. Youth must be with legal guardian
Trinity Lutheran Church	541-942-2373 657 S 7th, Cottage Grove	Call for mealtimes
Valley United Methodist Church	541-935-1614 25133 E Broadway, Veneta	Call for mealtimes

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MEALS for SENIORS

Agency	Contact	Notes
American Red Cross	541-684-7172 996 Jefferson St., Eugene	
Bateman Senior Meals	541-683-8510 1407 Cross St., Eugene	
Campbell Senior Center	541-682-5318 155 High St., Eugene	
Café 60 Meal Sites (Senior & Disability Services)	Coburg United Methodist Church, 91193 N. Willamette, 541-682-4378 Riverview Terrace, 925 W. Main, Cottage Grove - 541-942-9261 Cresview Villa, 350 S. 2nd St., Creswell - 541-895-2338 Olive Plaza, 1135 Olive St, Eugene - 541-342-3515 Northwest Neighbors, 1221 Jacobs Dr, Eugene - 541-689-8011 River Road Annex, 1055 River Road, Eugene - 541-688-4052 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 541-736-4408 Fern Ridge Service Center - 25035 W. Broadway, Veneta 541-935-7354	Anyone age 60 & older is served, regardless of income. Guests under 60 are welcome to attend for \$8 per meal. Mealtimes vary. Call for details.
Kaufman Senior Center	996 Jefferson St, Eugene 541-342-1881	
Meals on Wheels	541-682-4368	Meals delivered to people who are homebound.
Senior Meals Program of Lane County	541-682-3353 1015 Willamette St., Eugene	Meals delivered to people 60 years+ who are homebound & need help with meal preparation.

FOOD & NUTRITION

Agency	Contact	Fees	Spanish	Notes
Food for Lane County	770 Bailey Hill Rd, Eugene 541-343-2822	FREE	YES	Provides food for food pantries & meal sites in Lane County. M-F 8am-5pm. List of sites at www.foodforlanecounty.org
Natural Grocers	201 Coburg Road, Eugene 541-345-3300	FREE		Free nutrition & cooking classes. Call or see website for current offerings.
Nutrition Education Program	996 Jefferson St, Eugene 541-344-0249		YES	Hands-on cooking, nutrition & physical activity classes for adults in English & Spanish. Can offer in-home education if preferred.
SNAP (food stamps)	Call for closest office 800-723-3638	FREE	YES	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	YES	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.

CLOTHING ASSISTANCE

Agency	Contact	Notes
4J School District	541-687-3349 200 N. Monroe, Eugene	Call for appointment
Adventist Community Center	541-746-7071 1546 N 12th, Springfield	Tuesday 10-12
Catholic Community Services	541-345-3628 1464 W 6 th Eugene 1025 G St., Springfield	Eugene: Monday-Friday 9am-4:30pm Springfield: Monday-Friday 9am-noon
Clothing Room	541-746-5624 1761 E St, Springfield	T, Th, F 10am-3pm & W 11am-3pm.
Eastside Clothes Closet	95 Centennial Loop, Springfield	1 st & 3 rd Tuesday 1pm-3pm & every last Thursday 7-8:30pm
Eugene Mission	541-344-3251 1542 W 1 st Ave, Eugene	Monday-Friday 10am-4pm. No need to call.
Helping Hand Room 1st Christian Church	541-344-1425 1166 Oak St., Eugene	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	541-344-5583 834 Monroe, Eugene	Youth under 22 yrs. Showers, food, laundry, clothing. M, W, F 3-6:30pm, meal at 5pm
Oregon Family Support Network	541-342-2876 72 A Centennial Loop, Eugene	Clothing closet for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
Relief Nursery Clothing Closet	1720 W 25 th Ave, Eugene 541-343-9706 850 S. 42 nd , Springfield 541-485-0007	For families receiving Relief Nursery services.
St. Vincent de Paul	541-689-6747 456 Hwy 99 N, Eugene	Clothing, furniture & other household goods. Monday, Tuesday, Thursday & Friday from 10-12:30 & 1:30-4.
White Bird Clinic	541-342-4357 341 E. 12th, Eugene	Monday-Friday, 8am – 10pm

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LAUNDRY ASSISTANCE

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

CAR SEAT CLINIC

Agency	Contact	Fees	Notes
Kohl's Car Seat Clinic	Fire Station #2 2 nd & Chambers, Eugene 541-782-2510	FREE	Car seat inspection, recall checks, some free car seats if needed. See schedule: http://www.kohlscarseatclinic.org/kohls-clinic-flyer

TRANSPORTATION ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
Catholic Community Services	1464 W 6 th Eugene 1025 G St., Springfield 541-345-3628 x324	FREE	Interpreter Available	Day bus passes. Call or stop in to find out availability.
LTD Half / Free Fare	1080 Willamette, Eugene 541-687-5555	FREE or Half price		Half-fare for people with disabilities. FREE fare for adults 65+
RideSource	240 Garfield St, Eugene 541-682-5566	FREE		For people who cannot ride LTD buses due to disability / other circumstances

BASIC NEEDS

Agency	Contact	Spanish	Notes
Brattain House	744-6769 1030 G St, Springfield	YES	School Supplies k-12
Catholic Community Services	345-3628 1464 W 6 th , Eugene 1025 G St. Springfield	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	YES	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
Emerald Community Services	683-4169 90 Lawrence St, Eugene		Clothing, household goods, food boxes, special needs referrals.
F.I.S.H. - St. Mary's Church	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.
HomeMom's Heart	http://homemomsheart.org/		Assistance for stay at home moms.
Home Starter Kit Church of the Resurrection	686-8462 3925 Hilyard, Eugene		Household items for homeless people moving into a new home. Print app, complete, & mail / deliver. resurrectioneugene.org/wordpress/wp-content/uploads/wp-pdf/hsk/HSKRequestForm.pdf
Hosea Youth Services	344-5583 834 Monroe, Eugene		For youth 22 & under . Showers, food, laundry, hygiene, clothing.
Love, Inc	653-8537 loveinccllc@gmail.com PO Box 23452, Eugene		Hands-on assistance such as medical rides, furniture donations, yard work, cleaning, painting.
Sleep in Heavenly Peace	844-432-2337 x5113 Contact Connie & Bryce Jonas		To request a bed or refer a family: www.shpbeds.org/request-bed . Families must have a room large enough to fit one of the beds.
St. Vincent de Paul	689-6747 456 Hwy 99, Eugene		Furniture & other household goods
Salvation Army	640 W. 7th Ave, Eugene 343-3328 1275 Mill St., Springfield 747-6229		Basic needs, Thanksgiving & Christmas food baskets & meals, Christmas Toy Assistance, assistance with food, utilities, rent, deposits, prescriptions, water & utility bills. I.D. & a document with child's birthdate required. M-Th 8:30-12, 1-3:30, F 8:30-12:30

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ID & BIRTH CERTIFICATE ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
Catholic Community Services	1464 W 6 th Eugene 1025 G St, Springfield 541-345-3628	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	1542 W 1 st , Eugene 541-344-3251	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 & a new state ID card is \$44.50
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020	FREE		Independent living skills classes, service navigation, counseling, support groups, club house, ID assistance and more.

LOW COST PET SERVICES

Agency	Contact	Fees	Notes
Community Veterinary Center	470 Hwy. 99, Eugene 541-636-3324	Exam: \$25-45 Vaccines \$8-15	Proof of income required. No spay / neuter
Greenhill Humane Society	88530 Greenhill Rd, Eugene 541-689-1503		Call for details.
Pro Bone-O	http://proboneo.org 541-607-8089		Free vet services, pet food and supplies for homeless
S.P.O.T.	www.spotspayneuter.org 541-485-7768		Financial assistance for Lane County residents to spay / neuter their dogs.
Spay & Neuter Clinic	3970 W. 1st Ave, Eugene 541-682-3643		Spay/neuter, vaccines, flea medication. Discount if eligible for SNAP, disability, or unemployment
Willamette Animal Guild	3045 Royal Ave, Eugene 541-345-3566	\$40 - \$90	Spay / Neuter Clinic

DENTAL SERVICES

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

PRESCRIPTION ASSISTANCE

Agency	Contact	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St Springfield 541-345-3628	Up to \$50.00 / year if funds are available (not controlled substances).
F.I.S.H. - St. Mary's Church	541-689-9750 440 Maxwell Rd, Eugene	Food, propane, prescriptions.
OR Prescription Discount Program	800-913-4146 www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx	20-50% off. Apply online or by phone.
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.

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VISION CARE

Agency	Contact	Fees	Notes
Lion's Eyeglass Assistance	lionsclubsreferrals@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	FREE	Vouchers for eye exams and glasses. Come into the clinic to apply. 3-4 month wait. M-F 9-3:30.

MEDICAL SERVICES

Agency	Contact	Fees	Spanish	Notes
Acupuncture for the People	2833 Willamette St Suite B, Eugene 541-521-6285	1 st appt: \$30-55, then: \$15-40		Licensed acupuncturist servicing anyone who needs a sliding scale.
Bethel Health Center	1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430	OHP, private insurance, sliding scale		Health services for ages 1-19. Mental health counseling.
Community Health Centers of Lane County	Call for locations 541-682-3550	OHP, private insurance, sliding scale	YES	Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in.
Healthy Tomorrows (Peace Health)	3333 Riverbend Dr., Springfield 541-687-6242	Free if not eligible for OHP	YES	Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
HIV Alliance	1195 Cityview, Eugene 541-342-5088	OHP only	YES	HIV/hepatitis test, health/dental, housing support, social events, meals, financial assistance case management.
Homeless Youth Clinic	541-686-4310 941 W 7 th Ave, Eugene	FREE	YES	STI/HIV testing ages 16-21 (permission required for individuals under age 16).
Lane County Public Health	541-682-4041 151 W 7 th Ave., Room 310, Eugene	OHP, Sliding scale, some insurance	YES	STD testing, vaccinations by appt. No walk ins.
Occupy Medical	541-316-5743 8th & Oak, Eugene	FREE		Every Sunday 10am-4pm. Sign up by 1 to ensure a spot
Rapid Access Center (Willamette Family)	541-762-4300 195 W. 12 th , Eugene	OHP only		Same-day walk-in medical, behavioral health & addiction services.
Riverstone Health Clinic	541-682-3550 541-747-3426 1640 G St, Spfd	OHP, some insurance, \$20-60 sliding scale	YES	Child/adult health services, OHP applications, homeless youth health
The SHOP (Sharing Healthcare Options Program)	541-342-8255 341 E 12 th , Eugene	FREE	YES	Enrollment assistance for the health insurance through Cover Oregon including OHP. Call for an appointment.
Trauma Healing Project	541-687-9447 1100 Charnelton, Eugene	Sliding Scale	YES	Body-centered therapies, wellness classes.
Trillium Member Services	541-485-2155	FREE		Members can call this number to change physicians.
Volunteers in Medicine	541-685-1800 2260 Marcola Rd, Springfield	FREE	YES	Medical, mental health, prescription for low-income adults without insurance / with OHP but no provider
White Bird	541-484-4800 1400 Mill St., Eugene	OHP, sliding scale	Sometimes	Medical walk-in clinic.
Ask-a-Nurse	541-686-7000	Call 24 hours a day for free, confidential health-care information & referrals.		
Poison Control Hotline	800-222-1222	24/7 hotline for questions / emergencies regarding poisons.		

SMOKING CESSATION

Agency	Contact	Fees	Spanish	Notes
Emergence	78 A Centennial Loop, Eugene 393-0777	OHP, sliding scale	YES	12-week intensive outpatient smoking cessation
Options Tobacco Cessation	3311 Riverbend Dr, Eugene 222-7442	FREE	Interpreter available	Group meets every Monday at 5:30 p.m. Evaluation, therapy after quitting smoking.
Oregon Tobacco Quit Line	800-784-8669 Available 24/7	FREE	YES	Talk or chat online with an expert Quit Coach. Search their online database for smoking cessation programs based on your location and insurance. www.quitnow.net/oregon

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HOME SCHOOLING

Agency	Contact	Fees	Notes
Strive Academy	541-321-9945 375 Holly Street, Junction City www.thestriveacademy.com	Call for details.	Classroom setting for homeschoolers grades 4-12. 4 days / week (Mon-Thur). Educational Coaches, Tae Kwon Do & enrichment programs included.
Baker Web Academy	541-524-2300 https://bakercharters.org/	FREE	A full selection of online classes, online guided textbook-based classes, teacher support, technology, and face to face learning opportunities.
Teach Northwest	541-952-1381 www.marcola.k12.or.us/teach-nw/	FREE	K-12 Virtual STEAM & Homeschool Academy.
Oregon Connections Academy	800-382-6010 www.connectionsacademy.com/oregon-online-school	FREE	K-12 online public charter school with certified teachers.
Cascadia Learning Cooperative	3495 W. 18th Ave., Eugene 541-357-8892 Email: info@cascadiainlearning.com Website: www.cascadiainlearning.com/		Secular, choice-based homeschool cooperative with enrichment classes taught by parents & community members. Open 3 days a week and intended as a supplement to a full home school curriculum.
Oregon Home Education Network	503-321-5166 www.ohen.org		
Oregon Christian Education Association Network	503-288-1285 https://www.oceanetwork.org/		A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
LDS Oregon Home Educators Association	866-617-3819 www.lds-ohea.org		
Home School Legal Defense Association	540-338-5600 www.hslda.org		Advice / legal support regarding homeschooling.
Barnraisers	https://groups.yahoo.com/neo/groups/Barnraisers/info		Group of Eugene-area homeschooling families that meets regularly for field trips, classes, & activities.

ALTERNATIVE EDUCATION

Agency	Contact	Fees	Spanish	Notes
Bridgeway House	541-345-0805 555 E 15 th , Eugene	OHP / private Insurance	No	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, advocacy, social events & a full-time school.
Center Point School (Looking Glass)	541-868-0661 1790 W 11th Ave, Eugene	FREE	No	Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy & transition services.
Child Center	541-726-1465 3995 Marcola Rd, Spfd	OHP / private Insurance	Some Services	Psychiatric day treatment school for children between the ages of 3 & 12.
Jasper Mountain	541-747-1235 37875 Jasper-Lowell Rd, Jasper	OHP / private Insurance	YES	Intensive residential mental health day treatment school. Age 3-13.
Lane School	541-463-8500 1717 City View, Eugene Lane ESD Westmoreland Campus	FREE	No	Short-term behavioral & academic day school for K-8 students experiencing Emotional Disturbance or Autism Spectrum Disorder. Students are referred by school district.
Martin Luther King Jr Education Center	541-682-4715 2515 Martin Luther King Jr. Blvd, Eugene	FREE		Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, & employment support.
New Roads School (Looking Glass)	541-302-2551 945 W 7th Ave, Eugene	FREE	No	Alternative educational program for runaway / homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, & recreational activities.
Riverfront School (Looking Glass)	541-302-2554 1666 W 12th Ave, Eugene	FREE	No	Education & vocational training for at-risk youth 11-21, diploma / GED, job placement, assistance with transportation, clothing, child care, independent living for youth in foster care.
Inclusive Partners	866-837-0250 Email: inclusivepartners@state.or.us Website: www.inclusivepartners.org	FREE		FREE consultation, individualized planning, financial supplements for schools / preschools to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors.

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SCHOOL DISTRICTS 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 525 Mill St, Springfield

ACTIVITIES FOR CHILDREN

Agency	Contact	Notes
Adventure Children's Museum	541-653-9629 490 Valley River Center, Eugene	10 am – 6 pm Weekdays. 11 am – 6 pm Weekends. \$5 / person, free for 2 or younger. Reduced admission for EBT cardholders.
Amazon Community Center	541-682-5373 2700 Hilyard St., Eugene	Fitness, family art classes, outdoor concerts, summer camps, pre-school program. Scholarships available.
Amazon Pool	541-682-5350 2600 Hilyard St., Eugene	Outdoor pool i open May – October, featuring 3 pools with 2 water slides, a diving platform, hot tub, a sandbox. Lap & rec swims, lessons, & water-based fitness classes.
Brattain House Play Groups	541-744-6769 1030 G St, Spfd	Drop in play group for parents & kids 0-5. Call for times.
Bounce Gymnastics	541-343-4222 329 W 3rd Ave, Eugene	Gymnastics & Circus Arts Center with classes for all ages. Aerial arts, ninja zone, cheer. Camps. Open gym times.
Cascades Raptor Center	541-485-1320 32275 Fox Hollow Rd Eugene	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under age 12. Free family passes can be checked out at Lane County libraries (up to \$30)
Defy Extreme Air Sports	541-246-9989 85 Division Ave, Eugene	\$15 / hour. \$11 / hour for 6 & younger. Trampolines, obstacle course, zipline.
Echo Hollow Pool	541-682-5525 1655 Echo Hollow Rd, Eugene	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
Eugene Parks & Rec	541-682-5333 Various locations	Fitness & enrichment classes for people of all ages, camps, childcare, adaptive programs. Recreation Guide: https://secure.rec1.com/OR/city-of-eugene-or/
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	Story time, activities for children & families. See website for current information. Click on Kids then Events. www.eugene-or.gov/130/Eugene-Public-Library Free for City of Eugene residents. Can purchase pass if outside Eugene.
Get Air	541-827-1016 4211 W 11th Ave, Eugene	Trampoline park, ninja course, foam pit, dodge ball, toddler area. Prices range from \$7.99-\$11.99 / hour depending on height of the child.
Girl Scouts of Oregon and Southwest Washington	72 Centennial Loop Suite 300, Eugene 541-485-5911	Preparing girls for a lifetime of leadership, success, and adventure through the Girl Scout Leadership Experience. Engaging, challenging, fun activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects.
Go Mom Go	www.gomomgoeugene.com/	Online calendar of local classes, activities, events for children in Lane County.
Greenhill Youth Volunteer Program	541-844-1777 88530 Green Hill Rd, Eugene	For youth age 12-15. Must commit to 2 hours / week for 3-6 months. Youth must be supervised by a guardian over the age of 18 at all times.
Hilyard Community Center	541-682-5311 2580 Hilyard St., Eugene	Camps, trips, drama, music, fitness, support groups, sports, Paralympic sports, veteran programs, adaptive equipment rentals.

See next page for more ACTIVITIES FOR CHILDREN

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ACTIVITIES FOR CHILDREN (continued)

Agency	Contact	Notes
Kidsports	541-683-2374 2190 Polk St, Eug	Positive youth team sports experiences. Equipment Room open M-F 7:30-5:30
LaneKids	www.lanekids.org/events/	Calendar of local events for children in Lane County.
Little Hands Can	http://littlehandscan.org	Local volunteer opportunities for children.
Peterson Barns	870 Bertzen Rd, Eugene 541-682-5521	Programs for youth, families & seniors including pre-school & afterschool programs
Reading with Cats Program at Greenhill Humane Society	541-844-1777 88530 Green Hill Rd, Eugene www.green-hill.org/reading-program/	For children age 6-12 . Sign up 24 hours ahead of time online.
River Road Parks & Rec	541-688-4052 1400 Lake Dr, Eugene	Fitness & enrichment opportunities for youth & adults.
Roaring Rapids Pizza Company	541-988-9819 4006 Franklin Boulevard, Eugene	Pizza place with a working carousel.
Eugene Science Center	541-682-7887 2300 Leo Harris Pkwy, Eugene	Science exhibits, planetarium, camps. Reduced rates with EBT card: Exhibit Hall & Stargazing shows - \$1/ person
Sheldon Community Center	541-682-5312 2445 Willakenzie Rd, Eugene	Preschool, after school programs, camps, fitness center. Pool - lap & rec swim, lessons, water-based fitness classes.
Springfield Public Library	541-726-3766 225 N 5th St, Springfield	Storytime, events for families. Check the website for a current calendar. Free for City of Springfield residents
Tamarack Aquatic Center	541-686-9290 3575 Donald St, #300, Eugene	Warm water pool for all ages, income levels, and abilities. Rehabilitation programs, therapeutic interventions, recreation, and preventative activities with a focus on health and wellness. Warm water swim lessons & swim times for ages 6 months & up.
Willamalane Parks & Recreation	541-736-4544 250 S. 32 nd , Springfield	Fitness & enrichment classes, camps & preschool & afterschool programs. Scholarships available.
Eugene Family YMCA	541-686-9622 2055 Patterson, Eugene	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.

RESOURCE REFERRALS

Agency	Notes
LANE 211	Referrals to over 50,000 programs in Oregon. Access online at 211info.org . Or call / text 211. Phone app available.
LaneKids	Calendar of local events for children in Lane County. www.lanekids.org/events/
Parenting Now Resource Guide	Resources for families. Online: https://resources.parentingnow.org/ Printable in English & Spanish: https://parentingnow.org/resources-for-families/
The HELP Book	Over 700 human service resources in Lane County. Maintained by Whitebird Clinic. Order at: https://whitebirdclinic.org/helpbook
The Lane Senior Guide	Comprehensive online directory of services for seniors , including health-care providers, residential & assisted-living communities, community & government services, treatment centers & more. www.laneseniorservices.org/
Go Mom Go	Online calendar of local classes, activities, events for children in Lane County. www.gomomgoeugene.com/

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FLORENCE & WESTERN LANE COUNTY SERVICES

Agency	Contact	Fees	Notes
Alanon / Alateen	Websites with list of meetings / events: https://alanonlaneor.us/find-a-meeting/	Confidential, free 12-step support for families / friends of people experiencing addiction to alcohol. Call for meeting times.	
Alcoholics Anonymous	Hotline: 541-469-2440	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up to date list of meetings & events.	
Beacon of Hope Recovery Center	88896 Hwy 101, Florence 541-997-5697	FREE	Location for a wide variety of 21-step recovery meetings. See website for calendar: https://beaconofhopealanoclub.com/
Boys & Girls Club	541-902-0304 1501 Airport Rd., Florence	Varies. Scholarships.	Tutoring, sports. During the school year, a hot meal is served each day. During the summer, two hot meals & snacks are served.
DHS Self Sufficiency Program	541-997-8251 3180 Hwy 101 N, Florence	FREE	Food benefits (SNAP), financial assistance for families (TANF), childcare assistance, refugee services.
Early Childhood CARES	541-997-1513 2325 Oak St, Florence	FREE	Early intervention for children birth to school age. Preschool, autism, speech, hearing, vision, occupational/physical therapy, home consultations.
Emergence	541-997-8509 1932 Pine St, Florence	OHP, sliding scale	Counseling for chemical dependency / gambling for adolescents & teens, family dynamics.
Florence Area Community Coalition	541-999-2927	FREE	Online resource directory at: www.florenceareacc.org/service_directory.aspx
Florence Emergency Cold Weather Shelter	Shelter is open when wind-chill is 32 deg or lower. Separate areas for men & women. Crates for pets out of the rain. FREE www.coldshelter.org/		
Florence United Methodist Church	541-997-6025 333 Kingwood Street, Florence	FREE	Lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
Focus 4 Crisis Line	541-997-4444	FREE	
Head Start, West Lane County	541-997-9176 2325 Oak St, Florence	FREE	Home visiting, parenting support, preschool, screening for vision & hearing. Breakfast & lunch for children. Interpreter available.
Helping Hands Coalition	541-997-5057 1790 US-101, Florence	FREE	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance.
Mina Dickson, Counseling Services	541-999-6809 1535 12th Street, Suite 4 A, Florence	Sliding scale, insurance	Child, individual, family therapy. Energy psychology; chronic pain & disease; Art therapy; Crime Victims Assistance.
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. FREE MinisterEventServices@gmail.com		
NAMI (National Alliance on Mental Illness)	541-343-7688 888 Western Way, Florence	FREE	Classes & support groups for people living with a mental health condition & for their families.
Oregon Family Support Network	541-901-1175 Email: jodiep@ofsn.net	FREE	Support for caregivers raising a child with mental health challenges. Support group, IEP support, referrals, trainings.
Options Counseling & Family Services	541-997-6261 1445 8th St, Florence	Fees vary	Family / individual counseling for adults & children. OHP, private pay, some insurance.
Peace Health Counseling Services	541-902-6085 1525 12th St, Florence		
PFLAG (Parents & Friends of Lesbians & Gays)	541-991-8550 pflagflo@gmail.com	FREE	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
Pregnancy & Parenting Center	541-902-2273 1525 12th Street, Suite G, Florence www.pregnancyandparentingcenter.com		Parenting, pre-natal, & birth education, free pregnancy tests, pregnancy options info, teen pregnancy support, family mentoring, peer counseling. Tues & Thurs 11am-4pm. Parent-Child Playgroup every Wednesday, 9:30-11am (0-5 years old).
Reconnections Counseling	541-997-1697 1720 34th St, Florence	Sliding scale, insurance	Addictions & mental health counseling within a private setting focusing on client's needs.
Siuslaw Batters Intervention Program	541-335-1457 1525 12th St, Suite 20, Florence		52-week batterers intervention program & a 12-week anger management program for both males & females.
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence		Advocacy for survivors of domestic violence/ sexual assault. Groups & classes, safe house, protective orders assistance, vouchers for basic needs.
Siuslaw Public Library	541-997-3132 1460 9th St, Florence	Cards free for residents, \$15 nonresidents	Story times & activities for children. Computer lab.
	541-268-4033 88148 Riverview Ave, Mapleton		
Well Mama Support Group	541-999-4880 Women's Clinic 340 9th St., Florence	FREE	Open to all families, partners and support persons who feel overwhelmed or are experiencing depression & anxiety. 2nd & 4th Tues each month, 6-7:30pm.

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OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
Adult & Family Services	541-686-7878 Uptown Mall, 305 Coop Court	
Department of Human Services	541-736-7854 Uptown Mall, 305 Coop Court	Apply for food stamps (SNAP)
WomenSpace	541-782-2877 Willamette Activity Center, 47674 School Street	Shelter, safety plan, legal support, emergency transportation and support groups for women and women with children who have experienced intimate partner violence.
Oakridge Food Box	541-782-2192 47674 School Street	
Oakridge School District Homeless Liaison	541-782-2231 or 541-782-3226 Email: rdasher@oakridge.k12.or.us	Help for students and their families who are homeless, living in a hotel/car/trailer/campground, or with other families because of cost.
Family Resource Center	541-782-3281 76499 Rose St, Oakridge	Parenting classes, computer classes, after-school program, groups for parents / children birth to 5, events. Free internet / printing / faxing, clothes closet, help connecting to services. Mon-Thurs, 1-5pm.
Senior & Disabled Services	541-782-4726 Uptown Mall, 305 Coop Court	Service coordination & advocacy for anyone with a disability in Lane County (& seniors).
WIC – Women, Infants, & Children	541-782-4216 Uptown Mall, 305 Coop Court	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.
St. Vincent de Paul - Oakridge	541-782-5928 47663 OR-58, Oakridge	Rent, utility, prescription assistance, coin laundry machines, job training.
St. Vincent's Veteran's Services	541-285-7291	
Animal Clinic	541-782-4281 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	541-782-2304 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Fire Department	541-782-2416	
Lane Electric	541-484-1151 787 Bailey Hill Rd, Eugene	
Oakridge City Hall	541-782-2258 48318 E 1st St, Oakridge	
Oakridge Police Department	541-782-4232 76435 Ash St, Oakridge	
Public Library	541-782-2258 48318 E 1st St, Oakridge	
Westfir City Hall	541-782-3983 47441 Westoak Road	
Five Rivers Family Practice	541-782-4068 48134 OR-58, Oakridge	Primary care & preventative services
McKenzie/Willamette Hospital	541-726-4400 1460 G St, Springfield	
Oakridge Eye Clinic	541-782-5000 48247 Hills St, Oakridge	
Options Counseling	541-684-7625	
Orchid Health Clinic	541-782-8304 47815 OR-58, Oakridge	Primary care, preventative, & mental health services.
Oregon Health Plan	866-804-6315	
Riverbend Hospital	541-222-7300 333 Riverbend Dr, Springfield	
Trillium Postal Pharmacy	541-782-3413 47809 OR-58, Oakridge	

OAKRIDGE & WESTFIR SCHOOLS

School	Contact	Notes
School District Office	541-782-2813	
Early Childhood Cares	48119 E 1st St, Oakridge 541-782-3221	Early intervention and early special education assessments and services.
Head Start	48119 E 1st St, Oakridge 541-782-3294	
Oakridge Elementary	48119 E 1st St, Oakridge 541-782-3226	
Oakridge Jr. /Sr. High	47997 W 1st St, Oakridge 541-782-2231	
Westridge Middle School	46433 Westfir Rd, Westfir 541-782-2731	
Westridge Alternative	541-782-3101	GED program, web- based distance education program & an alternative school.

OAKRIDGE & WESTFIR CHURCHES

Agency	Contact	Agency	Contact
Church of Christ	541-782-1017 76335 Rainbow Rd, Oakridge	Jehovah's Witness	541-782-3005 47386 OR-58, Oakridge
Church of the Nazarene	541-782-3265 48187 OR-58, Oakridge	Jesus Christ of Latter-Day Saints	541-782-3120 48703 McFarland Rd, Oakridge
First Assembly of God	541-782-2342 47949 OR-58, Oakridge	St. Luke Lutheran Church	541-782-2030 47477 Teller Rd, Oakridge
First Baptist Church	541-782-3511 47606 School St, Oakridge	St. Michaels Catholic Church	541-782-3262 76387 Crestview St, Oakridge
First Christian Church	541-782-2859 76470 Hazel St, Oakridge		

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VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance	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 Rd., Veneta	Open Tuesday - Thursday 10-8 / Friday 10-6 / Saturday 10-5
Fern Ridge Family Resource Center	541-935-8225 ext. 418 Veneta Elementary School 88131 Territorial Road, Veneta	Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center	541-935-2262 25035 W Broadway Ave, Veneta	Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, 60 & over . Lunch served weekdays.
Love Project Food Pantry & Gleaners	541-935-4555 x104 25035 W Broadway Ave, Veneta	Open Mon-Wed-Fri 10-11:30am & 12:30-2pm, and Wednesday evenings from 6-7:30.
Mid Lane Cares	541-935-0948 25035 W Broadway Ave, Veneta	https://midlanecares.com/
Olivet Baptist Church Lillie's of the Field	541-935-1988 25027 Dunham Ave, Veneta	Provides family clothing & housewares for those in Fern Ridge Area, Tu/Th 2:00-4pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	541-556-4923 Valley United Methodist Church in Veneta and Olivet Baptist Church in May & Nov (see notes)	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.
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	541-935-4141	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund	541-935-0948	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

VENETA, ELMIRA & FERN RIDGE SCHOOLS

School	Contact	School	Contact
Fern Ridge School District	541-935-2253 88834 Territorial Hwy, Elmira	Elmira Elementary School	541-935-8214 88831 Territorial Road, Elmira
Elmira High School	541-935-8200 24936 Fir Grove Ln, Elmira	Veneta Elementary School	541-935-8225 88131 Territorial Road, Veneta
Fern Ridge Middle School	541-935-8230 88831 Territorial Road, Elmira	West Lane Tech Charter	541-935-2101 24967 Highway 126, Veneta

PLEASANT HILL SERVICES

Agency	Contact	Notes
Pleasant Hill Education Foundation	For the quickest response email janderson@phillfoundation.org 541-736-0759	Provides scholarships to inspire learning, enhance teaching, & create opportunities students.
Reaching Out Mentoring Program	541-736-0495 lhammondmendez@pleasanthill.k12.or.us	One-to-one trained adult mentors for identified middle school students. Secondary school mentors are paired with younger students.
Pleasant Hill Family Resource Center	541-746-9646 lhammondmendez@pleasanthill.k12.or.us	Clothes closet, parenting classes, parent/child activities, computer/internet use, referrals to local resources, connection with other families.

PLEASANT HILL SCHOOLS

School	Contact
Pleasant Hill School District	541-746-9646 36386 Highway 58, Pleasant Hill
Pleasant Hill Elementary School	541-736-0400 36386 Highway 58, Pleasant Hill
Pleasant Hill High School	541-747-4541 36386 Highway 58, Pleasant Hill

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COTTAGE GROVE SERVICES

Agency	Contact	Notes
A Primary Connection / South Lane Family Resource Center	541-942-4967 1310 S. 8th St (Corner of 8th & Taylor)	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays 8:30am - 4:30pm.
Alcoholics Anonymous (Cottage Grove / Creswell)	541-342-4113	Confidential 12-step programs for people experiencing addiction to alcohol. Call for list of meetings & events.
Bereavement Group	541-942-4712 Our Lady of Perpetual Help Church 1025 N. 19th Ave., Cottage Grove	Second & fourth Monday of each month, 7pm
Boots & Sandals Square Dancing	541-942-7777 10th St. & Jefferson, Cottage Grove	
Brain Injury Support Group	541-767-0845 700 E. Gibbs Ave, Cottage Grove	
Breast Cancer Support	541-942-4538 or 541-942-7555 Bunny's Hangout & Café, 1645 W. Main St., Cottage Grove	Second Tuesday of each month, 1:00 pm
CARES – Anger Management South Lane Mental Health	541-767-4173 Cottage Grove	For clients of SLMH. Ongoing weekly anger management classes. OHP / sliding scale.
Community Meal Sites	Trinity Lutheran Church 675 S. 7th St. Tuesdays & Thursdays at 5:00 pm Church of the Nazarene 152 S. M St. Wednesdays at 6:00 pm	
Community Sharing Program of Cottage Grove	541-942-7933 1440 Birch Ave. Cottage Grove	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane. https://communitysharing.org
Cottage Grove Community Center	541-942-1185 700 E. Gibbs Ave, Cottage Grove	Yoga, marital arts, kick boxing, aquatic exercise, therapy pool.
Cottage Grove Counseling Clinic	541-942-8060 411 Washington St., Cottage Grove	Children, adolescents, adults. Medicare.
Cottage Grove Library	541-942-3828 700 E. Gibbs Avenue, Cottage Grove	
Cottage Grove Recreation	541-942-3079 8th St. & Taylor, Cottage Grove	Kid's Sports, Adult Softball
Cottage Grove Senior Center	541-942-8751 700 E. Gibbs Ave, Cottage Grove	Recreational Activities, Classes, Blood Pressure Checks, Exercise, Hearing Tests, Foot Care
Creswell YMCA	541-686-9622 996 W. A Street, Creswell	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services	541-942-9186 305 Coop Court, Cottage Grove	
Diabetic Education Classes	541-942-6612 1515 Village Drive, Cottage Grove	
Family Relief Nursery	541-942-4835 720 N. 14th Street, Cottage Grove	Therapeutic early childhood program, home visiting, parenting support, developmental screenings, respite, parenting classes for qualifying families with children age 2-6.
Meals on Wheels	541-682-7804	Meals delivered to people who are homebound.
Northwinds School of Gymnastics	541-767-2522 Cottage Grove Armory, 625 Washington Ave.	
Parent Partnership	541-942-2104 1310 S. 8th St., Cottage Grove	
Senior Nutrition Sites	541-942-9261 Riverview Terrace, 925 W. Main St., Cottage Grove	
South Lane Mental Health	541-942-2850 410 N. 9th St., Cottage Grove	Children, adolescents, adults. Oregon Health Plan
Warren H. Daugherty Aquatic Center	541-942-5533 1000 Taylor Ave., Cottage Grove	
Weight Watchers	541-342-5386 Church of the Nazarene 152 S. M St., Cottage Grove	
WINS (Women's Information Networking Service)	541-767-3330 913 S. 6th St., Cottage Grove	
Womenspace	541-485-8232	Shelter, safety plan, legal support, emergency transportation and support groups for women and women with children who have experienced intimate partner violence.

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