



# Relief Nursery

## Community Resource Guide

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Please share this free guide with anyone who might benefit or be interested. Our community is rich with resources and skilled, compassionate providers. Let's help people connect with the supports they need!

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

## Relief Nursery Inc.

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

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

**Strengthening families and  
keeping children safe.**



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## Relief Nursery Diversity, Equity and Inclusion Statement

Relief Nursery recognizes the barriers to opportunity and access that affect many diverse communities. We work to address those barriers through open discussion, thoughtful reflection, and informed design and implementation of programs and policies. We strive to be responsive to the needs and concerns of the families we serve, our staff, and the community at large. We are committed to incorporating social justice into our practices, and to ongoing education, growth and improvement to bring principles of diversity, equity, and inclusion into everything we do at Relief Nursery.



# Community Resource Guide

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## CRISIS SUPPORT SERVICES

**Call 911 if someone is in imminent danger to themselves or others**

*The following resources are free and are available in English and Spanish.*

Agency	Contact	Notes
<a href="#">CAHOOTS</a> – Eugene	<b>541-682-5111</b> 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.
<a href="#">CAHOOTS</a> – Springfield	<b>541-726-3714</b> Crisis Line	
<a href="#">Child / Adolescent Mental Health Crisis Line</a>	<b>888-989-9990</b> 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.
<a href="#">Hourglass Community Crisis Center</a>	71 Centennial Loop, Eugene <b>541-505-8426</b> Crisis Line	Crisis line and walk-in adult mental health crisis assessment & stabilization. Open 24-hours a day.
<a href="#">Looking Glass Youth &amp; Family Crisis Line</a>	<b>541-689-3111</b> Crisis Line	For parents of children up to 18 to call when their child is having an immediate mental health, emotional, or behavioral crisis.
<a href="#">Whitebird Clinic Crisis Services</a>	<b>800-422-7558</b> Crisis Line 990 W 7 <sup>th</sup> Ave, Eugene	Crisis line and walk-in crisis intervention, referrals, & transportation assistance for people with mental health-related disabilities.
<a href="#">The Trevor Project Lifeline</a>	<b>1-866-4-U-Trevor or Text START to 678-678</b>	24/7 lifeline for LGBTQ youth age 24 and under who are crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.
<a href="#">Crisis Text Line</a>	<b>741-741 (text "CONNECT")</b>	24/7 text-based crisis support

## SUICIDE PREVENTION

**National Suicide Prevention Hotline: 1-800-273-8255 Available 24 hours everyday**

Agency	Contact	Notes
<a href="#">American Foundation for the Prevention of Suicide</a>	<a href="https://afsp.org/">https://afsp.org/</a>	Education, advocacy and support related to suicide prevention. Volunteer peer support for survivors of suicide loss.
<a href="#">Lane County Suicide Prevention Program</a>	<b>541-682-8731</b>	Coordinates Lane County's suicide prevention and postvention efforts. Call for information & opportunities to get involved.
<a href="#">One Thing You Can Do</a>	<a href="https://onethingtodo.org/">https://onethingtodo.org/</a>	Information about Extreme Risk Protection Orders - a court order that temporarily restricts a person's access to guns if they present a risk to themselves or others.
<a href="#">Oregon Alliance to Prevent Suicide</a>	<b>503-399-7201</b> <a href="mailto:amarcus@aocmhp.org">amarcus@aocmhp.org</a>	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
<a href="#">4J Health Center</a> Churchill High School	1850 Bailey Hill, Eugene <b>541-790-5227</b>	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.
<a href="#">4J Health Center</a> North Eugene High	200 Silver Lane, Eugene <b>541-790-4445</b>	OHP / FREE	Translator available	
<a href="#">Bethel Health Center</a>	1525 Echo Hollow Rd, #A, Eugene <b>541-607-1430</b>	OHP, private ins, sliding scale	NO	Comprehensive health and mental health services for students of Bethel School District age 1-19.
<a href="#">Center for Family Development</a>	261 E. 12 <sup>th</sup> Ave, Eugene <b>541-342-8437</b>	Sliding scale, OHP, other insurance	YES	Walk-in assessment, child therapy, behavioral support, groups & classes for depression, yoga, pain management, Dialectical Behavioral Therapy (DBT).
<a href="#">Center for Autism &amp; Related Disorders</a>	134 E 13th Ave, #2B, Eugene <b>541-505-9398</b>	Most insurance, including OHP		Applied Behavior Analysis. Communication, social, adaptive & behavioral management skills.

**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
<a href="#">Centro Latino Americano</a>	944 W 5th Ave, Eugene <b>541-687-2667</b>	\$15-25 sliding scale / OHP	YES	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
<a href="#">Child &amp; Family Center</a>	1600 Millrace Dr # 106, Eugene <b>541-346-4910</b>	Sliding scale	NO	Family assessment, counseling, parenting support for families with children ages 2-17.
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP	No	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving, Applied Behavioral Analysis.
<a href="#">Child Development &amp; Rehabilitation Center</a>	901 E 18th Ave, Eugene <b>541-346-3575</b>	OHP / private insurance	Yes	Services for children with special health care needs and developmental disabilities.
Child / Adolescent Mental Health Crisis Response Program	<b>888-989-9990</b> 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).
<a href="#">Community Health Centers</a>	Call for locations <b>541-682-3550</b>	OHP / Low cost / FREE	Yes	Behavioral health services, medical care, immunizations. Call for hours.
<a href="#">Direction Service</a>	576 Olive St, #307, Eugene <b>541-344-7303</b>	OHP / private insurance	Some services	Provides a full range of mental health services for children, adolescents, families and adults of all ages.
<a href="#">Early Assessment &amp; Support Alliance</a>	1200 Hilyard St, #570, Eugene <b>541-682-7583</b>	OHP / private ins / no ins	Yes	Counseling, case management, mentors, employment and educational support, for youth ages 12-25 experiencing psychosis.
<a href="#">Elrod Center</a>	105 E Hilliard Ln, Eugene <b>541-294-1010</b>	\$10 suggested donation. Free for families involved with DHS	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.
<a href="#">Embody Play Therapeutics</a>	<b>541-852-2799</b>	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
<a href="#">Eugene Therapy</a>	401 East 10th Avenue, # 330, Eugene <b>541-868-2004</b> <a href="mailto:info@eugenetherapy.com">info@eugenetherapy.com</a>	Private Insurance / sliding scale		Individual, couples, family, and child therapy. Autism Spectrum Conditions. ADHD assessments. Grief, eating disorders, depression, anxiety, insomnia, trauma PTSD.
<a href="#">Jasper Mountain</a>	37875 Jasper-Lowell Rd, Jasper <b>541-747-1235</b>	OHP / private insurance	Yes	Intensive residential mental health treatment for children and youth ages 3-13.
<a href="#">Lane County Behavioral Health</a>	2411 Martin Luther King Blvd, Eugene <b>541-682-1915</b>	OHP	Yes	Walk-in assessment, counseling and groups for adults and youth. Psychiatry, medication management.
<a href="#">Looking Glass Counseling</a>	260 E 11th Ave, Eugene <b>541-484-4428</b>	OHP	Yes	Residential, outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth. Alternative school.
<a href="#">Madrone Mental Health</a>	150 Shelton McMurfhey Blvd, Eugene <b>541-210-8090</b>	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	<b>888-826-2320</b>	Private insurance		Day treatment services for adults of all genders, evening intensive outpatient program, adolescent day treatment.
<a href="#">Ophelia's Place</a>	1577 Pearl St. #100, Eugene <b>541-284-4333</b>	FREE / sliding scale	Yes	Skill-building classes, groups and strength-based therapy services for girls ages 10-18. After school drop in
<a href="#">Options Counseling</a>	1255 Pearl, Eugene <b>541-687-6983</b>	OHP	Yes	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
	175 W. B, Bldg D, Springfield <b>541-762-1971</b>			
<a href="#">Oregon Community Programs</a>	1170 Pearl St, Eugene <b>541-743-4340</b>	OHP / Trillium	Yes	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE	Yes	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges.
<a href="#">Oregon YouthLine</a>	<b>877-968-8491</b> Text 'teen2teen' to 839863 Email <a href="mailto:YouthL@Linesforlife.org">YouthL@Linesforlife.org</a>	FREE		Free, confidential teen-to-teen crisis and help line. No problem is too big or too small for the YouthLine! <a href="https://oregonyouthline.org/">https://oregonyouthline.org/</a>

**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
<a href="#">Rapid Access Center</a> (Willamette Family)	<b>195 W. 12th, Eugene</b> <b>541-762-4300</b>	OHP, other ins, sliding scale	No	Same-day walk-in medical and behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults / teens.
<a href="#">Relief Nursery</a>	1720 W. 25th Ave, Eugene <b>541-343-9706</b>	OHP	Yes	Therapeutic preschool. 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.
	850 S. 42nd, Springfield <b>541-343-9706</b>			
<a href="#">Shangri-La</a>	398 High St, Eugene <b>541-344-1121</b>	OHP	Interpreter	Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Age 14+
<a href="#">Safe Center</a>	89124 Marcola Rd, Springfield 541-741-7402	FREE		Residential treatment for children ages 3-13. A typical stay lasts 3-90 days but can last longer if appropriate.
<a href="#">Springfield Schools Health Center</a>	1050 10th St., Springfield <b>541-682-3550</b>	Sliding scale / Free		Health and mental health services for Springfield District students and their families.
<a href="#">SWIFT Program</a> (Students with Involved Families and Teachers)	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b> <a href="mailto:swift@oslc.org">swift@oslc.org</a>	OHP	No	A strength-based program that provides behavioral health services to students and their families in school, home, and community settings.
<a href="#">Trillium Behavioral Health Member Services</a>	<b>541-485-2155</b> Para información en español, llama al <b>541-485-2155</b>	OHP	Yes	Our staff can assist Trillium members in finding mental health counseling or treatment services and help coordinate care.
<a href="#">Thrive Behavioral Health</a>	995 Willagillespie Rd, #200, Eugene <b>541-246-7263</b>	Most ins. No Trillium for psychiatrist	No	Treatment for children and adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
<a href="#">Vista Counseling</a>	1551 Pearl St, Eugene Call <b>541-517-9733</b> Text <b>541-525-0023</b> <a href="mailto:welcome@vistapsych.com">welcome@vistapsych.com</a>	private insurance and cash pay	No	Therapy for children, teens, adults, families, and couples for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. Comprehensive ADHD evaluations.
<a href="#">Young Adult Hub</a>	1200 Hilyard St, #570, Eugene <b>541-682-7583</b>	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.
<a href="#">Youth ERA</a>	<b>Eugene Drop</b> 965 Oak Alley, Eugene <b>971-334-9295</b>	FREE		A safe, welcoming, inclusive space where youth can receive peer support, gain leadership and advocacy skills, meet new people, and achieve their goals.

## ADULT MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>	OHP, sliding scale	No	Individual, couples, neurofeedback, play therapy, DV intervention, Parenting After Crisis 15-week class.
<a href="#">CAHOOTS - Crisis Assistance Helping Out on the Streets</a>	<b>541-682-5111</b> Eugene <b>541-726-3714</b> Springfield	FREE	Yes	EMT staffed crisis response & transportation to social services (not violent or life-threatening emergencies).
<a href="#">Center for Autism &amp; Related Disorders</a>	134 E 13th Ave Ste 2B, Eugene <b>541-505-9398</b>	OHP, other insurance		Communication, social, adaptive therapies and Applied Behavior Analysis for children and adults.
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>	\$5-40 sliding scale	No	Counseling, support groups, classes. Mindful Parenting Group. Men's group. Grandparent's group.
<a href="#">Center for Family Development</a>	261 E. 12th St, Eugene <b>541-342-8437</b>	Sliding scale, OHP, other ins	Yes	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
<a href="#">Centro Latino Americano</a>	944 W 5th, Eugene <b>541-687-2667</b>	\$10-25 sliding scale, OHP	Yes	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation.
<a href="#">Community Health Centers of Lane County</a>	Various. Call for locations <b>682-3550</b>	OHP, Low cost, FREE	Yes	Call for hours. Behavioral health services, medical care, immunizations.
<a href="#">David Romprey Oregon Warmline</a>	<b>800-698-2392</b> Warm Line Not a crisis line	FREE		Peer Support Warm Line: people who have had mental health challenges support others who are struggling. 7 days a week, 9am – 11pm.

See next page for more Adult Mental Health Services

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# Community Resource Guide

Updated June 2021

## ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">Depression Bipolar Support Alliance</a>	<b>510-757-9522</b> <a href="mailto:moonlightsea@me.com">moonlightsea@me.com</a>	FREE		Online and in-person peer support for people who experience depression or bipolar disorder.
<a href="#">Direction Service</a>	576 Olive St, #307, Eugene <b>541-344-7303</b>	OHP / private insurance	No	Provides a full range of mental health services for children, adolescents, families, and adults of all ages.
<a href="#">Embody Play Therapeutics</a>	<b>541-852-2799</b>	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
<a href="#">Eugene Therapy</a>	401 East 10th Avenue, #330, Eugene <b>541-868-2004</b> <a href="mailto:info@eugenetherapy.com">info@eugenetherapy.com</a>	Private Insurance / sliding scale		Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
<a href="#">HEDCO Clinic</a> University of Oregon	1655 Alder St., Suite 170, Eugene <b>541-346-0923</b>	Sliding Scale	Yes	Individual, couples & family therapy by supervised graduate students. Day, evening and weekend hours.
<a href="#">Hourglass Community Crisis Center</a>	71 Centennial Loop, Eugene <b>541-505-8426</b> Crisis Line	FREE	Yes	Walk-in adult short-term mental health crisis assessment and stabilization. Open 24-hours a day.
<a href="#">Lane County Behavioral Health</a>	2411 Martin Luther King, Jr. Blvd, Eugene <b>541-682-3608</b>	OHP	Yes	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.
<a href="#">Laurel Hill Center</a>	2145 Centennial Plaza, Eugene <b>541-485-6340</b>	OHP, Medicaid, Trillium	Yes	Supported housing and counseling services for people with psychiatric disabilities.
<a href="#">Madrone Mental Health</a>	150 Shelton McMurfhey Blvd, Eugene <b>541-210-8090</b>	OHP / private insurance	Yes	Outpatient mental health services. Adult day treatment eating disorder program.
<a href="#">Monte Nido Eating Disorder Center of Eugene</a>	<b>888-826-2320</b>	Private insurance		Day treatment for adults of all genders, intensive outpatient program, adolescent day treatment.
<a href="#">NAMI Lane County</a>	2411 Martin Luther King, Jr Blvd., Eugene <b>541-343-7688</b>	All groups are free of cost		Peer support for adults living with mental illness and their families. Open Monday-Thursday 10am-2pm. <a href="https://namilane.org/programs/">https://namilane.org/programs/</a> for current groups.
<a href="#">Northwest Christian University Counseling</a>	755 E 11th Ave, Eugene <b>541-349-7471</b>	\$10 / session, Free for students		Counseling sessions with graduate level counseling students supervised by faculty. For adults 18+.
<a href="#">Odyssey Community Counseling (Emergence)</a>	2149 Centennial Plaza, #4, Eugene <b>541-741-7107</b>	OHP, Private Ins., no Medicare	Yes	Individual / group counseling. Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, EMDR, ACT. Problem gambling and smoking cessation services.
<a href="#">Options Counseling</a>	1255 Pearl, Eugene <b>541-687-6983</b> 175 W. B, Bldg D, Spfld <b>541-762-1971</b>	OHP	Yes	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
<a href="#">Shangri-La</a>	398 High St, Eugene 541-344-1121	OHP	With interpreter	Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+
<a href="#">Shine Counseling</a>	<a href="mailto:desiree@shine-counseling.com">desiree@shine-counseling.com</a> <b>541-357-7650</b>	Sliding Scale		Counseling for individuals, couples and families dealing with trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.
<a href="#">Trauma Healing Project</a>	1100 Charnelton Eugene <b>541-687-9447</b>	Sliding Scale	Yes	Body-centered therapies such as yoga and acupuncture. Wellness classes.
<a href="#">University of Oregon Psychology Clinic</a>	15th & Onyx, Eugene <b>541-346-4954</b>	Sliding scale	No	Marriage and couple counseling.
<a href="#">Vista Counseling</a>	1551 Pearl St, Eugene Call <b>541-517-9733</b> Text <b>541-525-0023</b> <a href="mailto:welcom@vistapsych.com">welcom@vistapsych.com</a>	private insurance and cash pay	No	Therapy for children, teens, adults, families, and couples for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. ADHD evaluations.
<a href="#">Whitebird Clinic</a>	990 W 7th Ave, Eugene <b>541-342-8255</b> Office <b>541-687-4000</b> Crisis Line	OHP	Yes	Individual, couples & family counseling. Phone and walk-in crisis intervention.
<a href="#">Rapid Access Center (Willamette Family)</a>	195 W. 12th, Eugene <b>541-762-4300</b>	Sliding scale, OHP, other ins	No	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8-4.
<a href="#">Willamette Valley Counseling</a>	180 W 12th Ave, Eugene <b>541-636-0885</b>	Sliding scale		Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

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# Community Resource Guide

Updated June 2021

## GRIEF SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Cascade Health</a>	2650 Suzanne Way #200, Eugene <b>541-228-3000</b>	FREE	Yes	Grief education and support groups for adults living with the loss of a loved one.
<a href="#">Compassionate Friends</a>	<b>541-689-0824</b>	FREE		Support for families grieving the death of a child or grandchild of any age.
<a href="#">Courageous Kids</a>	677 E 12 Ave, # N180, Eugene <b>458-205-7474</b> <a href="mailto:kpfeiffer@peacehealth.org">kpfeiffer@peacehealth.org</a>	FREE	No	Grief support groups, summer camp for children ages 6-17 who have experienced the death of a loved one.
<a href="#">Elrod Center</a>	105 E Hilliard Ln, Eugene <b>541-294-1010</b>	\$10 donation. Free for families involved with DHS	No	Therapeutic services for youth ages 2-22 including traumatic grief and loss. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class for teens, emotional intelligence classes, psychoeducation.
<a href="#">GriefShare</a>	See website for locations, dates and times. <a href="http://www.griefshare.org/countries/us/states/or/cities/eugene">www.griefshare.org/countries/us/states/or/cities/eugene</a>			Grief recovery support groups meeting weekly in Eugene.
McKenzie Willamette Bereavement Group	<b>541-726-4478</b>	FREE		Weekly general bereavement support group. Call for location.
<a href="#">MISS Foundation</a>	<b>888-455-6477</b>	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.
<a href="#">Parents of Murdered Children</a>	<b>888-818-7662</b>	FREE	Yes	Support and referrals for family members who have suffered the murder of a child.
<a href="#">Peace Health Bereavement Groups</a>	677 E. 12th Ave., Eugene <b>458-205-7400</b>	FREE		8-week support groups for any adult grieving the recent death of a loved one. Daytime and evening meetings.
<a href="#">Suicide Bereavement Group</a>	<a href="mailto:darlene@jenniferbakerfund.org">darlene@jenniferbakerfund.org</a>	FREE	No	Support group for survivors of suicide loss; peer-support setting for people to share their pain with others.
<a href="#">Healing Conversations</a> American Foundation for Suicide Prevention	<a href="mailto:survivingsuicideloss@afsp.org">survivingsuicideloss@afsp.org</a>	FREE		Peer support for survivors of suicide loss.
<a href="#">WellMama Pregnancy &amp; Infant Loss Support</a>	150 Shelton McMurphy Blvd, #208, Eugene <b>541-525-0495</b>	FREE		Support for parents who have experienced pregnancy loss or the loss of a child. Pregnancy and Postpartum Depression Support Groups. Text SUPPORT to 541-525-0495 to connect with a peer support volunteer.

## ANGER MANAGEMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd. #222 Eugene <b>541-686-6000</b>	OHP	No	26-week anger management class.
<a href="#">Dynamic Interaction Skills</a>	1400 High St, Eugene <a href="http://dynskills.com/">http://dynskills.com/</a>	Varies		Anger management and communication trainings.
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>	Insurance not accepted. \$5-40 sliding scale	No	Anger management for parents. Free childcare may be available.
<a href="#">South Lane Mental Health</a>	Cottage Grove <b>541-767-4173</b>	OHP / sliding scale	No	For clients of SLMH. Ongoing weekly anger management classes.



# Community Resource Guide

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## CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
<a href="#">AbleFind</a>	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. <a href="http://www.ablefind.org">www.ablefind.org</a>			
<a href="#">A Child's Garden</a> (Early Childhood CARES)	901 East 18th Ave, Rm 155, Eugene <b>541-346-4685</b> <a href="mailto:mtsiftsi@uoregon.edu">mtsiftsi@uoregon.edu</a>			A specialized preschool program for children who experience autism spectrum disorder and who need a structured educational program.
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funding through DD Services	Yes	After school program, events, family support, skill building, in-home respite care for children with intellectual and developmental disabilities, age 2-21.
<a href="#">The Arc Families Connected</a>	4181 E St., Springfield <b>541-343-5256</b>	FREE	Yes	Parent-led organization that helps families raising a child with intellectual / developmental disabilities.
<a href="#">Autism Society of Oregon</a>	<b>541-689-2228</b>	FREE	No	Resource referrals for individuals with autism spectrum disorder & their families.
<a href="#">Bridgeway House</a>	555 E 15 <sup>th</sup> , Eugene <b>541-345-0805</b>	Varies	Yes	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, events, & school.
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP	No	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving.
<a href="#">Child Development &amp; Rehabilitation Center</a>	901 E 18 <sup>th</sup> Ave, Eugene <b>541-346-3575</b>	OHP / private insurance	No	Services for children with special healthcare needs & developmental disabilities. Feeding clinic.
<a href="#">Connect the Dots</a>	84 Centennial Loop, Eugene <b>541-255-2681</b>	OHP / private insurance	No	Speech, physical & occupational therapy. Sensory integration, developmental delays, Autism, ADD.
<a href="#">Creating Opportunities</a>	462 17th St NE, Salem <b>503-559-3674</b>	Free if eligible to hire PSW's DD/mental health	Interpreter Available	Equips people with developmental disabilities or their family or representatives to find & manage Personal Support Workers.
<a href="#">DanceAbility International</a>	576 Olive Street Ste 208, Eugene <b>541-357-4982</b>	Varies		Classes for adults and children, performances for people with & without disabilities to dance together
<a href="#">Developmental Disabilities Services</a>	125 E. 8th Ave, Eugene <b>541-682-6564</b>	FREE		Case management, in-home support, equipment for children with developmental disabilities.
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	OHP / private insurance	Yes	Support and planning for youth with disabilities (ages 0-23) and their families. IEP support.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b>	FREE	Yes	Assessment and support for children with developmental delays, birth to age 5.
<a href="#">Early Education Program (EEP)</a>	99 W. 10th Avenue Suite 340, Eugene <b>541-485-0368</b>	Varies. FREE for children with delays	Yes	Classrooms designed for children with special needs as well as typically developing children <b>age 3-5</b> .
<a href="#">Embody Play Therapeutics</a>	<a href="mailto:leticia@leticia-garcia.com">leticia@leticia-garcia.com</a> <a href="http://www.embodyplaytherapeutics.com">www.embodyplaytherapeutics.com</a>	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
<a href="#">FACT Oregon</a>	<b>888-988-3228</b> <a href="mailto:support@factoregon.org">support@factoregon.org</a>	FREE	Yes	Support for families navigating special education, early intervention, IEP's, Transition to Adulthood.
<a href="#">KindTree: Autism Rocks</a>	<b>541-780-6950</b>	Varies	No	Groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
<a href="#">Lane County Public Health CaCoon</a>	151 W 7th Ave, Eugene <b>541-682-8720</b>	FREE		Helps families access needed services to support children that have special health care needs.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE for most services	Yes	Peer support for caregivers raising a child with mental health challenges.
<a href="#">RideAble</a>	85230 Hicks Lane, Eugene <b>541-684-4623</b>	Varies		HorsemanSHIP classes for children, teens and adults. Life skills are developed through riding.
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene <b>541-246-3697</b>	Funded through DD Services	Yes	In-home support for adults and children with disabilities. Group homes. Supported living.
<a href="#">Therapeutic Animal Interactions &amp; Life Skills</a>	27847 Easy Acres Drive, Eugene <b>541-335-1390</b>			Equine therapy for individuals, couples, families, or groups. Ages 13+.
<a href="#">Youth Transition Program</a> (University of Oregon)	Shareen Vogel <b>541-461-8275</b> <a href="mailto:svogel@lesd.k12.or.us">svogel@lesd.k12.or.us</a> Kathy Mayer <b>541-461-8333</b> <a href="mailto:kmayer@lesd.k12.or.us">kmayer@lesd.k12.or.us</a>	Funded by Voc. Rehab	No	Prepares students with disabilities for employment, education or training through an array of transition services and supports

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# Community Resource Guide

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## ADULTS WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
<a href="#">AbleFind</a>	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. <a href="http://www.ablefind.org">www.ablefind.org</a>			
<a href="#">Allies, LLC</a>	131 E. 11th Ave, Eugene <b>458-210-2837</b>	Paid for by DD Services		Attendant care, transportation, self-expressions program for adults with intellectual / developmental disabilities.
<a href="#">Alternative Work Concepts</a>	<b>541-345-3043</b> <a href="mailto:awc@efn.com">awc@efn.com</a>			Individualized employment opportunities in the community for adults with multiple disabilities.
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funding through DD Services	Yes	Events, family support. In-home respite for children with intellectual / developmental disabilities, age 2-21. Financial / employment skill building.
<a href="#">Bus Buddy Program (LTD)</a>	1080 Willamette St, Eugene <b>541-345-3043</b>	FREE		Introduction to LTD transit system with assistance of trained volunteers. Gain the tools and confidence to travel safely in and around town.
<a href="#">DanceAbility International</a>	576 Olive Street Ste 208, Eugene <b>541-357-4982</b>	Varies		Classes for adults and children, performances for people with & without disabilities to dance together
<a href="#">Embody Play Therapeutics</a>	<b>541-852-2799</b>	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
<a href="#">Full Access Brokerage</a>	1240 Charnelton, Eugene <b>541-284-5070</b> 1450 Birch, Cottage Grove <b>541-513-8548</b>			Referred by DD services. For adults with intellectual / developmental disabilities. Attendant care, home modifications, person-centered behavior support, assistive technology, employment support.
<a href="#">Inner Potential</a>	<a href="mailto:innerpotential1@gmail.com">innerpotential1@gmail.com</a> <b>503-539-8330</b>	Funded by K Plan		Partnering with individuals experiencing intellectual or developmental disabilities in achieving a healthy, fulfilling life. Age 18+.
<a href="#">KindTree</a>	PO Box 40847, Eugene <b>541-780-6950</b>		No	Support groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
<a href="#">Lane Co. Developmental Disabilities Services</a>	125 E. 8th Ave, Eugene <b>541-682-3695</b>	FREE		Support services for children & adults who experience developmental disabilities
<a href="#">Lane Independent Living Alliance (LILA)</a>	20 E 13th Ave., Eugene <b>541-607-7020</b>	FREE		Independent living skills classes, service navigation, counseling, support groups, club house & more.
<a href="#">Lane WorkForce Partnership</a>	2510 Oakmont Way, Eugene <b>541-505-8674</b>			Employment support for adults living with disabilities.
<a href="#">Mentor Oregon</a>	1600 Valley River Dr, Eugene <b>541-345-5151</b>			Residential, supported living, employment, skill building services for adults with intellectual or developmental disabilities
<a href="#">Oregon Supported Living Program</a>	1250 Charnelton Street, Eugene <b>541-343-4196</b>			Residential, supported living, employment, arts & culture for adults with developmental disabilities.
<a href="#">Pearl Buck Center</a>	115 W 8th Ave, #280, Eugene <b>541-780-6404</b>	FREE	No	Job coaches, support finding housing & employment for adults with developmental disabilities.
<a href="#">RideAble</a>	85230 Hicks Lane, Eugene <b>541-684-4623</b>			HorsemanSHIP classes for people with special needs. Life skills developed through riding.
<a href="#">RideSource</a>	240 Garfield St, Eugene <b>541-682-5566</b>			Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene <b>541-246-3697</b>	Funded by DD Services	Yes	In-home support for adults and children with disabilities. Group homes. Supported living.
<a href="#">SAIL – Supporting Access to Independent Living</a>	<a href="http://www.sailhousing.org/">www.sailhousing.org/</a>			Advocates for and promotes sustainable housing for persons with developmental disabilities.
<a href="#">Senior &amp; Disability Services</a>	1015 Willamette Street, Eugene <b>541-682-4038</b> 3180 Highway 101, Florence <b>541-902-9430</b>	FREE		Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
<a href="#">SLLEA</a> - (Smart Living, Learning, & Earning with Autism)	<b>541-554-8170</b>			Promote quality housing & support adults with Autism & related disorders.

See next page for more ADULTS WITH DISABILITIES resources

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## ADULTS WITH DISABILITIES (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">Social Security Administration</a>	2504 Oakmont Wy, Eugene <b>800-772-1213</b>	FREE		Stop in or apply online for benefits.
<a href="#">Supported Employment Services</a>	711 Country Club Rd, #1-A, Eugene <b>541-687-0687</b>	FREE		Job placement, coaching, supported employment for adults with disabilities. Referrals through Voc. Rehab.
<a href="#">Therapeutic Animal Interactions &amp; Life Skills</a>	27847 Easy Acres Drive, Eugene <b>541-335-1390</b>			Equine therapy for individuals, couples, families, or groups. <b>Ages 13+</b> .
<a href="#">Trips, Inc.</a>	PO Box 10885 Eugene <b>541-686-1013</b>	Varies		Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
<a href="#">Vocational Rehab</a>	2885 Chad Dr, Eugene <b>541-686-7878</b> 101 30 <sup>th</sup> Ave, Springfield <b>541-726-3525</b>	FREE	Yes	Skills training / job placement for adults with disabilities.

## DEAF and HARD OF HEARING RESOURCES

Agency	Contact	Notes
<a href="#">Hearing Loss Association of America</a> (Lane County chapter)	<b>541-736-4804</b> <a href="mailto:clarkoa@msn.com">clarkoa@msn.com</a>	Monthly meetings and monthly newsletter.
<a href="#">Lions Clubs Hearing Aid Project</a>	<b>971-270-0203</b> <a href="mailto:lionsclubsreferrals@olshf.org">lionsclubsreferrals@olshf.org</a>	Covers the cost of hearing aids, hearing test, ear impressions, and fitting of the aid(s) for people below 200% of federal poverty line.
<a href="#">National Deaf Domestic Violence Hotline</a>	<b>855-812-1001</b>	Advocates available for crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.
<a href="#">Oregon Association of the Deaf</a>	<a href="mailto:oad1921@gmail.com">oad1921@gmail.com</a>	Advocating the rights of Deaf and Hard of Hearing citizens in Oregon.
<a href="#">Oregon Deaf and Hard of Hearing Service Program</a>	<b>503-945-5600</b> TTY: <b>503-945-6214</b>	A resource to improve quality of life for Deaf and Hard of Hearing people and their families.
<a href="#">Oregon Deafblind Project</a>	<b>503-838-8328</b> <a href="mailto:rhoadsc@wou.edu">rhoadsc@wou.edu</a>	Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.
<a href="#">Oregon Deaf Empowerment &amp; Advocacy for Families</a>	Online contact form on website: <a href="http://lanecounty.us/odeaf/">http://lanecounty.us/odeaf/</a>	Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.
<a href="#">Oregon Registry of Interpreters for the Deaf</a>	<a href="https://www.orid.org/">https://www.orid.org/</a>	Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.
<a href="#">Oregon School for the Deaf</a>	999 Locust Street NE, Salem <a href="mailto:info@osd.k12.or.us">info@osd.k12.or.us</a> Phone: <b>503-378-3825</b> Videophone: <b>503-400-6180</b>	K-12 school for children who are eligible for special education in Oregon because of a hearing impairment. There is no tuition cost to families. Transportation may be provided by the child's school district. Residential program available.

## BLINDNESS and VISION IMPAIRMENT RESOURCES

Agency	Contact	Notes
<a href="#">Guide Dogs for the Blind</a>	Junction City <b>541-998-6737</b>	Highly qualified guide dogs that serve and empower individuals who are blind or have low vision. All services are free, including training and post-graduation support. Financial assistance for veterinary care, if needed.
<a href="#">Oregon Commission for the Blind</a>	541 Willamette, Rm #408, Eugene <b>541-686-7990</b>	Vocational rehabilitation (age 14 and older), independent living services (age 55 and older), adaptive equipment.
<a href="#">Oregon Talking Books and Braille Library</a>	<a href="mailto:Talkingbooks.info@state.or.us">Talkingbooks.info@state.or.us</a> <b>800-452-0292</b>	Braille and downloadable audio books and magazines and descriptive videos available on loan.



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## PARENT EDUCATION & SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">A Family for Every Child</a>	1675 W 11 <sup>th</sup> Eugene <b>541-343-2856</b>	FREE	No	Mentors for youth <b>ages 5-18</b> . 10 hours+ /mo. Parent mentor for families at risk for DHS involvement.
<a href="#">ACT for Families</a>	WIC office - 7 <sup>th</sup> & Charnelton, Eugene <b>541-833-0017</b>	FREE if OHP / WIC eligible	No	6-week prenatal class. Post-natal class for families with <b>6-12-month</b> old babies (can bring infants to class).
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funded by DD Services	Yes	After school program, community events, family support. Respite for children with intellectual and developmental disabilities, <b>age 2-21</b> . Financial planning, budgeting assistance, job skills and job placement.
<a href="#">The Arc Families Connected</a>	4181 E St., Springfield <b>541-343-5256</b>	No fees	Yes	Parent-led organization that supports families raising a child with intellectual and developmental disabilities.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>	OHP, sliding scale	No	Parenting After Crisis class, Domestic Violence Intervention, True Insights Parent Strategies.
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>	\$5-40 sliding scale	No	Counseling, support groups, classes. Changing Anger for Parents class. Grandparent's group. Mindful Parenting Group. Men's group.
<a href="#">Center for Dialogue &amp; Resolution</a> (Parent/Teen Program)	93 Van Buren St, Eugene <b>541-344-5366</b>	Varies	Sometimes available	Support for communication between parents & teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, etc.
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP, private insurance	No	Collaborative Problem-Solving classes. Psychiatric day treatment school. Assessment, counseling.
<a href="#">Direction Service</a>	1144 Gateway Lp, #200, Springfield <b>541-686-5060</b>	OHP, private insurance	Yes	Array of support & planning programs for youth with disabilities ( <b>ages 0-23</b> ) & their families.
<a href="#">ECCO 4J Young Parent Program</a>	200 N Monroe Ave. Eugene <b>541-790-6860</b>	FREE	Interpreter available	Supports pregnant / parenting students in their education and life goals. Childcare may be available.
<a href="#">FACT Oregon</a>	2475 SE Ladd Ave, Portland <b>888-988-3228</b>	FREE	Yes	Support for families navigating special education, early Intervention, IEP's, transition to adulthood
<a href="#">Family Check Up</a> (Lane County Youth Services)	2727 Martin Luther King Jr Blvd, Eugene <b>541-682-7936</b>	OHP	Yes	Strengths-based program that helps parents set parenting goals.
<a href="#">Family Support &amp; Connections (CCS)</a>	1025 G St Springfield <b>541-345-3628 x311</b>	FREE	Yes	Home visiting for parents of children under 18, help connecting with resources, goal planning
<a href="#">Focus on Children</a>	<b>541-682-2070</b>	\$60/ parent, ½ price if on SNAP		Parenting class required for parents who are getting divorced.
<a href="#">FAIR - Families Actively Improving Relationships</a>	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b>	OHP	Yes	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
<a href="#">KEEP (Oregon Community Programs)</a>	1170 Pearl Street, Eugene <b>541-743-4342</b>	<b>Paid incentive</b> – receive \$20 each week	No	16 weekly, 90-minute sessions building support and skills for foster and kinship parents of children ages 4-12. Childcare and refreshments provided.
<a href="#">LaneKids</a> (United Way)	Website with information on parenting classes and workshops- including online options, a parenting blog, community activity calendar, and many other resources for Lane County parents. <a href="http://www.lanekids.org">www.lanekids.org</a>			
<a href="#">Maternal/Child Health</a> (Lane County Public Health)  <b>541-682-8720</b> <a href="mailto:MCH.Referrals@co.lane.or.us">MCH.Referrals@co.lane.or.us</a>  Spanish interpretation available Serving all of Lane County Provided at no cost to families	<p>MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs <b>Babies First; CaCoon; Healthy Families; Nurse Family Partnership</b> all focus on supporting a healthy pregnancy outcome, child health &amp; development, parental/child attachment, and case management for both medical and social needs.</p> <p><b>Eligibility:</b> If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs.</p> <p><b>Oregon Mother's Care:</b> Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother's Care Insurance Assistance Services call Kristi Wedmore at <b>541-682-3926</b>.</p>			
<a href="#">Options Counseling</a> Circle of Security group	1255 Pearl, Eugene <b>541-687-6983</b>	OHP	No	Classes focused children's attachment needs for parents with children age 9 and younger.
<a href="#">Oregon Community Programs</a>	1170 Pearl St Eugene <b>541-743-4340</b>	OHP	Yes	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Lp #150 Eugene <b>541-342-2876</b>	FREE	Yes	Peer support for caregivers raising a child with mental health challenges.

**See next page for more PARENT EDUCATION AND SUPPORT resources**

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## PARENT EDUCATION & SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
Parent Helpline	211 x5	FREE	Yes	Child development specialist will answer questions from parents with children 0-8
<a href="#">Parenting Now</a>	86 Centennial Loop, Eugene <b>541-484-5316</b>	Varies. Scholarships	Yes	Classes & support groups for parents of children ages 0-8. Also, classes for teen parents.
Parent Well-being Program (Trauma Healing Project)	1100 Charnelton, Eugene <b>541-687-9447</b>	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session. <a href="http://www.healingattention.org">www.healingattention.org</a>
<a href="#">Pearl Buck Preschool and Family Supports</a>	3690 W 1st Ave, Eugene <b>541-484-4666</b>	FREE	Yes	Support for parents who experience cognitive limitations & have children age 2-5.
<a href="#">Pregnancy &amp; Parenting Center</a>	1525 12th Street, Suite G, Florence <b>541-902-2273</b>	FREE	Yes	Parent Education, weekly Parent/Child Playgroup, 0-5 year olds, Stork Boutique- diapers, baby clothes, supplies.
<a href="#">Relief Nursery</a>	1720 W. 25 <sup>th</sup> Eugene <b>541-343-9706</b>	FREE	Yes	Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery. Therapeutic early childhood program, respite, and support for qualifying families with children age 2-6.
	850 S. 42 <sup>nd</sup> , Springfield <b>541-485-0007</b>			
<a href="#">Safe Families for Kids</a>	921 Country Club Rd. Suite 222 Eugene <b>541-515-7233</b>	FREE		An alternative to foster care, SFFK temporarily hosts children and provides a network of support to families in crisis while they get back on their feet.
<a href="#">Family Resource Centers</a>  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 <b>541-607-1449</b> <a href="mailto:Anne.Diaz@bethel.k12.or.us">Anne.Diaz@bethel.k12.or.us</a>
	Creswell Family Resource Center			Creslane Elementary School, 996 West A St, Creswell <b>541-895-6175</b> <a href="mailto:kdumas@creswell.k12.or.us">kdumas@creswell.k12.or.us</a>
	Crow-Applegate-Loraine Family Resource Center			Applegate Elementary, 85955 Territorial Hwy, Eugene <b>541-935-2100</b> <a href="mailto:dwillits@cal.k12.or.us">dwillits@cal.k12.or.us</a>
	Cottage Grove Family Resource Center			Harrison Elementary School, 1310 S. 8th St, Cottage Grove <b>541-942-4967</b> <a href="mailto:anamaria.dudley@slane.k12.or.us">anamaria.dudley@slane.k12.or.us</a>
	Eugene Family Resource Centers			El Camino del Rio/River Road Elementary, 120 W Hilliard Ln, Eugene <b>541-790-7709</b> <a href="mailto:longoria@4j.lane.edu">longoria@4j.lane.edu</a>
	Fern Ridge Family Resource Center			Fern Ridge Middle School, 88831 Territorial Hwy, Elmira <b>541-952-7049</b> <a href="mailto:frc@fernridge.k12.or.us">frc@fernridge.k12.or.us</a>
	Lowell Family Resource Center			Lundy Elementary School 45 S Moss St, Lowell <a href="mailto:dsilver@lowell.k12.or.us">dsilver@lowell.k12.or.us</a>
	Marcola Family Resource Center			Marcola Elementary School, 38300 Wendling Rd, Marcola <b>541-933-2512</b> <a href="mailto:shockema@marcola.k12.or.us">shockema@marcola.k12.or.us</a>
	McKenzie/Blue River Family Resource Center			McKenzie High School, 51187 Blue River Dr., Finn Rock <b>541-822-1110</b> <a href="mailto:cricket.clarke@mckenzieisd.org">cricket.clarke@mckenzieisd.org</a>
	Oakridge Family Resource Center			76499 Rose St, Oakridge <b>541-782-3281</b> <a href="mailto:kcamerer@oakridge.k12.or.us">kcamerer@oakridge.k12.or.us</a>
	Pleasant Hill Family Resource Center			TEMPORARILY CLOSED <b>541-736-0495</b> <a href="mailto:lhammondmendez@pleasanthill.k12.or.us">lhammondmendez@pleasanthill.k12.or.us</a>
	Springfield Family Resource Center			Services by appointment only. <b>541-744-6769</b> 1084 G Street #20, Springfield <a href="mailto:silvia.ceja@springfield.k12.or.us">silvia.ceja@springfield.k12.or.us</a>

## FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Fees	Spanish	Notes
<a href="#">Open Adoption &amp; Family Services</a>	315 W. 10th Ave., Eugene <b>541-343-4825</b>	FREE		All-options pregnancy counseling for pregnant and parenting women and partners. Arranges open adoptions. Origins therapy & adoption counseling.
<a href="#">Planned Parenthood</a>	3579 Franklin Blv., Springfield <b>541-344-6519</b>	OHP, sliding scale, some insurance	Interpreter by request	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, men's and women's health care, emergency contraception, abortion services.
	793 N. Danebo Dr., Eugene <b>541-344-6519</b>			
<a href="#">Pregnancy &amp; Parenting Center</a>	1525 12th Street, Suite G, Florence <b>541-902-2273</b> Cell: <b>541-999-2427</b>	FREE	Yes	Pregnancy tests, pregnancy options info, teen pregnancy support.

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## PRENATAL / POST-PARTUM SUPPORT, DOULAS & BABY CARE

Agency	Contact	Fees	Spanish	Notes
<a href="#">ACT for Families</a>	1776 Millrace Dr <a href="mailto:info@actforfamilies.org">info@actforfamilies.org</a> <b>541-434-1621</b>	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).
<a href="#">Baby Connection (Parenting Now)</a>	86 Centennial Loop, Eugene <b>541-484-5316</b>	FREE	Yes	Offered every Wednesday from 11 am to 12 pm for families with infants to 1-year old. Receive infant feeding support, connect with professional parenting educators, and meet new parents.
<a href="#">Daisy Chain</a>	<a href="mailto:executivedirector@daisychainlane.org">executivedirector@daisychainlane.org</a> <b>541-505-1139</b>	FREE	Yes	Home visits from postpartum doulas, lactation support, workshops, baby classes.
<a href="#">Douglas of Lane County</a>	<a href="http://douglasoflanecounty.com/">http://douglasoflanecounty.com/</a>	Varies	Yes	Listing of professionally trained birth & postpartum doulas.
<a href="#">La Leche League</a>	<b>541-744-6055</b> (help line)	FREE	Yes	Breastfeeding support line.
<p><a href="#">Maternal/Child Health</a> (Lane County Public Health)</p> <p><b>541-682-8720</b></p> <p><a href="mailto:MCH.Referrals@co.lane.or.us">MCH.Referrals@co.lane.or.us</a></p> <p>Spanish interpretation available Serving all of Lane County Provided at no cost to families</p>				
		MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs <b>Babies First; CaCoon; Healthy Families; Nurse Family Partnership</b> all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs.		
		<b>Eligibility:</b> If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs.		
		<b>Oregon Mother's Care:</b> Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother's Care Insurance Assistance call Kristi Wedmore at <b>541-682-3926</b> .		
McKenzie Willamette Women's Health	1460 G St, Springfield <b>541-726-4400</b>	Varies		Birthing / breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
<a href="#">Nursing Mothers Council of Oregon</a>	<a href="mailto:info@nursingmotherscounsel.org">info@nursingmotherscounsel.org</a> <b>503-282-3338</b>			Lactation support, pump assistance, peer support.
<a href="#">Parent Well-being Program Trauma Healing Project</a>	1100 Charnelton, Eugene <b>541-687-9447</b>	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session.
<a href="#">Post-Partum Support International</a>	<a href="mailto:support@postpartum.net">support@postpartum.net</a> <b>800-944-4773</b>	FREE	Yes	Email / phone support, referrals for post-partum services.
<a href="#">Pregnancy &amp; Parenting Center</a>	<b>541-902-2273</b> 1525 12th Street, Suite G, Florence	FREE	Yes	Individualized Prenatal Education, Stork Boutique (diapers, maternity clothes, baby clothes / supplies)
<a href="#">Rainbow Bridge Doula Services</a>	Facebook: Rainbow Bridge Doula Services <b>541-914-9975</b>	Sliding Scale	Yes	Prenatal, birth & postpartum support.
<a href="#">Sacred Heart Pregnancy &amp; Parenting Education</a>	3333 Riverbend Dr, Springfield <b>541-222-7074</b>	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga, breastfeeding, birth center tours, new infant care
<a href="#">Well Mama</a>	150 Shelton McMurphy Blvd, #208, Eugene <b>800-896-0410</b>	FREE	Yes	Mama to mama peer support & groups
<a href="#">Women, Infants, &amp; Children (WIC)</a>	151 W 7th Ave, #210, Eugene <b>541-682-4202</b>	FREE	Yes	Breastfeeding / nutrition support. Breast pumps.

## DIAPER ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> , Eugene 1025 G St. Springfield	FREE	Yes	FREE diapers. Stop by to check on availability.
Trillium Diaper Assistance	Contact pediatrician	FREE		FREE diapers for children 3+ with developmental disability who have Trillium insurance coverage. Prescription required.





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## FOSTER PARENT & ADOPTION SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">A Family for Every Child</a>	1675 W 11 <sup>th</sup> Eugene <b>541-343-2856</b>	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.
<a href="#">Adoption Connections of Oregon</a>	<a href="mailto:aco@peak.org">aco@peak.org</a> <b>541-554-1201</b>	FREE		Support, education, activities for anyone touched by adoption
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>	OHP, sliding scale	No	Specialized TIPS (True Insights) Parenting Classes for Foster Parents
<a href="#">Foster &amp; Adoptive Parent Association of Lane County</a>	<b>541-515-9951</b>	FREE		Facebook page, monthly support group, family events, peer support for foster & adoptive families.
<a href="#">Open Adoption &amp; Family Services</a>	315 W. 10 <sup>th</sup> Ave, Eugene <a href="mailto:info@openadopt.org">info@openadopt.org</a> <b>541-343-4825</b>	FREE		Free, all-options pregnancy counseling for women & couples. Adoption plans. Lifelong services.
<a href="#">Oregon Foster Parent Association</a>	410 Mill #366, Salem <b>888-544-3402</b>			
<a href="#">Relatives as Parents Program</a>	1015 Willamette, Eugene <b>682-3353</b>	FREE	Interpreter available	Financial assistance for relatives 55+ raising a child. Help with purchase of clothes, beds and other essential needs. Adoption/ guardianship not required.

## SCHOOL DISTRICTS in LANE COUNTY

District	Contact	District	Contact
<a href="#">Bethel</a>	<b>541-689-3280</b> 4640 Barger Dr, Eugene	<a href="#">Mapleton</a>	<b>541-268-4312</b> 10868 E. Mapleton Rd, Mapleton
<a href="#">Blachly</a>	<b>541-925-3262</b> 20264 Blachly Grange Rd, Blachly	<a href="#">Marcola</a>	<b>541-933-2817</b> 38300 Wendling Rd, Marcola
<a href="#">Creswell</a>	<b>541-895-6000</b> 998 West A St, Creswell	<a href="#">McKenzie</a>	<b>541-822-3338</b> 51187 Blue River Dr, Finn Rock
<a href="#">Crow-Applegate-Lorane</a>	<b>541-935-2100</b> 85955 Territorial Rd, Eugene	<a href="#">Oakridge</a>	<b>541-782-2813</b> 76499 Rose St, Oakridge
<a href="#">Eugene 4J</a>	<b>541-790-7700</b> 200 N. Monroe St, Eugene	<a href="#">Pleasant Hill</a>	<b>541-746-9646</b> 36386 Hwy 58, Pleasant Hill
<a href="#">Fern Ridge</a>	<b>541-935-2253</b> 88834 Territorial Rd, Elmira	<a href="#">Siuslaw</a>	<b>541-997-2651</b> 2111 Oak St, Florence
<a href="#">Junction City</a>	<b>541-998-6311</b> 69 325 Maple St, Junction City	<a href="#">South Lane</a>	<b>541-942-3381</b> 455 Adams, Cottage Grove
<a href="#">Lowell</a>	<b>541-937-2124</b> 65 South Pioneer St, Lowell	<a href="#">Springfield</a>	<b>541-747-3331</b> 525 Mill St, Springfield

## EDUCATIONAL ADVOCACY

Agency	Contact	Fees	Spanish	Notes
<a href="#">CADRE - Center for Appropriate Dispute Resolution in Special Education</a>	576 Olive St, Suite 300 Eugene <b>541-359-4210</b> <a href="mailto:cadre@directionservice.org">cadre@directionservice.org</a>	Varies	Yes	Technical assistance, trainings, workshops, presentations, and other products and services that are useful for dispute resolution in special education and early intervention.
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	OHP / private insurance	Yes	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
<a href="#">Education Justice Action Team</a>	<a href="mailto:mica@calclane.org">mica@calclane.org</a> <b>541-485-1755</b>	FREE	Yes	A group of parents, students and educators working to create a culture where every child is valued, has a sense of belonging and is free to develop to their full potential.
<a href="#">Inclusive Partners</a>	<a href="mailto:inclusivepartners@state.or.us">inclusivepartners@state.or.us</a> <b>866-837-0250</b>	FREE	Yes	FREE consultation and individualized planning to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors. <a href="http://www.inclusivepartners.org">www.inclusivepartners.org</a>
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	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.
<a href="#">Stopbullying.gov</a>	A website dedicated to resources and information about preventing and responding to bullying.			

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## CHILD CARE & EARLY EDUCATION

Agency	Contact	Fees	Spanish	Notes
<a href="#">211 Child Care Referrals</a>	Call 211 Text "children" to 898211 Search online at <a href="http://www.211info.org">www.211info.org</a>	FREE	Yes	Call, text, email or check the <a href="http://www.211.org">www.211.org</a> website for referrals to local childcare providers.
<a href="#">A Child's Garden</a> (Early Childhood CARES)	University of Oregon Clinical Services Building 901 East 18th Ave, Rm 155, Eugene <b>541-346-4685</b> <a href="mailto:mtsiftsi@uoregon.edu">mtsiftsi@uoregon.edu</a>			A specialized preschool program for children who experience autism spectrum disorder and who need a structured educational program.
<a href="#">African American/Black Student Success Project</a> - Early Learning Program	Ayanna Moriguchi, Early Learning Specialist, <b>541-357-5719</b> , <a href="mailto:amoriguchi@unitedwaylane.org">amoriguchi@unitedwaylane.org</a>	Free for families with Black/ African American children 0-6		Family visits, development screenings, 1-1 support with your child's needs, referrals to community resources, connection to other families with African American/Black children.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b> <a href="mailto:eccares@uoregon.edu">eccares@uoregon.edu</a>	FREE	Yes	Early intervention and early childhood special education services for infants, toddlers and preschool age children in Lane County. Assessments, home visits, parent toddler classes, speech therapy, preschool classroom placements.
<a href="#">Early Education Program (EEP)</a>	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene <b>541-485-0368</b> <a href="mailto:office@earlyeducationprogram.org">office@earlyeducationprogram.org</a>	Varies. FREE for children with delays	Yes	Classrooms designed for children with special needs as well as typically developing children <b>age 3-5</b> . Children attend either morning (9:15-12:15) or afternoon sessions (1:15-4:15), Monday through Thursday or Tuesday through Friday.
<a href="#">Family Relief Nursery</a>	1720 N. 14 <sup>th</sup> , Cottage Grove & 996 West A St., Creswell <b>541-942-4835</b>	FREE	Yes	Therapeutic early childhood program, family support, parenting classes, respite, Latino outreach.
<a href="#">Head Start</a>	Various locations. Main office: 221 B St, Springfield <b>541-747-2425</b>	FREE	Yes	High quality preschool education services & home-based programs for to eligible Lane County children <b>birth to age 5</b> and pregnant women.
<a href="#">Inclusive Partners</a>	Email: <a href="mailto:inclusivepartners@state.or.us">inclusivepartners@state.or.us</a> <a href="http://www.inclusivepartners.org">www.inclusivepartners.org</a> <b>866-837-0250</b>	FREE	Yes	FREE consultation and individualized planning to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors. Financial supplements to support inclusion may be available for providers serving families with ERDC.
<a href="#">Kids in Transition to School (KITS)</a>	10 Shelton McMurphy Blvd, Eugene <b>541-485-2711</b>	FREE	Yes	School readiness program that provides a boost to children's literacy, self-regulation, and social skills just prior to kindergarten. Includes a 12-session workshop for parents.
<a href="#">Pearl Buck Preschool and Family Supports</a>	3690 W 1 <sup>st</sup> Ave, Eugene <b>541-484-4666</b>	FREE	Yes	Specialized, year-round preschool for at-risk children <b>age 2-5</b> whose parents have cognitive challenges. Parenting support and education adapted for adults with diverse learning abilities, home visits, case management assisting families to meet basic needs and maintain a safe, stable home.
<a href="#">Preschool Promise</a>	Various classroom locations. Applications at United Way: 3171 Gateway Loop, Springfield <a href="mailto:preschoolpromise@unitedwaylane.org">preschoolpromise@unitedwaylane.org</a> <b>541-741-6000</b>	FREE	Yes	Free high-quality preschool for qualifying children, if slots are available. <a href="http://www.lanekids.org/preschool-promise/">www.lanekids.org/preschool-promise/</a>
<a href="#">Relief Nursery</a>	1720 W. 25th Eugene <b>541-343-9706</b>  850 S. 42nd, Springfield <b>541-485-0007</b>	FREE	Yes	Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery. Therapeutic early childhood program, respite, and support for qualifying families with children <b>age 2-6</b> .
<a href="#">Quality Care Connections</a>	4000 E 30 <sup>th</sup> Bldg. 24 Eugene <b>541-463-3954</b>	Varies	Yes	Training and assistance for childcare providers. See website for current classes and registration. <a href="http://www.lanecc.edu/qcc">www.lanecc.edu/qcc</a>



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## HOME SCHOOLING

Agency	Contact	Fees	Notes
<a href="#">Strive Academy</a>	375 Holly Street, Junction City <b>541-321-9945</b>	Call for details.	Classroom setting for homeschoolers grades 4-12. 4 days / week (Mon-Thur). Educational Coaches, Tae Kwon Do & enrichment programs included.
<a href="#">Baker Web Academy</a>	<b>541-524-2300</b>	FREE	A full selection of online guided textbook-based classes, teacher support, technology, and face to face learning opportunities.
<a href="#">Barnraisers</a>	<a href="http://www.facebook.com/BarnraisersHomeschool/">www.facebook.com/BarnraisersHomeschool/</a>		Group of Eugene-area homeschooling families that meets regularly for field trips, classes, & activities.
<a href="#">Bridge Charter Academy</a>	60 South Pioneer St, Lowell <b>541-937-5200</b> <a href="mailto:jvondo@bridgecharter.com">jvondo@bridgecharter.com</a>		Partial-day classroom setting serving home-based K-12 students in Oregon. Parents choose from accredited online curriculum.
<a href="#">Cascadia Learning Cooperative</a>	3495 W. 18th Ave., Eugene <b>541-357-8892</b> <a href="mailto:info@cascadiainlearning.com">info@cascadiainlearning.com</a>		Secular, choice-based homeschool cooperative. Enrichment classes taught by parents & community members. Intended as a supplement to a full homeschool curriculum.
<a href="#">Oregon Connections Academy</a>	<b>800-382-6010</b>	FREE	K-12 online public charter school with certified teachers.
<a href="#">Oregon Home Education Network</a>	<b>503-321-5166</b>		
<a href="#">Oregon Christian Education Association Network</a>	<b>503-288-1285</b>		A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
<a href="#">LDS Oregon Home Educators Association</a>	<b>866-617-3819</b>		
<a href="#">Home School Legal Defense Association</a>	<b>540-338-5600</b>		Advice / legal support regarding homeschooling.
<a href="#">Teach Northwest</a>	<b>541-952-1381</b>	FREE	K-12 Virtual STEAM & Homeschool Academy.

## ALTERNATIVE EDUCATIONAL SETTINGS

Agency	Contact	Fees	Spanish	Notes
<a href="#">Bridgeway House</a>	<b>541-345-0805</b> 555 E 15 <sup>th</sup> , Eugene	OHP / private Insurance	No	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, social events and a full-time school.
<a href="#">The Child Center</a>	<b>541-726-1465</b> 3995 Marcola Rd, Springfield	OHP / private Insurance	Some Services	Psychiatric day treatment school. Assessment, counseling, Collaborative Problem Solving, Applied Behavioral Analysis (ABA).
<a href="#">ECCO High School</a>	200 N Monroe Ave, Eugene <b>541-790-6860</b>	FREE	Interpreter available	Alternative high school offering credit recovery and GED options.
<a href="#">Jasper Mountain</a>	<b>541-747-1235</b> 37875 Jasper-Lowell Rd, Jasper	OHP / private Insurance	Yes	Intensive residential mental health day treatment school. Age 3-13.
<a href="#">Lane School</a>	<b>541-463-8500</b> 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.
<a href="#">Looking Glass Educational and Vocational Services</a>	<a href="#">Center Point School</a>	<b>541-868-0661</b> 1790 W 11th Ave, Eugene		Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy & transition services. Free.
	<a href="#">New Roads School</a>	<b>541-302-2551</b> 945 W 7th Ave, Eugene		Alternative educational program for runaway / homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, & recreational activities. Free.
	<a href="#">Riverfront School</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene		Education & vocational training for at-risk youth 11-21, diploma / GED, help with transportation, clothing, childcare, employment. Free.
	<a href="#">Riverfront Career Center</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene		Job Training program that prepares youth age 14-24 for success in the workforce by addressing work expectations, promoting higher education, and providing on-the-job skills training.
	<a href="#">Independent Living Program</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene		Assists current and former foster youth ages 16 – 21 to gain skills to transition into independent living. Supports youth to create goals toward education, housing, employment, financial literacy, and more.
<a href="#">Martin Luther King Jr Education Center</a>	<b>541-682-4715</b> 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.

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## ACTIVITIES FOR CHILDREN

Agency	Contact	Notes
<a href="#">Adventure Children's Museum</a>	<b>541-653-9629</b> 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.
<a href="#">Amazon Community Center</a>	<b>541-682-5373</b> 2700 Hilyard St., Eugene	Fitness, family art classes, outdoor concerts, summer camps, pre-school program. Scholarships available.
<a href="#">Amazon Pool</a>	<b>541-682-5350</b> 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.
<a href="#">Brattain House</a>	<b>541-744-6769</b> 1030 G St, Springfield	Drop in play group for parents & kids 0-5. Call for times.
<a href="#">Bounce Gymnastics</a>	<b>541-343-4222</b> 329 W 3rd Ave, Eugene	Gymnastics & Circus Arts Center with classes for all ages. Aerial arts, ninja zone, cheer. Camps. Open gym times.
<a href="#">Cascades Raptor Center</a>	<b>541-485-1320</b> 32275 Fox Hollow Rd, Eugene	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under age 12. <b>Free family passes</b> can be checked out at Lane County libraries (up to \$30)
<a href="#">Defy Extreme Air Sports</a>	<b>541-246-9989</b> 85 Division Ave, Eugene	\$15 / hour. \$11 / hour for 6 & younger. Trampolines, obstacle course, zipline.
<a href="#">Echo Hollow Pool</a>	<b>541-682-5525</b> 1655 Echo Hollow Rd, Eugene	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
<a href="#">Eugene Parks &amp; Rec</a>	<b>541-682-5333</b> Various locations	Fitness & enrichment classes for people of all ages, camps, childcare, adaptive programs. Recreation Guide: <a href="https://secure.rec1.com/OR/city-of-eugene-or/">https://secure.rec1.com/OR/city-of-eugene-or/</a>
<a href="#">Eugene Public Library</a>	<b>Downtown Branch</b> 100 W. 10th - <b>541-682-8316</b>	Story time, activities for children & families. See website for current information. Click on Kids then Events. <a href="http://www.eugene-or.gov/130/Eugene-Public-Library">www.eugene-or.gov/130/Eugene-Public-Library</a> Free for City of Eugene residents. Can purchase pass if outside Eugene.
	<b>Bethel Branch</b> 1990 Echo Hollow Rd - <b>541-682-5450</b>	
	<b>Sheldon Branch</b> 1566 Coburg Rd - <b>541-682-5450</b>	
<a href="#">Get Air</a>	<b>541-827-1016</b> 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.
<a href="#">Girl Scouts of Oregon and Southwest Washington</a>	72 Centennial Loop #300, Eugene <b>541-485-5911</b>	Engaging, challenging, fun activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects.
<a href="#">Go Mom Go</a>	<a href="http://www.gomomgoeugene.com/">www.gomomgoeugene.com/</a>	Online calendar of local classes, activities, events for children in Lane County.
<a href="#">Greenhill Youth Volunteer Program</a>	<b>541-844-1777</b> 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.
<a href="#">Hilyard Community Center</a>	<b>541-682-5311</b> 2580 Hilyard St., Eugene	Camps, trips, drama, music, fitness, support groups, sports, Paralympic sports, veteran programs, adaptive equipment rentals.
<a href="#">Kidsports</a>	<b>541-683-2374</b> 2190 Polk St, Eug	Positive youth team sports experiences. Equipment Room open M-F 7:30-5:30
<a href="#">LaneKids</a>	<a href="http://www.lanekids.org/events/">www.lanekids.org/events/</a>	Calendar of local events for children in Lane County.
<a href="#">Little Hands Can</a>	<a href="http://http://littlehandscan.org">http://http://littlehandscan.org</a>	Local volunteer opportunities for children.
<a href="#">Peterson Barn</a>	870 Bertzen Rd, Eugene <b>541-682-5521</b>	Programs for youth, families & seniors including pre-school & afterschool programs
<a href="#">Reading with Cats Program</a>	<b>541-844-1777</b> 88530 Green Hill Rd, Eugene	For children <b>age 6-12</b> . Sign up 24 hours ahead of time online.
<a href="#">River Road Parks &amp; Rec</a>	<b>541-688-4052</b> 1400 Lake Dr, Eugene	Fitness & enrichment opportunities for youth & adults.
<a href="#">Roaring Rapids Pizza Company</a>	<b>541-988-9819</b> 4006 Franklin Blvd, Eugene	Pizza place with a working carousel.
<a href="#">Eugene Science Center</a>	<b>541-682-7887</b> 2300 Leo Harris Pkwy, Eugene	Science exhibits, planetarium, camps. Reduced rates with EBT card: Exhibit Hall & Stargazing shows - \$1/ person
<a href="#">Sheldon Community Center</a>	<b>541-682-5312</b> 2445 Willakenzie Rd, Eugene	Preschool, after school programs, camps, fitness center. Pool - lap & rec swim, lessons, water-based fitness classes.
<a href="#">Springfield Public Library</a>	<b>541-726-3766</b> 225 N 5th St, Springfield	Storytime, events for families. Check the website for a current calendar. Free for City of Springfield residents
<a href="#">Tamarack Aquatic Center</a>	<b>541-686-9290</b> 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.
<a href="#">Willamalane Parks &amp; Recreation</a>	<b>541-736-4544</b> 250 S. 32 <sup>nd</sup> , Springfield	Fitness & enrichment classes, camps & preschool & afterschool programs. Scholarships available.
<a href="#">Eugene Family YMCA</a>	<b>541-686-9622</b> 2055 Patterson, Eugene	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.

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## SENIOR & AGING SERVICES

Agency	Contact	Notes
<a href="#">AARP Driver Safety Class</a>	<b>503-780-3454</b>	Class on driving safety & preventive measures. Completion may make you eligible for insurance discounts. Class is \$14. \$12 for AARP members
<a href="#">Aging &amp; Disability Resource Connection</a>	<a href="mailto:ADRCLane@lcog.org">ADRCLane@lcog.org</a> <b>541-682-3353</b>	Online searchable resource aging & disability database.
<a href="#">Campbell Community Center</a>	155 High Street, Eugene <b>541-682-5318</b>	Classes, activities, social & support groups, special events for 50+
<a href="#">CareWorks of Lane County</a>	688 Charnelton St Eugene <b>541-600-5754</b> <a href="mailto:essn@solidaritynetwork.org">essn@solidaritynetwork.org</a>	An advocacy group that supports caregivers, care-receivers and their families with resources and support to properly care for the elderly and disabled population.
<a href="#">Comfort Keepers</a>	1310 Coburg Rd, Ste 10 Eugene <b>541-214-4788</b>	In-home care services. Personal care, medication management, nursing, companionship and transportation.
<a href="#">Driving Solutions</a>	492 E 13th Ave, Ste 101 Eugene <b>541-686-3524</b>	Individualized driver evaluation & training for older drivers / people with a disability, including those experiencing physical or cognitive changes, memory loss, vision changes, slowed reaction times, or need for adaptive vehicle modifications.
<a href="#">Family Caregiver Program - Senior &amp; Disability Services</a>	1015 Willamette St Eugene <b>541-682-3353</b> ; <b>855-673-2372</b>	Offers respite, training and support to unpaid caregivers who are: 1) caring for a person aged 60 or older, 2) a person with dementia or 3) aged 55 or older and are caring for a related child under the age of 18.
<a href="#">Institute on Aging – Friendship Line</a>	Crisis warmline and hotline: <b>1-800-971-0016</b>	24-hour Friendship Line for people aged 60 years and older, and adults living with disabilities. Crisis intervention as well as a “warm” line for emotional support, medication reminders and well-being check-ins.
<a href="#">Lane Senior Support Coalition</a>	859 Willamette St, #500, Eugene <b>541-525-1474</b>	Assistance to low income seniors. Meals on Wheels, senior meal sites & emergency support funds.
<a href="#">Lane Senior Guide</a>	<b>541-302-9508</b>	Free, comprehensive online directory of services for seniors. <a href="http://www.laneseniorservices.org/">www.laneseniorservices.org/</a>
<a href="#">Lifeline: Personal Emergency Response System</a>	2650 Suzanne Way, Ste 200 Eugene <b>855-332-7799</b>	In the event of a fall or emergency, help is available at the push of a button for medical service, 7 days/week. Auto Alert will initiate a call for help if a fall is detected.
<a href="#">Long-Term Care Ombudsman</a>	<b>541-345-2846</b>	Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
<a href="#">Nursing Facility Complaint Unit</a>	<b>1-877-280-4555</b>	Call this number if you suspect a nursing facility resident was neglected or abused.
<a href="#">Oregon Elder Abuse Hotline</a>	<b>1-855-503-7233</b>	Call this number to report abuse, neglect or financial exploitation of an elderly person, a person with physical or developmental disabilities, or a person with a mental illness.
<a href="#">Osher Lifelong Learning Institute</a> - University of Oregon	Baker Downtown Center, 975 High St, Ste 110 Eugene <b>541-346-0697</b>	This non-credit program is designed for adults 50 plus, providing a varied year-round schedule of lectures, courses, study groups and other activities. Annual or six-month registration options available.
Retired Senior Providers of Lane County	Sheldon Oaks Retirement, 2525 Cal Young Rd Eugene <b>541-342-1983</b>	Our goal is to promote successful aging, engage in social and educational activities and learn about services and resources that benefit the lives of older adults.
<a href="#">Senior &amp; Disability Services</a>	1015 Willamette Street, Eugene <b>541-682-4038</b> 3180 Highway 101, Florence <b>541-902-9430</b>	Service coordination & advocacy for seniors in Lane County.
<a href="#">Senior Companion Program</a>	<a href="http://www.lanecce.edu/scp">www.lanecce.edu/scp</a> <b>541-463-6260</b>	Volunteer companions age <b>55+</b> help frail senior & disabled adults overcome loneliness & retain independence through 1:1 visits. Volunteers assist with friendly visiting, simple household tasks, transportation for grocery shopping, errands and appointments.
<a href="#">Senior Community Service Employment Program – Easterseals</a>	2510 Oakmont Way, Eugene <b>541-349-4130</b> or <b>541-687-7393</b>	Short-term training for unemployed individuals 55 or older who qualify.
Senior Health Insurance Benefit Assistance (SHIBA)	Campbell Senior Center, 155 High St, Eugene <b>541-682-5318</b>	Certified SHIBA counselors provide assistance with Medicare. Free counseling, unbiased and private. SHIBA is available year-round to assist with any Medicare insurance questions, especially during Annual Enrollment Period.
<a href="#">Senior Living Options of Oregon</a>	<b>541-510-5095</b>	Specializes in assisting clients through the process of selecting a senior living community that is right for them. Free Personalized Services.
<a href="#">Senior Resource Advisors, Inc</a>	2295 Coburg Rd, Ste 102 Eugene <b>541-968-9380</b>	A professional Care Management organization that specializes in medical and emotional support services for families and individuals making difficult care decisions. Consultation and patient advocacy services for at risk seniors and the disabled. Can provide assistance with financial support and understanding complicated Long Term Care insurance benefits.
<a href="#">Social Security Administration</a>	2504 Oakmont Wy, Eugene <b>800-772-1213</b>	Stop in or apply online for benefits.

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## SERVICE MEMBERS, VETERANS & THEIR FAMILIES

Agency	Contact	Notes
<a href="#">Eugene Community Based Outpatient Clinic</a>	3355 Chad Dr, Eugene <b>541-607-0897</b>	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	190 East 11 <sup>th</sup> , Eugene <b>541-465-6918</b>	Readjustment counseling services for Veterans of combat theaters.
<a href="#">Family Assistance Specialist</a>	<b>541-736-4601</b> x4601 <a href="mailto:lacy.j.cromwell.ctr@mail.mil">lacy.j.cromwell.ctr@mail.mil</a>	Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
<a href="#">Helping Hands for Freedom</a>	<a href="http://www.helpinghandsforfreedom.org/life-needsfinancial-assistance">www.helpinghandsforfreedom.org/life-needsfinancial-assistance</a>	Emergency financial assistance to Military/Wounded Veteran families and Gold Star families with a child 18 or under currently in the home. Payments can include lease, mortgage, insurance, car payments, utility bills, and some travel expenses.
<a href="#">LCC Maxwell Student Veteran Center</a>	LCC Main Campus, Bldg. 19, Rm 233 <b>541-463-5663</b> <a href="mailto:vaedbenefits@lanecc.edu">vaedbenefits@lanecc.edu</a>	A safe, welcoming, and inclusive space for veterans to study, relax, chat with other veterans, and obtain veteran resources. Student Veterans of America chapter.
<a href="#">Lane County Veteran Services</a>	151 W. 7 <sup>th</sup> , #460, Eugene <b>541-682-4191</b> <a href="mailto:veterans@lanecountyor.gov">veterans@lanecountyor.gov</a>	Assists vets & their families to determine eligibility for benefits based on military service. <ul style="list-style-type: none"> <li>Filing for disability claims (service-connected and non service-connected)</li> <li>Obtaining military records</li> <li>Applying for VA Health Care</li> <li>Applying for VA Education Benefits</li> <li>Applying for Surviving Spouse Benefits</li> </ul>
<a href="#">Oregon Department of Veteran's Affairs</a>	700 Summer St NE, Salem <b>800-692-9666</b>	Information about applying for a wide range of benefits including employment, education, home loans, healthcare, pensions and more.
State Youth Outreach Coordinator	<b>503-584-2390</b>	Subsidized childcare for active duty service members with children age 0-5, program for military-connected middle / high school children, family camps, youth symposium
<a href="#">Supportive Services for Veteran Families (St. Vincent de Paul)</a>	2890 Chad Drive, Eugene. For an intake leave a message: <b>541-743-7107</b>	Homeless prevention, case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility, auto repair, bus pass, childcare, etc.).
<a href="#">Trauma Healing Project</a>	1100 Charnelton, Eugene <b>541-687-9447</b>	Women veteran's support group. Thursdays 12-1. Sliding scale fee (\$2-10).
Veterans Administration Legal & Housing Services	211 E. 7 <sup>th</sup> Ave, Eugene <b>541-242-0445</b>	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
<a href="#">University of Oregon Veterans Affairs Office</a>	244 Oregon Hall <b>541-346-3201</b>	For students seeking assistance with VA educational benefits.
<a href="#">University of Oregon Student Veterans Center</a>	215 Oregon Hall, Eugene <b>541-346-1160</b>	Study and meeting space, computer and printing stations, staff to assist you with personal and academic needs, community veteran service providers.
VA Behavioral Health, Recovery & Reintegration	211 E. 7 <sup>th</sup> Ave, Eugene <b>541-242-0440</b>	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
<a href="#">Homeless Veteran Hotline</a>	<b>1-877-424-3838</b> Assistance for homeless Veterans & their families	
<a href="#">Veterans Crisis Hotline</a>	<b>1-800-273-8255, Press #1 or Text: 838255</b> Free, confidential support 24/7 support for any personal crisis.	



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## LGBTQIA+ SERVICES

Agency	Contact	Notes
<a href="#">Basic Rights Oregon</a>	<b>503-222-6151</b>	Working for policies to support LGBTQA
<a href="#">Eugene/Springfield Pride</a>	Email: <a href="mailto:event@eugene-pride.org">event@eugene-pride.org</a> <b>541-321-0356</b>	Sponsors pride events.
<a href="#">Family Acceptance Project</a>	<a href="mailto:fap@sfsu.edu">fap@sfsu.edu</a>	Resources to help families support LGBT children and teens.
Interweave	<b>541-225-8696</b>	LGBTQI / allies. Monthly film & potluck.
<a href="#">It Gets Better Project</a>	<a href="mailto:info@itgetsbetter.org">info@itgetsbetter.org</a>	Uplifting, empowering, and connecting lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe
<a href="#">Lane Community College Gender Equity Center</a>	<a href="mailto:GenderEquityCenter@lanecc.edu">GenderEquityCenter@lanecc.edu</a> LCC Campus Bldg #1, Rm 202 <b>541-463-5353</b>	Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
<a href="#">LGBTQA3 Alliance</a>	<a href="mailto:lgbtqa@uoregon.edu">lgbtqa@uoregon.edu</a> Erb Memorial Union, U of O #22	A student-run organization dedicated to providing a space for all gender identities and expressions. Open for students to hang out or work on homework. LGBTQIA+ library.
<a href="#">LGBTQIA+ Support Group</a>	<b>541-484-9791</b> <a href="mailto:supportgroup@sass-lane.org">supportgroup@sass-lane.org</a>	Call or email to schedule. 18 years+. <b>FREE</b>
<a href="#">Odyssey Community Counseling</a>	2149 Centennial Plaza #4, Eugene <b>541-741-7107</b>	Trans Youth DBT Group, Support Group for Trans Teens
<a href="#">OGALLA: LGBT Bar Association of Oregon</a>	Email: <a href="mailto:info@ogalla.org">info@ogalla.org</a>	A statewide organization to support the needs of lesbians, gay men, and other sexual minorities in the legal profession.
<a href="#">Psychology Today listing of LGBTQ Groups in Lane County</a>	Website with a listing of LGBTQ support groups, couples counseling and individual counseling. <a href="https://www.psychologytoday.com/us/groups/gay/or/eugene">https://www.psychologytoday.com/us/groups/gay/or/eugene</a>	
<a href="#">Psychology Today listing of LGBTQ Therapists in Lane County</a>	Website with a listing of LGBTQ support groups, couples counseling and individual counseling. <a href="https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909">https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909</a>	
<a href="#">Stopbullying.gov</a>	LGBTQ youth and those perceived as LGBTQ are at an increased risk of being bullied. Website with info and resources about creating a safe environment for LGBTQ youth.	
<a href="#">Trans*Parent Family Support Group</a>	Unitarian Universalist Church 1685 W 13th Ave, Eugene <a href="mailto:eugenetransparentgroup@gmail.com">eugenetransparentgroup@gmail.com</a>	For parents and families of transgender & gender expansive youth. Meets on the third Thursday of each month (5:30-7pm). No meetings during summer months June/July/Aug.
<a href="#">Trans*Ponder</a>	541 Willamette St, #310, Eugene <a href="mailto:info@transponder.community">info@transponder.community</a> <b>508-443-6337</b>	Monthly meetings, special events for trans/gender diverse folks and allies, inclusivity trainings, consultation for organizations and businesses. Office hours: Fridays 10am-12pm.
<a href="#">University of Oregon OUTLaws</a>	<a href="https://www.facebook.com/outlawsUO/">https://www.facebook.com/outlawsUO/</a>	LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.
<a href="#">Youth LGBTQIA+ Group</a>	Amazon Community Center 2700 Hilyard St, Eugene <b>541-682-5373</b>	Youth group for people 13-18 years old.
Talk Lines and Hotlines	<a href="#">GLBT Youth Talk Line</a>	<b>800-246-PRIDE</b> A peer talk line for LGBTQ youth 23 & under. Monday-Saturday 12pm-5pm.
	<a href="#">GLBT National Hotline</a>	<b>888-843-4564</b> Monday-Friday 4pm-12am Saturday 12pm-5pm Online peer support chat at <a href="http://www.glbtonationalhelpcenter.org">www.glbtonationalhelpcenter.org</a>
	<a href="#">Lambda National Hate Crime Hotline</a>	<b>206-350-4283</b> 24-hour bilingual (English-Spanish) hotline for LGBTQ survivors of hate crimes, domestic violence, sexual assault, and other crimes
	National Gay & Lesbian Youth Hotline	<b>800-347-8336</b> Weekend nights only.
	<a href="#">The Trevor Project</a>	24/7, for <b>LGBTQ youth 24 &amp; under</b> . M-F Noon - 7pm. Text "Trevor" to 202-304-1200; 7 days/week, Noon-7pm. Chat: <a href="http://www.thetrevorproject.org/chat">www.thetrevorproject.org/chat</a> Protected online community <a href="http://www.trevorspace.org">www.trevorspace.org</a>
	<a href="#">Trans Lifeline</a>	<b>1-877-565-8860</b> Peer support hotline run by trans people for trans and questioning callers. 7am-1am daily.



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## NATIVE AMERICAN and INDIGENOUS RESOURCES

NINE FEDERALLY RECOGNIZED TRIBES IN THE STATE OF OREGON		
<a href="#">Burns Paiute of Harney County</a>	<b>541-573-2088</b> Email: <a href="mailto:info@burnspaiute-nsn.gov">info@burnspaiute-nsn.gov</a>	
<a href="#">Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians</a>	<b>541-744-1334</b> (Eugene), <b>541-997-6685</b> (Florence) <b>541-888-9577</b> (Government office)	
<a href="#">Confederated Tribes of Grand Ronde</a>	<b>503-879-5211</b> Email: <a href="mailto:info@grandronde.org">info@grandronde.org</a>	
<a href="#">Confederated Tribes of Siletz</a>	<b>541-444-2532</b>	
<a href="#">Confederated Tribes of Umatilla Reservation</a>	<b>541-276-3165</b>	
<a href="#">Confederated Tribes of Warm Springs</a>	<b>541-553-1161</b>	
<a href="#">Cow Creek Band of Umpqua Indians</a>	<b>541-672-9405</b>	
<a href="#">Coquille Indian Tribe</a>	<a href="https://www.coquilletribe.org/">https://www.coquilletribe.org/</a>	
<a href="#">Klamath Tribes</a>	<b>541-783-2219</b>	
Agency	Contact	Notes
<a href="#">Bethel School District Native American Education Program</a>	Provides programs to increase the knowledge and awareness of cultural values, traditions and contemporary issues, encourage and support post-secondary education, provide scholarship and financial aid information, instill student pride in their Native American heritage, and encourage parent involvement in school activities. <a href="https://www.facebook.com/BethelSD.NativeEd.Program/">https://www.facebook.com/BethelSD.NativeEd.Program/</a>	
<a href="#">Center For Multicultural Academic Excellence</a>	<b>541-346-3479</b> <a href="mailto:cmae@uoregon.edu">cmae@uoregon.edu</a>	Develops and implementing programs and services that support retention, academic excellence, and success at the UO and beyond.
<a href="#">Chifin Native Youth Center</a>	1084 G Street, Springfield <b>541-726-4301</b>	A central location for Indian Education students across the Springfield School District to help Native students develop their tribal identity while interacting with mentors, community leaders and other students.
<a href="#">Indian Time radio program</a>	Thursdays, 7-9 p.m. on KRVM 91.9 <b>541-790-6686</b>	Explore the extensive and richly varied world of American Indian music, including traditional and contemporary songs and powwow music.
<a href="#">Ko-Kwel Wellness Center Coquille Indian Tribe</a>	2401 River Rd. Eugene <a href="mailto:ko-kwel.eug@coquilletribe.org">ko-kwel.eug@coquilletribe.org</a>	Primary outpatient medical care providing culturally appropriate care for Native Americans and Alaska Natives around Eugene.
<a href="#">LCC Longhouse Lane Community College</a>	4000 East 30th Avenue, Eugene <b>541-463-5238</b> <a href="mailto:longhouse@lanecc.edu">longhouse@lanecc.edu</a>	A sovereign space where Native American students and the community can share their values and cultures to create mutual learning relationships. It is a multi-use facility available to all students and provides program and classroom space for culturally appropriate activities.
<a href="#">Many Nations Longhouse University of Oregon</a>	<b>541-346-3036</b> <a href="mailto:jyounger@uoregon.edu">jyounger@uoregon.edu</a>	A place of community, welcome, peace, harmony, cultural exchange, and of individual support, respecting the diversity of numerous American Indian cultures and beliefs.
<a href="#">National Indian Child Welfare Association</a>	5100 S Macadam Ave. Suite 300, Portland <b>503-222-4044</b> <a href="mailto:info@nicwa.org">info@nicwa.org</a>	Supports the safety, health, and spiritual strength of American Indian and Alaska Native children by helping tribes build the capacity to prevent child abuse and neglect through positive systems change.
<a href="#">Native American Student Association</a>	4000 East 30th Avenue, Eugene <b>541-463-5238</b> <a href="mailto:tapahonsol@lanecc.edu">tapahonsol@lanecc.edu</a>	Assists American Indian, Alaskan Natives, and Indigenous peoples in maintaining cultural values while pursuing their educational goals.
<a href="#">Native American Student Union</a>	University of Oregon Multicultural Center/EMU <b>541-346-4207</b> <a href="mailto:asuonasu@gladstone.uoregon.edu">asuonasu@gladstone.uoregon.edu</a>	Assists indigenous peoples in maintaining cultural values while pursuing their educational goals. NASU emphasizes the support, safety and educational successes of the Native American community.
<a href="#">Native American Youth and Family Center</a>	5135 NE Columbia Blvd. Portland <b>503-288-8177</b>	Culturally specific programs and services to enhance the diverse strengths of youth and families in partnership with the community through cultural identity and education.
<a href="#">Natives' Classroom at Head Start of Lane County</a>	Apply at: <a href="http://www.hsolc.org">www.hsolc.org</a> Or call 541-747-2425 to request information or an application	Open to Head Start eligible families identifying as American Indian or Alaskan Native. Focus on Native American heritage & culture in the Head Start Classroom with American Indian/Alaskan Native teachers
<a href="#">Natives Program</a>	2295 Four Oaks Grange Rd. Eugene 541-790-5900 <a href="mailto:brainard@4j.lane.edu">brainard@4j.lane.edu</a>	Native Americans Towards Improved Values in Education and Society. Provides free education and learning activities for Native American/Alaska Native students.
<a href="#">Northwest Indian Language Institute</a>	1629 Moss Street Eugene 541-346-0730 <a href="mailto:nwili@uoregon.edu">nwili@uoregon.edu</a>	NILI supports and strengthens language preservation and revitalization efforts by establishing collaborative, on-going projects that meet the specific needs and desires of each language community.
<a href="#">Oregon Indian Education Association</a>	<a href="mailto:oiea.president@gmail.com">oiea.president@gmail.com</a>	Advances comprehensive, culture-based, and Native language educational opportunities for American Indians, Alaska Natives and Native Hawaiians (AI/AN/NH).
<a href="#">Oregon Native American Chamber</a>	4445 SW Barbur Blvd, STE. 102 Portland <b>503-894-4525</b> <a href="mailto:support@onacc.org">support@onacc.org</a>	Working with all members of the community to advance the educational and economic opportunities for Native Americans in Oregon and Southwest Washington.

**See next page for more NATIVE AMERICAN and INDIGENOUS RESOURCES**

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## NATIVE AMERICAN and INDIGENOUS RESOURCES (continued)

Agency	Contact	Notes
<a href="#">Siletz Tribal Home Visiting Program</a>	Lori Christy, Home Visitor 541-272-2241	Home visiting program that serves native families that are either expecting or have infants under the age of twelve months, continuing through to the child's third birthday, using a culturally specific model called Family Spirit.
<a href="#">Smok Signalz: Independent Tribal Media</a>	<b>503-879-1463</b> <a href="mailto:news@grandronde.org">news@grandronde.org</a>	The independent Tribal newspaper of the Confederated Tribes of Grand Ronde. Tribal news, health, education, gaming, culture. Published 2x/month. <a href="http://www.smokesignals.org/">www.smokesignals.org/</a>
<a href="#">Tribal Climate Change Project</a>	<b>541-346-5777</b> <a href="mailto:kathy@uoregon.edu">kathy@uoregon.edu</a>	This project focuses on understanding needs and opportunities for tribes in addressing climate change and exploring the role of traditional knowledge in climate change studies and plans.
Wellbriety Lane County	Jon Roberts 541-912-0818 <a href="mailto:stoneriver15@outlook.com">stoneriver15@outlook.com</a>	A culturally based movement and resource for Native American addiction recovery.
<a href="#">Youth Movement</a>	<a href="mailto:movement@ym7.org">movement@ym7.org</a>	Non-profit organization that works to inspire Native youth to be active and empower them to participate in and start movements.

## ASIAN AMERICAN and PACIFIC ISLANDER RESOURCES

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

## BLACK and AFRICAN AMERICAN RESOURCES

Agency	Notes
<a href="#">African American/Black Student Success Project</a>	The purpose of the program is to improve academic outcomes for African American/Black students and to achieve a vision of an equitable education system in Lane County. Holli Johnson at <b>541-461-8211</b> or <a href="mailto:hjohnson@lesd.k12.or.us">hjohnson@lesd.k12.or.us</a> <b>Early Learning Program</b> - Free for all Lane County families with Black / African American children between the ages of 0-6. Family visits, development screenings, 1-1 support with your child's needs, referrals to community resources, connection to other families with African American/Black children. Contact Ayanna Moriguchi, Early Learning Specialist, <b>541-357-5719</b> , <a href="mailto:amoriguchi@unitedwaylane.org">amoriguchi@unitedwaylane.org</a>
<a href="#">BEAM</a>	A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities and removing the barriers that Black people experience accessing emotional health care and healing. <a href="https://www.beamcommunity/">https://www.beamcommunity/</a>
BLAC: Black Led Action Coalition	BLAC fights for the Black people who've died or faced injustice by the hands of our government. <a href="https://www.facebook.com/blackledactioncoalition/">https://www.facebook.com/blackledactioncoalition/</a> and <a href="https://www.instagram.com/eugblac">https://www.instagram.com/eugblac</a>
<a href="#">Black Lives Matter</a>	"We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon." <a href="https://www.facebook.com/groups/283681563038502/about">https://www.facebook.com/groups/283681563038502/about</a>
<a href="#">Blacks In Government</a>	<a href="http://www.bignet.org/">http://www.bignet.org/</a> PO BOX 72476 Springfield 97475-0249
<a href="#">Black Male Alliance (U of O)</a>	A community of Black men at the U of O (students, staff, faculty and alumni). A space to support general well-being, deepen cultural and social connections and collectively work towards success. <a href="mailto:bmacmae@uoregon.edu">bmacmae@uoregon.edu</a>
<a href="#">Black Student Union (U of O)</a>	An intellectual, cultural and social environment for students and community members. Encourages a positive image of African Americans and supports its members in achieving their educational goals. <a href="mailto:bsu@uoregon.edu">bsu@uoregon.edu</a>
<a href="#">Black Women of Achievement (U of O)</a>	BWA implies sisterhood, empowering women, and community service. We provide a social, cultural, and educational & physical development for women of color. <a href="mailto:asuobwa@uoregon.edu">asuobwa@uoregon.edu</a>
<a href="#">The Historic Mims House</a> Managed by Lane County NAACP	One of the oldest houses in Eugene, the Mims' Houses was a safe-haven for African American travelers from 1948-1966 while there was race separation in Eugene. 330 High St, Eugene <b>541.484.1119</b>
<a href="#">NAACP Eugene Springfield</a>	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. <a href="https://naacplanecounty.org/contact/">https://naacplanecounty.org/contact/</a>
Oregon Commission on Black Affairs	1819 SW 5th Ave, #313 Portland 97201 <b>503-302-9725</b>
<a href="#">West African Cultural Arts</a>	Dance troupe, lessons, classes. <a href="http://www.westafricanculturalarts.org">www.westafricanculturalarts.org</a> <b>541-232-5471</b>

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## BLACK OWNED BUSINESSES

Agency	Notes
<a href="#">Black Owned Businesses in Eugene Oregon</a>	During the pandemic, 40% of Black-owned businesses have closed, and many have systematically been shut out from receiving federal assistance. Even during non-Covid times, the median wealth for white families is about 12 times that for Black families. Check out this list of Black-Owned Businesses in our area: <a href="https://blackbusinesseseugene.github.io/bbe/">https://blackbusinesseseugene.github.io/bbe/</a>

## LATINX / HISPANIC RESOURCES

Agency	Contact	Notes
<a href="#">Causa Oregon</a>	700 Marion St. NE, Salem <a href="mailto:causa@causa.org">causa@causa.org</a> 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.
<a href="#">Citywide Unión de Activistas</a>	458 Blair Boulevard, Eugene 541-485-1755	Helps Latinx youth develop cultural identity; understand the cultural, colonial and resistance histories of their ancestors; and develop political knowledge and advocacy skills. Youth mentorship, tutoring, professional skill development, and leadership development.
<a href="#">Downtown Languages</a>	532 C St, Springfield 541-686-8483	English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.
<a href="#">Grupo Latino de Acción Directa</a>	313 E 8th Ave, Eugene 541-525-0507 <a href="mailto:gladoflanecounty@gmail.com">gladoflanecounty@gmail.com</a>	Working to increase participation and visibility of Latinx communities in conversations and decisions that affect them.
<a href="#">Huerto de la Familia</a> (The Family Garden)	944 W 5th Ave., Eugene <a href="mailto:info@huertodelafamilia.org">info@huertodelafamilia.org</a> 541-505-9569	<i>Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias.</i> Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.
<a href="#">Centro Latino Americano</a>	944 W 5th Ave, Eugene 541-687-2667	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
<a href="#">Latinx Male and Allies Alliance</a>	Please email <a href="mailto:latinxmalealliance@uoregon.edu">latinxmalealliance@uoregon.edu</a> u for additional information.	A student organization that supports male Latinx students in their UO college experience. The Alliance provides academic, cultural, social, leadership development, and personal support to UO undergraduate students.
LatinX Network	<a href="mailto:pedropacheco@namilane.org">pedropacheco@namilane.org</a> 541-701-4630	La Red de Apoyo esta compuesta por diferentes organizaciones de servicios sociales en la area de Lane County que provee apoyo, servicios, asesoria.
<a href="#">League of United Latin American Citizens</a> (LULAC of Lane County)	541-337-6294	The largest and oldest Hispanic organization in the United States, LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs.
Grupo Latino Americano Accion Directa (GLAAD)	541-525-0507 <a href="mailto:gladoforegon@gmail.com">gladoforegon@gmail.com</a>	An independent, non-partisan gathering of Latino members and allies. On Facebook: <a href="https://www.facebook.com/grupolatinodeacciondirecta/">https://www.facebook.com/grupolatinodeacciondirecta/</a>
<a href="#">Integration Network for Immigrants of Lane County</a>	<a href="https://www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/">www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/</a>	IN is a group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County.
<a href="#">Amigos Multicultural Youth Center</a>	503-289-1517 <a href="mailto:info@mrgf.org">info@mrgf.org</a>	Amigos Multicultural Services Center promotes respect for Latin American immigrants whose dignity and livelihood have been challenged by poverty, discrimination, and social exclusion.
<a href="#">Center for Latino/a and Latin American Studies</a> (U of O)	541-346-5286 <a href="mailto:clas@uoregon.edu">clas@uoregon.edu</a>	A hub for interdisciplinary and collaborative research and creative work focusing on the study of Latin America and U.S. Latino/a populations.

## JEWISH RESOURCES

Agency	Contact	Notes
<a href="#">Jewish Federation of Lane County</a>	PO Box 5924, Eugene, 97405 <a href="mailto:jewishfederationlc@gmail.com">jewishfederationlc@gmail.com</a> 541-484-2541	Promoting the social, cultural, educational, and philanthropic needs of Jews in Lane County, globally, and in Israel.
<a href="#">Temple Beth Israel Center for Jewish Life</a>	1175 E. 29th Ave., Eugene 541-485-7218	Promoting the spiritual, educational and social well-being of our members, the Jewish people of Lane County, and the larger community.





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## IMMIGRATION & MIGRANT SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Immigration Legal Services</a>	1025 G Street, Springfield <b>541-345-3628 x303</b> <a href="mailto:RISP@ccslc.org">RISP@ccslc.org</a>	All services discounted	Yes	Legal assistance for DACA, family-based petitions, victims of violence, abuse, DV, crime or trafficking, refugees, citizenship.
<a href="#">Legal Aid &amp; Advocacy</a>	376 East 11th Ave, Eugene <b>541-485-1017</b>	FREE	Yes	Help completing forms, filing with USCIS, Representation at Asylum Interviews, Immigration Court, Immigration Appeals. Apply in person.
<a href="#">Migrant Education Program (MEP)</a>	<b>541-461-8382</b> <a href="mailto:mep@lesd.k12.or.us">mep@lesd.k12.or.us</a>	FREE	Yes	Services for youth in school, <b>under 22</b> & have moved across school district boundaries within the last 3 years to seek work in agriculture, forestry or fishing.
<a href="#">Causa</a>	<b>503-409-2473</b> <a href="mailto:causa@causaoregon.org">causa@causaoregon.org</a>	FREE	Yes	Working to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
<a href="#">Refugee and Immigrant Services Program (RISP)</a>	<b>541-345-3628</b> <a href="mailto:RISP@ccslc.org">RISP@ccslc.org</a>	FREE	Yes	Assistance for refugees and asylum seekers in accessing housing, employment, physical/mental health services, ESL classes, case management, etc.
<a href="#">American Immigration Lawyers Association</a>	<a href="http://www.ailalawyer.com">www.ailalawyer.com</a>		Yes	Find a qualified immigration lawyer in your community.
<a href="#">U.S. Citizenship and Immigration Services</a>	<b>800-375-5283</b>		Yes	

## EQUITY and SOCIAL JUSTICE ADVOCACY

Agency	Contact	Notes
<a href="#">Black Lives Matter</a>	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon. <a href="https://www.facebook.com/groups/283681563038502/about">https://www.facebook.com/groups/283681563038502/about</a>	
Eugene BIPOC Art Collective	Highlighting the voices and visions of local BIPOC artists through connecting them to spaces, funds, and other resources in the Eugene area. [White allies and artists are encouraged to get involved—not to pursue their own art projects or visions, but rather to support the efforts of BIPOC artists telling their own stories]. <a href="https://www.facebook.com/groups/296551804716104/">https://www.facebook.com/groups/296551804716104/</a>	
<a href="#">CALC (Community Alliance of Lane County)</a>	458 Blair Blvd, Eugene <a href="mailto:info@calclane.org">info@calclane.org</a> <b>541-485-1755</b>	Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people.
<a href="#">Equity, Access and Inclusion (Lane County)</a>	125 E 8th Ave, Eugene <b>541-682-3725</b> <a href="mailto:Mo.Young@co.lane.or.us">Mo.Young@co.lane.or.us</a>	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
<a href="#">Eugene Human Rights Commission</a>	101 W 10th Ave. 2nd floor, Eugene <a href="mailto:amcluskey.hrc@gmail.com">amcluskey.hrc@gmail.com</a>	Promoting the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
<a href="#">Fair Shot for All</a>	<a href="http://www.fairshotoregon.org/">http://www.fairshotoregon.org/</a> <b>503-383-9766</b>	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; holds legislators accountable.
<a href="#">HONEY (Honoring Our New Ethnic Youth)</a>	Support and advocacy for the enhancement and acceptance of multiracial persons and their families. <a href="https://www.facebook.com/groups/68164011932023/">https://www.facebook.com/groups/68164011932023/</a>	
<a href="#">Human Rights and Neighborhood Involvement (Eugene)</a>	101 W 10th Ave. 1st floor, Eugene <a href="mailto:hrni@ci.or.us">hrni@ci.or.us</a> <b>541-682-5177</b>	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.
<a href="#">NAACP Eugene Springfield</a>	<a href="https://naacplanecounty.org/contact/">https://naacplanecounty.org/contact/</a>	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.
<a href="#">One Oregon</a>	<a href="mailto:joel@causaoregon.org">joel@causaoregon.org</a>	Statewide coalition that defends against anti-immigrant and anti-Muslim policies and works to ensure that all Oregonians are treated with dignity and respect.
<a href="#">Rural Organizing Project</a>	PO Box 664, Cottage Grove <a href="mailto:office@rop.org">office@rop.org</a> <b>503-543-8417</b>	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
<a href="#">Showing Up for Racial Justice - SURJ</a>	<a href="mailto:info@suriaction.org">info@suriaction.org</a>	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
<a href="#">Solidarity Network / Jobs With Justice</a>	PO Box 10272, Eugene <b>541-632-3265</b> <a href="mailto:essn@solidaritynetwork.org">essn@solidaritynetwork.org</a>	Supports civil and economic rights of all working people – especially the right to a decent standard of living, the right to a stable job, and the right to organize.
<a href="#">Springfield Alliance for Equity and Respect</a>	<a href="mailto:safer1214@gmail.com">safer1214@gmail.com</a> <b>541-485-1755</b>	Promoting human rights, responding when abuses of human dignity occur, and urging public institutions to address social justice concerns. SAfER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
<a href="#">Unite Oregon</a>	<a href="https://www.uniteoregon.org/contact">https://www.uniteoregon.org/contact</a>	Led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for justice.

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## VOTER REGISTRATION

Registering to vote is easy at: <https://secure.sos.state.or.us/orestar/vr/register.do>

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

## LEGAL SUPPORT

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

## VICTIMS OF CRIME SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Crime Victim and Survivor Services</a>	<b>503-378-5348</b> Email: <a href="mailto:CVSSD@doj.state.or.us">CVSSD@doj.state.or.us</a>	FREE		Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.
<a href="#">Crime Victim's Assistance</a>	99 W 10 <sup>th</sup> #310, Eugene <b>541-682-8401</b>	FREE	NO	Assists victims in misdemeanor cases handled by City Prosecutor's office.
<a href="#">Victim Services Division</a>	125 E 8th Ave, Rm 400, Eugene <b>541-682-4523</b>	FREE	Yes	Provide crime victims with information regarding the legal process. Support with victim's compensation.

## MEDIATION SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Center for Dialogue &amp; Resolution</a>	93 Van Buren St, Eugene <b>541-344-5366</b>	Varies	Sometimes available	Mediation for tenant disputes, family issues, foreclosures, teen parents.
<a href="#">Lane County Family Mediation</a>	151 W. 7 <sup>th</sup> , Suite 360, Eugene <b>541-682-3962</b>	FREE 1 <sup>st</sup> session. Discount if on SNAP	Yes	Custody, parenting time, & financial mediation.



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## CHILD ABUSE & NEGLECT

Oregon Child Abuse Hotline 1-855-503-SAFE (7233) Call to report suspected child abuse or neglect, 24/7. If a child is in immediate danger, call 911.				
Agency	Contact	Fees	Spanish	Notes
<a href="#">90x30</a>	1244 Walnut Street, Eugene <a href="mailto:friends@90by30.com">friends@90by30.com</a>	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd #222 Eugene <b>541-686-6000</b>	No OHP		Supervise DHS parent-child visits for a fee. Counseling, DV class, parenting class.
<a href="#">CASA – Court Appointed Special Advocates</a>	174 Deadmond Ferry Rd, Springfield <b>541-984-3132</b>	FREE	Yes	Volunteers are trained to advocate in court for a DHS-involved child.
<a href="#">Kids FIRST Child Advocacy Center</a>	2675 Martin Luther King Blvd, Eugene <b>541-682-3938</b>	FREE	Yes	Medical exams, child interviews regarding abuse. <b>Must be referred by DHS or law enforcement.</b>
<a href="#">National Child Abuse Hotline</a>	<b>800-422-4453</b> Professional crisis counselors, 24/7. Crisis intervention, information, referrals to resources. All calls are confidential.			

## DOMESTIC VIOLENCE & SEXUAL ASSAULT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Womenspace</a>	1557 Pearl St., Suite 400, Eugene <b>800-281-2800</b> (24-hour crisis line) <b>541-485-6513</b> (office)	FREE	Yes	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, safe house, support groups, Latina bilingual advocacy.
<a href="#">SASS - Sexual Assault Support Services</a>	591 West 19th Ave, Eugene <b>541-343-7277</b> (24-hour Hotline) <b>541-484-9791</b> (office)	FREE	Yes	Medical / legal advocacy, peer counseling, support groups. Can accompany victim to doctor/hospital.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club, #222, Eugene <b>541-686-6000</b>	OHP (Trillium)	NO	Domestic violence classes for survivors. 36-week class for perpetrators.
<a href="#">Crime Victim and Survivor Services</a>	<b>503-378-5348</b> Email: <a href="mailto:CVSSD@doj.state.or.us">CVSSD@doj.state.or.us</a>	FREE		Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.
Domestic Violence Advocate at DHS	2885 Chad Dr, Eugene <b>541-686-7878</b> 2101 W 11th Ave, West Eugene <b>541-686-7722</b> 101 30 <sup>th</sup> St. Springfield <b>541-726-3525</b> 305 Coop Court, Cottage Grove <b>541-942-9186</b> 3180 Highway 101 N, Florence <b>541-997-8251</b>		Yes	Womenspace advocates at the Department of Human Services (DHS). Help with restraining orders, court appearances. Referral made by caseworker. No cost.
<a href="#">Siuslaw Outreach Services</a>	<b>541-997-2816</b> office <b>541-997-4444</b> hotline 1576 W. 12th Street, Florence <a href="http://www.florencesos.org">www.florencesos.org</a>	FREE	Yes	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance.
<a href="#">Victim Services Program</a>	125 E 8 <sup>th</sup> Ave, Eugene <b>541-682-4523</b>	FREE	Yes	Assigns volunteers from court advocacy unit, protective order unit, & family assistance.
<a href="#">National Domestic Violence Hotline</a>	<b>800-799-7233</b> (24/7) Email: <a href="http://www.thehotline.org/get-help/">www.thehotline.org/get-help/</a>			
<a href="#">National Sexual Assault Hotline</a>	<b>800-656-HOPE 800-810-7440 (TTY)</b> Connect with a trained staff member from a sexual assault service provider in your area. English and Spanish.			

## BATTERER & SEX OFFENDER INTERVENTION

Agency	Contact	Fees	Spanish	Notes
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, # 222, Eugene <b>541-686-6000</b>	OHP. Intake \$65. \$35/ class	Front desk	Oregon approved 36 to 48-week Batterer Intervention Program for men & women
<a href="#">McKenzie Counseling</a>	1705 Centennial Blvd, Suite #1, Springfield <b>503-880-1664</b>	\$350-\$800 intake, \$300/ mo	NO	Outpatient sex-offense specific treatment program for adult & juvenile males & females.
Siuslaw Batterers Intervention Program	1525 12th St, #20, Florence <b>541-335-1457</b>			52-week batterers intervention program & a 12-week anger management program for both males & females.



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## FOOD BOXES & PANTRIES *EUGENE*

Agency	Contact	Notes
Bethel Food Pantry	4445 Royal Ave <b>541-688-9085</b>	<p>Call the individual pantry site or check the Food for Lane County website for days and times of operation.  <a href="https://foodforlanecounty.org/find-a-food-pantry/">https://foodforlanecounty.org/find-a-food-pantry/</a></p>
Casa de Luz (se habla español)	1295 Taney St. <b>541-521-7437</b>	
<a href="#">Catholic Community Services</a>	1464 W. 6th Ave. <b>541-345-3628</b>	
Coburg Food Pantry	32695 E Pearl St. <b>831-345-3866</b>	
Daily Bread	89780 N Game Farm Rd <b>541-344-3380 x32</b>	
Eugene Faith Center Pantry	1410 W 13th Ave <b>541-686-9244</b>	
Larry Collins Memorial Pantry	255 Maxwell Rd. <b>541-688-2027</b>	
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop <b>541-342-2876</b>	
Pray BiG! St. Matthew's Church	4110 River Rd. <b>541-689-4010</b>	
<a href="#">Salvation Army - Eugene</a>	640 W. 7th Ave. <b>541-343-3328</b>	
<a href="#">St Vincent de Paul Food Room</a>	456 Hwy. 99 N. <b>541-689-6747</b>	

## FOOD BOXES & PANTRIES *SPRINGFIELD*

Agency	Contact	Notes
<a href="#">Catholic Community Services</a>	1025 G St <b>541-345-3628</b>	<p>Call the individual pantry site or check the Food for Lane County website for days and times of operation.  <a href="https://foodforlanecounty.org/find-a-food-pantry/">https://foodforlanecounty.org/find-a-food-pantry/</a></p>
Waypoint Church	332 58th St. - <b>541-345-3628</b>	
Salvation Army - Springfield	1275 Mill St <b>541-747-6229</b>	
The Shepherd's Table at St. John's	2537 Game Farm Rd <b>541-746-3322</b>	
The Arc of Lane County	4181 E Street <b>541-343-5256</b>	
Springfield Seventh-day Adventist Community Service Center	541-337-5101 1546 N. 12th, Springfield, (corner of N and 12 St.)	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency. Open the 1st & 3rd Tuesday from 10a.m. to 1 p.m., 2nd & 4th Tuesday from 4 p.m. to 7 p.m.

## FOOD BOXES & PANTRIES *RURAL LANE COUNTY*

Agency	Contact	Notes
Coburg Food Pantry	<b>541-221-5055</b> 32695 E Pearl St, Coburg	<p>Call the individual pantry site or check the Food for Lane County website for days and times of operation.  <a href="https://foodforlanecounty.org/find-a-food-pantry/">https://foodforlanecounty.org/find-a-food-pantry/</a></p>
Community Food for Creswell	<b>541-246-9117</b> 64 Cobalt Lane, Creswell	
Community Sharing Project	<b>541-942-2176</b> 1340 Birch Ave, Cottage Grove	
Dexter Food Pantry	<b>541-937-4229</b> 38925 Dexter Rd, Dexter	
Florence Food Share	<b>541-997-9110</b> 2190 Spruce St., Florence	
God's Food Box	<b>541-688-8884</b> 27373 8th St, Alvadore	
God's Storehouse	<b>541-995-8403</b> 180 Smith St., Harrisburg	
Goldson Grange	<b>541-998-1539</b> 23479 Hwy 36, Cheshire	
Helping Hand	<b>541-933-2575</b> 92170 Marcola Rd, Marcola	
Hilltop Pantry	<b>541-935-1331</b> 25735 Crow Rd	
Junction City Local Aid	<b>541-998-3992</b> 210 E. 6th Avenue, Junction City	
Leaburg Community Cupboard	<b>541-896-3857</b> 45061 McKenzie Hwy, Leaburg	
Lowell Food Pantry	<b>541-603-5043</b> 4 E. Lakeview St, Lowell	
Mapleton Food Share	<b>541-268-2919</b> 10718 Highway 126, Mapleton	
McKenzie River Food Pantry	<b>541-822-3249</b> 51187 Blue River Dr, Blue River	
Mid Lane Love Project	<b>541-935-4555 x104</b> 25035 W. Broadway, Veneta	
Noti Food Pantry	<b>541-935-0324</b> 22540 Fir St, Noti	
Oakridge Food Pantry	<b>541-782-2192</b> 47674 School St., Oakridge	
Up River Pantry	<b>541-946-1606</b> 37895 Row River Rd, Dorena	
Triangle Food Box	<b>541-925-3090</b> 20280 Blachly Grange Rd, Blachly	
Valley United Methodist Church	25133 E Broadway Ave, Veneta	



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## MEAL SITES

Agency	Contact	Notes
Crossfire Food Ministry	942 28th St, Springfield <b>541-686-3473</b>	Drive through food boxes on Thursdays.
Ebert Memorial Methodist Church	532 C St, Springfield. Passing out to-go meals.	Monday 8:30-10:30AM, Tuesday/Thursday 8:00-11:15AM
Eugene Catholic Worker	5th & Washington <b>541-735-3823</b>	Call for mealtimes
Eugene Mission	1542 W 1 <sup>st</sup> St, Eugene <b>541-344-3251</b>	Call for mealtimes
Eugene Service Station (CCS)	450 B Hwy 99 N, Eugene <b>541-461-8688</b>	Call for mealtimes
First Christian Church (Eugene)	1166 Oak St, Eugene <b>541-344-1425</b>	Call for mealtimes
Food Not Bombs	8th & W Park street, Eugene	Friday, 2pm. <a href="mailto:eugenefoodnotbombs@gmail.com">eugenefoodnotbombs@gmail.com</a>
Free People	Sunday Breakfast at Washington-Jefferson Park, 9:15-9:45AM Sunday Dinner at the 19 tables across from Lamb's Cottage, 5:00-5:30PM	
Hearth and Table	Free meals for local college students once a week Tuesdays, 5:00PM-6:00PM. Central Lutheran Church, 1857 Potter St. Use the entrance in the back off the parking lot. Meals are packaged for reheating, plant-based. Recipes provided.	
Hosea	834 Monroe, Eugene	Monday, Wed, Fri, 5:00 pm - 7:00 pm ( <b>13-23-year olds</b> )
Liberation Street Church	Corner of Royal & 99 <b>503-803-2921</b>	Call for mealtimes
Looking Glass, New Roads	941 W 7 <sup>th</sup> Ave Eugene <b>541-686-4310</b>	For homeless youth. Tues, Thurs - 5:30 pm - 6:30 pm ( <b>11-21 year olds</b> )
Shepherd's Hand	653 3rd St, Junction City <b>541-255-2331</b>	Call for mealtimes
St Mary's Episcopal Church	13 <sup>th</sup> & Pearl, Eugene <b>541-343-9253</b>	Call for mealtimes
St. Vincent de Paul	450 B Hwy 99 N, Eugene. 18+ only. Limited number of guests in the building. M-F 8:00AM-5:00PM	
The Dining Room	270 W 8 <sup>th</sup> Ave, Eugene <b>541-343-2822</b> . Call for mealtimes. Youth must be with legal guardian	
Trinity Lutheran Church	657 S 7th, Cottage Grove <b>541-942-2373</b>	Call for mealtimes
Valley United Methodist Church	25133 E Broadway, Veneta <b>541-935-1614</b>	Call for mealtimes

## MEALS for SENIORS

Agency	Contact	Notes
<a href="#">American Red Cross</a>	996 Jefferson St., Eugene <b>541-684-7172</b>	
Bateman Senior Meals	1407 Cross St., Eugene <b>541-683-8510</b>	
Campbell Senior Center	155 High St., Eugene <b>541-682-5318</b>	
<a href="#">Café 60 Meal Sites</a> (Senior & Disability Services)	Coburg United Methodist Church, 91193 N. Willamette, <b>541-682-4378</b> Riverview Terrace, 925 W. Main, Cottage Grove - <b>541-942-9261</b> Cresview Villa, 350 S. 2nd St., Creswell - <b>541-895-2338</b> Olive Plaza, 1135 Olive St, Eugene - <b>541-342-3515</b> Northwest Neighbors, 1221 Jacobs Dr, Eugene - <b>541-689-8011</b> River Road Annex, 1055 River Road, Eugene - <b>541-688-4052</b> Florence Senior Center, 1570 Kingwood Florence - <b>541-997-5673</b> Viking Sal Senior Center, 245 W. 5th St., Junction City - <b>541-998-5367</b> Church of the Nazarene, 48187 Highway 58, Oakridge - <b>541-782-4318</b> Willamalane Adult Center, 215 W. C St., Springfield <b>541-736-4408</b> Fern Ridge Service Center - 25035 W. Broadway, Veneta <b>541-935-7354</b>	Anyone age <b>60 &amp; older</b> 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 <b>541-342-1881</b>	
Meals on Wheels	Meals delivered to people who are homebound. <b>541-682-4368</b>	
<a href="#">Senior Meals Program of Lane County</a>	1015 Willamette St., Eugene <b>541-682-3353</b> Meals delivered to people 60 years+ who are homebound & need help with meal preparation.	

## NUTRITION RESOURCES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Food for Lane County</a>	770 Bailey Hill Rd, Eugene <b>541-343-2822</b>	FREE	Yes	Provides food for pantries & meal sites in Lane County. M-F 8am-5pm. List of sites at <a href="http://www.foodforlanecounty.org">www.foodforlanecounty.org</a>
<a href="#">OSU Extension Service</a>	996 Jefferson St, Eugene <b>541-344-0249</b>	Varies, mostly FREE	Yes	Hands-on cooking, nutrition, food safety, food shopping & physical activity classes for adults in English & Spanish.
<a href="#">SNAP</a> (food stamps)	Call for closest office <b>800-723-3638</b>	FREE	Yes	Apply in person or <a href="http://www.apps.state.or.us/onlineApplication">www.apps.state.or.us/onlineApplication</a>
<a href="#">WIC</a> - Women, Infants, & Children	151 W 7 <sup>th</sup> Ave, Rm 210, Eugene <b>541-682-4202</b>	FREE	Yes	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.

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## CLOTHING ASSISTANCE

Agency	Contact	Notes
4J School District	200 N. Monroe, Eugene <b>541-687-3349</b>	For 4J families. Call for appointment
Adventist Community Center	1546 N 12th, Springfield <b>541-746-7071</b>	Tuesday 10-12
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene <b>541-345-3628</b> 1025 G St., Springfield	Eugene: Monday-Friday 9am-4:30pm (Children's clothing only) Springfield: Tuesday through Saturday, 9am-12pm
Clothing Room	1761 E St, Springfield <b>541-746-5624</b>	T, Th, F 10am-3pm & W 11am-3pm.
Eastside Clothes Closet	95 Centennial Loop, Springfield	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 1pm-3pm & every last Thursday 7-8:30pm
Eugene Mission	1542 W 1 <sup>st</sup> Ave, Eugene <b>541-344-3251</b>	Monday-Friday 10am-4pm. No need to call.
Helping Hand Room 1st Christian Church	1166 Oak St., Eugene <b>541-344-1425</b>	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	834 Monroe, Eugene <b>541-344-5583</b>	Youth under 22 yrs. Showers, food, laundry, clothing. M, W, F 3-6:30pm
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop, Eugene <b>541-342-2876</b>	Clothing closet for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
<a href="#">Relief Nursery</a>	1720 W 25 <sup>th</sup> Ave, Eugene <b>541-343-9706</b> 850 S. 42 <sup>nd</sup> , Springfield <b>541-485-0007</b>	For families receiving Relief Nursery services.
Springfield Seventh-day Adventist Community Service Center	1546 N. 12th, Springfield, (corner of N and 12 St.) <b>541-337-5101</b>	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency. Open the 1st & 3rd Tuesday from 10a.m. to 1 p.m., 2nd & 4th Tuesday from 4 p.m. to 7 p.m.
<a href="#">St. Vincent de Paul</a>	456 Hwy 99 N, Eugene <b>541-689-6747</b>	Clothing, furniture & other household goods.
The Stash (Lane Community College)	LCC Main Campus, Center Building, Basement, Room 006	Free thrift store for current, registered students of Lane Community College.
<a href="#">White Bird Clinic</a>	341 E. 12th, Eugene <b>541-342-4357</b>	Monday-Friday, 8am – 10pm.

## LAUNDRY ASSISTANCE

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

## CAR SEAT CLINIC

Agency	Contact	Notes
<a href="#">Peace Health Car Seat Check</a>	<b>Monthly at Fire Station #2</b> 1705 W 2 <sup>nd</sup> Ave, Eugene  <b>Quarterly at PeaceHealth RiverBend</b> 3311 RiverBend Dr. Springfield  See website for dates and times: <a href="http://www.peacehealth.org/2019-car-seat-check-clinics">www.peacehealth.org/2019-car-seat-check-clinics</a>	A certified child passenger safety technician (CPST) will: <ul style="list-style-type: none"> <li>Check your child's seat/booster for proper installation.</li> <li>Check for recalls and educate caregivers on safe installation and maintenance of seat/booster.</li> </ul> <p>Answer your child passenger safety questions. FREE. No registration required</p> <p><b>Due to COVID, all scheduled monthly car seat checks will be postponed until it is safe to do so.</b></p>
Child Car Seat Program	Cottage Grove <b>541-942-9145 x264</b>	Cottage Grove Police Department offers car seat installation inspections. Call for an appointment.

## TRANSPORTATION ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene 1025 G St., Springfield <b>541-345-3628</b>	FREE	Yes	Bus day passes (for verified appointments only). Call or stop in to find out availability.
<a href="#">Lane Transit District (LTD) Half / Free Fare</a>	1080 Willamette, Eugene <b>541-687-5555</b>	FREE or Half price		Half-fare for people with disabilities. FREE fare for adults 65+
<a href="#">RideSource</a>	240 Garfield St, Eugene <b>541-682-5566</b>	FREE		For people who cannot ride LTD buses due to disability / other circumstances



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## BASIC NEEDS

Agency	Contact	Spanish	Notes
<a href="#">Brattain House</a>	<b>541-744-6769</b> 1030 G St, Springfield	Yes	School Supplies k-12
<a href="#">Catholic Community Services</a>	<b>541-345-3628</b> 1464 W 6 <sup>th</sup> , Eugene 1025 G St, Springfield	Yes	Clothing, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
<a href="#">Community Sharing Program</a>	<b>541-942-2176</b> 1245 Birch Ave, Cottage Grove	Yes	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
<a href="#">Emerald Community Services</a>	<b>541-683-4169</b> 90 Lawrence St, Eugene		Clothing, household goods, food boxes, special needs referrals.
<a href="#">F.I.S.H. - St. Mary's Church</a>	<b>541-688-3269</b> 440 Maxwell Rd, Eugene		Emergency food boxes, propane, help paying for medication. Open Monday-Friday, 10-2:30. Call to request food box.
<a href="#">Home Starter Kit</a> Church of the Resurrection	<b>541-686-8462</b> 3925 Hilyard, Eugene		Household items for homeless people moving into a new home. Print app, complete, & mail / deliver. <a href="https://resurrectioneugene.org/wordpress/wp-content/uploads/wp-pdf/hsk/HSKRequestForm.pdf">resurrectioneugene.org/wordpress/wp-content/uploads/wp-pdf/hsk/HSKRequestForm.pdf</a>
<a href="#">Hope to Dream</a>	<a href="https://www.ahopetodream.com/">https://www.ahopetodream.com/</a>		Supported by Ashley HomeStores, Hope to Dream provides a twin mattress, bed frame, bedding and pillow. Nominate a child on their website.
<a href="#">Hosea Youth Services</a>	<b>541-344-5583</b> 834 Monroe, Eugene		For youth <b>22 &amp; under</b> . Showers, food, laundry, hygiene, clothing.
<a href="#">Love, Inc</a>	<b>541-653-8537</b> <a href="mailto:loveinccllc@gmail.com">loveinccllc@gmail.com</a> PO Box 23452, Eugene		Hands-on assistance such as medical rides, furniture donations, yard work, cleaning, painting. Eugene / Springfield area only.
<a href="#">Sleep in Heavenly Peace</a>	<b>844-432-2337 x5113</b> Contact Connie & Bryce Jonas		To request a bed or refer a family: <a href="http://www.shpbeds.org/request-bed">www.shpbeds.org/request-bed</a> . Families must have a room large enough to fit one of the beds.
<a href="#">Springfield Seventh-day Adventist Community Service Center</a>	<b>541-337-5101</b> 1546 N. 12th, Springfield, (corner of N and 12 St.)		Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency. Open the 1st & 3rd Tuesday from 10a.m. to 1 p.m., 2nd & 4th Tuesday from 4 p.m. top 7 p.m.
<a href="#">St. Vincent de Paul</a>	<b>541-689-6747</b> 456 Hwy 99, Eugene		Furniture & other household goods
<a href="#">Salvation Army</a>	640 W. 7th Ave, Eugene <b>541-343-3328</b> 1275 Mill St, Springfield <b>541-747-6229</b>		Basic needs, food, utilities, rent, deposits, prescriptions, water & utility bills, holiday meals, Christmas toys. M-Th 8:30-12, 1-3:30, F 8:30-12:30
<a href="#">The Hope Project</a>	<a href="https://www.hopeprojecthelps.com/ask">https://www.hopeprojecthelps.com/ask</a>		Online application for a quick response to needs falling through the cracks of traditional systems or needing immediate assistance -- large and small, close by and far away. Give as much detail as you can. No ask is too big or too small!

## ID & BIRTH CERTIFICATE ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene 1025 G St, Springfield <b>541-345-3628</b>	FREE	Interpreter available	2nd and Last Thursday of every month. Arrive at 8:55am. Assistance with birth cert or ID card. Call DMV to see what documents you need for an ID. DMV phone #:541-686-7855.
<a href="#">Eugene Mission</a>	1542 W 1 <sup>st</sup> , Eugene <b>541-344-3251</b>	Varies		Assists overnight guests who are in case management with obtaining ID's. If they can pay, they must do so. Most birth certificates are \$20-30 & a new state ID card is \$44.50
<a href="#">Lane Independent Living Alliance (LILA)</a>	20 E 13th Ave., Eugene <b>541-607-7020</b>	FREE		Independent living skills classes, service navigation, counseling, support groups, clubhouse, ID assistance.

## LOW COST PET SERVICES

Agency	Contact	Fees	Notes
<a href="#">Community Veterinary Center</a>	470 Hwy. 99, Eugene <b>541-636-3324</b>	Sliding scale	Vaccines, dental, prescriptions, surgery, diagnosis, spay / neuter, euthanasia. Proof of income required.
<a href="#">Eugene Spay and Neuter Clinic</a>	3970 W. 1st Ave., Eugene <b>541-682-3643</b>	Varies	Spay/neuter, vaccines, flea medication. Discount if eligible for SNAP, disability, or unemployment
<a href="#">Greenhill Humane Society</a>	88530 Greenhill Rd, Eugene <b>541-689-1503</b>	FREE	Free spay and neuter surgeries for all feral, stray and free-roaming cats in Lane County
<a href="#">Pro Bone-O</a>	<b>541-607-8089</b> <a href="mailto:proboneo@comcast.net">proboneo@comcast.net</a>	FREE	Veterinary services, pet food / supplies for homeless.
<a href="#">S.P.O.T.</a>	<a href="http://www.spotspayneuter.org">www.spotspayneuter.org</a> <b>541-485-7768</b>	Reduced cost	Financial assistance to spay/neuter dogs. \$10 spay/neuter for Chihuahuas, pit-bulls, and dogs of low-income veterans.
<a href="#">Willamette Animal Guild</a>	3045 Royal Ave, Eugene <b>541-345-3566</b> <a href="mailto:appointments@wagwag.org">appointments@wagwag.org</a>	Varies	Spay / Neuter Clinic. Vouchers for low-income pet owners.

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## MEDICAL SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Acupuncture for the People</a>	2833 Willamette St Suite B, Eugene <b>541-521-6285</b>	1 <sup>st</sup> appt: \$30-55, then: \$15-40		Licensed acupuncturist servicing anyone who needs a sliding scale.
<a href="#">Bethel Health Center</a>	1525 Echo Hollow Rd., Suite A, Eugene <b>541-607-1430</b>	OHP, sliding scale, some insurance		Health services for ages 1-19. Mental health counseling.
<a href="#">Community Health Centers of Lane County</a>  <b>541-682-3550</b>  Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in. Call for hours. OHP, private insurance, sliding scale	<b>RiverStone Clinic</b>	2073 Olympic St, Springfield		
	<b>Charnelton Community Clinic</b>	151 W 7th Ave Suite 100, Eugene		
	<b>Prenatal Clinic</b>	151 W 7th Ave # 310, Eugene		
	<b>Springfield Schools Health Center</b>	1050 10th St, Springfield		
	<b>LCBH Primary Care</b>	2411 Martin Luther King Jr. Blvd, Eugene		
	<b>Brookside Clinic</b>	1680 Chambers St #103, Eugene		
	<b>Delta Oaks Clinic</b>	1022 Green Acres Rd, Eugene		
Healthy Tomorrows (Peace Health)	3333 Riverbend Dr., Springfield <b>541-687-6242</b>	Free if not eligible for OHP	Yes	Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
<a href="#">HIV Alliance</a>	1195 Cityview, Eugene <b>541-342-5088</b>	OHP only	Yes	HIV/hepatitis test, health/dental, housing support, social events, meals, financial assistance case management.
Homeless Youth Clinic	<b>541-686-4310</b> 941 W 7 <sup>th</sup> Ave, Eugene	FREE	Yes	STI/HIV testing <b>ages 16-21</b> (permission required for individuals under age 16).
<a href="#">Ko-Kwel Wellness Center</a> Coquille Indian Tribe	2401 River Rd. Eugene <a href="mailto:ko-kwel.eug@coquilletribe.org">ko-kwel.eug@coquilletribe.org</a>			Primary outpatient medical care providing culturally appropriate care for Native Americans and Alaska Natives around Eugene.
<a href="#">Lane County Public Health</a>	151 W 7th Ave., Room 310, Eugene <b>541-682-4041</b>	OHP, sliding scale, some insurance	Yes	STD testing, vaccinations by appt. No walk ins.
<a href="#">Occupy Medical</a>	<b>541-316-5743</b> 1717 Centennial Blvd, Springfield	FREE	Yes	Every Sunday. Food served noon-3:30pm (Suite 4), medical services starting at 11:45 (Suite 7). Arrive before 2:30 for medical services. <a href="http://www.Occupy-Medical.org">www.Occupy-Medical.org</a>
<a href="#">Rapid Access Center</a> (Willamette Family)	<b>541-762-4300</b> 195 W. 12 <sup>th</sup> , Eugene	OHP only		Same-day walk-in medical, behavioral health & addiction services.
The SHOP (Sharing Healthcare Options Program)	<b>541-342-8255</b> 341 E 12 <sup>th</sup> , Eugene	FREE	Yes	Enrollment assistance for health insurance through Cover Oregon including OHP. Call for appointment.
<a href="#">Trauma Healing Project</a>	<b>541-687-9447</b> 1100 Charnelton, Eugene	Sliding Scale	Yes	Body-centered therapies, wellness classes.
Trillium Behavioral Health Member Services	<b>541-485-2155</b>	FREE		Members can call this number to change physicians.
<a href="#">Volunteers in Medicine</a>	<b>541-685-1800</b> 2260 Marcola Rd, Springfield	FREE	Yes	Medical, mental health, prescription for low-income adults without insurance / with OHP but no provider
<a href="#">White Bird</a>	<b>541-484-4800</b> 1400 Mill St., Eugene	OHP, sliding scale	Sometimes	Medical walk-in clinic.
Ask-a-Nurse	<b>541-686-7000</b>	Call 24 hours a day for free, confidential health-care information & referrals.		
Poison Control Hotline	<b>800-222-1222</b>	24/7 hotline for questions / emergencies regarding poisons.		

## DENTAL SERVICES

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



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## VISION CARE

Agency	Contact	Fees	Notes
<a href="#">Lion's Eyeglass Assistance</a>	<a href="mailto:lionsclubsreferrals@olshf.org">lionsclubsreferrals@olshf.org</a> <b>971-270-0203</b>	FREE	Eye exams and glasses. Call or email to schedule
<a href="#">White Bird</a>	341 E 12 <sup>th</sup> , Eugene <b>541-342-8255</b>	FREE	Vouchers for eye exams and glasses. Come into the clinic to apply. 3-4 month wait. M-F 9-3:30.

## PRESCRIPTION ASSISTANCE

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

## SMOKING CESSATION

Agency	Contact	Fees	Spanish	Notes
<a href="#">Emergence</a>	78 A Centennial Loop, Eugene <b>541-393-0777</b>	OHP, sliding scale	YES	12-week intensive outpatient smoking cessation
Options Tobacco Cessation	3311 Riverbend Dr, Eugene <b>541-222-7442</b>	FREE	Interpreter available	Group meets every Monday at 5:30 p.m. Evaluation, therapy after quitting smoking.
<a href="#">Oregon Tobacco Quit Line</a>	<b>800-784-8669</b> Available 24/7	FREE	Yes	Talk or chat online with an expert Quit Coach. Find smoking cessation programs based on your location and insurance at <a href="http://www.quitnow.net/oregon">www.quitnow.net/oregon</a>
<a href="#">QTIP - Quit Tobacco in Pregnancy</a> (Lane County)	<b>541-682-4440</b>	FREE	Yes	Incentive program that helps pregnant women quit smoking. Women who successfully quit smoking can earn up to \$250 in gift cards. 8am to 5pm Mon – Fri.

## GAMBLING ADDICTION TREATMENT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Meridian Gambling Program</a> (Emergence)	2149 Centennial Plaza Suite 4, Eugene <b>541-741-7107</b>		Yes	Outpatient gambling treatment.
<a href="#">National Problem Gambling Hotline</a>	<b>800-522-4700</b> Call or text	FREE	Interpreter	Resource referrals for every state. 24/7, 100% confidential.
<a href="#">Problem Gambling Hotline (Oregon)</a>	<b>877-MyLimit</b> Call or text	FREE	Yes	Free, confidential help. Referrals to gambling treatment services.



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## RECOVERY SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Al-Anon &amp; Alateen</a>	<a href="https://alanonlaneor.us/find-a-meeting/">https://alanonlaneor.us/find-a-meeting/</a> <b>541-741-2841</b>	Free support for families / friends of people experiencing addiction to alcohol. Call or check website for meeting times.		
<a href="#">Alcoholics Anonymous</a>	<a href="http://www.eviaa.org/">http://www.eviaa.org/</a> <b>541-342-4113</b>	Free support for people experiencing addiction to alcohol. Call or check website for location / meeting times.		
Buckley Detoxification Center	605 W 4th Ave, Eugene <b>541-343-6512</b>	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 <sup>th</sup> Eugene <b>541-342-4189</b>	OHP, sliding scale, other insurance	Yes	Counseling, recovery programs, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	\$10-25 sliding scale, OHP	Yes	Addiction support for Spanish speaking adults and teens. Youth mentoring age 7-16.
Chrysalis (Whitebird)	990 W 7 <sup>th</sup> Ave, Eugene <b>541-683-1641</b>	OHP, sliding scale	No	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
<a href="#">Emergence</a>	78 A Centennial Loop, Eugene <b>541-393-0777</b>	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 <b>541-344-3574</b>	OHP, sliding scale, other insurance	No	Outpatient treatment for opioid addiction. Group / individual counseling.
JESCO Club	340 Blair Blvd, Eugene <b>541-686-0538</b>	FREE		Addiction Services, meetings
<a href="#">Narcotics Anonymous</a>	<a href="http://lanecountyarea-na.org/meetings/">http://lanecountyarea-na.org/meetings/</a> <b>541-729-0080 24-hour helpline</b>	FREE		12-step meetings. "Recovering addicts who meet regularly to help each other stay clean."
Looking Glass Counseling	260 E 11th Ave, Eugene <b>541-84-4428</b>	OHP / other insurance	Yes	Addiction counseling for youth under 21.
Methadone Treatment Lab	151 W 7th Ave Rm 163, Eugene <b>541-682-4464</b>	OHP, other insurance or self-pay	No	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 <b>541-485-2711</b>	OHP	Yes	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
ODI Clinic	10 Shelton McMurfhey Blvd, Eugene <b>541-284-7560</b> Centro Latino <b>541-687-2667</b>	OHP & Grant funding	Yes	Outpatient counseling services for teens with alcohol or drug problems.
<a href="#">Relief Nursery</a>	1720 W. 25 <sup>th</sup> Ave, Eugene <b>541-343-9706</b> 850 S 42 <sup>nd</sup> Ave, Springfield <b>541-485-0007</b>	FREE	No	Parents for Recovery: Support group for parents in recovery for drug & alcohol addiction. Peer Support for parents participating in other Relief Nursery programs or referred by DHS.
<a href="#">Serenity Lane</a>	<b>541-485-1577</b> out-patient 4211 W 11 <sup>th</sup> Ave, Eugene 91150 Coburg Industrial Way <b>541-687-1110</b> 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 <b>541-607-0897</b>			Mental health services, outpatient alcohol treatment & aftercare.
Willamette Family (Rapid Access Center)	195 W. 12 <sup>th</sup> , Eugene <b>541-762-4300</b>	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		<b>800-252-6465</b>		





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## RECOVERY HOUSES (WOMEN)

Agency	Contact	Notes
Ashes to Beauty	4736 Royal Ave #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 <a href="http://www.ashestobeauty.org">www.ashestobeauty.org</a> .
Haven Of Angels	721 Skipper Ave. Eugene 541-514-8160	
Clean and Sober Housing	541-543-8957S	
Sponsor's	767 W. 8th Ave, Eugene 541-485-6738	30 days clean & sober. Random UA's. Mandatory Meetings.
Women's Oxford Houses	Baker	541-246-8858 1826 N Danebo Ave. Eugene
	Beverly	458-201-7762 2406 Beverly St. Springfield
	Brilliance	541-653-9440 2049 Wisconsin St. Eugene
	Clarity	541-600-8794 2162 Loch Dr. Springfield
	Dalton	541-505-8517 1740 Dalton Dr. Eugene
	Dillard	541-357-4965 3990 Dillard Ave. Eugene
	Resilience	458-215-4935 137 51 <sup>st</sup> St. Springfield
	Riverbend	541-344-9191 5117 Innsbrook Way, Eugene
	Spencer Butte	541-653-8236 3230 Portland St. Eugene
	Westmoreland	541-844-1950 1895 Polk St. Eugene

## RECOVERY HOUSES (MEN)

Agency	Contact	Notes
Clean & Sober Housing	541-543-8957	Two weeks clean & sober.
Housing Our Veterans	345 W 13 <sup>th</sup> St. #5 Eugene 541-606-9220	
Last Resort	1511 Copping St. Eugene 541-461-9674	
Phoenix House	675 Hughes St, Eugene 541-607-5869	30 days clean. 6-month commitment. Mandatory meetings. Random UA's
Safe Haven	325 S. 37th St, Springfield 541-514-8160	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 541-514-6866	Random UA's. Must be clean & sober.
Men's Oxford Houses	Autzen	541-654-8874 1240 River Rd. Eugene
	Balcom	541-636-4260 30001 Kelso St. Eugene
	Boondock	541-654-0744 845 Elm Dr. Eugene
	C. Roman House	541-393-6669 3740 Emerald St. Eugene
	Crenshaw	541-653-9381 1257 Crenshaw Ave. Eugene
	Crescent	541-636-4279 2475 Crescent Ave. Eugene
	Echo Hollow	541-246-8268 4160 Avalon St. Eugene
	Emerald Valley	541-636-3070 4087 Concord St. Eugene
	Glory	541-505-9311 875 Glory Dr. Eugene
	Hayden Bridge	541-515-6535 1017 Hayden Bridge Rd. Springfield
	Mohawk	541-505-7057 1923 Centennial Blvd. Springfield
	Nighthawk	541-505-9286 33 E. 20 <sup>th</sup> Ave. Eugene
	West Howard	541-654-4332 133 Howard Ave. Eugene

## RECOVERY HOUSES (Co-Ed)

Agency	Contact	Notes
Clean & Sober Housing	541-543-8957	Two weeks clean & sober.
First Place Family Center	1995 Amazon Pkwy, Eugene 541-342-7728	
Genesis House	22882 Four Oaks Grange Rd. Eugene 541-302-6338	
Wilkie Street House	541-221-2707	
East 40th House	541-221-2707	

## HALFWAY HOUSES

Agency	Contact	Notes
Shepard Apartments	541-686-8438 938 Jefferson St. Eugene	
William Ware Residence	541-686-8438 910 Jefferson St. Eugene	

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## HOUSING ASSISTANCE

Agency	Contact	Spanish	Notes
<a href="#">Affordable Housing Online</a>	<a href="https://affordablehousingonline.com/housing-search/Oregon/Lane-County">https://affordablehousingonline.com/housing-search/Oregon/Lane-County</a>		
<a href="#">Catholic Community Services</a>	<b>541-345-3628</b> 1464 W 6 <sup>th</sup> Eugene / 1025 G St, Springfield	Yes	There is a lottery for housing counseling. Call or inquire at the front desk about the next lottery day.
<a href="#">Community Sharing Program of Cottage Grove</a>	<b>541-942-7933</b> 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.
<a href="#">Cornerstone Community Housing</a>	<b>541-683-1751</b> Multiple locations. Call or see website.	No	High quality affordable housing, onsite services that promote personal growth & economic independence. <a href="http://www.cornerstonecommunityhousing.org">www.cornerstonecommunityhousing.org</a>
<a href="#">DevNW</a>	212 Main St, Springfield <b>541-345-7106</b>	Yes	Affordable rentals. 1 <sup>st</sup> time homebuyer & financial literacy class. Foreclosure counseling. Student loan counseling. \$75 annual membership.
<a href="#">Homes for Good</a>	177 Day Island Rd, Eugene <b>541-682-3755</b> 300 W Fairview, Springfield <b>541-682-4090</b>	Yes	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. <a href="http://www.homesforgood.org/">www.homesforgood.org/</a>
<a href="#">HUD (Section 8)</a>	Apply online at: <a href="http://www.applysectioneight.com/apply_select_state">www.applysectioneight.com/apply_select_state</a>		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.
<a href="#">New Roads (Looking Glass)</a>	941 W 7 <sup>th</sup> Ave Eugene <b>541-686-4310</b>	No	Support finding housing for homeless youth, 16-21 yrs.
<a href="#">Opportunity Village</a>	458 Blair Blvd. Eugene <b>541-606-4455</b>	No	Square One Villages - Tiny Homes. \$30/month rent
Salvation Army	640 W. 7 <sup>th</sup> , Eugene <b>541-343-3328</b> Springfield <b>541-747-6229</b>	Yes	Rental assistance. With 72-hour notice & copy of rental agreement. \$100 max.
<a href="#">ShelterCare</a>	969 Hwy 99 N Eugene <b>541-689-7156</b>	Yes	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
<a href="#">Springfield Housing Programs</a>	<b>541-736-1039</b> 225 5 <sup>th</sup> St, Springfield	On request	
<a href="#">St. Vincent de Paul</a> <i>Assistance getting on the centralized wait list for affordable housing,</i>	First Place Family Center Lindholm Center Veteran Families	<b>541-342-7728</b> 1995 Amazon Parkway Eugene <b>541-607-0439</b> 450 Hwy 99 N, Eugene <b>541-743-7185</b> 2890 Chad Drive, Eugene	
<a href="#">SquareOne Villages</a>	111 N Garfield St, Eugene <b>541-606-4455</b>	NO	Self-managed communities of cost-effective <b>tiny homes</b> for people in need of housing. \$35 utility payment

## HOUSING COMPLAINTS

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

## HOME REPAIRS and IMPROVEMENT

Agency	Contact	Spanish	Notes
Eugene Emergency Minor Home Repair	99 W 10th Ave, Eugene <b>541-682-5446</b>	Yes	Zero-interest loans / grants to correct conditions that create an immediate safety threat.
Springfield Home Improvement Program	225 5 <sup>th</sup> St., Springfield <b>541-726-2358</b>	Yes	No-interest, deferred loans for eligible home-owners for heating, roofing, painting, doors, windows, dry rot, foundation, electrical, plumbing, weatherization, handicap access



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## DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Fees	Spanish	Notes
Community Supported Shelters	1160 Grant, Eugene <b>541-683-0836</b>	FREE	NO	<b>Conestoga huts &amp; tent communities</b> for the unhoused. Plan advisors & peer support.
Dusk to Dawn (St. Vincent de Paul)	456 Hwy 99, Eugene <b>541-687-5820</b>	FREE	Yes	Homeless <b>day shelter</b> for adults, food boxes, employment support for homeless veterans, 2nd chance rehabilitation program, social service office.
<a href="#">Egan Warming Center</a>	9 locations. Call or see website. <b>541-689-6747</b>	FREE	NO	Open 7pm to 8am, Nov 15 <sup>th</sup> - March 31 <sup>st</sup> on nights when average temperature is 29 degrees or below.
<a href="#">Eugene Mission</a>	1420 W 1 <sup>st</sup> , Eugene - women 1542 W 1 <sup>st</sup> , Eugene - men <b>541-344-3251</b>	3 nights free, then chores	Spanish translator	<b>Shelter</b> . Meals. Faith based A&D 12 step. Residential life skills program. GED classes.
Eugene Service Station St. Vincent de Paul	450 Hwy 99, Eugene <b>541-461-8688</b>	FREE		<b>Day shelter</b> , food, clothing, laundry, showers, phone, computer access.
<a href="#">First Place Family Center</a> St. Vincent de Paul	1995 Amazon Pkwy, Eugene <b>541-342-7728</b>	FREE	Yes	<b>Day center</b> , showers, laundry, food, internet, respite (age 5 & under). <b>Night shelter &amp; overnight parking</b> (year round).
Station 7 (Looking Glass)	931 W. 7 <sup>th</sup> , Eugene <b>888-689-3111</b> <b>24-hour crisis line</b>	FREE	Yes	<b>Emergency shelter</b> for runaway / homeless youth ages <b>11-17 yrs.</b>
<a href="#">ShelterCare</a>	969 Hwy 99 N, Eugene <b>541-689-7156</b>	FREE	Yes	<b>Emergency shelter, supportive housing</b> for people experiencing mental illness or brain injury. <b>Rapid rehousing</b> for families with 72-hour notice. 30-day post-hospitalization <b>medical recuperation</b> .
<a href="#">Womenspace</a>	<b>541-485-6513</b> <b>24 -hour Crisis line</b>  <b>541-485-8232</b> office 1557 Pearl St., Suite 200, Eugene	FREE	Yes	Serving all <b>survivors of intimate partner violence</b> and their families. Peer support, advocacy, safety planning, crisis intervention, <b>safe house</b> , legal support, emergency transportation, support groups, and Latina bilingual advocacy.

## HOME OWNERSHIP

Agency	Contact	Fees	Spanish	Notes
<a href="#">A Brush with Kindness</a>	<b>541-741-1707</b>	See notes. <i>Cost of project must be between \$500-\$2500</i>		Zero-interest loans for low-income homeowners for minor exterior home repairs such as painting, ramps, gutter, fence, deck or stair repair, and overgrown brush removal. See website for eligibility details: <a href="https://habitatlane.org/home-repair/">https://habitatlane.org/home-repair/</a>
Homebuyers Assistance (City of Eugene)	<b>541-682-5446</b>	Free		Down-payment assistance for qualifying families who can secure loan & pay mortgage.
<a href="#">Home Ownership Program</a> (Springfield)	<b>541-726-2358</b>	Free		Up to \$7000 interest-free loan toward down payment for qualified home.
<a href="#">DevNW</a>	212 Main St, Springfield <b>541-345-7106</b>	\$75 annual membership	Yes	Free 1 <sup>st</sup> time homebuyer & financial literacy class. Foreclosure counseling. Affordable rentals. Student loan counseling.

## FINANCIAL ASSISTANCE

Agency	Contact	Spanish	Notes
DHS-Self Sufficiency	2885 Chad Dr, Eugene <b>541-686-7878</b>	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 <b>541-686-7722</b>		
	101 30 <sup>th</sup> St. Springfield <b>541-726-3525</b>		
	305 Coop Court, Cottage Grove <b>541-942-9186</b>		
	3180 Highway 101 N, Florence <b>541-997-8251</b>		

## TELEPHONE ASSISTANCE

Agency	Contact	Notes
<a href="#">Oregon Lifeline</a>	<a href="http://www.puc.state.or.us/pages/rsp/otap.aspx">www.puc.state.or.us/pages/rsp/otap.aspx</a>	Reduces bill. Apply online / print application from the website.

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## ENERGY ASSISTANCE

Agency	Contact	Notes
<a href="#">Ebbert Memorial Methodist Church</a>	532 C St, Springfield <b>541-746-3513</b>	With shut-off notice, can offer \$25, if client can pay balance. SUB only.
<a href="#">Community Sharing Program</a>	1440 Birch Ave, Cottage Grove <b>541-942-7933</b>	Utility assistance, Food boxes, firewood, prescription assistance, showers, laundry, & propane. Help to avoid eviction / foreclosure.
<a href="#">Springfield Utility Board Project Share</a>	Email <a href="mailto:projectshare@ccslc.org">projectshare@ccslc.org</a> , call <b>541-746-9852</b> , or walk in at Springfield Community Service Center, 1025 G St.	
<a href="#">Emerald Rate Assistance Program</a> (ERAP)	<b>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</b>	
<a href="#">EWEB Customer Care</a>	Up to \$200 for qualifying customers. Wait list opens on 1 <sup>st</sup> 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> <b>Eugene</b> Community Service Center, 1464 W. 6th Avenue, <b>541-345-3642</b> <b>Springfield</b> Community Service Center, 1025 G Street, <b>541-747-8349</b>	
<a href="#">Low-Income Home Energy Assistance Program</a> (LIHEAP)	Waitlist opens the 1 <sup>st</sup> business day of the month in November. Call, walk in or apply online.  <b>Eugene</b> Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am <b>Springfield</b> Community Service Center, 1025 G Street, 747-8349, opens @ 9:00 am <b>Florence</b> Siuslaw Outreach Services, 997-2816, opens @ 9:00 am <b>Cottage Grove</b> Community Sharing, 942-6492, opens @ 11:00 am <b>Oakridge</b> St. Vincent de Paul, 782-3590, opens @ 8:30 am	
<a href="#">NW Natural Oregon Low-income Gas Assistance</a>	<i>Senior citizens, ages 60 &amp; older, call Campbell Community Center in Eugene 541-682-5354</i>  <i>General Public:</i> <b>Eugene</b> Community Service Center, 1464 W. 6th Avenue, <b>541-345-3642</b> , opens @ 9:00 am <b>Springfield</b> Community Service Center, 1025 G Street, <b>541-747-8349</b> , opens @ 9:00 am <b>Cottage Grove</b> Community Sharing, <b>541-942-6492</b> , opens @ 11:00 am	
<a href="#">Pacific Power –Energy Assistance Program</a>	<b>Eugene</b> Community Service Center, 1464 W. 6th Avenue, <b>541-345-3642</b> , opens @ 9:00 am <b>Springfield</b> Community Service Center, 1025 G Street, <b>541-747-8349</b> , opens @ 9:00 am <b>Cottage Grove</b> Community Sharing, <b>541-942-6492</b> , opens @ 11:00 am	

## BUDGETING & MONEY MANAGEMENT

Agency	Contact	Fees	Spanish	Notes
<a href="#">DevNW</a>	212 Main Street, Springfield <b>541-345-7106</b>	\$75 annual membership	Yes	Classes and one-on-one financial counseling. Free 1 <sup>st</sup> time homebuyer & financial literacy class. Foreclosure counseling. Student loan counseling.
<a href="#">Prosperity Center</a>	855 Seneca Rd, Eugene <b>541-431-3332</b>	FREE		Support with budgeting, debt reduction, taxes



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## EMPLOYMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Alternative Work Concepts</a>	<b>541-345-3043</b> Email: <a href="mailto:awc@efn.com">awc@efn.com</a>			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	FREE	Yes	Employment & resume support.
<a href="#">Job Connections</a> (Goodwill)	1010 Green Acres, Eugene <b>541-431-3309</b>	FREE	Eugene only	Job search, supported employment, resume help.
	102 30 <sup>th</sup> Street, Springfield <b>458-205-8157</b>			
<a href="#">Lane Small Business Development Center</a>	101 W 10 <sup>th</sup> Ave, #304, Eugene <b>541-463-6200</b>	Varies	Interpreter Available	Support services for small businesses, workshops and free business advising.
<a href="#">Lane WorkForce Partnership</a>	<b>541-505-8674</b> 1401 Willamette Street	FREE	Yes	Skill assessment, job search, on the job training
<a href="#">Northwest Youth Corps</a>	2621 Augusta Street, Eugene <b>541-349-5055</b>	See notes	Some programs	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
<a href="#">Pearl Buck Center</a>	115 W 8 <sup>th</sup> Ave, #280, Eugene <b>541-780-6404</b>	FREE	No	Support finding housing / employment for adults with developmental disabilities
<a href="#">Quality Care Connections</a>	Lane Community College campus 4000 E 30 <sup>th</sup> Bldg. 24, Eugene <b>541-463-3954</b>	Class prices vary from free to \$60	Yes	Training / business assistance for childcare providers
<a href="#">Re-entry Resource Center at Sponsors</a>	338 Hwy 99 N, Eugene <b>541-505-5690</b>	FREE	Some classes	Resume, interviews, jobs search, clothes <b>for those who have been incarcerated</b>
<a href="#">St. Vincent de Paul</a>	456 Hwy 99, Eugene <b>541-607-0439</b>	FREE		Career counseling, resume help, interviewing tips.
<a href="#">Supported Employment Services</a>	711 Country Club Rd, #1-A, Eugene <b>541-687-0687</b>	FREE	No	Job placement, coaching, supported employment for adults with disabilities. Referrals must come from Voc. Rehab.
<a href="#">Vocational Rehabilitation</a> (DHS-Self Sufficiency)	2885 Chad Dr, Eugene <b>541-684-2450</b>	FREE	Yes	Training / job placement for adults with disabilities.
	101 30 <sup>th</sup> Ave, Springfield <b>541-726-3525</b>			
<a href="#">WorkSource Oregon</a>	2510 Oakmont Wy, Eugene <b>541-686-7601</b>	FREE	Yes	Resume, interviewing, job search center with internet.

## WORKER'S COMPENSATION

Agency	Contact	Spanish	Notes
<a href="#">Worker's Compensation</a>	<b>800-452-0288</b>	YES	Call regarding worker's comp. claims.

## ADULT EDUCATION

Agency	Contact	Fees	Spanish	Notes
<a href="#">Adult Basic &amp; Secondary Education</a> (Lane Community College)	LCC main campus, Bdg 11, Rm 207 <b>541-463-5785</b>	Varies. Scholarships.	YES	GED prep, classes to improve reading / math scores, support applying to LCC.
<a href="#">Downtown Languages</a>	532 C St, Springfield <b>541-686-8483</b>	Varies, some FREE	YES	English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.
<a href="#">Eugene Mission</a>	1470 W 1 <sup>st</sup> St Eugene <b>541-344-3251</b>	FREE		GED classes for people in shelter
<a href="#">Women in Transition</a> (Lane Community College)	LCC - 4000 E 30 <sup>th</sup> , Eugene <b>541-463-5353</b>	Financial aid	NO	11-week class to help women plan to reach personal and career goals. <a href="mailto:GenderEquityCenter@lanec.edu">GenderEquityCenter@lanec.edu</a>





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## OTHER RESOURCE GUIDES

*In addition to this guide, there are several other very helpful resource navigation tools in our community!*

Agency	Notes
<a href="#">AbleFind</a>	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. <a href="http://www.ablefind.org">www.ablefind.org</a>
<a href="#">LANE 211</a>	Referrals to over 50,000 programs in Oregon. <a href="http://www.211info.org">www.211info.org</a> or call / text 211. Phone app available.
<a href="#">LaneKids</a>	Calendar of local events for children in Lane County. <a href="http://www.lanekids.org/events/">www.lanekids.org/events/</a>
<a href="#">Parenting Now Resource Guide</a>	<b>Resources for families.</b> Online: <a href="https://parentingnow.org/parents/parenting-resources/">https://parentingnow.org/parents/parenting-resources/</a>
<a href="#">South Lane County Resource Guide</a>	A directory of resources for people living in <b>South Lane County</b> . Available in print format at the Community Center and online at <a href="https://www.cottagegrove.org/community/page/south-lane-county-resource-guide">https://www.cottagegrove.org/community/page/south-lane-county-resource-guide</a> . To add a resource to the guide or to submit a correction, contact 541-942-1185 or email <a href="mailto:comcenter@cottagegrove.org">comcenter@cottagegrove.org</a> .
<a href="#">The HELP Book (Whitebird Clinic)</a>	Over 700 <b>human service resources</b> in Lane County. Order at: <a href="https://whitebirdclinic.org/helpbook">https://whitebirdclinic.org/helpbook</a>
<a href="#">The Lane Senior Guide</a>	Comprehensive online directory of services for <b>seniors</b> , including health-care, residential & assisted-living communities, community services, treatment centers & more. <a href="http://www.laneseniorservices.org/">www.laneseniorservices.org/</a>

## RURAL LANE COUNTY

*The following sections of this guide are specific to the rural communities in Lane County.*

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

Email [comcenter@cottagegrove.org](mailto:comcenter@cottagegrove.org) to receive the South Lane Resource Guide, a more comprehensive list of South Lane services.

Agency	Contact	Notes
Alcoholics Anonymous (Cottage Grove / Creswell)	<b>541-342-4113</b>	Confidential 12-step programs for people experiencing addiction to alcohol. Call for list of meetings & events.
<a href="#">Beds for Freezing Nights</a>	Primary site: 1025 N. 19 <sup>th</sup> St, Cottage Grove Secondary site: 216 S. 3 <sup>rd</sup> St, Cottage Grove <b>541-658-9254</b>	Warming center is active Nov 15 – Mar 31 when the average overnight temperature falls to 29 degrees Fahrenheit or below. Ask about pet policy. <a href="http://www.freezingnights.com">www.freezingnights.com</a>
Child Car Seat Program	<b>541-942-9145 x264</b>	The Cottage Grove Police Department offers car seat installation inspections. Call for an appointment.
Community Meal Sites	<b>Trinity Lutheran Church</b> 675 S. 7th St. Tuesdays & Thursdays at 5:00 pm <b>Church of the Nazarene</b> 152 S. M St. Wednesdays at 6:00 pm	
<a href="#">Community Sharing Program</a>	1440 Birch Ave. Cottage Grove <b>541-942-7933</b>	Help to avoid eviction, foreclosure assistance, rental entry costs. Firewood, food, utility & prescription assistance, showers, laundry, propane.
Cottage Grove Community Center	700 E. Gibbs Ave, Cottage Grove <b>541-942-1185</b>	Yoga, crafts, support groups. Room space available for rent for events, trainings and classes.
Cottage Grove Counseling Clinic	411 Washington St., Cottage Grove <b>541-942-8060</b>	Counseling services for children, adolescents, adults. Medicare accepted.
<a href="#">Cottage Grove Public Library</a>	700 E. Gibbs Avenue, Cottage Grove <b>541-942-3828</b>	Books and media for children and adults. Public computers / internet. Programs for children, teens and adults. <a href="http://www.cottagegrove.org/library">www.cottagegrove.org/library</a>
<a href="#">Cottage Grove Safe Haven</a>	<b>541-946-3232</b>	Transitional house for recovering women. <a href="http://www.cottagegrovesafehaven.com">www.cottagegrovesafehaven.com</a>
Cottage Grove Senior Center	700 E. Gibbs Ave, Cottage Grove <b>541-942-8751</b>	Recreational activities, classes, blood pressure checks, exercise, hearing tests, foot care.
Creswell Social Services	Creswell Community Center, 99 S 1st, Creswell <b>541-895-2531</b>	
Creswell YMCA	996 W. A Street, Creswell <b>541-686-9622</b>	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services (Cottage Grove)	305 Coop Court, Cottage Grove <b>541-942-9186</b>	Childcare assistance to eligible families. SNAP (Food stamps) for eligible low-income families and individuals.
<a href="#">Early Education Program</a>	Creslane Elementary School 996 West A, Creswell <b>541-895-6174</b>	Structured preschool for children age 3-5 with and without special needs. Classes focused on language development, social skills and self-regulation.
<a href="#">Emergence Alcohol and Drug Treatment Services</a>	710 Adams, Cottage Grove <b>541-767-3057</b>	Alcohol and drug outpatient treatment and intensive outpatient therapy for ages 18+. Accepts OHP.

**See next page for more SOUTH LANE SERVICES**



# Community Resource Guide

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## SOUTH LANE SERVICES Continued

Agency	Contact	Notes
<a href="#">Family Relief Nursery</a>	720 N. 14th Street, Cottage Grove <b>541-942-4835</b> Creslane Elementary: 996 A St., Modular 3, Creswell <b>541-942-4835</b>	Therapeutic early childhood program, home visiting, parenting support, developmental screenings, respite, parenting classes for qualifying families with children under age 6.
<a href="#">Full Access</a>	1450 Birch Ave, Cottage Grove <b>541-942-5003</b>	Support assisting individuals with intellectual and developmental disabilities. <a href="http://www.fullaccess.org">www.fullaccess.org</a>
Goodwill Job Connections	303 E. Main, Cottage Grove <b>541-942-9057</b>	Free, personalized services for job seekers. Job search assistance, resume assistance, interview skills coaching and workshops.
Habitat for Humanity of Central Lane	78314 OR-99, Cottage Grove <b>541-741-1707</b>	Supports local needs for housing and restoration of homes for people in need. <a href="http://www.habitatlane.org">www.habitatlane.org</a>
<a href="#">Head Start of Lane County</a>	1310 S. 8th St, Cottage Grove <b>541-767-3525</b>	Preschool programs for ages 3-4, including children with special needs. Early Head Start program for ages birth-3. No cost, eligibility based on income. <a href="http://www.hsolc.org">www.hsolc.org</a>
Meals on Wheels	<b>541-682-7804</b>	Meals delivered to people who are homebound.
Peace Health Cottage Grove Community Medical Center	1515 Village Drive, Cottage Grove <b>541-767-5500</b>	Walk-in clinic, 24-hour emergency department, hospital, physicians.
Café 60 Senior Meals	Riverview Terrace, 925 W. Main, Cottage Grove <b>541-682-9261</b> (call ahead) T/W/TH Crestview Villa, 350 S. 2nd St, Creswell <b>541-895-2338</b> (call ahead) M/W/F	Serving ages 60+. Guests under age 60 are welcome to attend for \$8 per meal.
South Lane Family Resource Center	1310 S. 8th St (Corner of 8th & Taylor), Cottage Grove <b>541-942-4967</b>	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays 8:30am - 4:30pm.
<a href="#">South Lane Mental Health</a>	410 N. 9th St., Cottage Grove <b>541-942-2850</b>	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, recovery program for ages 14 and up. Oregon Health Plan.
<a href="#">South Valley Athletics</a>	8th St. & Taylor, Cottage Grove <b>541-942-3079</b>	Kid's Sports, Adult Softball
<a href="#">Tender Hands Doula Services</a>	75 S. 5th St, Cottage Grove <b>704-517-5848</b>	
Warren H. Daugherty Aquatic Center	1000 Taylor Ave., Cottage Grove <b>541-942-5533</b>	Public pool, swim programs for all ages, lessons, fitness classes, warm water therapy pool.
Weight Watchers	Church of the Nazarene 152 S. M St., Cottage Grove <b>541-342-5386</b>	
Welcome Baby Box (90x30)	<b>541-870-0689</b> or <b>541-346-7484</b>	Welcome Baby Box containing diapers, clothes, wipes, other necessities, and a guide to community resources. Free for the families of all infants born in the South Lane region.
<a href="#">WIC</a> (Women, Infants, and Children)	305 Coop Ct, Cottage Grove <b>541-682-4202</b>	Nutrition education, breastfeeding support, and access to healthy foods.
<a href="#">Womenspace</a>	<b>541-485-6513</b> 24 -hour Crisis line <b>541-485-8232</b> Office	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, bilingual advocacy.

## SOUTH LANE SCHOOLS

School	Contact
<a href="#">Ace Charter: The Academy for Character Education</a>	195 N. 6th St, Cottage Grove <b>541-942-9707</b>
Al Kennedy High School	79980 Delight Valley School Rd, Cottage Grove <b>541-942-1962</b>
Bohemia Elementary School	721 S. R St, Cottage Grove <b>541-942-3313</b>
Child's Way Charter School	37895 Row River Rd, Dorena <b>541-946-1821</b>
Cottage Grove High School	1375 S. River Rd, Cottage Grove <b>541-942-3391</b>
Creslane Elementary School	996 West A Street, Creswell <b>541-895-6140</b>
Creswell High School	33390 Niblock Lane, Creswell <b>541-895-6020</b>
Creswell Middle School	655 W Oregon Ave, Creswell <b>541-895-6090</b>
Dorena Elementary School	37141 Row River Rd, Dorena <b>541-946-1506</b>
Harrison Elementary School	1000 Taylor Ave, Cottage Grove <b>541-942-3389</b>
Lincoln Middle School	1565 4th St, Cottage Grove <b>541-942-3316</b>
London Elementary School	73288 London Rd, Cottage Grove <b>541-942-0183</b>

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# Community Resource Guide

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## FLORENCE & WESTERN LANE COUNTY SERVICES

Agency	Contact	Fees	Notes
Alanon / Alateen	Confidential, free 12-step support for families/friends of people experiencing addiction. <a href="https://alanonlaneor.us/find-a-meeting/">https://alanonlaneor.us/find-a-meeting/</a>		
<a href="#">Alcoholics Anonymous</a>	<b>Hotline: 541-469-2440</b>	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up to date list of meetings & events.	
<a href="#">Beacon of Hope Recovery Center</a>	88896 Hwy 101, Florence <b>541-997-5697</b>	FREE	Location for a wide variety of 12-step recovery meetings. See website for calendar: <a href="https://beaconofhopealanoclub.com/">https://beaconofhopealanoclub.com/</a>
Boys & Girls Club	<b>541-902-0304</b> 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	<b>541-997-8251</b> 3180 Hwy 101 N, Florence	FREE	Food benefits (SNAP), financial assistance for families (TANF), childcare assistance, refugee services.
<a href="#">Early Childhood CARES</a>	<b>541-997-1513</b> 2325 Oak St, Florence	Free early intervention services for children birth to school age. Preschool, autism, speech, hearing, vision, occupational/physical therapy, home consultations.	
<a href="#">Emergence</a>	<b>541-997-8509</b> 1932 Pine St, Florence	OHP, sliding scale	Counseling for chemical dependency / gambling for adolescents & teens, family dynamics.
<a href="#">Florence Area Community Coalition</a>	<b>541-999-2927</b>	Online resource directory at: <a href="http://www.florenceareacc.org/service_directory.aspx">www.florenceareacc.org/service_directory.aspx</a>	
<a href="#">Florence Emergency Cold Weather Shelter</a>	Shelter is open when wind-chill is 32 deg or lower. Separate areas for men & women. Crates for pets out of the rain. <b>FREE</b> <a href="http://www.coldshelter.org/">www.coldshelter.org/</a>		
Florence United Methodist Church	<b>541-997-6025</b> 333 Kingwood Street, Florence	FREE	Lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
Focus 4 Crisis Line	<b>541-997-4444</b>	FREE	
Head Start, West Lane County	<b>541-997-9176</b> 2325 Oak St, Florence	FREE	Home visiting, parenting support, preschool, screening for vision & hearing. Breakfast & lunch for children. Interpreter available.
Helping Hands Coalition	<b>541-997-5057</b> 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	<b>541-999-6809</b> 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. <b>FREE</b> <a href="mailto:MinisterEventServices@gmail.com">MinisterEventServices@gmail.com</a>		
NAMI (National Alliance on Mental Illness)	<b>541-343-7688</b> 888 Western Way, Florence	FREE	Classes & support groups for people living with a mental health condition & for their families.
<a href="#">Oregon Family Support Network</a>	<b>541-901-1175</b>	FREE	Support for caregivers raising a child with mental health challenges. Support group, IEP support, referrals, trainings.
Options Counseling & Family Services	<b>541-997-6261</b> 1445 8th St, Florence	Fees vary	Family / individual counseling for adults & children. OHP, private pay, some insurance.
Peace Harbor Medical Center  400 Ninth St, Florence <b>541-997-8412</b>	Counseling Services - <b>541-902-6085</b>		Diabetes Wellness Clinic - 541-997-1295
	Emergency Services - <b>541-997-8412</b>		Orthopedic & Sports Medicine - 541-997-7104
	Home Health and Hospice - <b>541-997-3418</b>		Walk-In Clinic - 541-997-7134
	Imaging Center - <b>541-997-2804</b>		Women's Health - 541-902-1634
	Rehabilitation and Wellness Center - <b>541-902-1669</b>		Childbirth & Newborn Care Class 541-897-9048
PFLAG (Parents & Friends of Lesbians & Gays)	<b>541-991-8550</b> <a href="mailto:pflagflo@gmail.com">pflagflo@gmail.com</a>	FREE	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
<a href="#">Pregnancy &amp; Parenting Center</a>	<b>541-902-2273</b> 1525 12th Street, Suite G, Florence	FREE	Pregnancy tests, pregnancy options info, teen pregnancy support; parenting, pre-natal, & birth education; family mentoring, peer counseling. Tues & Thurs 11am-4pm. Parent-Child Playgroup every Wednesday, 10:30-12 Noon (0-5 years old).
<a href="#">Reconnections Counseling</a>	<b>541-997-1697</b> 1720 34th St, Florence	Sliding scale, insurance	Addictions & mental health counseling within a private setting focusing on client's needs.
Siuslaw Batterers Intervention Program	<b>541-335-1457</b> 1525 12th St, Suite G, Florence	52-week batterers intervention program & a 12-week anger management program for both males & females.	
<a href="#">Siuslaw Outreach Services</a>	<b>541-997-2816</b> office <b>541-997-4444</b> hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance. Self-sufficiency education.	
<a href="#">Siuslaw Public Library</a>	<b>541-997-3132</b> 1460 9th St, Florence	Story times & activities for children. Computer lab. Library cards are free for residents, \$15 nonresidents	
	<b>541-268-4033</b> 88148 Riverview Ave, Mapleton		
Well Mama Support Group	<b>541-999-4880</b> Women's Clinic 340 9th St., Florence	Open to all families, partners and support persons who feel overwhelmed or are experiencing depression & anxiety. 2nd & 4th Tues each month, 6-7:30pm. Free.	

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# Community Resource Guide

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## OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
Adult & Family Services	<b>541-686-7878</b> Uptown Mall, 305 Coop Court	
Department of Human Services	<b>541-736-7854</b> Uptown Mall, 305 Coop Ct	Apply for food stamps (SNAP)
<a href="#">Womenspace</a>	24-hour Crisis line: <b>541-485-6513</b> Willamette Activity Center, 47674 School Street <b>541-782-2877</b>	Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, and Latina bilingual advocacy for survivors of intimate partner violence and their families.
Oakridge Food Box	<b>541-782-2192</b> 47674 School Street	
Oakridge School District Homeless Liaison	<b>541-782-2231</b> or <b>541-782-3226</b> Email: <a href="mailto:rdasher@oakridge.k12.or.us">rdasher@oakridge.k12.or.us</a>	Help for students and their families who are homeless, living in a hotel/car/trailer/campground.
Family Resource Center	<b>541-782-3281</b> 76499 Rose St, Oakridge	Parenting classes, computer classes, after-school program, events. Free internet, printing, faxing, clothes closet.
Senior & Disabled Services	<b>541-782-4726</b> Uptown Mall, 305 Coop Court	Service coordination & advocacy for seniors and anyone with a disability in Lane County.
<a href="#">WIC</a> – Women, Infants, & Children	<b>541-782-4216</b> Uptown Mall, 305 Coop Court	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.
<a href="#">St. Vincent de Paul</a> - Oakridge	<b>541-782-5928</b> 47663 OR-58, Oakridge	Rent, utility, prescription assistance, coin laundry machines, job training.
St. Vincent's Veteran's Services	<b>541-285-7291</b>	
Animal Clinic	<b>541-782-4281</b> 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	<b>541-782-2304</b> 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Fire Department	<b>541-782-2416</b>	
Lane Electric	<b>541-484-1151</b> 787 Bailey Hill Rd, Eugene	
Oakridge City Hall	<b>541-782-2258</b> 48318 E 1st St, Oakridge	
Oakridge Police Department	<b>541-782-4232</b> 76435 Ash St, Oakridge	
Public Library	<b>541-782-2258</b> 48318 E 1st St, Oakridge	
Westfir City Hall	<b>541-782-3983</b> 47441 Westoak Road	
Five Rivers Family Practice	<b>541-782-4068</b> 48134 OR-58, Oakridge	Primary care & preventative services
McKenzie/Willamette Hospital	<b>541-726-4400</b> 1460 G St, Springfield	
Oakridge Eye Clinic	<b>541-782-5000</b> 48247 Hills St, Oakridge	
Options Counseling	<b>541-684-7625</b>	
Orchid Health Clinic	<b>541-782-8304</b> 47815 OR-58, Oakridge	Primary care, preventative, & mental health services.
Oregon Health Plan	<b>866-804-6315</b>	
Trillium Postal Pharmacy	<b>541-782-3413</b> 47809 OR-58, Oakridge	

## OAKRIDGE & WESTFIR SCHOOLS

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

## OAKRIDGE & WESTFIR CHURCHES

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

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# Community Resource Guide

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## VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance	<b>541-935-0948</b> 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	<b>541-935-7512</b> 88026 Territorial Rd., Veneta	Open Tuesday - Thursday 10-8 / Friday 10-6 / Saturday 10-5
Fern Ridge Family Resource Center	<b>541-935-8225 ext. 418</b> Veneta Elementary School 88131 Territorial Road, Veneta	Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center	<b>541-935-2262</b> 25035 W Broadway Ave, Veneta	Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, <b>60 &amp; over</b> . Lunch served weekdays.
Love Project Food Pantry & Gleaners	<b>541-935-4555 x104</b> 25035 W Broadway Ave, Veneta	Open Mon-Wed-Fri 10-11:30am & 12:30-2pm, and Wednesday evenings from 6-7:30.
<a href="https://midlanecares.com/">Mid Lane Cares</a>	<b>541-935-0948</b> 25035 W Broadway Ave, Veneta	<a href="https://midlanecares.com/">https://midlanecares.com/</a>
Olivet Baptist Church Lillie's of the Field	<b>541-935-1988</b> 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)	<b>541-556-4923</b> Valley United Methodist Church in Veneta and Olivet Baptist Church in May & Nov (see notes)	Free medical clinic on the 2 <sup>nd</sup> Sunday of each month at the Valley United Methodist Church in Veneta. The 2 <sup>nd</sup> 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	<b>541-935-4141</b>	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund	<b>541-935-0948</b>	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
<a href="#">Fern Ridge School District</a>	<b>541-935-2253</b> 88834 Territorial Hwy, Elmira	Elmira Elementary School	<b>541-935-8214</b> 88831 Territorial Road, Elmira
Elmira High School	<b>541-935-8200</b> 24936 Fir Grove Ln, Elmira	Veneta Elementary School	<b>541-935-8225</b> 88131 Territorial Road, Veneta
Fern Ridge Middle School	<b>541-935-8230</b> 88831 Territorial Road, Elmira	West Lane Tech Charter	<b>541-935-2101</b> 24967 Highway 126, Veneta

## PLEASANT HILL SERVICES

Agency	Contact	Notes
Pleasant Hill Education Foundation	<a href="mailto:janderson@phillfoundation.org">janderson@phillfoundation.org</a> <b>541-736-0759</b>	Provides scholarships to inspire learning, enhance teaching, & create opportunities students.
Reaching Out Mentoring Program	<a href="mailto:hammondmendez@pleasanthill.k12.or.us">hammondmendez@pleasanthill.k12.or.us</a> <b>541-736-0495</b>	One-to-one trained adult mentors for identified middle school students. Secondary school mentors are paired with younger students.
Pleasant Hill Family Resource Center	<a href="mailto:hammondmendez@pleasanthill.k12.or.us">hammondmendez@pleasanthill.k12.or.us</a> <b>541-746-9646</b>	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	36386 Highway 58, Pleasant Hill <b>541-746-9646</b>
Pleasant Hill Elementary School	36386 Highway 58, Pleasant Hill <b>541-736-0400</b>
Pleasant Hill High School	36386 Highway 58, Pleasant Hill <b>541-747-4541</b>