



Updated August 2023

Relief Nursery

Community Resource Guide

Relief Nursery does not endorse or recommend particular providers or services listed in this 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 connect people 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

Relief Nursery

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

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



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OTHER RESOURCE GUIDES

In addition to this guide, check out these other helpful resource navigation tools in our community!

AbleFind

Online searchable database for disability services in Oregon.

www.ablefind.org

Parenting Now Resource Guide

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

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

The HELP Book

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

Download a pdf or view online:
<https://whitebirdclinic.org/help>

South Lane County Resource Guide

Available online or in print format at the Community Center and online at

<https://www.cottagegrove.org/community/page/south-lane-county-resource-guide>

Transponder Resource Directory

Trans & gender diverse friendly resources.

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

15th Night Resource Guide

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

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

The Lane Senior Guide

Comprehensive directory of services for seniors.

www.laneseniorservices.org/

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



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CRISIS SUPPORT SERVICES and SUICIDE PREVENTION

Thank you to the Lane County Public Health Prevention team for helping update this section of the guide.

Call 911 if someone is an imminent danger to themselves or others.

The following resources are free.



National Suicide Prevention Hotline

Free, confidential support for people in suicidal crisis or emotional distress 24-hours / 7 days a week. **Para español, llame: 988.**
TTY Users: Use preferred relay service or dial 711 then 988.

<https://suicidepreventionlifeline.org/>

Agency	Contact	Español	Notes
CAHOOTS	541-682-5111 Eugene Crisis Line	◆	Crisis Assistance Helping Out on the Streets. EMT staffed crisis response and transportation to social services for people experiencing a mental health crisis. Not for violent or life-threatening emergencies.
	541-726-3714 Springfield Crisis Line		
Child / Adolescent Mental Health Crisis Line (Riverview Center for Growth)	888-989-9990 Crisis Line	◆	Support for caregivers of youth (up to age 17) experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist over the phone and, if necessary, send a 2-person response team to the home.
Confederated Tribes of Siletz Indians – CARE Program	541-994-5959 (24-hour Hotline) 541-444-9680 (office)		24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.
Looking Glass Youth & Family Crisis Line	541-689-3111 Crisis Line	◆	For parents of children up to 18 when their child is having an immediate mental health, emotional, or behavioral crisis.
White Bird Clinic Crisis Services	541-687-4000 Crisis Line 990 W 7 th Ave, Eugene	◆	24/7 crisis line and walk-in crisis intervention for people with mental health-related disabilities.
The Trevor Project Lifeline	1-866-4-U-Trevor or Text START to 678-678		24/7 lifeline for LGBTQ youth age 24 and under who are in crisis, feeling suicidal, or in need of a safe, judgment-free place to talk. Online chat at www.thetrevorproject.org
Crisis Text Line	Text "HOME" to 741741	◆	Connect with a volunteer Crisis Counselor 24 hours a day, 7 days a week. Comunicarte de manera gratuita con un Consejero de Crisis Apoyo gratuito las 24 horas del día, los 7 días de la semana, al alcance de tu mano.
En Español	Envía un texto con la palabra AYUDA al 741741		
Lane County Suicide Prevention & Mental Health Promotion	541-682-8731		Coordinates Lane County's suicide prevention and postvention efforts. Call or email for information & opportunities to get involved.
Florence Mobile Crisis Response Team	541-997-3212 cst@wlfea.org 2625 Highway 101, Florence		Support for community members faced with unexpected traumatic situations and/or mental health crises.
One Thing You Can Do	https://onethingtodo.org		Info about Extreme Risk Protection Orders that temporarily restrict a person's access to guns if they present a risk to themselves or others.
Oregon Alliance to Prevent Suicide	877-968-8491 amarcus@aocmhp.org		Appointed by the Oregon Health Authority to develop a public policy agenda for suicide prevention to reduce youth suicides across the state.
Veterans Crisis Hotline	1-800-273-8255, Press #1 or Text: 838255		Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, their family members & friends.
Lines for Life Free, confidential, anonymous. Call 988 . En Español: 1-888-628-9454	RACIAL EQUITY SUPPORT LINE 503-575-3764 Mon-Fri, 10am-7pm	BEHAVIORAL HEALTH SUPPORT LINE 800-923-4357	YOUTHLINE 877-968-8491 Text teen2teen to 839863
			SENIOR LONELINESS LINE 503-200-1633
			MILITARY HELPLINE 888-457-4838 Text MIL1 to 839863 Monday-Friday, 2-6pm
			ALCOHOL & DRUG HELPLINE 800-923-4357 Text RecoveryNow to 839863 Mon-Friday, 2-6pm

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CHILD & YOUTH MENTAL HEALTH SERVICES

Agency	Contact	Español	Fees	Notes
4J Health Center Churchill High School	1850 Bailey Hill, Eugene 541-790-5227	Interpreter	OHP / FREE	Counseling for depression, anxiety, anger, attention and focusing challenges, family stress, and referrals for substance abuse. For 4J students 19 and under.
4J Health Center North Eugene High	200 Silver Lane, Eugene 541-790-4445			
Bushnell University Counseling	755 E 11th Ave, Eugene 541-349-7471		\$10 / session, Free for students	Counseling sessions with graduate level counseling students supervised by faculty. For youth 12+ and adults.
Bethel Health Center	1525 Echo Hollow Rd, Eugene 541-607-1430	Interpreter	OHP, private insurance, sliding scale	Comprehensive health and mental health services for students of Bethel School District age 5-19.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000		OHP, sliding scale	Individual, couples, and play therapy, neurofeedback, DV intervention. Parenting After Crisis 15-week class.
Center for Family Development	1258 High St. Eugene 541-342-4189	◆	OHP, private insurance, sliding scale	Walk-in assessments, child therapy, behavioral support, groups & classes for depression, yoga, pain management, Dialectical Behavioral Therapy (DBT).
Centro Latino Americano	944 W 5th Ave, Eugene 541-687-2667	◆	\$15-25 sliding scale / OHP	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
Child & Family Center	1600 Millrace Dr # 106, Eugene 541-346-4910		Sliding scale	Family assessment, counseling, parenting support for families with children ages 2-17.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575	◆	OHP / private insurance	Services for children with special health care needs and developmental disabilities.
Child / Adolescent Mental Health Crisis Response Program (Riverview Center for Growth)	888-989-9990 Crisis Line	◆	FREE	Support for caregivers of youth, up to age 17, experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist by phone and, if needed, send a 2-person response team to the home.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	Some services	OHP / private insurance	A full range of mental health services for children, adolescents, families and adults.
Early Assessment & Support Alliance (EASA)	1200 Hilyard St, #570, Eugene 458-205-7070	Interpreter	OHP / private ins / no ins	Counseling, case management, peer support specialists, employment / educational support, for qualifying youth ages 12-29 experiencing psychosis.
Elrod Center	105 E Hilliard Ln, Eugene 541-780-6836	◆	Private insurance	Counseling and mental health services
Eugene Therapy	401 East 10th Avenue, # 330, Eugene 541-868-2004 info@eugenetherapy.com		Sliding scale, private insurance	Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
Fostering Strides	31830 Nichols Ln, Cottage Grove 541-999-5428	No Spanish ASL available	Sliding Scale, scholarship	Traditional and distance counseling, equine-assisted therapies, art therapy, play therapy.
Jasper Mountain	37875 Jasper-Lowell Rd, Jasper 541-747-1235	◆	OHP / private insurance	Intensive residential mental health treatment for children and youth ages 3-13.
Lane County Behavioral Health	2411 Martin Luther King Blvd, Eugene 541-682-1915	◆	OHP	Walk-in assessment, counseling and groups. Psychiatry, medication management.
Looking Glass Counseling	260 E 11 th Ave, Eugene 541-484-4428	◆	OHP	Residential, outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth. Alternative school.
Madrone Mental Health	150 Shelton McMurphey Blvd, Eugene 541-210-8090	◆	Trillium / OHP IHN/Samaritan Pacific Source	Intensive Outpatient Eating Disorder Program for ages 12-18. Outpatient mental health services. Adult day treatment eating disorder program.
Monte Nido Eating Disorder Center	888-826-2320		Private insurance	Day treatment services for adults and adolescents of all genders, evening intensive outpatient program.
Ophelia's Place	1577 Pearl St. #100, Eugene 541-284-4333	◆	FREE / sliding scale	Skill-building classes, strength-based therapy services for girls ages 10-18. After school drop in.

See next page for more Child & Youth Mental Health Services

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CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
Options Counseling	360 E 10th Ave Ste 450 Eugene 541-687-6983 1445 8th Street, Florence 541-997-6261	◆	OHP, some private insurance	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Oregon Community Programs	1170 Pearl St, Eugene 541-743-4340	◆	OHP / Trillium	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	◆	FREE	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	◆	No insurance. \$90 / session Sliding scale	Strengths-based, trauma informed, social justice focused individual and relational therapy services for children age 3 and up as well as adults.
Oregon YouthLine	877-968-8491 Text 'teen2teen' to 839863 YouthL@Linesforlife.org		FREE	Free, confidential teen-to-teen crisis and help line.
Rapid Access Center (Willamette Family)	195 W. 12th, Eugene 541-762-4300		OHP, private insurance, sliding scale	Walk-in medical & behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults & teens.
Relief Nursery	1720 W. 25th Ave, Eugene 541-343-9706 850 S. 42nd, Springfield 541-343-9706	◆ Todos los servicios disponibles en español	OHP	Therapeutic preschool. Mental health assessments, play therapy, family therapy, individual and group skills development, in-home therapeutic services, parent-child attachment therapy. Circle of Security.
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465	◆ Bilingual therapist	OHP	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving, neurofeedback, EMDR, medication management, youth peer support.
Shangri-La	398 High St, Eugene 541-344-1121	Interpreter	OHP	Therapy, medication management, hypnotherapy, case management, peer support, groups. Age 14+
Safe Center	89124 Marcola Rd, Springfield 541-741-7402		FREE	Residential treatment for ages 3-13. A typical stay lasts 3-90 days but can last longer if appropriate.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP / sliding scale	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment.
Springfield Schools Health Center	1050 10th St., Springfield 541-682-3550		Sliding scale / Free	Health and mental health services for Springfield District students and their families.
SWIFT Program (Students with Involved Families & Teachers)	10 Shelton McMURPHEY Blvd, Eugene 541-485-2711 swift@oslc.org		OHP	Strength-based behavioral health services for students and their families in school, home, and community settings.
Trillium Behavioral Health Member Services	541-485-2155 Para información en español, llama al 541-485-2155	◆	OHP	Trillium staff can assist members in finding mental health counseling or treatment services and help coordinate care. For Trillium members.
Thrive Behavioral Health	995 Willagillespie Rd, #200, Eugene 541-246-7263		Most ins. No Trillium for psychiatrist	Treatment for children & adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
Vista Counseling	1551 Pearl St, Eugene Call 541-517-9733 Text 541-525-0023 welcometo@vistapsych.com		Private insurance and cash pay	Therapy for children, teens, adults, families, and couples. Anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and comprehensive ADHD evaluations.
Young Adult Hub	1200 Hilyard St, #570, Eugene 541-682-7583	◆	OHP, private insurance, no insurance	Education, job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
Youth ERA Eugene Drop	965 Oak Alley, Eugene 971-334-9295		FREE	A safe, welcoming, inclusive space where youth can receive peer support, gain leadership and advocacy skills, meet new people, and achieve their goals.

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ADULT MENTAL HEALTH SERVICES

Agency	Contact	Español	Fees	Notes
Bushnell University Counseling	755 E 11th Ave, Eugene 541-349-7471		\$10 / session, Free for students	Counseling sessions with graduate level counseling students supervised by faculty. For youth 12+ and adults.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000		OHP, sliding scale	Individual, couples, neurofeedback, play therapy, DV intervention. Parenting After Crisis class.
CAHOOTS - Crisis Assistance Helping Out on the Streets	Eugene 541-682-5111	◆	FREE	EMT staffed crisis response & transportation to social services (not violent or life-threatening emergencies).
	Springfield 541-726-3714			
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620		\$5-40 sliding scale	Counseling, support groups, classes. Check website or call for details about current classes
Center for Family Development	1258 High St. Eugene 541-342-4189	◆	Sliding scale, OHP, other ins	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	◆	\$10-25 sliding scale, OHP	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation.
David Romprey Oregon Warmline	800-698-2392 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.
Depression Bipolar Support Alliance	510-757-9522 moonlightsea@me.com		FREE	Online and in-person peer support for people who experience depression or bipolar disorder.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	Some services	OHP / private insurance	A full range of mental health services for children, adolescents, families, and adults.
Early Assessment & Support Alliance (EASA)	1200 Hilyard St, #570, Eugene 458-205-7070	Interpreter	OHP / private ins / no ins	Counseling, case management, peer support specialists, employment / educational support, for qualifying youth ages 12-29 experiencing psychosis.
Elrod Center	105 E Hilliard Ln, Eugene 541-780-6836	◆	Private insurance	Counseling and mental health services
Embody Play Therapeutics	541-852-2799 leticia@leticia-garcia.com		Varies	Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Eugene Therapy	401 East 10th Ave, #330, Eugene 541-868-2004 info@eugenetherapy.com		Private Insurance / sliding scale	Adult, child, couples, family therapy. EMDR, grief, eating disorders, depression, anxiety, Autism Spectrum conditions, trauma. ADHD assessments.
Fostering Strides	31830 Nichols Ln, Cottage Grove 541-999-5428	No Spanish ASL available	Sliding scale, scholarship	Traditional and distance counseling, equine-assisted therapies, art and play therapy for children, teens, and adults.
HEDCO Clinic University of Oregon	1655 Alder St., Suite 170, Eugene 541-346-0923	◆	Sliding scale	Individual, couples & family therapy by supervised graduate students. Day, evening and weekend hours.
HIV Alliance (Alliance for Community Wellness)	1195 City View Street Eugene 541-556-1409		OHP, sliding scale	Mental health counseling services for families and individuals. Before referring clients, please make sure there are spots available. Refer clients for intake process to Jordan Chin (manager).
Hourglass Community Crisis Center	71 Centennial Loop, Eugene 541-505-8426	◆	FREE	Walk-in adult short-term mental health crisis assessment and stabilization. Open 24-hours.
Lane County Behavioral Health	2411 Martin Luther King, Jr. Blvd, Eugene 541-682-3608	◆	OHP	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.

See next page for more Adult Mental Health Services

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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
Laurel Hill Center	2145 Centennial Plaza, Eugene 541-485-6340	◆	OHP, Trillium, Medicaid	Supported housing and counseling services for people with psychiatric disabilities.
Madrone Mental Health	150 Shelton McMurphey Blvd, Eugene 541-210-8090	◆	OHP / private insurance	Outpatient mental health services. Adult day treatment eating disorder program.
Monte Nido Eating Disorder Center of Eugene	888-826-2320		Private insurance	Day treatment services for adults and adolescents of all genders, evening intensive outpatient program.
NAMI Lane County	129 9th St, Springfield 541-343-7688 HELPLINE: 1-800-273-8255	◆	FREE	Peer support for adults living with mental illness and their families. Monday-Thursday 10am-2pm. Check https://namilane.org/programs/ for current groups.
Odyssey Community Counseling (Emergence)	2149 Centennial Plaza, #4, Eugene 541-741-7107	◆	OHP, Private Ins., no Medicare	Individual / group counseling. DBT, CBT, EMDR, ACT. Problem gambling and smoking cessation services.
Options Counseling	360 E 10th Ave Ste 450 Eugene 541-687-6983 1445 8th Street, Florence 541-997-6261	◆	OHP	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Oregon Healing Collective	541-968-4325 info@oregonhealingcollective.com	◆	No insurance. \$90 / session Sliding scale	Strength-based, trauma informed, social justice focused individual and relational therapy services. Children ages 3+ and adults.
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465	◆ Bilingual therapist	OHP	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving, neurofeedback, EMDR, adult / family peer support
Shangri-La	398 High St, Eugene 541-344-1121	Interpreter	OHP	Therapy, med management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+
Shine Counseling	541-357-7650 info@edifytherapy.com		Sliding Scale	Individual, couples and family counseling for trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP / sliding scale	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment.
Trauma Healing Project	631 E 19 th Ave, Building B, Eugene 541-687-9447 info@healingattention.org	◆	Sliding Scale	Body-centered therapies such as yoga and acupuncture. Wellness classes.
University of Oregon Psychology Clinic	15th & Onyx, Eugene 541-346-4954		Sliding scale	Low-cost, individual therapy, marriage and couples counseling, and DBT skills groups. For adults, children, and adolescents as well as UO faculty, staff, and students.
Vista Counseling	1551 Pearl St, Eugene Call 541-517-9733 Text 541-525-0023 welcometo@vistapsych.com		private insurance and cash pay	Therapy for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. ADHD evaluations. For children, teens, adults, families, and couples
White Bird Clinic	990 W 7 th Ave, Eugene 541-342-8255 Office 541-687-4000 Crisis Line	◆	OHP	Individual, couples & family counseling. Phone and walk-in crisis intervention.
Rapid Access Center (Willamette Family)	195 W. 12th, Eugene 541-762-4300		Sliding scale, OHP, other ins	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8 am.-6 p.m.
Willamette Valley Counseling	180 W 12th Ave, Eugene 541-636-0885		Sliding scale	Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

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ANGER MANAGEMENT SERVICES

Agency	Contact	Español	Fees	Notes
Outgrowing Power, Anger & Control (Christians As Family Advocates)	921 Country Club Rd, # 222, Eugene 541-686-6000	Bilingual staff at front desk	OHP. Intake \$65. \$35/ class Payment plans available.	Oregon approved 36 to 52-week program for people who use anger and control destructively in relationships and desire to change. Voluntary or mandated. Weekly sessions are 90 minutes.
Dynamic Interaction Skills	1400 High St, Eugene http://dynskills.com/		Varies	Anger management and communication trainings.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620		No insurance. \$5-40 sliding scale	Anger management class for parents. Check website or call for current classes.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP / sliding scale	Ongoing weekly anger management classes.

GRIEF SUPPORT

Agency	Contact	Español	Fees	Notes
Cascade Hospice Bereavement	2650 Suzanne Way #200, Eugene 541-228-3050 kbrassington@cascadehealth.org	◆	FREE	Individual / Family Counseling for those adjusting to death, loss and grief. Grief Support Groups meet weekly by Zoom for 10 weeks. Resources : Articles on grief and loss mailed upon request. Lending Library : Books and pamphlets focused on grief and loss.
Courageous Kids	677 E 12 Ave, # N180, Eugene 458-205-7474 PROGRAM TEMPORARILY CLOSED		FREE	Grief support for children ages 6-17 who have experienced the death of a loved one. Weekly support groups with age-appropriate, arts-based activities. Peer support and education about children's grief for caregivers. Student support groups for in-school settings.
Daisy Chain	clientservices@daisychainlane.org 541-626-8918	◆	FREE	Pregnancy loss, miscarriage, still birth, and termination support. Apoyo en caso de pérdida del embarazo, aborto espontáneo, e interrupción del embarazo
GriefShare	www.griefshare.org/countries/us/states/or/cities/eugene		FREE	Grief recovery support groups meeting weekly in Eugene. See website for locations, dates and times.
MISS Foundation	888-455-6477	◆	FREE	Online forums and peer support for parents and grandparents who have lost a child of any age.
Parents of Murdered Children	513-721-5683 natlpomc@pomc.org	◆	FREE	Support and referrals for family members who have suffered the murder of a child.
Peace Health Bereavement Groups	677 E. 12th Ave., Eugene 458-205-7400		FREE	Grief counseling, pediatric bereavement services, support groups, and community education.
Suicide Bereavement Group	Darlene Baker 541-747-2087 darlene@jenniferbakerfund.org		FREE	Support group for survivors of suicide loss; peer-support setting for people to share their pain with others.
Healing Conversations	survivingsuicideloss@afsp.org		FREE	Peer support for survivors of suicide loss.
WellMama Pregnancy & Infant Loss Support	Call or text SUPPORT to 541-525-0495 info@wellmamaoregon.org	◆	FREE	Support for parents who have experienced pregnancy loss or the loss of a child. Pregnancy and Postpartum Depression Support Groups.

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Community Resource Guide

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CHILDREN AND YOUTH WITH DISABILITIES

For school district transition programs, please see page 18

Agency	Contact	Español	Fees	Notes
The Arc Lane County	4181 E. St, Springfield 541-343-5256	◆	Funding through DD Services	Provides a range of supports to children, youth and adults who experience intellectual & developmental disabilities and their families. Services include: inclusive preschool, after school program, adult employment and recreation services, in-home and community-based supports.
The Arc Families Connected The Arc Familias en Conexión	4181 E St., Springfield 541-343-5256	◆	FREE GRATIS	Parent-led organization that helps parents raising a child with intellectual / developmental disabilities. Organización dirigida por padres que ayuda a las familias a criar a un niño con discapacidades intelectuales o del desarrollo
Autism Society of Oregon	541-689-2228		FREE	Resource referrals for individuals with autism spectrum disorder & their families.
Bridgeway House	555 E 15 th , Eugene 541-345-0805	◆	Varies	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, events, & school.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575		OHP / private insurance	Services for children with special healthcare needs & developmental disabilities. Feeding clinic.
Connect the Dots	84 Centennial Loop, Eugene 541-255-2681	Interpreter	OHP / private insurance	Speech, physical & occupational therapy for children birth to 18. Sensory integration, developmental delays, Autism, ADHD, feeding challenges, congenital conditions.
Creating Opportunities	462 17th St NE, Salem 503-559-3674	Interpreter	Free if eligible to hire PSW's	Equips people with developmental disabilities or their family or representatives to find and manage Personal Support Workers.
DanceAbility International	576 Olive Street #208, Eugene 541-357-4982	Interpreter	Varies	Classes and performances for adults and children with and without disabilities to dance together. Training available for those who want to teach inclusive dance.
Developmental Disabilities Services	2513 MLK Jr Drive, Eugene 541-682-6564	◆	FREE	Case management, in-home support, equipment for children with developmental disabilities.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	◆	OHP / private insurance	Support and planning for youth age 0-23 with disabilities and their families. IEP support.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	◆	All services are free to eligible children. No insurance required	Provides Early Intervention (EI) and Early Childhood Special Education (ECSE) services to children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding.
Early Education Program (EEP)	99 W. 10th Avenue Suite 340, Eugene 541-485-0368	◆	Varies. FREE for children with delays	Classrooms designed for children with special needs as well as typically developing children age 3-5.
Embody Play Therapeutics	541-852-2799 leticia@leticia-garcia.com		Varies	Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Eugene Adaptive Recreation Hilyard Community Center	2580 Hilyard Street, Eugene 541-682-5311		Varies. Scholarships available.	Year-round, recreational, social and educational programs for children, teens and adults with disabilities. Adaptive recreation equipment rentals.
FACT Oregon	888-988-3228 support@factoregon.org	◆	FREE	Support for families navigating special education, early Intervention, IEP's, Transition to Adulthood.

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

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CHILDREN AND YOUTH WITH DISABILITIES

For school district transition programs, please see page 18

Agency	Contact	Español	Fees	Notes
KindTree: Autism Rocks	541-780-6950		Varies	Activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane County Public Health CaCoon	151 W 7th Ave, Eugene 541-682-8720		FREE	Helps families access services to support children that have special health care needs.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	◆	FREE for most services	Peer support for caregivers raising a child with emotional, behavioral or mental health challenges.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	◆	Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living.
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465	◆	OHP	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving, neurofeedback, EMDR, medication management, peer support.

ADULTS WITH DISABILITIES



Adult Protective Services (abuse reporting)

To report the abuse of a senior or an adult with a disability in the Lane County Area, call **541-682-4140**, email abusereporting@lcog.org or call the Oregon Elder Abuse Hotline at **1-855-503-SAFE (7233)**. If it is an emergency, dial **911**.

For a searchable online directory of disability services in Oregon, check www.AbleFind.org. Includes resources for housing, health, recreation, employment, education, social security, safety, legal, finances & more.

Agency	Contact	Español	Fees	Notes
Allies, LLC	131 E. 11th Ave, Eugene 458-210-2837		Paid for by DD Services	Attendant care, transportation, self-expressions program for adults with intellectual / developmental disabilities.
Alternative Work Concepts	541-345-3043 awc@efn.com			Individualized employment opportunities in the community for adults with multiple disabilities.
The Arc Lane County	4181 E. St, Springfield 541-343-5256	◆	Paid for by DD Services	Provides a range of supports to children, youth and adults who experience intellectual & developmental disabilities and their families. Services include: inclusive preschool, after school program, adult employment and recreation services, in-home and community-based supports.
Bus Buddy Program (LTD)	1080 Willamette St, Eugene 541-345-3043		FREE	Introduction to LTD transit system with assistance of trained volunteers. Gain tools & confidence to travel safely.
DanceAbility International	576 Olive Street Ste 208, Eugene 541-357-4982	NO	Varies	Classes and performances for adults and children with and without disabilities to dance together. Training available for those who want to teach inclusive dance.
Developmental Disabilities Services	2513 MLK Jr Drive, Eugene 541-682-3695	◆	FREE	Support services for children & adults who experience developmental disabilities.
Disability Rights Oregon	511 SW 10th Ave, Ste 200, Portland 503-243-2081 welcometo@droregon.org	Interpreter upon request		Legal representation and advice, confidential advocacy, safety planning, and referrals to other services
Eugene Adaptive Recreation Hilyard Community Center	2580 Hilyard Street, Eugene 541-682-5311		Varies. Scholarship available.	Year-round, community-based recreational, social and educational programs for Eugene area children, teens and adults with disabilities. Adaptive recreation equipment rentals.
Full Access Brokerage	1240 Charnelton, Eugene 541-284-5070 1450 Birch, Cottage Grove 541-513-8548			Attendant care, home modifications, person-centered behavior support, assistive technology, employment support for adults with intellectual / developmental disabilities. Referred by DD services.

See next page for more services for Adults with Disabilities

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ADULTS WITH DISABILITIES (continued)

Agency	Contact	Español	Fees	Notes
Goodwill Employment and Training Services	855 Seneca Rd, Eugene 541-431-3309	◆	FREE	Assistance in learning basic skills necessary to maintain employment and gain work independence through paid work experience and training. For Adults 21 years or older who have intellectual or developmental disabilities
Inner Potential	innerpotential1@gmail.com 503-539-8330		Funded by K Plan	Partnering with people age 18+ experiencing intellectual or developmental disabilities in achieving a healthy, fulfilling life.
KindTree	PO Box 40847, Eugene 541-780-6950	Spanish speaking volunteers		Support groups, activities, camps, and social gatherings for people experiencing Autism. Volunteer run friends and family camp offered in August.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	◆	Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living.
SAIL – Supporting Access to Independent Living	www.sailhousing.org/	Interpreter upon request		Advocates for and promotes sustainable housing for persons with developmental disabilities. Also offer job coaching and foster care.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038 3180 Highway 101, Florence 541-902-9430		FREE	Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
SLLEA - (Smart Living, Learning, & Earning with Autism)	541-554-8170			Promote quality housing & support adults with Autism & related disorders. Training for independent living.
Social Security Administration	2504 Oakmont Wy, Eugene 800-772-1213		FREE	Social Security pays disability benefits to people who can't work due to a serious medical condition.
Supported Employment Services	711 Country Club Rd, #1-A, Eugene 541-687-0687	◆	FREE	Job placement, coaching, supported living services, Rep pay benefit services, supported employment for adults with disabilities. Referrals through Voc. Rehab.
Trips, Inc.	PO Box 10885 Eugene 541-686-1013	Sometimes	Varies	Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
Vocational Rehab	2885 Chad Dr, Eugene 541-686-7878 101 30 th Ave, Springfield 541-726-3525		FREE	Skills training and job placement for adults with disabilities.
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020		FREE	Independent living skills classes, service navigation, counseling, support groups, club house & more. Support with social security, budgeting, mental health referrals, and peer support.
WorkSource Lane	541-686-7601	◆		Employment support for adults living with disabilities.
McKenzie Personnel Systems	315 5th St Springfield 541-344-0549	◆	Funded by DD Services.	MPS provides all aspects of supported employment, community inclusion, and supported living services.
Oregon Supported Living Program	1250 Charnelton Street, Eugene 541-343-4196		Funded by DD Services.	Residential, supported living, employment, arts & culture for adults with developmental disabilities.
Pearl Buck Center	115 W 8 th Ave, #280, Eugene 541-780-6404		FREE	Job coaches, support finding housing & employment for adults with developmental disabilities.
Resource Connections of Oregon	1600 Valley River Dr, #130, Eugene 541-799-0545	◆	Billed through Medicaid	Case management and resource coordination for individuals over 18 who have intellectual or developmental disabilities.
RideSource	240 Garfield St, Eugene 541-682-5566	◆	Free through OHP	Transportation for people who cannot ride the LTD bus due to disability / other circumstances.

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DEAF and HARD OF HEARING RESOURCES

Agency	Contact	Notes
Hearing Loss Association of America (Lane County chapter)	541-510-2094 clarkoa@msn.com	Monthly newsletter and meetings (virtual and/or in-person depending of health risk). Check website: www.hearinglosslane.org
Lions Clubs Hearing Aid Project	971-270-0203 lionsclubsreferrals@olshf.org	Covers the cost of hearing aids, hearing tests, ear impressions, and aid fittings for people below 200% of the federal poverty line.
Love is Respect	Deaf Advocates Available Video phone: 855.812.1001 nationaldeafhotline@adwas.org	Confidential support, resources, or information related to dating, healthy relationships, boundaries, personal safety, interactive safety planning. For teens, young adults, and their loved ones.
National Deaf Domestic Violence Hotline	1-855-812-1001 (Voice/VP). Email: hotline@adwas.org	24/7 advocates provide crisis intervention, education, information and referrals for Deaf, DeafBlind, and DeafDisabled callers.
Oregon Association of the Deaf	oad1921@gmail.com	Advocating the rights of Deaf and Hard of Hearing people in Oregon.
Oregon Deaf and Hard of Hearing Service Program	503-945-5600 TTY: 503-945-6214	Improving the quality of life of Deaf and Hard of Hearing people and their families.
Oregon Deafblind Project	503-838-8328 rhoadsc@wou.edu	Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.
Oregon Deaf Empowerment & Advocacy for Families	Online contact form on website: http://lanecounty.us/odeaf/	Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.
Oregon Registry of Interpreters for the Deaf	https://www.orid.org/	Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.
Oregon School for the Deaf	999 Locust Street NE, Salem info@osd.k12.or.us Phone: 503-378-3825 Videophone: 503-400-6180	K-12 school for children who are eligible for special education in Oregon due to a hearing impairment. No tuition cost to families. Transportation may be provided by the child's school district. Residential program available.

BLINDNESS and LOW VISION RESOURCES

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



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FAMILY SUPPORT & PARENTING EDUCATION

Agency	Contact	Español	Fees	Notes
The Arc Lane County	4181 E. St, Springfield 541-343-5256	◆	Funded by DD Services	After school program, events, family support. Respite for children with developmental disabilities, ages 2-21. Budgeting, job skills and job placement.
The Arc Families Connected The Arc Familias en Conexión	4181 E St., Springfield 541-343-5256	◆	FREE GRATIS	Parent-led organization that helps parents raising a child with intellectual / developmental disabilities. Organización dirigida por padres que ayuda a las familias a criar a un niño con discapacidades intelectuales o del desarrollo
African American/Black Student Success Project	Contact Ayanna Moriguchi 541-357-5719 amoriguchi@unitedwaylane.org		FREE	Home visits, developmental screenings, referrals, and monthly gathering. For families with Black / African American children, ages 0-6.
CAFA - Christians As Family Advocates 921 Country Club Rd, #222, Eugene 541-686-6000	Parent-Child Connection	Community based parenting class. All parents are welcome. Classes are taught by CAFA therapists trained in child development, trauma, and group work.		
	Parenting After Crisis	15-week parenting class for parents who are in the middle of, or who have recently come out of crisis. \$65 intake appointment required prior to attending class. The classes cost \$35 each. Payment plans are available.		
	True Insight Parenting Strategies	FREE 8-10-week parenting series that focuses on attachment, problem solving, play, and connection to solidify parent-child relationships. Visit the TIPS website for future classes and resources. http://trueinsightparent.com/		
	Safe Families for Children	Faith-based host families provide respite care to children whose families are experiencing a temporary emergency. AAlbin@safefamilies.net 541-515- SAFE (7233)		
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620		\$5-40 sliding scale	Grandparents Raising Grandchildren Group (see website for details).
Center for Dialogue & Resolution (Parent/Teen Program)	1400 Cross St, Eugene 541-344-5366	Sometimes available	Varies	Mediation for creating / modifying parenting plans. Communication support for parents & teens with issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, etc.
Direction Service	1144 Gateway Lp, #200, Springfield 541-686-5060	◆	OHP, private insurance	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
Early Childhood Hub of Lane County	Website with information on parenting classes and workshops (with online options), a parenting blog, community activity calendar, and many other resources for Lane County parents. https://www.earlychildhoodlane.org/			
ECCO 4J Young Parent Program	200 N Monroe Ave. Eugene 541-790-6860	Interpreter	FREE	High school & GED program offering pregnancy and parenting support for young parents. Free on-site childcare while they are attending classes.
Embody Play Therapeutics	541-852-2799 leticia@leticia-garcia.com		Varies	Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
FACT Oregon	2475 SE Ladd Ave, Portland 888-988-3228	◆	FREE	Support for families navigating special education, early intervention, IEP's, transition to adulthood.
FAIR - Families Actively Improving Relationships	10 Shelton McMurfhey Blvd, Eugene 541-485-2711	◆	OHP	Intensive outpatient program for parents experiencing challenges with parenting, addiction, mental health.

See next page for more FAMILY SUPPORT & PARENTING EDUCATION Resources

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FAMILY SUPPORT & PARENTING EDUCATION (continued)

Agency	Contact	Español	Fees	Notes
Family & Child Health (Lane County Public Health) 541-682-8720 FCH.Referrals@lanecountyor.gov Serving all of Lane County. FREE for families. ♦ - Spanish speaking staff. Interpretation for all other languages	Nurse home visiting (Babies First! , Nurse Family Partnership , and CaCoon) and family support specialist home visiting (Healthy Families) for pregnant individuals and parents of children birth-5. Nurse case managers offer support up to age 21 to families of children with special medical needs. All programs focus on supporting healthy pregnancies, child health & development, parent/child attachment, building resilience, and case management for medical and social needs. Eligibility: All pregnant people and families with newborns.			
	Oregon MothersCare: fast tracks enrollment for pregnant people into OHP and assists with locating services in the community. Kristi Wedmore: Kristi.Wedmore@lanecountyor.gov			
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835 996 A St., Modular 3, Creswell 541-942-4835	♦	FREE	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
Family Resource Centers FREE drop-in services for families, children, youth & teens. Access to community resource information. Basic needs resources available.	Bethel Family Resource Center 3455 Royal Ave. Eugene 541-607-1449 Anne.diaz@bethel.k12.or.us			Eugene Family Resource Centers El Camino del Rio/River Road Elementary, 120 W Hilliard Ln, Eugene 541-790-7230 longoria@4j.lane.edu
	Creswell Family Resource Center Creslane Elementary School, 996 West A St 541-895-6175 kdumas@creswell.k12.or.us			Fern Ridge Family Resource Center Fern Ridge Middle School, 88831 Territorial Hwy, Elmira 541-935-2253 x1205 ahand@fernridge.k12.or.us
	Cottage Grove Family Resource Center Harrison Elementary School 541-767-3532 wendy.vandersys@slane.k12.or.us			Marcola Family Resource Center Marcola Elementary School, 38300 Wendling Rd 541-933-2512 shockema@marcola.k12.or.us
	Lowell Family Resource Center Lundy Elementary School 45 S Moss St cday@lowell.k12.or.us			Pleasant Hill Family Resource Center 36386 Highway 58, Pleasant Hill 541-746-0495 aknox@pleasanthill.k12.or.us
	McKenzie/Blue River Family Resource Center McKenzie High School, 51187 Blue River Dr., Finn Rock 541-822-1110 lacey.joy@mc.kenziesd.org			
Family Support & Connections (Catholic Community Services)	1025 G St Springfield 541-345-3628 x311	♦	FREE	Home visiting, help connecting with resources, goal planning for parents of children under 18.
Friends of the Children – Lane County	info@friendslanecountyor.org 971-205-2463	♦	FREE	Professional mentors for children/families facing significant challenges. Mentors start when children are 4-6 years old and continue for 12+ years. Mentors spend 3-4 hours/week with the child. Parents/caregivers also receive support. Referrals typically come from schools, agencies and other organizations.
Focus on Children	See website for information and registration link.		\$60/ parent, ½ price if on SNAP	Parenting class for parents who are getting divorced.
KEEP (Oregon Community Programs)	1170 Pearl Street, Eugene 541-520-0524	♦	Paid incentive \$25 /week, up to 24 ODHS hrs	16 weekly, 90-minute sessions building support and skills for foster and kinship parents of children ages 3-18. Groups are currently offered over zoom.

See next page for more Parenting Education and Family Support Resources

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FAMILY SUPPORT & PARENTING EDUCATION (continued)

Agency	Contact	Español	Fees	Notes
Head Start of Lane County	Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425	◆ Spanish speaking staff. Interpretation for all other languages	All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Nurturely	541-579-8941 info@nurturely.org	◆	Varies	Preventative health programs to reduce disparities in perinatal healthcare. Prenatal education, postpartum social connections, drop-in Perinatal Lounge, a boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents
Nurturing B.L.A.C.K. (Nurturely)	541-579-8941 info@nurturely.org			Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. 4-week virtual group to learn skills and connect with other parents.
Options Counseling Circle of Security group	360 E 10th Ave Ste 450 Eugene 541-687-6983		OHP	Attachment-focused parenting group for parents with children age 9 and younger.
Oregon Community Programs	1170 Pearl St Eugene 541-743-4340	◆	OHP, Trillium, Pacific Source	Parenting groups, therapeutic foster care, counseling for youth and family, skills training, child/adolescent psychiatry.
Oregon Family Support Network	72 A Centennial Lp #150 Eugene 541-342-2876	◆	FREE	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges.
Parent Helpline	211 x5	◆	FREE	Child development specialist will answer questions from parents with children ages 0-8
Parenting Now	86 Centennial Loop, Eugene 541-484-5316	◆	Varies. Scholarships	Classes & support groups for parents of children ages 0-8. Also, classes for teen parents.
Pearl Buck Preschool and Family Supports	3690 W 1st Ave, Eugene 541-484-4666	◆	FREE	Support for parents who experience cognitive limitations & have children ages 2-5.
Pregnancy & Parenting Center	1525 12th Street, Suite G, Florence 541-902-2273	◆	FREE	Parent education, parent/child playgroup for 0-5 year olds, diapers, baby clothes, supplies.
Reach Out Oregon (Oregon Family Support Network)	Leave a message or email any time. 1-833-732-2567 info@reachoutoregon.org	◆	FREE	Free warmline for parents and caregivers. Call or text Monday to Friday, 12-7 PM (except holidays).
Relief Nursery	1720 W. 25 th Eugene and 850 S. 42 nd , Springfield 541-343-9706	◆ Todos los servicios	FREE	Home visiting, parenting support, respite care, parenting classes, addiction recovery peer support, Parents for Recovery support group, therapeutic classrooms. For qualifying families with children age birth to 5. All services provided in both English and Spanish.
Riverview Center for Growth	3995 Marcola Rd, Springfield 541-726-1465		OHP	Collaborative Problem-Solving classes. Family Peer Support.
Safe Families for Children (Christians As Family Advocates)	921 Country Club Road, Suite 222 Eugene AAlbin@safefamilies.net 541-515-SAFE (7233)		FREE	Faith-based host families provide respite care to children whose families are experiencing a temporary emergency.

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RESOURCE PARENT & ADOPTION SUPPORT

Agency	Contact	Español	Fees	Notes
A Family for Every Child	1675 W 11 th Eugene 541-343-2856		FREE	Helps find adoptive homes for children in foster care. Mentor program for at-risk & foster youth ages 5-18. 10 hours+ /mo. of individual support.
Adoption Connections of Oregon	aco@peak.org 541-554-1201		FREE	Support, education, multicultural activities for anyone touched by or interested in adoption.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000		OHP, sliding scale	Specialized TIPS (True Insights) Parenting Classes for Foster Parents
Foster & Adoptive Parent Association of Lane County	541-515-9951		FREE	Facebook page, support group, family events, and peer support for foster & adoptive families.
Holt International	250 Country Club Rd Eugene 1-888-355-4658 info@holtinternational.org			International and U.S. adoption service. Post-adoption support including coaching and education, birth parent search, and citizenship advice.
Open Adoption & Family Services	150 Shelton McMurphey Blvd, #204, Eugene 541-343-4825	Interpreter	FREE	Arranges open adoptions. Adoption counseling. All-options pregnancy counseling.
Oregon Foster Parent Association	410 Mill #366, Salem 888-544-3402 Email: office@ofpa.com			A statewide association operating within the foster, relative, and adoptive community in Oregon.
Relatives as Parents Program	1015 Willamette, Eugene 682-3353	Interpreter	FREE	Financial assistance for relatives 55+ raising a child. Funds for clothes, beds and other essential needs. Adoption/ guardianship not required.
Sarah's Closet	Text or leave a message at: 541-603-8812		FREE	Clothing, diapers and other items for foster children delivered anywhere in Lane County. To receive a Foster Baby Care Basket, complete website form: https://northstarpawpaths.org/closet/ .

FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Español	Fees	Notes
Open Adoption & Family Services	150 Shelton McMurphey Blvd, #204, Eugene 541-343-4825	Interpreter	FREE	All-options pregnancy counseling for pregnant and parenting people and partners. Arranges open adoptions. Adoption counseling.
Planned Parenthood	3579 Franklin Blv., Springfield 541-344-6519	Interpreter	OHP, some insurance, sliding scale	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, all gender health care, emergency contraception, abortion services.
	793 N. Danebo Dr., Eugene 541-344-6519			
Pregnancy & Parenting Center	1525 12th Street, Suite G, Florence 541-902-2273 Cell: 541-999-2427	◆	FREE	Pregnancy tests, pregnancy options info, teen pregnancy support.
Our Community Birth Center	188 West B Street, Building O Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	OHP / Private Insurance / Self-pay sliding scale	Nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum care including home visits, newborn care, lactation services.

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PRENATAL / POST-PARTUM SUPPORT / DOULAS

Agency	Contact	Español	Fees	Notes
ACT for Families	1776 Millrace Dr info@actforfamilies.org 541-434-1621		FREE if OHP / WIC eligible	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
Baby Connection (Parenting Now)	86 Centennial Loop, Eugene 541-484-5316	◆	FREE	Infant feeding support, parenting educators. Every Wednesday, 11 am to 12 pm for families with infants to 1-year.
La Leche League	541-744-6055 (help line) msusanscott@gmail.com	◆	FREE	Breastfeeding support provided by warm line, email, text, Facebook: La Leche League of Eugene
Daisy Chain clientservices@daisychainlane.org 541-626-8918	Apoyo completo de Doula para el parto, postparto, pérdida y terminación. IBCLC y apoyo a la lactancia. Apoyo completo de Doula, apoyo entre colegas y asesoramiento para personas que experimentan la falta de vivienda, la inestabilidad de la vivienda, la adicción y / o el uso de sustancias. Clases de música Baby Pop/Sing and Sign para cuidadores y niños desde el nacimiento hasta los 5 años.			
◆ Services are free and offered in Spanish and English	Full spectrum doula support for birth, postpartum, loss and termination. IBCLC and peer lactation support. Full spectrum doula support, peer support and advocacy for people experiencing houselessness, housing instability, addiction and/or substance use. Baby Pop/Sing and Sign music classes for caregivers and children, birth to age 5.			
Nurturely	541-579-8941 info@nurturely.org	◆	FREE	Preventative health programs to reduce disparities in perinatal healthcare. Prenatal education, postpartum social connections, drop-in Perinatal Lounge, a boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents
Family & Child Health (Lane County Public Health) 541-682-8720 FCH.Referrals@lanecountyor.gov	Four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs Babies First; CaCoon; Healthy Families; Nurse Family Partnership all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs. Eligibility: 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.			
◆ Spanish speaking staff available. Interpretation available for all other languages Serving all of Lane County Provided at no cost to families	Oregon Mother's Care: Enrolls newly pregnant women in the Oregon Health Plan, assists with finding community services. For Insurance Assistance call Kristi Wedmore at 541-682-3926 .			
Nursing Mothers Council of Oregon	info@nursingmotherscounsel.org 503-282-3338			Lactation support, pump assistance, peer support.
Our Community Birth Center	188 West B Street, Building O Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	OHP / Private Insurance / Self-pay sliding scale	Nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General & preventative health care, gynecology, all-options pregnancy counseling, birth control, fertility, pregnancy, birth and postpartum care. Home visits, lactation services.
Post-Partum Support International	support@postpartum.net 800-944-4773	◆	FREE	Email / phone support, referrals for post-partum services.
Pregnancy & Parenting Center	541-902-2273 1525 12th Street, Suite G, Florence	◆	FREE	Individualized Prenatal Education, diapers, maternity clothes, baby clothes / supplies.
Rainbow Bridge Doula Services	Facebook: Rainbow Bridge Doula Services 541-914-9975	◆	Sliding Scale	Prenatal, birth & postpartum support.
Sacred Heart Pregnancy & Parenting Education	3333 Riverbend Dr, Springfield 541-222-7074		sliding scale, scholarships	Pregnancy / parent education, prenatal yoga, breastfeeding, birth center tours, new infant care
WellMama	Call or text SUPPORT to 541-525-0495 info@wellmamaoregon.org	◆	FREE	24-hour peer support help line, private online self-assessment, support groups. For maternal mental health challenges.
Women, Infants, & Children (WIC)	151 W 7th Ave, #210, Eugene 541-682-4202	◆	FREE	Breastfeeding / nutrition support. Breast pumps.

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DIAPER ASSISTANCE

Agency	Contact	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St. Springfield	FREE diapers. Stop by to check on availability.
Lane County Diaper Bank	info@lcdiaperbank.org 541-221-0824	FREE diapers for low income families in Eugene, Springfield, and surrounding areas. Distributed through partner agencies. See website.

CAR SEAT CLINIC

Agency	Contact	Notes
Safe Rides for Safe Kids (Sacred Heart – Riverbend)	PeaceHealth RiverBend 3311 RiverBend Dr. Springfield	A certified child passenger safety technician (CPST) will provide a free car seat check when families with newborns are discharged from PeaceHealth Sacred Heart Medical Center at Riverbend.
Parenting Now! Car Seat Safety Program	541-484-5316	Certified Child Passenger Safety Technicians will show you how to properly install your car seat and position your child. Assistance is available in English and Spanish. The inspection usually takes 20 to 30 minutes.
Child Car Seat Program	Cottage Grove Police Dept 541-942-9145 x264	Car seat installation inspections. Call for an appointment.

For current information about Oregon's car seat regulations:

Oregon Department of Transportation's Safety Belts & Child Seats page:
<https://www.oregon.gov/odot/safety/pages/belts-seats.aspx>

SCHOOL DISTRICT OFFICES in LANE COUNTY

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

How do I contact the Lane ESD Superintendent?

Find the name of the current Superintendent on this website: www.lesd.k12.or.us/admin/supt.html
 Email: supt-office@lesd.k12.or.us or call: 541-790-7707

¿Cómo me comunico con el Superintendente de Lane ESD?

Encuentre el nombre del Superintendente actual en este sitio web: www.lesd.k12.or.us/admin/supt.html
 Correo electrónico: supt-office@lesd.k12.or.us o llame al: 541-790-7707



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EDUCATIONAL ADVOCACY

Agency	Contact	Español	Fees	Notes
CADRE - Center for Appropriate Dispute Resolution in Special Education	576 Olive St, Suite 300 Eugene 541-359-4210 cadre@directionservice.org	◆	Varies	Technical assistance, trainings, workshops, presentations, and other products and services that are useful for dispute resolution in special education and early intervention.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	◆	OHP / private insurance	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
Education Justice Action Team	mica@calclane.org 541-485-1755	◆	FREE	Community Advocate Program connects parents/caregivers with advocates who assist after incidents of bias, harassment, and discrimination. Advocates also act as witnesses and accompany parents to meetings and conferences.
Inclusive Partners	inclusivepartners@state.or.us 866-837-0250	◆	FREE	FREE consultation and individualized planning to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors. www.inclusivepartners.org
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	◆	FREE	Support for caregivers raising a child with emotional, behavioral, or mental health challenges.

HOME SCHOOLING and DISTANCE LEARNING OPTIONS

Agency	Contact	Notes
Baker Web Academy	541-524-2300	Free K-12 home-based public charter school. Online and textbook-based classes with teacher support. Option to earn college and high school credit at the same time.
Bridge Charter Academy	60 South Pioneer St, Lowell 541-937-5200 jvondo@bridgecharter.com	Free partial-day classroom setting serving home-based K-12 students. Accredited online curriculum options. Weekly 3-hour in-person sessions on the school campus.
Cascadia Learning Cooperative	3495 W. 18th Ave., Eugene 541-357-8892 info@cascadialearning.com	Secular, choice-based homeschool cooperative offering enrichment classes taught by parents and community members as a supplement to a full homeschool curriculum.
Fossil Distance Learning Program	centraloffice@fossildlp.com 971-367-2093	Free K-8 distance learning. A credentialed teacher provides support to students and their families. Each student is allocated instructional funds to purchase curriculum, supplies, lessons, and classes.
Home School Legal Defense Association	540-338-5600	Advice / legal support regarding homeschooling.
Learn at Home Oregon	301 South 3rd Street, Alsea 541-209-2431 erin.wills@alsea.k12.or.us	K-8 home-based distance education program. Learning materials and technology delivered to the child's home. Provides a hands-on learning experience. Free for all students in Oregon
Navigators Homeschool Group	800-382-6010	Homeschool classes, activities, events, field trips, and theater opportunities on Fridays starting in October and finishing in May. \$450 / year. Additional fees may apply.
Oregon Christian Education Association Network	503-288-1285	A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
Oregon Connections Academy	1-800-382-6010 info@oregoncharter.org	Tuition-free online public school that allows students to learn from home or anywhere there's an internet connection. State certified and open to students throughout Oregon.
Oregon Home Education Network	503-321-5166	A statewide nonprofit that provides information about homeschooling, promotes connection among homeschoolers, and supports homeschool families in Oregon.
Oregon Virtual Academy	541-751-8060	Tuition-free statewide online K-12 public education. Experienced, Oregon-licensed teachers, who are available online and by phone.
Teach Northwest	541-952-1381	K-12 Virtual STEAM and Homeschool Academy that allows parents to select from a wide range of traditional homeschool and/or online school options.
Willamette Connections Academy	1-888-478-9474	Tuition-Free Online K-12 Public School that students attend from home.

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ALTERNATIVE EDUCATIONAL SETTINGS

Agency	Contact	Español	Fees	Notes
Bridgeway House	541-345-0805 555 E 15 th , Eugene		OHP / private Insurance	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, social events and a full-time school.
Riverview Center for Growth	541-726-1465 3995 Marcola Rd, Springfield		OHP	Integrated treatment and education program for ages 4-19 with severe emotional and behavioral issues. Individual therapy, group therapy, and family therapy are provided.
ECCO 4J Young Parent Program	200 N Monroe Ave. Eugene 541-790-6860	Interpreter	FREE	High school and GED program offering pregnancy and parenting support for young parents as well as free on-site childcare while they are attending classes
Gateways High School	425 10th Street Springfield 541-744-8862		FREE	High school option for students who need help with basic academic skills (2-4 grade levels behind), are behind in course credits, need extra support, or are pregnant or parenting. Traditional diploma, modified diploma, and GED options.
Jasper Mountain School	541-747-1235 37875 Jasper-Lowell Rd, Jasper	◆	OHP / private Insurance	K-8 Intensive residential educational program and Academic Day Treatment Program for children with psychiatric and psychological disorders. Treatment and educational processes are fully integrated into the classroom setting.
JC Options	541-998-6311 325 Maple St, Junction City rsmith@junctioncity.k12.or.us		FREE	K-12 alternative educational program. Students may be home-based, work at the local Learning Center, or a combination. Families can select all JC Options classes or dual enrollment in their neighborhood school.
Lane School	541-463-8500 1717 City View, Eugene		FREE	Short-term behavioral & academic day school for K-8 students experiencing Emotional Disturbance or Autism Spectrum Disorder.
Looking Glass Educational and Vocational Services	Center Point School	541-868-0661 1790 W 11th Ave, Eugene		Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy and transition services.
	New Roads School	541-302-2551 945 W 7th Ave, Eugene		Alternative educational program for runaway / homeless youth, 16-24. GED prep, tutoring, life skills, meals, health care, counseling, case management, and recreational activities. ◆ English and Spanish. Safe space.
	Riverfront School	541-302-2554 1666 W 12th Ave, Eugene		Education & vocational training for at-risk youth 11-21, diploma / GED, help with transportation, clothing, childcare, employment.
	Riverfront Career Center	541-302-2554 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.
	Independent Living Program	541-302-2554 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.
Martin Luther King Jr Education Center	2515 Martin Luther King Jr. Blvd, Eugene 541-682-4715		FREE	Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, and employment support.

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

Transition programs support youth with disabilities as they transition from high school to adult life. Each school district has their own unique way of supporting students who are eligible for these services. The [School District Transition Program website](#) has information about most of these programs.

If you are unsure which program to contact, you can reach out to Josh Barbour, who is the Transition Network Facilitator in Lane County. Josh's email is josh.barbour@lblead.k12.or.us

Agency	Contact	Notes
4J Community Living Program (CLP)	Jason Renslow, Renslow_J@4j.lane.edu 541-790-3340 Susan Lerch, lerch_s@4j.lane.edu	Transition program focused on functional living skills. Located in two apartments in the Fountain Villa Apartment Complex. Students attend independent living classes and activities for half the day, and spend the other half of the day at community worksites.
4J Connections Transition Program	Anders Pettersson, pettersson_a@4j.lane.edu 541-912-3618 Jasmin Quitta: quitta@4j.lane.edu 541-760-5590	Transition supports for young adults, ages 18-21, in the 4J district who qualify for an IEP and have graduated high school, have a GED, or are planning to complete high school / GED. Vocational, academic, independent living, and recreational skill building.
Bethel Community Transition Network (BCTN)	Edane Chism: edane.chism@bethel.k12.or.us 541-607-1458	Youth transition program for the Bethel School District.
The Bridge Program (Siuslaw)	jjohnson@siuslaw.k12.or.us 541-997-5477	Supports Siuslaw students to work toward achieving their individual goals as stated in their Individual Education Plans as well as focusing on lifelong fitness/health and work-based learning through job experiences in the community.
Springfield Community Transition Program (CTP)	Sally Mann (Transition Teacher & Program Coordinator) 1030 "G" Street, Springfield, sally.mann@springfield.k12.or.us 541-501-3571	Serving Springfield students with mild to moderate disabilities ages 18-21 in the four main Areas of Transition: Work/Vocational, Independent Living, Community Inclusion and Post-Secondary Education."
Transition Education Network (TEN) (Sheldon High School)	Sheldon High School, 2455 Willakenzie Road, Eugene 541-790-6633	Serves students at Sheldon High School aged 14–18 with developmental disabilities and who have educational needs that include high level staff support and a focus on functional skills. Students who attend TEN are invited to attend either CLP or Connections once they leave high school.
Westmoreland Transition Program (Lane ESD)	Brittney Spencer bspencer@lesd.k12.or.us 458-234-7216	Serves students aged 18–21 with developmental disabilities. Life Skills support services include speech and language therapy, vocational/community training, behavioral consultation, autism consultation, supported inclusion, physical therapy, occupational therapy, and nursing consultation services.

VOCATIONAL REHABILITATION PROGRAMS

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

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EARLY CHILDHOOD SERVICES

Agency	Contact	Español	Fees	Notes
Find Child Care Oregon	www.findchildcareoregon.org Call 211, or Text "children" to 898211	◆	FREE	Call, text, email or check their website for referrals to local childcare providers.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	◆	All services are free to eligible children. No insurance required	Provides Early Intervention (EI) and Early Childhood Special Education (ECSE) services to children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding.
Early Education Program (EEP)	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene 541-485-0368 office@earlyeducationprogram.org	◆	Varies. FREE for children with delays	Classrooms for children with special needs as well as typically developing children age 3-5 . Morning (9:15–12:15) or afternoon sessions (1:15-4:15), Monday - Thursday or Tuesday - Friday.
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835 996 A St., Modular 3, Creswell 541-942-4835	◆	FREE	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
Head Start of Lane County	Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425	◆ Spanish speaking staff. Interpretation for all other languages	All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Jump Start	The ARC of Lane County 4181 E St, Springfield Annie Wahto: 541-914-4232	◆	ERDC / Private Pay	Inclusive preschool program where children of all abilities can feel safe, nurtured and included. Monday – Friday, 7:30 a.m. - 6 p.m. Full day program for children age 6-13. After school program.
Kids in Transition to School (KITS)	10 Shelton McMurphy Blvd, Eugene 541-485-2711	◆	FREE	School readiness program that provides a boost to children's literacy, self-regulation, and social skills. 12-session workshop for parents.
Pearl Buck Preschool and Family Supports	3690 W 1 st Ave, Eugene 541-484-4666	◆	FREE	Specialized, year-round preschool for children age 2-5 whose parents have cognitive challenges. Parenting support and education adapted for adults with diverse learning abilities, home visits, case management.
Preschool Promise	Various classroom locations. Apply at United Way: 3171 Gateway Loop, Springfield 541-741-6000	◆	FREE	Free, full time preschool for children age 3-4. https://www.earlychildhoodlane.org/preschool-promise
Relief Nursery	1720 W. 25th Eugene and 850 S. 42nd, Springfield 541-343-9706	◆ Todos los servicios disponibles en español	FREE services in English and Spanish for qualifying families with children birth-5.	<ul style="list-style-type: none"> • Home visiting and parenting support • Therapeutic Early Childhood Program • Child and Family Counseling • Peer Support and support group for parents in recovery • Native American Outreach Program • Parenting classes and Circle of Security (English and Spanish) • Developmental screenings for children

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PROFESSIONAL DEVELOPMENT for SOCIAL SERVICE PROVIDERS and EARLY EDUCATORS

Agency	Contact	Notes
Black Girl from Eugene	https://blackgirlfromeugene.org/contact/	Anti-racism trainings, consultation and facilitated group conversations.
EdWeb	help@edweb.net	Free, live and pre-recorded webinars on topics related to teaching preschool through high school. Certificates provided.
HIV Alliance	1195 City View Street, Eugene 541-556-1409 Contact the Education Coordinator at education@allianceor.org	Trainings and education for the community and agencies: <ul style="list-style-type: none"> • Blood-borne pathogens: HIV, Hepatitis, STI's • Free Naloxone and Opiate Overdose Awareness Training • Harm Reduction Philosophy • HIV Alliance Agency's Purpose, Programs and Goals
MINT (Motivational Interviewing Training Resources)		This website provides a calendar of Motivational Interviewing trainings (online and in person), as well as a list of Motivational Interviewing trainers (including some local to Lane County). "MI is a collaborative, goal-oriented style of communication with particular attention to the language of change." (Miller & Rollnick, 2013, p. 29)
NAEYC – National Association for the Education of Young Children	info@naeyc.org	Online learning, in-person trainings, videos, and articles on topics related to the highest quality, researched-based practices in early education. Membership is required to access some materials.
Nurturely	541-579-8941 info@nurturely.org	Workshops on topics related to racism, perinatal wellness, lactation, climate justice, and baby-wearing. Scholarships available.
OAEYC – Oregon Association for the Education of Young Children	503-496-3991 sara@oregonaeyc.org	Oregon's NAEYC chapter that offers an annual conference, workshops, and other professional development opportunities.
Oregon Parenting Education Collaborative (OPEC)	shauna.tominey@oregonstate.edu 541.737.1013	Free, self-paced trainings related to parenting education professional practice.
Oregon Registry Online (ORO)	1-877-725-8535 orohelp@pdx.edu	A free statewide recognition program that records the professional development of early childhood care and education professionals. Create an account at: https://my.oregonregistryonline.org/accounts/create/step1/ Find trainings at: https://calendar.oregonregistryonline.org/
Quality Care Connections	4000 E 30 th Bldg. 24 Eugene 541-463-3954	Training and assistance for childcare providers. Cost varies. Typically trainings are \$0-30. See website for current classes and registration. www.lanecc.edu/qcc
Start Early		Free, high quality, online, self-paced trainings including: <ul style="list-style-type: none"> - Building Engaging and Collaborative Relationships with Families - Substance Abuse in Home Visiting - Domestic Violence in Home Visiting - Ages and Stages Questionnaire Best Practices - Foundations of Infant Mental Health Practice in Home Visiting - The Impact of Trauma in Home Visiting - Supervising Home Visitors https://startearly.csod.com/default.aspx?c=ehv_or_custom Use this link instead of searching for "Start Early." This link will take you to a special login page that will give you access all of the trainings for free because the cost is covered by OHA. If you log into the normal Start Early page, the trainings are \$90. You must create an account to access these trainings.
The Trauma Healing Project	631 E. 19th Ave. Building B Eugene 541-687-9447 info@healingattention.org	Training on trauma and trauma informed care appropriate for anyone with an interest in trauma and trauma healing.
Trauma Informed Oregon (Portland State University)	1600 SW 4th Ave Ste 900, Portland 503-725-9618 info@traumainformedoregon.org	Free online Introduction to Trauma Informed Care (TIC) training modules. The website also has a resource library and a database of trainers around Oregon who can deliver online or in-person trainings on TIC.

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ACTIVITIES FOR CHILDREN and FAMILIES



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

[Early Childhood Hub of Lane County](https://www.earlychildhoodlane.org)

(formerly LaneKids)

<https://www.earlychildhoodlane.org/activity-calendar>

Agency	Contact	Notes
Community Centers Eugene Rec Class List & Registration Willamalane Class List & Registration	Amazon Community Center	2700 Hilyard St., Eugene 541-682-5373
	Hilyard Community Center	2580 Hilyard St., Eugene 541-682-5311
	Peterson Barn	870 Bertzen Rd, Eugene 541-682-5521
	River Road Parks & Rec	1400 Lake Dr, Eugene 541-688-4052
	Sheldon Community Center	2445 Willakenzie Rd, Eugene 541-682-5312
	Willamalane Parks & Rec	250 S. 32 nd , Springfield 541-736-4544
		Programs for youth, families & seniors. Pre-school & afterschool programs, fitness classes, summer camps, adaptive programs and equipment rentals, veteran programs. Scholarships available.
Swimming Pools	Amazon Pool	2600 Hilyard St., Eugene 541-682-5350
	Echo Hollow Pool	1655 Echo Hollow Rd, Eugene 541-682-5525
	Eugene Family YMCA	2055 Patterson, Eugene 541-686-9622
	Max Stauss Pool (Junction City)	1515 Laurel St., Junction City 541-998-3621
	River Road Pool & Emerald Park Wading Pool	1400 Lake Dr, Eugene 541-461-7777
	Sheldon Pool	2445 Willakenzie Rd, Eugene 541-682-5312
	Splash! At Lively Park (Willamalane)	6100 Thurston Road, Springfield 541-736-4244
	Veneta Community Pool	25190 E Broadway Ave, Veneta 541-935-4390
	Warren H. Daugherty Aquatic Center	1440 S. 8th St., Cottage Grove 541-942-5533
		Outdoor pool open May – October. Lap & rec swims, lessons, & water-based fitness classes.
		Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
		Lap pool, children’s pool, hot tub. Lessons, recreational swim, lifeguard training, swim team, water fitness.
		Recreational swim and family swim times.
		Indoor pool, spas, dry heat sauna. Outdoor wading pool for children 48” or less (open on sunny days above 70 °.
		Pool - lap & rec swim, lessons, water-based fitness classes.
		Wave pool, water slide, lap pool, spa, kiddie pool, community rooms, and more!
		Recreational swim times, fitness classes, baby swim times, ai chi, swim lessons
Sports, Gymnastics, Active Play	Bounce Gymnastics	329 W 3rd Ave, Eugene 541-343-4222
	Boys and Girls Club of Emerald Valley	1545 W. 22nd Ave 541-345-9939
		5305 Royal Ave 458-201-1915
	Camp Putt Mini Golf	4006 Franklin Blvd., Eugene 541-852-4653
	Defy Extreme Air Sports	85 Division Ave, Eugene 541-246-9989
	Get Air	4211 W 11th Ave, Eugene 541-827-1016
	Kidsports	2190 Polk St, Eugene 541-683-2374
	Eugene Family YMCA	2055 Patterson, Eugene 541-686-9622
	The Rink Exchange	796 West 13th Ave, Eugene 541-225-5123
National Academy of Artistic Gymnastics	1205 Oak Patch Rd., Eugene 541-344-2002	
		Gymnastics & Circus Arts classes, open gym, and camps for all ages.
		Sports and recreation, art programs, education and career development. Open to all children between the ages first grade through high school seniors.
		Two 18-hole miniature golf courses. Youth (11 and under): \$5.25, Adults (12-54): \$6.50, Seniors (55+): \$5.50, Students & Military: \$6
		Trampolines, obstacle course, zip line. \$13-\$17 / hour, depending on age. 2 and younger are free with another paid jumper. Jump socks are required (\$3 / pair).
		Trampoline park, ninja course, foam pit, dodge ball, toddler area. \$10-15 / hour, depending on height of the child. Jump socks are required (\$3 / pair).
		Positive youth team sports experiences. Scholarships available based on income.
		Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.
		Ice rink with public skating, adult & youth classes, adult & youth hockey, figure skating club and birthday rentals.
		Classes and camps for all ages.

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Community Resource Guide

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ACTIVITIES FOR CHILDREN and FAMILIES (continued)

Libraries	Eugene Public Library	Downtown Branch - 100 W. 10th 541-682-8316	
		Bethel Branch - 1990 Echo Hollow Rd 541-682-5450	
		Sheldon Branch - 1566 Coburg Rd 541-682-5450	
	Springfield Public Library	225 N 5th St, Springfield 541-726-3766	
	Alvadore Volunteer Library	90829 Alvadore Road, Junction City 541-461-4933	
	Blue River Volunteer Library	51790 McKenzie Highway, Blue River	
	Cascade Foothills Volunteer Library	39095 Dexter Road, Dexter, OR 97431 541-937-2625	
	Cottage Grove Public Library	700 E. Gibbs Avenue, Cottage Grove 541-942-3828	
	County Corner Community Library	23479 Hwy 36, Cheshire 541-998-2093	
	Creswell Public Library	64 W. Oregon Ave., Creswell 541-895-3053	
	Fern Ridge Public Library	88026 Territorial Road, Veneta 541-935-7512	
	Junction City Public Library	726 Greenwood, Junction City 541-998-8942	
	Leaburg Volunteer Library	Old Leaburg School Building (Mile 20 on Highway 126) 541-896-3112	
	Maggie Osgood Library (Lowell)	70 N. Pioneer Street, Lowell 541-937-2157	
	Marcola School Media Center	38300 Wendling Rd, Marcola	
	Oakridge Public Library	48318 E. First Street, Oakridge 541-782-2258	
	River Rd Santa Clara Volunteer Library	105 Oakleigh Lane, Eugene Contact Vickie Cain 541-554-6854	
Siuslaw Public Library District	1460 9th Street, Florence 541-997-3132		
	88148 Riverview Ave., Mapleton 541-268-4033		
Clubs and Service Opportunities	Boy Scouts of America (BSA)	For youth of all genders, 5 th grade through high school. Service, community engagement, leadership development, camping, skill building, and connection.	
	Girl Scouts	72 Centennial Loop #300, Eugene 541-485-5911	Engaging, challenging, fun activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, community service projects.
	Greenhill Youth Volunteer Program	88530 Green Hill Rd, Eugene 541-844-1777	Youth age 12-15 can volunteer with animals. Must commit to 2 hours / week for 3-6 months. Youth must be supervised by a guardian over the age of 18.
	Little Hands Can	http://littlehandscan.org	Local volunteer opportunities for children and families.

See next page for more Activities for Children and Families



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ACTIVITIES FOR CHILDREN and FAMILIES (continued)

Agency	Contact	Notes	
Museums	Adventure Children's Museum	490 Valley River Center, Eugene 541-653-9629	10 am – 6 pm Weekdays. 11 am – 6 pm Weekends. \$5 / person, free for 2 or younger. Reduced admission for EBT cardholders.
	Applegate Pioneer Museum	24864 W Broadway, Veneta 541-953-1836	
	Bohemia Gold Mining Museum	737 East Main Street Cottage Grove 541-942-5022	Open Thursday, Friday, Saturday: 1:00 to 4:00 pm
	Cottage Grove History Museum	147 N H St, Cottage Grove 541-942-4269	Open Saturday and Sunday 1-4pm
	Creswell Historical Museum	55 South 5th Street Creswell 541-895-5464	Open 11:00 - 3:00 on the second and fourth Saturdays (March - November)
	Eugene Science Center	2300 Leo Harris Parkway, Eugene	Exhibits \$7.50, planetarium \$7.50. \$12 for both. Free for children age 2 and under. Open Tuesday - Sunday
	Jordan Schnitzer Museum of Art	1430 Johnson Lane, Eugene 541-346-3027	Adults \$5, Seniors \$3, FREE for UO Students and faculty, K-12 students. Open Wednesday: 11 am - 8 pm and Thursday - Sunday: 11 am - 5 pm.
	Lane County History Museum	740 West 13th Avenue, Eugene 541-682-4242	FREE admission. Open Thursday – Sunday: 10am – 6 pm
	Mims Historic House	330 High St, Eugene 541-484-1119	Two of the oldest houses in Eugene that served as a safe-haven for African American travelers from 1948 - 1966. Managed by the National Association for the Advancement of Colored People (NAACP).
	Museum of Natural & Cultural History	1680 East 15th Avenue, Eugene 541-346-3024 mnch@uoregon.edu	Admission: \$6. Seniors and youth (3-18): \$4. Families (2 adults, 2 youth): \$12. Children under 2, UO students / staff, veterans / active duty military: FREE.
	Oakridge Pioneer Museum	48238 East 1st Street, Oakridge 541-782-7000	Open Saturdays 1-4pm
	Oregon Air and Space Museum	90377 Boeing Drive, Eugene 541-461-1101	Adults \$7, Seniors (62 & over) \$6, Ages (6-17) \$3, Ages 5 and under Free
	Oregon Coast Military Museum	2145 Kingwood St, Florence 541-902-5160	Open Wednesday-Sunday 1-4pm. Admission \$5, \$4 for veterans, Free for children 12 and under.
	Pitney House Museum	Holly & 4th St., Junction City jcorhistory@yahoo.com	Open 1st Saturday 1:00-3:00 and Thursdays 3:00-5:00
	Shelton McMurphey Johnson House	303 Willamette Street, Eugene	\$6 for adults, \$3 for children, \$5 for students and Seniors, FREE with an EBT / SNAP card
Siuslaw Pioneer Museum	278 Maple Street, Florence 541-997-7884	Adults (14 and over) \$5. FREE for children 13 and under (if accompanied by adult). Open Thursday through Sunday: 12 - 4:00 PM.	
Springfield History Museum	590 Main Street, Springfield 541-726-3677	FREE admission	

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NATURE, OUTDOOR RECREATION, and GARDENING RESOURCES

Agency	Contact	Notes								
4-H Youth Development	541-344-5043 LaneCounty4H@oregonstate.edu	Empowers young people with hands-on learning experiences to help them grow and thrive. Plant and animal sciences, outdoor education, school enrichment, civic engagement, social skills and life skills, STEM. Fees vary.								
Annie Mims Community Garden	255 Maxwell, Eugene	This community garden is a place for community to gather, grow and garden. It is sponsored by the NAACP and hosted by Our Redeemer Lutheran Church.								
Cascades Raptor Center	32275 Fox Hollow Rd, Eugene 541-485-1320	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under 12. Free family passes can be checked out at Lane County libraries (up to \$30)								
Nearby Nature	541-687-9699 622 Day Island Road, Eugene	Register online for in-person Nearby Nature School, summer day camps, Green Start Play Days, Nature Quests, Haunted Hike, and Citizen Science Saturdays.								
Whole Earth Nature School	541-937-5437	Unique nature connection programs, utilizing an approach rooted in ancient knowledge, filled with real-life experience, and sprinkled with a touch of mystery. Outdoor school, distance learning, afterschool programs, camps,								
Eugene Parks and Nature Areas	1820 Roosevelt Blvd., Eugene 541-682-4800	For a comprehensive list of parks and natural areas in Eugene, take a look at this website: https://www.eugene-or.gov/632/Parks-and-Natural-Areas-A-Z								
City of Eugene Community Garden Plots	1820 Roosevelt Blvd., Eugene 541-682-4831	Six community gardens throughout Eugene with more than 340 plots. Low-income gardeners may submit a Scholarship Application to receive a plot fee discount. Community Organizations may submit a Community Garden Partnership Application to have the plot fee waived.								
Huerto de la Familia	944 W. 5th Ave., Eugene 541-505-9569	Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias. We increase the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.								
FFLC Gardens and Farm	770 Bailey Hill Road, Eugene 541-343-2822	The GrassRoots Garden and the Youth Farm grow fresh nutritious for distribution while providing opportunities for youth and adults to grow, learn and contribute to their community. Seed to Supper™ is a free beginning vegetable gardening course that teaches participants how to garden on a budget.								
Locally Grown Guide	info@willamettefarmandfood.org 541-658-0715	A free guide to Lane County farmer's markets, farm stands, U-Picks, CSAs, and more.								
Lane County Master Gardeners (OSU Extension Service)	996 Jefferson Street, Eugene lane.extension@oregonstate.edu <ul style="list-style-type: none"> Office : 541-344-5859 Master Gardeners: 541-344-0265 Master Food Preservers: 541-344-4885 4-H Youth: 541-344-5043 Nutrition Education: 541-344-0249 	Affordable / free educational opportunities, gardening advice, classes, and activities. <table border="0"> <tr> <td>4-H Youth Development</td> <td>Nutrition Education</td> </tr> <tr> <td>Food Safety & Preservation</td> <td>Farming</td> </tr> <tr> <td>Home Gardening</td> <td>Forestry & Natural Resources</td> </tr> <tr> <td>Well Water</td> <td>Livestock & Forages</td> </tr> </table>	4-H Youth Development	Nutrition Education	Food Safety & Preservation	Farming	Home Gardening	Forestry & Natural Resources	Well Water	Livestock & Forages
4-H Youth Development	Nutrition Education									
Food Safety & Preservation	Farming									
Home Gardening	Forestry & Natural Resources									
Well Water	Livestock & Forages									
Parker Learning Gardens	31241 Lanes Turn Road, Eugene info@parkerlearninggardens.com	Our gardens offer creative environments for garden-based education. Planting, cultivating and harvesting in a garden enables tangible, real-life involvement that provides sensory and exploratory learning for a multitude of ages and audiences.								
School Garden Project of Lane County	454 Willamette Street, Room 205 (Grower's Market Building) 541-284-1001	We help Lane County schools develop onsite vegetable gardens where we teach children the basics of growing food. We also provide material and curriculum resources; professional development for educators; volunteer recruiting and training; and maintenance support to sustain and expand gardens.								
Seed Library (Eugene Public Library)	<p>Downtown Branch - 100 W. 10th 541-682-8316</p> <p>Bethel Branch - 1990 Echo Hollow Rd 541-682-5450</p> <p>Sheldon Branch - 1566 Coburg Rd 541-682-5450</p>	<p>Get seeds: Choose seeds by self-service at any library location. At the Downtown Library, find the Seed Library on the 2nd floor in one of our vintage card catalogs. Seeds are also available in smaller collections at our Bethel and Sheldon branches.</p> <p>Donate seeds: Seed donations can be dropped off at the Seed Library box on the Information Desk at the Downtown Library, or given to staff at Bethel and Sheldon branches. You can donate seeds you have purchased, even if the packet has been opened or partially used. We also accept locally grown and harvested seeds if they are clean, dry, and stored in a labeled container. Download and print a donation form to attach to the seeds.</p>								

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SENIOR & AGING SERVICES

For more resources for seniors, please check out the **Lane Senior Guide**, Lane County's comprehensive guide to services for aging adults since 1998. Available online and printed: <https://laneseniorguide.org/>



Adult Protective Services (abuse reporting)

To report the abuse of a senior or an adult with a disability in the Lane County Area, call **541-682-4140**, email abusereporting@lcog.org or call the Oregon Elder Abuse Hotline at **1-855-503-SAFE (7233)**.
If it is an emergency, dial **911**.

Agency	Contact	Notes
AARP Driver Safety Class	503-780-3454	Class on driving safety & preventive measures. Completion may make you eligible for insurance discounts.
Aging & Disability Resource Connection	ADRCLane@lcog.org 541-682-3353	Senior & Disability Services provides services, information, and assistance to Lane County's older adult population, adults with physical disabilities, and their caregivers.
Campbell Community Center	155 High Street, Eugene 541-682-5318	Classes, activities, social & support groups, special events for 50+
CareWorks of Lane County	688 Charnelton St Eugene 541-600-5754 essn@solidaritynetwork.org	An advocacy group that supports caregivers, care-receivers and their families with resources and support to properly care for the elderly and disabled population.
Driving Solutions	492 E 13th Ave, Ste 101 Eugene 541-686-3524	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.
Family Caregiver Program - Senior & Disability Services	1015 Willamette St, Eugene 541-682-3353 / 855-673-2372	Respite, training & support to unpaid caregivers who are: 1) caring for a person aged 60+ or a person with dementia or 2) 55+ and caring for a related child birth-18 years.
Institute on Aging – Friendship Line	Crisis warmline and hotline: 1-800-971-0016	24-hour line for people age 60+ and adults living with disabilities. Crisis intervention, “warm” line for emotional support, medication reminders, well-being check-ins.
Living Well Program – Senior & Disability Services	Email: livingwell@lcog.org 541-682-4103	Free Chronic Disease Management Program, Diabetes Self-Management Program, and Walk with Ease Program. Available in English and Spanish.
Lane Senior Support Coalition	859 Willamette St, #500, Eugene 541-525-1474	Assistance to low income seniors. Meals on Wheels, senior meal sites & emergency support funds.
Long-Term Care Ombudsman	541-345-2846	Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
Nursing Facility Complaint Unit	1-877-280-4555	Call this number if you suspect a nursing facility resident was neglected or abused.
Osher Lifelong Learning Institute - University of Oregon	975 High St, Ste 110 Eugene 541-346-0697	Year-round non-credit lectures, courses, study groups and other activities for people age 50+. Annual or six-month registration options available.
Retired Senior Providers of Lane County	2525 Cal Young Rd Eugene 541-342-1983	Our goal is to promote successful aging, engage in social and educational activities and learn about services and resources that benefit the lives of older adults.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038 3180 Highway 101, Florence 541-902-9430	Service coordination and advocacy for seniors in Lane County.
Senior Companion Program	www.lanecc.edu/scp 541-463-6260	Volunteer companions age 55+ help senior & disabled adults overcome loneliness & retain independence. Visiting, household tasks, transportation for errands.
Senior Community Service Employment Program	2510 Oakmont Way, Eugene 541-349-4130 / 541-687-7393	Short-term training for unemployed individuals 55 or older who qualify.
Senior Health Insurance Benefit Assistance (SHIBA)	Campbell Senior Center, 155 High St, Eugene 541-682-5318	SHIBA counselors provide assistance with Medicare. Available year-round to assist with Medicare insurance questions, especially during Annual Enrollment Period.
Senior Living Options of Oregon	541-510-5095	Specializes in assisting clients through the process of selecting a senior living community that is right for them. Free Personalized Services.
Senior Resource Advisors, Inc.	2295 Coburg Rd, #102 Eugene 541-968-9380	Consultation, patient advocacy, assistance for at risk seniors, the disabled, and their families as they make difficult care decisions. Assistance with financial support and understanding complicated Long Term Care insurance benefits.
Social Security Administration	2504 Oakmont Way, Eugene 800-772-1213	Stop in or apply online for benefits.


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SERVICE MEMBERS, VETERANS & THEIR FAMILIES

Agency	Contact	Notes
Veteran's Legal Clinic (Access the Law)	211 East 7th Ave., 2nd floor, Eugene 541-242-0445 access@accessthelaw.org	Free legal consultation for veterans. Criminal and civil cases (divorce, custody, parenting time, child support, landlord-tenant, debtor-creditor, bankruptcy, etc.). Free clinic on the last Wednesday of each month (5-7 pm). <i>Call in advance to schedule time at the clinic.</i>
Eugene Community Based Outpatient Clinic	3355 Chad Dr, Eugene 541-607-0897	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	190 East 11 th , Eugene 541-465-6918	Readjustment counseling services for Veterans of combat theaters.
Family Assistance Specialist	541-736-4601 x4601 lacy.j.cromwell.ctr@mail.mil	Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
Helping Hands for Freedom	www.helpinghandsforfreedom.org/life-needsfinancial-assistance	Emergency financial assistance to Military/Wounded Veteran families and Gold Star families with a child 18 or under currently in the home. Assistance includes lease, mortgage, insurance, car payments, utility bills, and some travel expenses.
LCC Maxwell Student Veteran Center	LCC Main Campus, Bldg. 19, Rm 233 541-463-5663 vaedbenefits@lanecc.edu	A safe, welcoming, and inclusive space for veterans to study, relax, chat with other veterans, and obtain resources. Student Veterans of America chapter.
Lane County Veteran Services	151 W. 7 th , #460, Eugene 541-682-4191 veterans@lanecountyor.gov	Assists veterans and their families to determine eligibility for military benefits. <ul style="list-style-type: none"> • Filing for disability claims (service-connected and non service-connected) • Obtaining military records • Applying for VA Health Care • Applying for VA Education Benefits • Applying for Surviving Spouse Benefits
Oregon Department of Veteran's Affairs	700 Summer St NE, Salem 800-692-9666	Information about applying for a wide range of benefits including employment, education, home loans, healthcare, pensions and more.
State Youth Outreach Coordinator	503-584-2390	Subsidized childcare for active duty service members with children age 0-5, program for military-connected middle / high school children, family camps, youth symposium
Supportive Services for Veteran Families (St. Vincent de Paul)	2890 Chad Drive, Eugene. For an intake leave a message: 541-743-7107	Homeless prevention, case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility, auto repair, bus pass, childcare, etc.).
Veterans Administration Legal & Housing Services	211 E. 7 th Ave, Eugene 541-242-0445	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
University of Oregon Veterans Affairs Office	244 Oregon Hall 541-346-3201	For students seeking assistance with VA educational benefits.
University of Oregon Student Veterans Center	215 Oregon Hall, Eugene 541-346-1160	Study and meeting space, computer and printing stations, staff to assist you with personal and academic needs, community veteran service providers.
VA Behavioral Health, Recovery & Reintegration	211 E. 7th Ave, Eugene 541-242-0440	Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance. Drop in services M-F @ 2:00 pm
Veteran's Connections, Homeless Veterans Reintegration Program (Goodwill)	855 Seneca Rd, Eugene (541) 431-3339	For veterans who are unstably housed or at risk of homelessness and seeking to become employment ready. We assist veterans to become skilled and/or trained/re-trained to do tasks, obtain equipment for work (within limits), obtain schooling, and connect with community resources. Spanish translation available
Hotlines 	Homeless Veteran Hotline 1-877-424-3838	Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can call or chat online confidentially with trained VA counselors 24 hours a day, 7 days a week. Get information about VA homeless programs, health care and other services in your area.
	Veterans Crisis Hotline 1-800-273-8255, Press #1 or Text: 838255 <i>For TTY users: Use your preferred relay service, or dial 711 then 1-800-273-8255</i>	Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, and their family members and friends.



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LGBTQIA2S+ RESOURCES

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

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

Thank you to the Relief Nursery Gender Equity and Inclusion Workgroup for updating this section!

For additional trans / gender diverse resources, please check out the

Transponder Resource Directory, available online at:

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

Agency	Contact	Español	Notes
Basic Rights Oregon	Email: info@basicrights.org 503-222-6151		Working for policies to support the LGBTQIA community
Options Counseling	360 E 10th Ave Ste 450 Eugene 541-687-6983	◆	AFFIRM groups are designed to help LGBTQ+ youth and young adults manage stress. Open to individuals aged 12-21. Groups run throughout the year, and most insurance is accepted. Grants are available for those unable to pay.
	1445 8th Street, Florence 541-997-6261		
Eugene/Springfield Pride	Email: event@eugene-pride.org 541-321-0356		Sponsors pride events.
Family Acceptance Project	fap@sfsu.edu		Resources to help families support LGBT children and teens.
HIV Alliance	1195 Cityview, Eugene 541-342-5088		Culturally responsive services for LGBTQ+. Free testing, syringe exchange, education, sexual health clinic and counseling services. Free drop-in telehealth counseling. Peer support.
Interweave	541-225-8696		LGBTQI / allies. Monthly film & potluck.
It Gets Better Project	info@itgetsbetter.org		Uplifting, empowering, and connecting lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe
Lane Community College Gender Equity Center	GenderEquityCenter@lanec.edu LCC Campus Bldg #1, Rm 202 541-463-5353		Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
Left Coast Wellness	info@leftcoastwellness.com Call or text: 541-600-4151		LGBTQ+ and Gender Affirming Therapy with an LGBTQ+ competent therapist to support you in processing and celebrating your identity and your authentic self in a safe and welcoming environment. Individual and couples therapy. Parenting support.
LGBTQA3 Alliance	lgbtqa3@gmail.com Erb Memorial Union, U of O #22		A student-run organization for LGBTQIA+ students to socialize, do homework, and connect to resources. LGBTQIA+ library. Safer sex supplies available. 9am-5pm weekdays during the term.
LGBTQIA+ Support Group (Sexual Assault Support Services)	541-343-7277 supportgroup@sass-lane.org		Free online support groups for people 18 years+. To ensure confidentiality, the only information required to register is an email address. Camera is optional, and participants can use any name they choose. Current groups and registration can be found online at: https://www.sass-lane.org/support-groups/
LGBTQ Groups in Lane County	Psychology Today listing of LGBTQ support groups. https://www.psychologytoday.com/us/groups/gay/or/eugene		
LGBTQ Therapists in Lane County	Psychology Today listing of LGBTQ couples counseling and individual counseling. https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909		
Odyssey Community Counseling (Emergence)	2149 Centennial Plaza, #4, Eugene 541-741-7107	◆	Therapists trained in LGBTQ issues, including writing letters of support for medical transition; accepts OHP; some services available in Spanish.

See next page for more LGBTQIA2S+ Resources

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Community Resource Guide

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LGBTQIA2S+ RESOURCES (continued)

Agency	Contact	Español	Notes
OGALLA: LGBT Bar Association of Oregon	Email: info@ogalla.org		A statewide organization to support the needs of lesbians, gay men, and other sexual minorities in the legal profession.
Our Community Birth Center	188 West B Street, Building O Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	Community-based nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum including home visits, newborn care, lactation services. OHP / Private Insurance / Self-pay sliding scale. Services available in Spanish.
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	LGBTQIA+ affirming services including individual, couples, and family therapy for clients of all ages. Common topics and concerns include exploring gender and sexual identities, coming out, couples therapy, family therapy, parent support, and gender transition.
Stopbullying.gov	LGBTQ youth and those perceived as LGBTQ are at an increased risk of being bullied. This website managed by the U.S. Department of Health and Human Services has information and resources about creating a safe environment for LGBTQ youth.		
Trans*Parent Family Support Group	info@transponder.community		A monthly Lane County parent support group for Lane County caregivers with gender diverse children.
TransPonder	541 Willamette St, #310, Eugene info@transponder.community 508-443-6337		Monthly meetings, support groups, special events for trans/gender diverse folks and allies, trainings and consultation for businesses. Online resource guide. Staff to help with resource navigation.
Transponder Resource Directory	https://transponder.community/resource-directory/		This online directory has a list of trans / gender diverse friendly resources including mental health, medical/surgical, bodywork, faith centers, and more.
University of Oregon OUTLaws	www.facebook.com/outlawsUO/		LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.
Youth LGBTQIA+ Group Amazon Community Center	2700 Hilyard St, Eugene 541-682-5373		Weekly drop-in group that offers support and referral for ages 13-18 in Eugene. Free, confidential, and adult-facilitated.
 <p>Talk Lines and Hotlines</p>	<p>LGBT Youth Talkline</p> <p>800-246-7743 A peer talk line for LGBTQ youth 25 & under.</p> <p>Mon-Fri 1pm-9pm Saturday 9am-2pm</p>	<p>LGBT National Hotline</p> <p>888-843-4564 Online peer support chat at www.glbtnationalhelpcenter.org</p> <p>Mon-Fri 4pm-12am Saturday 12pm-5pm</p>	
	<p>Lambda Legal Help Desk</p> <p>213-382-7600</p> <p>Resources related to discrimination based on sexual orientation, gender identity, gender expression, and HIV status.</p>	<p>The Trevor Project</p> <p>866-488-7386</p> <p>24/7 hotline for LGBTQ youth 24 & under. Text "Trevor" to 678-678. Chat: www.thetrevorproject.org/chat Protected online community www.trevorspace.org</p>	<p>Trans Lifeline</p> <p>877-565-8860</p> <p>Peer support hotline run by and for trans people. 7am-10pm daily. Micro-grants for trans people and an online resource library.</p>



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EQUITY and SOCIAL JUSTICE ADVOCACY

Agency	Contact	Notes
Black Lives Matter	The official Facebook page for BLMEUG, Black Lives Matter: Eugene helps spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon. https://www.facebook.com/groups/283681563038502/about	
Black Girl from Eugene	Ayisha Elliott provides anti-racism trainings, consultation and facilitated group conversations.	
Eugene BIPOC Art Collective	Highlighting the voices and visions of local BIPOC artists through connecting them to spaces, funds, and other resources in the Eugene area. [White allies and artists are encouraged to get involved to support the efforts of BIPOC artists telling their own stories]. https://www.facebook.com/groups/296551804716104/	
CALC (Community Alliance of Lane County)	458 Blair Blvd, Eugene info@calclane.org 541-485-1755	Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people.
Communities of Color & Allies Network	Carol Knobbe 541-461-8213	First Fridays Communities of Color and Allies Network's goal is to create a safe space that fosters friendships and networks for people of color, social justice allies, and equity workers in the local area.
Equity, Access and Inclusion (Lane County)	125 E 8th Ave, Eugene 541-682-3725 Mo.Young@lanecountyor.gov	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
Equity Community Consortium	Carol Knobbe Telephone: 541-461-8213	An information and resource sharing and coordination forum for agencies and jurisdictions that provide governmental and public services in the Eugene-Springfield area.
Eugene Human Rights Commission	101 W 10th Ave. 2nd floor, Eugene amccuskey.hrc@gmail.com	Promotes the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
Fair Shot for All	http://www.fairshotoregon.org/ 503-383-9766	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; holds legislators accountable.
HONEY (Honoring Our New Ethnic Youth)	Support and advocacy for the enhancement and acceptance of multiracial persons and their families. https://www.facebook.com/groups/681640111932023/	
Human Rights and Neighborhood Involvement (Eugene)	101 W 10th Ave. 1st floor, Eugene hrni@ci.or.us 541-682-5177	Supports victims of hate and bias activity, coordinates accessibility for events, facilities, and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
NAACP Eugene Springfield	https://naacplanecounty.org/contact/	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.
Nurturely	541-579-8941 info@nurturely.org	Preventative health programs that work to reduce disparities in perinatal healthcare. In person and virtual prenatal education and postpartum social connections.
One Oregon	joel@causaoregon.org	Statewide coalition that defends against anti-immigrant and anti-Muslim policies and works to ensure that all Oregonians are treated with dignity and respect.
Rural Organizing Project	PO Box 664, Cottage Grove office@rop.org 503-543-8417	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
Showing Up for Racial Justice - SURJ	info@surjaction.org	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
Solidarity Network / Jobs With Justice	PO Box 10272, Eugene 541-632-3265 essn@solidaritynetwork.org	Supports civil 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.
Springfield Alliance for Equity and Respect	safer1214@gmail.com 541-485-1755	Promotes human rights, responds to abuses of human dignity, and urges public institutions to address social justice concerns. SAFER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
Unite Oregon	communications@uniteoregon.org 503-287-4117	A membership organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for climate justice, housing justice, community safety, educational equity, economic justice, and health equity.

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BLACK and AFRICAN AMERICAN RESOURCES

Agency	Notes
African American/Black Student Success Project	Improving academic outcomes for African American/Black students and to achieve a vision of an equitable education system in Lane County. Holli Johnson at 541-461-8211 or hjohnson@lesd.k12.or.us Early Learning Program - 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, monthly gatherings. Contact Ayanna Moriguchi, Early Learning Specialist, 541-357-5719 , amoriguchi@unitedwaylane.org
BEAM	A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities and removing the barriers that Black people experience accessing emotional health care and healing. https://www.beam.community/
BLAC: Black Led Action Coalition	BLAC fights for the Black people who've died or faced injustice by the hands of our government. https://www.facebook.com/blackledactioncoalition/ and https://www.instagram.com/eugblac
Black Lives Matter	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. "We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon." https://www.facebook.com/groups/283681563038502/about
Blacks In Government	An advocate of equal opportunity and professional development for Black government employees at the Local, State and Federal government levels and others dedicated to justice for all. http://www.bignet.org/
Black Male Alliance (U of O)	A community of Black men at the U of O (students, staff, faculty and alumni). A space to support general well-being, deepen cultural and social connections and collectively work towards success. bmacmae@uoregon.edu
Black Student Union (U of O)	An intellectual, cultural and social environment for students and community members. Encourages a positive image of African Americans and supports its members in achieving their educational goals. bsu@uoregon.edu
Black Women of Achievement (U of O)	BWA implies sisterhood, empowering women, and community service. A social, cultural, and educational & physical development for Black women. asuobwa@uoregon.edu
HIV Alliance (Prevention Program)	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. 1195 City View St, Eugene 541-556-1409
The Historic Mims House Managed by Lane County NAACP	One of the oldest houses in Eugene, the Mims' Houses was a safe-haven for Black travelers from 1948-1966 while there was race separation in Eugene. The Eugene-Springfield branch of the NAACP is headquartered at the Mims House and holds events for the community and advocacy there. 330 High St, Eugene 541.484.1119
NAACP Eugene Springfield	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. https://naacplanecounty.org/contact/
Nurturing B.L.A.C.K.	Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. Four-week virtual group mentorship experience led by Ayisha Elliott to learn these skills and more, while connecting with other parents and gaining confidence in your parenting.
Oregon Commission on Black Affairs	Working toward equity for Oregon's Black communities in jobs and the economy, education, health, safety, family stability, environment, and civic engagement. 1819 SW 5th Ave, #313 Portland 97201 503-302-9725
West African Cultural Arts	Dance troupe, lessons, classes. www.westafricanculturalarts.org 541-232-5471

BLACK OWNED BUSINESSES

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

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NATIVE AMERICAN and INDIGENOUS RESOURCES

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



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

NINE FEDERALLY RECOGNIZED TRIBES IN THE STATE OF OREGON

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

Agency	Contact	Notes
Bethel School District Native American Education Program	Programs to increase the knowledge and awareness of cultural values, traditions and contemporary issues, encourage and support post-secondary education, provide scholarship and financial aid information, instill student pride in their Native American heritage, and encourage parent involvement in school activities. https://www.facebook.com/BethelSD.NativeEd.Program/	
Center For Multicultural Academic Excellence	541-346-3479 cmae@uoregon.edu	Develops and implements programs and services that support retention, academic excellence, and success at the UO and beyond.
Chifin Native Youth Center	1084 G Street, Springfield 541-726-4301	A central location for Indian Education students across the Springfield School District to help Native students develop their tribal identity while interacting with mentors, community leaders and other students.
Confederated Tribes of Siletz Indians – CARE Program	541-994-5959 (24-hour Hotline) 541-444-9680 (office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals to services.
HIV Alliance (Prevention Program)	1195 City View St, Eugene 541-556-1409	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs.
LCC Longhouse Lane Community College	4000 East 30th Avenue, Eugene 541-463-5238 longhouse@lanecc.edu	A sovereign space where Native American students and the community can share their values and cultures to create mutual learning relationships. It is a multi-use facility available to all students and provides program and classroom space for culturally appropriate activities.
Many Nations Longhouse University of Oregon	541-346-3036 jyounker@uoregon.edu	A place of community, welcome, peace, harmony, cultural exchange, and of individual support, respecting the diversity of numerous American Indian cultures and beliefs.
National Indian Child Welfare Association	5100 S Macadam Ave. Suite 300, Portland 503-222-4044 info@nicwa.org	Supports the safety, health, and spiritual strength of American Indian and Alaska Native children by helping tribes build the capacity to prevent child abuse and neglect through positive systems change.
Native American Student Association	4000 East 30th Avenue, Eugene 541-463-5238 tapahonsol@lanecc.edu	Assists American Indian, Alaskan Natives, and Indigenous peoples in maintaining cultural values while pursuing their educational goals.

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NATIVE AMERICAN and INDIGENOUS RESOURCES (continued)

Agency	Contact	Notes
Native American Student Union	University of Oregon Multicultural Center/EMU 541-346-4207 asuonasu@gladstone.uoregon.edu	Assists indigenous peoples in maintaining cultural values while pursuing their educational goals. NASU emphasizes the support, safety and educational successes of the Native American community.
Native American Youth and Family Center	5135 NE Columbia Blvd. Portland 503-288-8177	Culturally specific programs and services to enhance the diverse strengths of youth and families in partnership with the community through cultural identity and education.
Natives' Classroom at Head Start of Lane County	Apply at: www.hsolc.org Or call 541-747-2425 to request information or an application	Open to Head Start eligible families identifying as American Indian or Alaskan Native. Focus on Native American heritage & culture in the Head Start Classroom with American Indian/Alaskan Native teachers
Natives Program	2295 Four Oaks Grange Rd. Eugene 541-790-5900	Native Americans Towards Improved Values in Education and Society. Provides free education and learning activities for Native American/Alaska Native students.
Oregon Indian Education Association	oiea.president@gmail.com	Advances comprehensive, culture-based, and Native language educational opportunities for American Indians, Alaska Natives and Native Hawaiians (AI/AN/NH).
Oregon Native American Chamber	4445 SW Barbur Blvd, STE. 102 Portland 503-894-4525 support@onacc.org	Working with all members of the community to advance the educational and economic opportunities for Native Americans in Oregon and Southwest Washington.
Siletz Tribal Home Visiting Program	Lori Christy, Home Visitor 541-272-2241	Home visiting program that serves Native families that are 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.
Smok Signalz: Independent Tribal Media	503-879-1463 news@grandronde.org	The independent Tribal newspaper of the Confederated Tribes of Grand Ronde. Tribal news, health, education, gaming, culture. Published 2x/month. www.smokesignals.org/
Strong Hearts Native Helpline	1-844-7NATIVE (762-8483)	24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
Tribal Climate Change Project	541-346-5777 kathy@uoregon.edu	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 stoneriver15@outlook.com	A culturally-based movement and resource for Native American addiction recovery.
Youth Movement	movement@ym7.org	Non-profit organization that works to inspire Native youth to be active and empower them to participate in and start movements.

ASIAN AMERICAN and PACIFIC ISLANDER RESOURCES

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

JEWISH RESOURCES

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

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LATINO & HISPANIC RESOURCES

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Agency	Contact	Notes
Amigos Multicultural Youth Center	503-289-1517 info@mrgf.org	Promotes respect for Latin American immigrants whose dignity and livelihood have been challenged by poverty, discrimination, and social exclusion.
		Promueve el respeto por los inmigrantes latinoamericanos cuya dignidad y sustento han sido desafiados por la pobreza, la discriminación y la exclusión social.
Center for Latino/a and Latin American Studies (U of O)	541-346-5286 cllas@uoregon.edu	A hub for interdisciplinary and collaborative research and creative work focusing on the study of Latin America and U.S. Latino/a populations.
		Un centro para la investigación interdisciplinaria y colaborativa y el trabajo creativo centrado en el estudio de América Latina y las poblaciones latinas de EE. UU.
Centro Latino Americano	944 W 5th Ave, Eugene 541-687-2667	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
		Consejería en español. Grupos de jóvenes, mentores, de 7 a 16 años. Apoyo a la adicción. Navegación de servicios sociales.
Citywide Unión de Activistas	458 Blair Boulevard, Eugene 541-485-1755	Helps Latino youth develop cultural identity; understand the cultural, colonial and resistance histories of their ancestors; and develop political knowledge and advocacy skills. Youth mentorship, tutoring, professional skill development, and leadership development.
		Ayuda a los jóvenes latinos a desarrollar una identidad cultural; comprender las historias culturales, coloniales y de resistencia de sus antepasados; y desarrollar conocimientos políticos y habilidades de promoción. Mentoría juvenil, tutoría, desarrollo de habilidades profesionales y desarrollo de liderazgo.
Downtown Languages	532 C St, Springfield 541-686-8483	English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.
		Clases de inglés como segundo idioma, GED, alfabetización, ciudadanía y computación bilingüe.
Easterseals Oregon Connecting Communities Program	115 W 8th Ave, Suite 330, Eugene Office 541-636-4027 Mobile 541-285-7507 jclark@or.easterseals.com	Job placement services for Latinos and for those who speak English as a second language. Pre-employment training, workshops, and community resource presentations. English as a Second Language and computer classes in Spanish and English. Our Staff is fully bilingual in Spanish and English.
		Servicios de colocación de trabajo para latinos o para personas que hablan inglés como segundo idioma. Entrenamientos de pre-empleo, talleres, y presentaciones de recursos en la comunidad. Ofrecemos clases gratis de ESL y computación en inglés y español para la comunidad. Todo el personal en la oficina es completamente bilingüe en español e inglés.
Escudo Latino	541-321-8034 Email: escudolatino2@gmail.com www.facebook.com/escudolatino	An organization of Latina volunteers that help the Latino community in Lane County with information and resources. Provides free food boxes at the CARE center and a selection of free clothing.
		Una organización de voluntarias latinas que ayudan a la comunidad latina en el condado de Lane con información y recursos. Proporciona cajas de comida gratis en el centro CARE y una selección de ropa gratis.
Grupo Latino de Acción Directa	313 E 8th Ave, Eugene 541-525-0507 gladoflanecounty@gmail.com	An independent, non-partisan gathering of Latino members and allies working to increase participation and visibility of Latino communities in conversations and decisions that affect them. On Facebook: https://www.facebook.com/grupolatinodeacciondirecta/
		Una reunión independiente y no partidista de miembros latinos y aliados que trabajan para aumentar la participación y visibilidad de las comunidades latinas en las conversaciones y decisiones que los afectan. En Facebook: https://www.facebook.com/grupolatinodeacciondirecta/
HIV Alliance (Prevention Program)	1195 City View St, Eugene 541-556-1409	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs.
		Brinda servicios de prevención cultural y lingüísticamente apropiados para los indígenas negros de color que se inyectan drogas.
Huerto de la Familia (The Family Garden)	944 W 5th Ave., Eugene info@huertodelafamilia.org 541-505-9569	Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.
		Ampliamos las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias.

See next page for more LATINO & HISPANIC Resources

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LATINO & HISPANIC RESOURCES

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Agency	Contact	Notes
Latinx Male and Allies Alliance	Reach out by email for additional information. latinxmalealliance@uoregon.edu	A student organization that supports male Latinx students in their UO college experience. The Alliance provides academic, cultural, social, leadership development, and personal support to UO undergraduate students. Una organización estudiantil que apoya a los estudiantes latinos varones en su experiencia universitaria en la UO. La Alianza proporciona apoyo académico, cultural, social, de desarrollo de liderazgo y personal a los estudiantes universitarios de la UO.
LatinX Network	541-701-4630	A Support network made up of different social service organizations in the Lane County area that provide support, services, counseling. Una red de apoyo formada por diferentes organizaciones de servicios sociales de la zona del condado de Lane que ofrece apoyo, servicios y asesoramiento.
League of United Latin American Citizens (LULAC of Lane County)	541-337-6294	The largest and oldest Hispanic organization in the United States, LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs. LULAC, la más grande y más antigua organización hispana de Estados Unidos, promueve la situación económica, los logros educativos, la influencia política, la vivienda, la salud y los derechos civiles de los hispanoamericanos a través de programas comunitarios.
Integration Network for Immigrants of Lane County	www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/	A group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County. Un grupo de organizaciones, instituciones e individuos que quieren ayudar a crear un entorno de integración para todos los inmigrantes del condado de Lane.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	Bilingual, strengths-based, trauma informed, social justice focused individual and relational therapy services. Servicios de terapia individual y relacional bilingües, basados en fortalezas, informados sobre traumas y centrados en la justicia social.
Programa de Conexión Latine (SASS)	Coordinadora de Conexión Latine al 541-484-9791 o latinx@sass-lane.org	Crisis intervention and advocacy services for Latine survivors of sexual violence. Outreach to organizations and community groups. Linguistically- and culturally-specific information about sexual violence and SASS services. A weekly support group for self-identified Latina women, facilitated in Spanish. Intervención en crisis y servicios de defensa para supervivientes latinas de violencia sexual. Divulgación a organizaciones y grupos comunitarios. Información lingüística y culturalmente específica sobre la violencia sexual y los servicios de SASS. Un grupo de apoyo semanal para mujeres latinas auto-identificadas, facilitado en español.

ENGLISH AS A SECOND LANGUAGE

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

Agency	Contact	Notes
Downtown Languages	532 C St, Springfield 541-686-8483	Free and low-cost educational programs for adult immigrants and their families. Basic English as a second language (ESL); U.S. citizenship and civics; bilingual computer skills; Oregon Driver License test preparation; literacy / adult basic education in Spanish, and GED Readiness. Pilas Family Literacy Program, (free for Spanish-speaking families) is offered twice a year; Pasos al Futuro, a free youth career-transitioning and leadership summer program for Hispanic youths ages 16-21. Programas educativos gratuitos y de bajo costo para inmigrantes adultos y sus familias. Inglés básico como segunda lengua (ESL); ciudadanía y educación cívica de EE.UU.; conocimientos informáticos bilingües; preparación para el examen del permiso de conducir de Oregón; alfabetización/educación básica para adultos en español, y preparación para el GED. El programa de alfabetización familiar Pilas (gratuito para familias hispanohablantes) se ofrece dos veces al año; Pasos al Futuro, un programa de verano gratuito de transición profesional y liderazgo para jóvenes hispanos de 16 a 21 años.

See next page for more ENGLISH AS A SECOND LANGUAGE Resources

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ENGLISH AS A SECOND LANGUAGE (Continued)

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

Agency	Contact	Notes
Easterseals Oregon Connecting Communities Program	115 W 8th Ave, Suite 330, Eugene Office 541-636-4027 Mobile 541-285-7507 iclark@or.easterseals.com	Job placement services for Latinos and for those who speak English as a second language. Pre-employment training, workshops, and community resource presentations. English as a Second Language and computer classes in Spanish and English. Our Staff is fully bilingual in Spanish and English.
		Servicios de colocación laboral para latinos y para quienes hablan inglés como segunda lengua. Formación previa al empleo, talleres y presentaciones de recursos comunitarios. Clases de inglés como segundo idioma y computación en español e inglés. Nuestro personal es totalmente bilingüe en español e inglés.
Lane Community College English as a Second Language Program	541-463-5253 eslstudentservices@lanecc.edu	English as a Second Language classes for adult students who wish to improve their oral and written communication skills for work, community, and academic goals. Online and in-person classes.
		Clases de inglés como segundo idioma para estudiantes adultos que desean mejorar sus habilidades de comunicación oral y escrita para objetivos laborales, comunitarios y académicos. Clases en línea y presenciales.

IMMIGRATION & MIGRANT SERVICES

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

Agency	Contact	Notes
American Immigration Lawyers Association	www.aialawyer.com	Find an immigration lawyer in your community.
		Encuentre un abogado de inmigración en su comunidad.
Immigration Legal Services (Catholic Community Services)	541-345-3628 ext. 326 RISP@ccslc.org	Low-cost, high-quality legal services to low-income Lane County immigrants. Assistance for renewals of legal status documents (legal residency, DACA, Temporary Protected Status, employment authorization, etc.), initial applications for citizenship, legal permanent residency, etc. Services available in English, Spanish, Dari and Pashto.
		Servicios legales de bajo costo y alta calidad para inmigrantes de bajos ingresos del Condado de Lane. Asistencia para renovaciones de documentos de estatus legal (residencia legal, DACA, Estatus de Protección Temporal, autorización de empleo, etc.), solicitudes iniciales de ciudadanía, residencia legal permanente, etc. Servicios disponibles en inglés, español, dari y pashto.
Migrant Education Program (MEP)	541-461-8382 mep@lesd.k12.or.us	Services for youth in school, under 22 & have moved across school district boundaries in the last 3 years for work in agriculture, forestry or fishing.
		Servicios para jóvenes menores de 22 años que están todavía en la escuela y que han cruzado los límites del distrito escolar en los últimos 3 años para trabajar en la agricultura, la silvicultura o la pesca.
Oregon Law Center (Legal Aid)	101 E Broadway Ave, Suite 200, Eugene 541-485-1017	Help completing forms, filing with USCIS, Representation at Asylum Interviews, Immigration Court, and Immigration Appeals. Services focused on survivors of domestic violence and sexual assault. Apply by phone
		Ayuda para llenar formularios, presentar solicitudes al USCIS, representación en entrevistas de asilo, tribunal de inmigración y apelaciones de inmigración. Servicios enfocados en sobrevivientes de violencia doméstica y asalto sexual. Solicitar por teléfono
Refugee Resettlement Coalition (Catholic Community Services)	541-345-3628 Email: RISP@ccslc.org	Assist refugees, asylum seekers, and asylees to access housing, employment, physical and mental health services, social services, English as a Second Language classes, and other resources.
		Ayudar a los refugiados, solicitantes de asilo y asilados a acceder a vivienda, empleo, servicios de salud física y mental, servicios sociales, clases de inglés como segundo idioma y otros recursos.
U.S. Citizenship and Immigration Services	800-375-5283	Information about becoming a permanent U.S. resident, getting refugee or asylum seeker status, getting proof of U.S. citizenship, etc.
		Información sobre cómo convertirse en residente permanente de los EE. UU., obtener el estatus de refugiado o solicitante de asilo, obtener prueba de ciudadanía de los EE. UU., etc.

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LEGAL SUPPORT

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

VICTIMS OF CRIME SERVICES

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

WORKER'S COMPENSATION

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



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MEDIATION and RESTORATIVE JUSTICE SERVICES

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

LAW ENFORCEMENT OVERSIGHT

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

VOTER REGISTRATION



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

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

Registrarse para votar es fácil en:
<https://secure.sos.state.or.us/orestar/vr/register.do>

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



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DOMESTIC VIOLENCE & SEXUAL ASSAULT

HOPE AND SAFETY ALLIANCE Domestic Violence Crisis Line: 1-800-281-2800 If someone is in immediate danger, call 911.		SEXUAL ASSAULT SUPPORT SERVICES 24-hour Hotline: 541-343-7277 If someone is in immediate danger, call 911.		
Agency	Contact	Español	Fees	Notes
Hope and Safety Alliance (formerly Womenspace)	1557 Pearl St., Suite 400, Eugene 800-281-2800 (24-hour crisis line) 541-485-6513 (office)	◆	FREE	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, shelter, support groups, Latina bilingual advocacy.
SASS - Sexual Assault Support Services	591 West 19th Ave, Eugene 541-343-7277 (24-hour Hotline) 541-484-9791 (office)	◆	FREE	Medical / legal advocacy, peer counseling, support groups. Can accompany survivor to doctor appointment or hospital. LatinX Connection Program provides crisis intervention and advocacy services to Latinx survivors of sexual violence. Brinda servicios de intervención y apoyo en caso de crisis a sobrevivientes Latine de violencia sexual.
CAFA - Christians As Family Advocates	921 Country Club, #222, Eugene 541-686-6000		OHP Trillium	Domestic violence classes for survivors. 36-week class for perpetrators.
Confederated Tribes of Siletz Indians – CARE Program	541-994-5959 (24-hour Hotline) 541-444-9680 (office)		FREE	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.
Domestic Violence Advocate at DHS	2885 Chad Dr, Eugene 541-686-7878			Domestic Violence advocates at the Department of Human Services (DHS) help with restraining orders, court appearances. Referral made by caseworker. No cost. ◆
	2101 W 11th Ave, West Eugene 541-686-7722			
	101 30 th St. Springfield 541-726-3525			
	305 Coop Court, Cottage Grove 541-942-9186			
3180 Highway 101 N, Florence 541-997-8251				
Love is Respect	Call 1-866-331-9474 Text: LOVEIS to 22522 Or chat live on their website Deaf Advocates Available Video phone: 855.812.1001 nationaldeafhotline@adwas.org		FREE	Free, confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to dating, healthy relationships, boundaries, personal safety, interactive safety planning.
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence	◆	FREE	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rent & utility assistance.
Strong Hearts Native Helpline	1-844-7NATIVE (762-8483)		FREE	24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives . Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
Lane County Victim Services Division	125 E 8 th Ave, Room 400, Eugene 541-682-4523	◆	FREE	Information for crime victims. Restraining orders, stalking orders. Survivors of crime may qualify for assistance for medical, mental health, rehabilitation, funeral, loss of income.
National Domestic Violence Hotline	800-799-7233 (24/7) Text "START" to 88788 Email: www.thehotline.org/get-help/ ◆			
National Deaf Domestic Violence Hotline	1-855-812-1001 (Voice/VP) . Email: hotline@adwas.org 24/7 advocates provide crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers. ◆			
National Sexual Assault Hotline	800-656-HOPE 800-810-7440 (TTY) Connect with trained staff from a sexual assault service provider in your area. ◆			

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BATTERER INTERVENTION

For a complete list of Oregon approved Batterer Intervention Programs throughout the state, see: [Oregon BIP Directory](#)

Agency	Contact	Español	Fees	Notes
Bridges 2 Safety	3831 Main Street Suites 103 & 104 Springfield 1-847-235-9516, ext. 2; admin@bridges2safety.com		Varies	Evidence-based, trauma-informed intervention services, utilizes a combination of cognitive and dialectical behavioral therapies, motivational interviewing, accountability, and skill building.
Outgrowing Power, Anger & Control (Christians As Family Advocates)	921 Country Club Rd, # 222, Eugene 541-686-6000	Bilingual staff at front desk	OHP. Intake \$65. \$35/ class Payment plans available.	Oregon approved 36 to 52-week program for people who use anger and control destructively in relationships and desire to change. Voluntary or mandated. Weekly sessions are 90 minutes.

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	Español	Notes
90x30	1244 Walnut Street, Eugene friends@90by30.com	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
CAFA - Christians As Family Advocates	921 Country Club Rd #222 Eugene 541-686-6000	No OHP		Supervision of DHS parent-child visits for a fee. Counseling, domestic violence class, parenting class.
CASA – Court Appointed Special Advocates	174 Deadmond Ferry Rd, Springfield 541-984-3132	FREE	◆	Volunteers are trained to advocate in court for a children involved in the child welfare system.
Kids FIRST Child Advocacy Center	2675 Martin Luther King Blvd, Eugene 541-682-3938	FREE	◆	Medical exams, child interviews regarding abuse. Must be referred by DHS or law enforcement.
Prevent Child Abuse Oregon	PCAO amplifies the voices and perspectives of survivors of child abuse and those with lived experience of the child welfare system, unifies the efforts of a partnership of child-serving nonprofit organizations, and advocates at the legislative level for prevention policies.			
National Child Abuse Hotline	800-422-4453 Call or text	Professional crisis counselors are available 24/7 to talk to parents, children, and mandatory reporters or anyone who has concerns about the safety of a child. Crisis intervention, information, referrals to resources. All calls are anonymous and confidential.		



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FOOD BOXES & PANTRIES

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

Check their website, or scan the QR code for days and times of operation.

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



EUGENE			
86 Hunger Foundation	769 Monroe St., Eugene miranda@mission86hunger.com	Free Meal Pickup: boxed meal available between 4pm and 6pm Saturday on the Acorn Cafe patio. Free Market Project: Market stand stocked with produce plus pantry and personal care items at Acorn Community Café on Saturdays from 4-6pm	
Little Free Pantries (Burrito Brigade)	See website for a list of small pantries located on residential properties in Eugene, Springfield, Junction City and Florence! Or apply to host a tiny pantry! https://burritobrigade.org/pantries/		
Burrito Brigade: Waste to Taste	1775 W. 6 th Ave, Eugene	Appointment required.	
	Please sign up online at: https://burritobrigade.org/waste-to-taste/ info@burritobrigade.org		
Alluvium	Food boxes, diapers and toys. Open Sunday 1-3. 810 W 3rd Ave, Eugene alluviueugene@gmail.com		
Bethel Food Pantry	4445 Royal Ave 541-688-9085	Eugene Faith Center Pantry	1410 W 13th Ave 541-686-9244
Casa de Luz (se habla español)	1295 Taney St. 541-521-7437	Larry Collins Memorial Pantry	255 Maxwell Rd. 541-688-2027
Catholic Community Services	1464 W. 6th Ave. 541-345-3628	Pray BiG! St. Matthew's Church	4110 River Rd. 541-689-4010
Coburg Food Pantry	32695 E Pearl St. 831-345-3866	Salvation Army - Eugene	640 W. 7th Ave. 541-343-3328
Daily Bread	89780 N Game Farm Rd 541-344-3380 x32		

SPRINGFIELD			
Catholic Community Services	1025 G St 541-345-3628	Crossfire Hands of Hope	942 28th St. 541-686-5433
The ARC of Lane County	4181 E Street 541-343-5256	The Shepherd's Table at St. John's	2537 Game Farm Rd 541-746-3322
Waypoint Church	332 58th St. - 541-345-3628		
Springfield 7th-day Adventist Community Service Center	1546 N. 12th, Springfield, 541-337-5101	Food boxes, clothing closet. Services available 1x /month, unless there is an emergency. Open 1st & 3rd Tuesday, 10am - 1 pm, 2nd & 4th Tuesday, 4 pm - 7 pm	

RURAL LANE COUNTY			
Coburg Food Pantry	541-221-5055 32695 E Pearl St, Coburg	Junction City Local Aid	541-998-3992 210 E. 6th Avenue, Junction City
Community Food for Creswell	541-246-9117 64 Cobalt Lane, Creswell	Lower McKenzie Community Resources	541-896-3857 45061 McKenzie Hwy, Leaburg
Community Sharing Project	541-942-2176 1440 Birch Ave, Cottage Grove	Lowell Food Pantry	541-603-5043 4 E. Lakeview St, Lowell
Dexter Food Pantry	541-937-4229 38925 Dexter Rd, Dexter	Mapleton Food Share	541-268-2919 10718 Highway 126, Mapleton
Florence Food Share	541-997-9110 2190 Spruce St., Florence	McKenzie River Food Pantry	541-822-3249 51187 Blue River Dr, Blue River
God's Food Box	541-688-8884 27373 8th St, Alvadore	Mid Lane Love Project	541-935-4555 x104 25035 W. Broadway, Veneta
God's Storehouse	541-995-8403 180 Smith St., Harrisburg	Noti Food Pantry	541-935-0324 22540 Fir St, Noti
Goldson Grange	541-998-1539 23479 Hwy 36, Cheshire	Oakridge Food Pantry	541-782-2192 47674 School St., Oakridge
Helping Hand	541-933-2575 92170 Marcola Rd, Marcola	Up River Pantry	541-946-1606 37895 Row River Rd, Dorena
Hilltop Pantry	541-935-1331 25735 Crow Rd	Triangle Food Box	541-925-3090 20280 Blachly Grange Rd, Blachly

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MEAL SITES

Agency	Contact	Notes
86 Hunger Foundation	769 Monroe St., Eugene miranda@mission86hunger.com	Free Meal Pickup: boxed meal available between 4pm and 6pm Saturday on the Acorn Cafe patio. Free Market Project: Market stand stocked with produce plus pantry and personal care items at Acorn Community Café on Saturdays from 4-6pm
C.O.R.E. Street Feed Community Outreach through Radical Empowerment	503-877-5320 info@coreeugene.org	Free hot meals and survival supplies in Downtown Eugene. Street Feed exists to create safe space and access to resources for young people 24 and under. See website for events.
Crossfire Food Ministry	942 28th St, Springfield 541-686-3473	Free meal, Sundays at 8:30am
Ebbert United Methodist Church	532 C St, Springfield.	Meals Monday 8:30-10:30 a.m., Tuesday/Thursday 8-11:15 a.m., Wednesday 5-6 p.m. and Saturday 3-4p.m.
Eugene Catholic Worker	5th & Washington 541-735-3823	Call for mealtimes
Eugene Mission	1542 W 1 st St, Eugene 541-344-3251	Call for mealtimes
Food Not Bombs	8th & W Park street, Eugene	Friday, 2pm. eugenefoodnotbombs@gmail.com
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 Youth Services	834 Monroe, Eugene	Monday - Friday, 5:00 pm - 7:00 pm (16-24-year olds)
Looking Glass, New Roads	941 W 7 th Ave Eugene 541-686-4310	Open 7 days a week. (for homeless youth, 11-24 years) ◆ English and Spanish.
The Dining Room	270 W 8 th Ave, Eugene 541-343-2822 . Call for mealtimes. Youth must be with legal guardian	
Trinity Lutheran Church	657 S 7th, Cottage Grove 541-942-2373	Call for mealtimes

MEALS for SENIORS

Agency	Contact	
American Red Cross	996 Jefferson St., Eugene 541-684-7172	
Bateman Senior Meals	1407 Cross St., Eugene 541-683-8510	
Campbell Senior Center	155 High St., Eugene 541-682-5318	
Café 60 Meal Sites (Senior & Disability Services)	Coburg United Methodist Church, 91193 N. Willamette, 541-682-4378	Anyone age 60 & older is served, regardless of income. Guests under 60 are welcome to attend for \$8 per meal. Mealtimes vary. Call for details.
	Riverview Terrace, 925 W. Main, Cottage Grove - 541-942-9261	
	Cresview Villa, 350 S. 2nd St., Creswell - 541-895-2338	
	Olive Plaza, 1135 Olive St, Eugene - 541-342-3515	
	Northwest Neighbors, 1221 Jacobs Dr, Eugene - 541-689-8011	
	River Road Annex, 1055 River Road, Eugene - 541-688-4052	
	Florence Senior Center, 1570 Kingwood Florence - 541-997-5673	
	Viking Sal Senior Center, 245 W. 5th St., Junction City - 541-998-5367	
	Church of the Nazarene, 48187 Highway 58, Oakridge - 541-782-4318	
Willamalane Adult Center, 215 W. C St., Springfield 541-736-4408		
Fern Ridge Service Center - 25035 W. Broadway, Veneta 541-935-7354		
Kaufman Senior Center	996 Jefferson St, Eugene 541-342-1881	
Meals on Wheels	Meals delivered to people who are homebound. 541-682-4368	
Senior Meals Program of Lane County	1015 Willamette St., Eugene 541-682-3353 Meals delivered to people 60 years+ who are homebound & need help with meal preparation.	

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NUTRITION RESOURCES

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

CLOTHING ASSISTANCE

Agency	Contact	Notes
4J School District	200 N. Monroe, Eugene 541-687-3349	For 4J families. Call for appointment
Adventist Community Center	1546 N 12th, Springfield 541-746-7071	Tuesday 10-12
Catholic Community Services	1464 W 6 th Eugene 541-345-3628 1025 G St., Springfield	Eugene: Monday-Friday 9am-4:30pm (Children's clothing only) Springfield: Tuesday through Saturday, 9am-12pm
Eastside Baptist Church Clothes Closet	4045 Commercial Ave., Springfield	See Facebook page for days and times.
Eugene Mission	1542 W 1 st Ave, Eugene 541-344-3251	Monday-Friday 10am-4pm. No need to call.
Helping Hand Room 1st Christian Church	1166 Oak St., Eugene 541-344-1425	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	834 Monroe, Eugene 541-344-5583	Youth under 22 yrs. Showers, food, laundry, clothing. M, W, F 3-6:30pm
Oregon Family Support Network	72 A Centennial Loop, Eugene 541-342-2876	Clothing closet for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
Sarah's Closet <i>Located inside North Star Pathways</i>	541-603-8812	Clothing, diapers and other items for foster children. To receive a Foster Baby Care Basket, complete the form on their website: https://northstarpower.org/closet/ . Baskets delivered anywhere within Lane County.
Springfield 7th-day Adventist Community Service Center	1546 N. 12th, Springfield, 541-337-5101	Food boxes, clothing closet. Services available 1x/month, unless there is an emergency. 1st & 3rd Tuesday, 10am-1pm, 2nd & 4th Tuesday, 4-7pm
St. Vincent de Paul	456 Hwy 99 N, Eugene 541-689-6747	Clothing, furniture & other household goods.
The Stash (Lane Community College)	LCC Main Campus, Center Building, Basement, Room 006	Free thrift store for current, registered students of Lane Community College.
White Bird Clinic	341 E. 12th, Eugene 541-342-4357	Monday-Friday, 8am – 10pm.

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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.

BASIC NEEDS

Agency	Contact	Notes
15th Night	Call or text 24/7- 541-246-4046 info@15thNight.org	Support homeless youth in accessing resources and services (clothing/shoes, personal care products, backpacks, food, housing specialist, transportation, doctor's appointments, counseling, mentors/peer support, youth advocate, application assistance, library cards, etc.
Carry It Forward	541-654-0139 info@carryitforward.net	Serves unhoused people through advocacy, outreach, urgent response, public shower service, a continuum of shelter options, and workforce development.
Catholic Community Services	541-345-3628 1464 W 6 th , Eugene	Clothing, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
Community Sharing Program	541-942-2176 1245 Birch Ave, Cottage Grove	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
Emerald Community Services	541-683-4169 90 Lawrence St, Eugene	Clothing, household goods, food boxes, special needs referrals.
F.I.S.H. - St. Mary's Church	541-688-3269 440 Maxwell Rd, Eugene	Emergency food boxes, propane, help paying for medication. Open Monday-Friday, 10-2:30. Call to request food box.
Home Starter Kit Church of the Resurrection	541-686-8462 3925 Hilyard, Eugene	Household items for homeless people moving into a new home. Print app, complete, & mail / deliver. resurrectioneugene.org/wordpress/wp-content/uploads/wp-pdf/hsk/HSKRequestForm.pdf
Hope to Dream	www.ahopetodream.com/	Supported by Ashley HomeStores, Hope to Dream provides a twin mattress, bed frame, bedding and pillow. Nominate a child on their website.
Hosea Youth Services	541-344-5583 834 Monroe, Eugene	For youth 22 & under. Showers, food, laundry, hygiene, clothing.
Love for Lane County	541-653-8537 Tammie@loveforlanecounty.org	Short-term practical, hands-on assistance, "gap services" that other agencies are unable to meet. We take donations and turn them over to those that need a restart. We offer Medical Rides. Prayer is always available!
Sleep in Heavenly Peace	844-432-2337 x5113 Contact Connie & Bryce Jonas	To request a bed or refer a family: www.shpbeds.org/request-bed . Families must have a room large enough to fit one of the beds.
7th-day Adventist Community Service Center	541-337-5101 1546 N. 12th, Springfield	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency. \
St. Vincent de Paul	541-689-6747 456 Hwy 99, Eugene	Furniture & other household goods.
The Hope Project	www.hopeprojecthelps.com/ask	Online application for needs falling through the cracks of traditional systems. Give as much detail as you can. No ask is too big or too small!

TRANSPORTATION ASSISTANCE

Agency	Contact	Español	Notes
Catholic Community Services	1464 W 6 th Eugene AND 1025 G St., Springfield 541-345-3628	◆	Free bus day passes (for verified appointments only). Call or stop in to find out availability.
Job Connections (Goodwill)	855 Seneca Rd, Eugene 541-431-3309	Interpreter available	Free bus Passes for Job Seeking STEP participants
	102 30th Street, Springfield 458-205-8157		
	1310 Hwy 101, Florence 541-590-3541		
Lane Transit District (LTD)	1080 Willamette, Eugene 541-687-5555		Half-fare for people with disabilities. FREE fare for adults 65+
RideSource	240 Garfield St, Eugene 541-682-5566		Free transportation for people who cannot ride LTD buses due to disability / other circumstances

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LOW COST PET SERVICES

Agency	Contact	Fees	Notes
Community Veterinary Center	470 Hwy. 99, Eugene 541-636-3324	Sliding scale	Vaccines, dental, prescriptions, surgery, diagnosis, spay / neuter, euthanasia. Proof of income required.
Eugene Spay and Neuter Clinic	3970 W. 1st Ave., Eugene 541-682-3643	Varies	Spay/neuter, vaccines, flea medication. Discount if eligible for SNAP, disability, or unemployment
Greenhill Humane Society	88530 Greenhill Rd, Eugene 541-689-1503	FREE	Free spay and neuter surgeries for all feral, stray and free-roaming cats in Lane County
Patient Pet Advocates	541-632-3217 info@patientpetadvocates.org	FREE	For people struggling with life-altering or terminal medical issues. Services to support pets in their home, helping patients to plan for pet care in emergencies, and providing support in crisis situations.
Pro Bone-O	541-607-8089	FREE	Veterinary services, pet food / supplies for homeless.
S.P.O.T.	www.spotspayneuter.org 541-485-7768	Reduced cost	Financial assistance to spay/neuter dogs. \$10 spay/neuter for Chihuahuas, pit-bulls, and dogs of low-income veterans.
Willamette Animal Guild	3045 Royal Ave, Eugene 541-345-3566	Varies	Spay / Neuter Clinic. Vouchers for low-income pet owners.

ID & BIRTH CERTIFICATE ASSISTANCE

Thank you to 15th Night for contributions to this section!

Agency	Notes
15th Night	Call or text 24/7 541-246-4046 info@15thNight.org Technical & financial assistance with obtaining a birth certificate or a state-issued I.D. Cost is covered. For youth under 21.
Catholic Community Services	1464 W 6 th Eugene 541-345-3628 The 2nd and last Thursday of every month at 9:00am (show up 5 minutes before). Staff will randomly choose 8 names to receive assistance with their birth certificate or state ID. Age 18+
Eugene Mission	1542 W 1 st , Eugene 541-344-3251 Assists overnight guests who are in case management with obtaining ID's. Most birth certificates are \$20-30 & a new state ID card is \$44.50
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020 Independent living skills classes, service navigation, counseling, support groups, clubhouse, and ID assistance.
Looking Glass New Roads	941 W 7th Avenue, Eugene 541-302-2551 Technical assistance with obtaining a state issued I.D. Cost may be covered depending on funds. For youth, age 16-24. ♦ English and Spanish.
Social Security Office	2504 Oakmont Way, Eugene 1-800-772-1213 It is free to get a social security card! Visit: https://www.ssa.gov/ssnumber/ or stop by the office to apply for a card, update your name, or order a replacement card.
Whitebird Clinic	323 E 12th Ave, Eugene 541-342-1295 Walk in times are available Monday-Thursday from 12-2. Staff can assist with technical and financial assistance with obtaining a birth certificate. Cost is covered. All ages.

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

EUGENE DMV - 2870 W 10th Place SPRINGFIELD DMV - 204 30th Street
Full list of locations: www.oregon.gov/odot/dmv/pages/offices/index.aspx

What you need to apply for a state issued ID:

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



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

EUGENE DMV - 2870 W 10th Place SPRINGFIELD DMV - 204 30th Street
Lista completa de ubicaciones: www.oregon.gov/odot/dmv/pages/offices/index.aspx

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

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





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MEDICAL SERVICES

Agency	Contact	Español	Fees	Notes
Acupuncture for the People	2833 Willamette St Suite B, Eugene 541-521-6285		1 st appt: \$30-55, then: \$15-40	Licensed acupuncturist serving anyone who needs a sliding scale.
Bethel Health Center	1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430		OHP, sliding scale, some insurance	Health services and counselling for ages 1-19.
Community Health Centers of Lane County 541-682-3550 Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in. Call for hours. OHP, private insurance, sliding scale		RiverStone Clinic		2073 Olympic St, Springfield
		Charnelton Community Clinic		151 W 7th Ave Suite 100, Eugene
		Prenatal Clinic		151 W 7th Ave # 310, Eugene
		Springfield Schools Health Center		1050 10th St, Springfield
		LCBH Primary Care		2411 Martin Luther King Jr. Blvd, Eugene
		Brookside Clinic		1680 Chambers St #103, Eugene
		Delta Oaks Clinic		1022 Green Acres Rd, Eugene
HIV Alliance (Alliance for Community Wellness) OHP or sliding scale for individuals without insurance	1195 Cityview, Eugene 541-342-5088	Medical Clinic - PREP medication, STI's testing, HIV testing, Hepatitis C and Syphilis testing, case management, treatment for opioid use disorder and health focused street outreach.		
		Oaks Housing Program - Wraparound services for individuals with immune compromised systems, including housing navigation, and case management with a care team.		
		Hepatitis (HCV) Community Health Program – Helping people living with HCV in Lane County to stabilize and maintain their health through support, advocacy, referral services, and emergency financial assistance. Clients struggling to meet basic needs can work with our HCV Case Manager to access transportation, nutrition assistance, and community resources.		
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene 541-916-7025 ko-kwel.eug@coquilletribe.org		OHP, sliding scale, some private insurance	Culturally appropriate primary outpatient medical care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity.
Lane County Public Health	151 W 7th Ave., Room 310, Eugene 541-682-4041	◆	OHP, sliding scale, some private insurance	STD testing, vaccinations by appt. No walk ins.
Occupy Medical	541-316-5743 532 C Street, Springfield	◆	FREE	Saturday clinic offering medical, wound care, herbal medicine and emotional support. In the basement from 2 till 4pm. Come early and get your name on the list between 2pm and 3pm.
Our Community Birth Center	188 West B Street, Bldg O, Springfield 458-234-6800 OurCommunityBirthCenter@gmail.com	◆	OHP / Private Insurance / Self-pay sliding scale	Nurse midwifery birth center and health clinic. Client-centered, LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control, fertility, pregnancy, birth, postpartum including home visits, newborn care, lactation services.
Rapid Access Center (Willamette Family)	541-762-4300 195 W. 12 th , Eugene		OHP only	Same-day walk-in medical, behavioral health & addiction services.
The SHOP (Sharing Healthcare Options Program) at White Bird Clinic	541-342-1295 323 E 12th Ave, Eugene	◆	FREE	Enrollment assistance for health insurance including OHP. Call for appointment.
Trauma Healing Project	541-687-9447 1100 Charnelton, Eugene	◆	Sliding Scale	Body-centered therapies, wellness classes.
Volunteers in Medicine	2260 Marcola Rd, Springfield 541-685-1800	◆	FREE	Medical, mental health, prescription for low-income adults without insurance or with OHP but no provider.
White Bird	541-484-4800 1400 Mill St., Eugene	Sometimes	OHP, sliding scale	Medical walk-in clinic.
Poison Control Hotline	800-222-1222		24/7 hotline for questions / emergencies regarding poisons.	

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VISION CARE

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

DENTAL SERVICES

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

PRESCRIPTION ASSISTANCE

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

SMOKING CESSATION

Agency	Contact	Español	Fees	Notes
Emergence	78 A Centennial Loop, Eugene 541-393-0777	◆	OHP, sliding scale	12-week intensive outpatient smoking cessation
Oregon Tobacco Quit Line	800-784-8669 Available 24/7	◆	FREE	Talk or chat online with an expert Quit Coach. Find smoking cessation programs based on your location and insurance at www.quitnow.net/oregon
QTIP - Quit Tobacco in Pregnancy	541-682-4440	◆	FREE	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	Español	Fees	Notes
Meridian Gambling Program (Emergence)	2149 Centennial Plaza Suite 4, Eugene 541-741-7107	◆		Outpatient gambling treatment.
National Problem Gambling Hotline	800-522-4700 Call or text	Interpreter	FREE	Resource referrals for every state. 24/7, 100% confidential.
Problem Gambling Hotline (Oregon)	877-MyLimit Call or text	◆	FREE	Free, confidential help. Referrals to gambling treatment services.

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ADDICTION RECOVERY SUPPORT

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Agency	Contact	Español	Fees	Notes
Al-Anon & Alateen	https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/ 541-265-4365	◆		Free 12-step meetings for families and friends of people experiencing addiction to alcohol. Call or check website for meeting times.
Alcoholics Anonymous	Free 12-step meetings for people in recovery from addiction to alcohol. http://www.eviaa.org/ 541-342-4113 ◆ Spanish AA site: https://aaoregon.webs.com Spanish Intergroup # 971-327-5523			
Heroin Anonymous	pacificregionaltrustee@heroinanonymous.org	NO	Free	12-step meetings for people in recovery from addiction to heroin.
Narcotics Anonymous	http://lanecountyarea-na.org/meetings/ 541-729-0080 24-hour helpline	NO	Free	12-step meetings for people experiencing addiction to narcotics.
Buckley Detoxification Center	605 W 4th Ave, Eugene 541-762-4575	◆ Pre-assessment interpreter	OHP, sliding scale, other ins.	Support for substance users who need to withdraw safely from substances & achieve sobriety in a caring environment
Center for Family Development	1258 High St., Eugene 541-342-8437	◆ Bilingual therapist / interpreter	OHP, sliding scale, other ins.	Counseling, recovery programs, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667 info@centrolatinoamericano.org	◆ Todos los servicios	\$10-25 sliding scale, OHP	Addiction support for Spanish speaking adults and teens. Youth mentoring age 7-16.
Chrysalis (White Bird)	350 E 11th Ave, Eugene 541-683-1641	NO	OHP, sliding scale	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
Emerald Valley Intergroup (EVI)	2160 W 11th Ave Suite, Eugene 541-342-4113 evicpci@gmail.com Spanish AA site: https://aaoregon.webs.com Spanish Intergroup # 971-327-5523	◆	FREE	EVI has many local face-to-face and online meetings. https://eviaaweb.org/
Emergence	Eugene - 541-393-0777	◆	OHP, sliding scale, other ins.	Outpatient. Specialties: drug court, DUI, corrections, gambling, mental health, smoking cessation. Juntos Program in Spanish: 541-746-4041
	Springfield - 541-746-4041			
	Cottage Grove - 541-767-3057			
	Florence - 541-997-8509			
HIV Alliance Prime Peer Program	1195 City View Street, Eugene *Jonathan Duncan - 541-359-7897 *Melrose Mask - 541-323-5088 *Sam Marcus - 541-342-5088, ext. 304	◆ Bilingual Peer Support, Spanish Phone Options	OHP, sliding scale for people without insurance	Peer professionals assist others dealing with substance disorder. Help accessing services, insurance enrollment, harm reduction supplies, practical advice regarding treatment & safer injection practices.
Integrated Health Clinics of Eugene	715 Lincoln St, Eugene 541-344-3574	NO	OHP, sliding scale, other ins.	Outpatient treatment for opioid addiction. Group / individual counseling.
JESCO Club	340 Blair Blvd, Eugene 541-686-0538 Jescoclub@gmail.com	NO	FREE	Addiction Services, meetings, community for recovering addicts and their families.
Looking Glass Counseling	260 E 11th Ave, Eugene 541-484-4428	◆ Bilingual therapists	OHP / other insurance	Addiction counseling for youth under 21.
Lane County Treatment Center	432 W 11 th Ave Room 170, Eugene 541-682-4464	NO	OHP, self-pay, other insurance	Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.
Families Actively Improving Relationships (FAIR)	10 Shelton McMurfhey Blvd, Eugene 541-485-2711	NO	OHP	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
ODI Clinic: Adolescent and Family Services	10 Shelton McMurfhey Blvd, Eugene 541-284-7560	◆	No cost to participants	Outpatient drug and alcohol counseling for teens. Treatment is provided as part of a research study. Parents & youth earn money for research interviews.
	Centro Latino, 944 W 5th 541-687-2667			
Phoenix Treatment	2727 Martin Luther King Jr. Blvd. Eugene 541-682-7933	◆ Bilingual therapists & receptionist		Residential addiction treatment for youth, individual / family / group therapy, recreation therapy, tutoring, individualized goals.

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ADDICTION RECOVERY SUPPORT

Agency	Contact	Español	Fees	Notes
Relief Nursery	1720 W. 25 th Ave, Eugene 541-343-9706	◆ Todos los servicios	FREE	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.
	850 S 42 nd Ave, Springfield 541-485-0007			
Restored Connections Peer Center	146 E 12th Ave, Eugene 541-636-3506 hnelms@restoredconnections.org	◆ Bilingual Peer Mentor	FREE	Recovery Peer Mentors, housing support, supported employment, support accessing medical services, drop in peer center.
Serenity Lane	4211 W 11 th Ave, Eugene 541-485-1577 out-patient	NO	Private insurance, private pay, some OHP	In-patient & outpatient treatment. Able to treat clients with dual diagnoses.
	91150 Coburg Industrial Way 541-687-1110 in-patient			
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	◆	OHP / sliding scale	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment.
Veterans Affairs	3355 Chad Dr, Eugene 541-607-0897	Interpreter		Mental health services, outpatient alcohol treatment & aftercare.
Willamette Family (Rapid Access Center)	195 W. 12 th , Eugene 541-762-4300	NO	OHP, sliding scale, other insurance	Addiction assessments. Same-day medical & behavioral health services. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
Alcohol Treatment Referral Hotline	800-252-6465			
www.Addicted.org	Directory and confidential referral service for drug and alcohol rehabilitation services in the US. 1-800-304-2219			

NEEDLE EXCHANGE / DISPOSAL

Thank you to HIV Alliance and White Bird for contributions to this section!

Needle exchange programs protect public safety and community health by reducing the spread of HIV and Hepatitis C due to people sharing syringes.

If you come across a used syringe in our community or any other public place, do not touch it! The syringe could be carrying viruses that can cause hepatitis C, HIV, or other blood borne diseases. If you are in Eugene or Roseburg, contact HIV Alliance and they will send staff who are trained in syringe pick-up and the necessary precautions.

Agency	Notes
HIV Alliance Needle Exchange Program	Provides harm reduction supplies, and Naloxone for people who inject drugs. Locations vary during the week. Check with Reggie or Becky if you have any questions, or see the current calendar of times and locations at https://hivalliance.org/prevent/syringe-services/
Syringe Drop-Box - 1461 Oak	1461 Oak St, Eugene. 541-687-9141 . http://4emergence.com/about/locations Emergence community syringe drop-box at the Midtown Office - Endeavor Program. Monday to Friday, 8 a.m. to 5 p.m.
Black Thistle Street Aid Medical Wednesday Clinic	2nd Wednesday of each month 12:30-3:30pm at horseshoe pits of WJ Skatepark. 458-201-3317 FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready to eat food, harm reduction supplies.
White Bird - Front Rooms Resource Center	341 E 12th Ave, Eugene. 541-342-7987 https://whitebirdclinic.org/front-rooms White Bird Front Rooms provides water, a mail/messaging service, phone access, clothing, and hand washing. Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames. Every day, 9:30 a.m. to 4:30 p.m.

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RECOVERY HOUSES

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WOMEN		
Brothers Sober Living Housing	541-606-9166 8 locations in Eugene and Springfield	Sober living housing, weekly group treatment and support meetings, 24/7 on-site management.
Sponsors	541-485-8341 338 Highway 99 N, Eugene	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	541-844-1709 1740 Dalton Dr. Eugene
	Resilience	458-215-4935 137 51 st St. Springfield
	Riverbend	541-344-9191 5117 Innsbrook Way, Eugene
	Spencer Butte	541-632-4757 3230 Portland St. Eugene
Westmoreland	541-844-1950 1895 Polk St. Eugene	
MEN		
Brothers Sober Living Housing	541-653-1211 8 locations in Eugene and Springfield	Sober living housing, weekly group treatment and support meetings, 24/7 on-site management.
Housing Our Veterans	541-606-9220 345 W 13 th St. #5 Eugene	
Phoenix House	541-607-5869 675 Hughes St, Eugene	30 days clean. 6-month commitment. Mandatory meetings. Random UA's
Sponsors	541-485-8341 338 Hwy 99 North, Eugene	Random UA's. 30 days clean & sober. Mandatory support groups
Men's Oxford Houses	Autzen	541-844-1939 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
	Dillard	541-357-4965 3990 Dillard Ave. Eugene
	Echo Hollow	541-246-8268 4160 Avalon St. Eugene
	Emerald Valley	541-636-3070 4087 Concord St. Eugene
	Glory	541-653-8477 875 Glory Dr. Eugene
	Hayden Bridge	541-515-6535 1017 Hayden Bridge Rd. Springfield
	J. Noonan	458-215-6076 908 Darlene Ave. Springfield
	Mohawk	541-505-7057 1923 Centennial Blvd. Springfield
	Nighthawk	541-505-9286 33 E. 20 th Ave. Eugene
West Howard	541-654-4332 133 Howard Ave. Eugene	
CO-ED		
First Place Family Center St. Vincent de Paul	541-342-7728 4060 W Amazon Drive, Eugene	

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HOUSING ASSISTANCE

Agency	Contact	Español	Notes
Affordable Housing Online	https://affordablehousingonline.com/housing-search/Oregon/Lane-County		
Catholic Community Services	541-345-3628 1464 W 6 th Eugene / 1025 G St, Springfield	◆	Rent, utilities, and other referrals.
Community Sharing Program (Cottage Grove)	541-942-2176 1440 Birch Ave. Cottage Grove info@communitysharing.org	◆	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane.
Cornerstone Community Housing	541-683-1751 Multiple locations. Call or see website. info@cornerstonecommunityhousing.org	◆	High quality affordable housing, onsite services that promote personal growth & economic independence. www.cornerstonecommunityhousing.org
DevNW	541-345-7106 212 Main St, Springfield	◆	Financial wellbeing: finance counseling, debt counseling, homeowner and foreclosure information. Affordable rentals, homeownership, and real estate. Access to funds: development accounts, down-payment assistance, lending, and emergency assistance.
Homes for Good	100 W 13th Ave, Eugene 541-682-3755	◆	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. www.homesforgood.org/
HUD (Section 8)	Housing Choice Voucher 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. Apply online at: www.applysectioneight.com/apply_select_state		
New Roads (Looking Glass)	541-686-4310 941 W 7 th Ave Eugene	◆	Support for homeless youth, 16-24 years old, to find housing.
ShelterCare	541-686-1262 499 W 4 th Ave, Eugene	◆	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
St. Vincent de Paul	LIFT Permanent Supported Housing 541-687-5820 x148 2890 Chad Drive, Eugene		For dual diagnosed mental health and alcohol / drug addiction.
	Supportive Services for Veteran Families 541-743-7170 , 1870 W 11th Ave, Eugene		For low-income veterans and their families.
	Affordable Rental Waitlist 541-743-7164 waitlist@svdvp.us		Affordable rental and housing properties, maintenance requests
SquareOne Villages 541-525-0501 info@squareonevillages.org	OPPORTUNITY VILLAGE 111 N Garfield St, Eugene		Self-managed community of cost-effective tiny homes for people in need of housing. \$35 / month for unsheltered singles and couples.
	EMERALD VILLAGE EUGENE 25 N. Polk St, Eugene		22 permanent dwellings and a Community Clubhouse, community kitchen, laundry, restroom, and storage of common resources like tools and other appliances. \$204-306/month.
	COTTAGE VILLAGE 1428 E. Madison Ave, Cottage Grove		The first permanently affordable tiny home co-op in a rural community. 13 units. \$350-500/month
	C STREET CO-OP 1075 C St, Springfield		\$788/month. Permanently Affordable for: 80% area median income or under

HOUSING COMPLAINTS

Agency	Contact	Español	Notes
Fair Housing Council of Oregon	800-424-3247 ext. 2	◆ ASL also available	Assists in issues of illegal housing discrimination. Provides education, outreach, technical assistance, and enforcement of fair housing laws.
Community Alliance of Tenants	503-288-0130 hotline@oregoncat.org	◆	Renter's rights hotline. MWF: 1pm-5pm Tues: 6pm-8 pm Sat 1pm-5pm
Office of Equity and Community Engagement	541-682-5177	◆	Report complaints of illegal housing discrimination in the City of Eugene.
Springfield Eugene Tenant Association	541-972-3715		Tenant hotline serving Lane County. Leave a voicemail anytime with a brief overview of the issue for which you are seeking help. It may take 48-72 hours before you hear back. If you are in an urgent situation, state that in your message.

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HOME REPAIRS and IMPROVEMENT

Agency	Contact	Notes
A Brush with Kindness	541-741-1707 1210 Oak Patch Road, Eugene	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. <i>Cost of project must be between \$500-\$2500.</i> See website for eligibility details: https://habitatlane.org/home-repair/
Eugene Emergency Minor Home Repair	541-682-5446 99 W 10th Ave, Eugene	Zero-interest loans / grants to correct conditions that create an immediate safety threat; \$10,000 maximum.
City of Springfield Home Repair Program	541-736-1039	Grants up to \$10,000 for eligible households to correct conditions that create a threat to the health and safety of the occupants, or could cause rapid deterioration of the structure.
Regional Housing Rehabilitation Program	541-743-7128 andy.clay@svdp.us	Home repair loan program for people living in small towns and unincorporated areas of Lane County. The program provides financial assistance for health and safety repairs. Must qualify by income.

DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Español	Fees	Notes
Community Supported Shelters	1160 Grant St, Eugene 541-683-0836 c.s.s.eugene@gmail.com		FREE	Conestoga huts & tent communities for the unhoused. Plan advisors & peer support.
Dawn to Dawn (St. Vincent de Paul)	717 Hwy 99 N, Eugene 541-461-8688	◆	FREE	Emergency shelter in heated communal tents. Meals at Eugene Service Station (450 Hwy 99 N), basic healthcare, and connections with case managers to assist in steps for stable housing.
Egan Warming Center	9 locations. Text "Join" to 541-730-3071 for alerts on activation status		FREE	Open 7pm to 8am, Nov 15 th - March 31 st on nights when average temperature is 29 degrees or below. See website https://www.svdp.us/services/shelter-assistance/egan-warming-centers/ for locations and site specific information.
Eugene Mission	1420 W 1 st , Eugene - women 1542 W 1 st , Eugene - men 541-344-3251	Interpreter	3 nights free, then chores	Shelter. Meals. Faith based 12 step recovery support. Residential life skills program. GED classes.
Eugene Service Station St. Vincent de Paul	450 Hwy 99, Eugene 541-461-8688		FREE	Day shelter, clothing, laundry, showers, phone, computer access, crisis assistance.
First Place Family Center	4060 W Amazon Dr Eugene 541-342-7728	◆	FREE	Day center, showers, laundry, food, internet, respite (age 5 & under). Night shelter & overnight parking (year round).
Station 7 (Looking Glass)	931 W. 7 th , Eugene 888-689-3111 24-hour crisis line	◆	FREE	Emergency shelter for runaway / homeless youth ages 11-17 yrs.
ShelterCare	499 W 4 th Ave, Eugene 541-686-1262	◆	FREE	Emergency shelter, supportive housing for people experiencing mental illness or brain injury. Rapid rehousing for families with 72-hour notice. 30-day post-hospitalization medical recuperation.
Hope and Safety Alliance (formerly Womenspace)	541-485-6513 24-hour Crisis line 541-485-8232 office phone 1557 Pearl St., 2 nd Floor, Eugene	◆	FREE	Serving all survivors of domestic violence and their families. Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, and Latina bilingual advocacy.

HOMELESSNESS PREVENTION and ADVOCACY

Agency	Contact	Español	Notes
15th Night	Call or text 24/7 541-246-4046 info@15thNight.org		Support homeless youth in accessing resources and services, such as: clothing/shoes, personal care products, backpacks, food, housing specialist, transportation, doctor's appointments, counseling, mentors/peer support, youth advocate, application assistance, library cards, etc.

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HOME OWNERSHIP (DOWN PAYMENT and MORTGAGE ASSISTANCE)

Agency	Contact	Fees	Notes
Springfield Home Ownership Program (SHOP)	Luis Mendoza luis.mendoza@devnw.org or 541.345.7106 ext 2053	Free	Interest-free loans up to \$25,000 for first-time home buyers. Info in English: https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-english-to-email.pdf Info in Spanish: https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-spanish-to-email.pdf
DevNW	212 Main St, Springfield 541-345-7106	\$75 annual membership	Affordable rentals, homeownership, real estate. Access to funds: development accounts, down-payment assistance, lending, and emergency assistance. ♦ English and Spanish.
Oregon Homeowner Assistance Fund		https://oregonhomeownerassistance.org/	
Oregon Mortgage Help		https://www.oregon.gov/ohcs/homeownership/pages/foreclosure-default-prevention.aspx	
Oregon's Foreclosure Hotline		1-800-SAFENET	
Making Home Affordable hotline		888-995-HOPE	

ENERGY ASSISTANCE

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

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

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TELEPHONE ASSISTANCE

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

BUDGETING & MONEY MANAGEMENT

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

FINANCIAL ASSISTANCE

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

ADULT EDUCATION

Agency	Contact	Español	Fees	Notes
Adult Basic & Secondary Education (Lane Community College)	LCC Campus 4000 E 30 th Ave, Bdg 11, Rm 201 541-463-5214 ABSE@lanec.edu	◆	FREE	GED prep in English and Spanish, classes to improve reading / math scores, support applying to LCC.
Downtown Languages 532 C St, Springfield 541-686-8483 ◆	Programas educativos gratuitos y de bajo costo para inmigrantes adultos y sus familias. inglés básico como segundo idioma (ESL); ciudadanía estadounidense y educación cívica; habilidades informáticas bilingües; preparación para el examen de licencia de conducir de Oregón; alfabetización/educación básica de adultos en español, y GED Readiness. El Programa de Alfabetización Familiar Pilas (gratis para familias de habla hispana) se ofrece dos veces al año; Pasos al Futuro, un programa gratuito de verano de liderazgo y transición profesional para jóvenes hispanos de 16 a 21 años. Free and low-cost educational programs for adult immigrants and their families. Basic English as a second language (ESL); U.S. citizenship and civics; bilingual computer skills; Oregon Driver License test preparation; literacy / adult basic education in Spanish, and GED Readiness. Pilas Family Literacy Program, (free for Spanish-speaking families) is offered twice a year; Pasos al Futuro, a free youth career-transitioning and leadership summer program for Hispanic youths ages 16-21.			
Eugene Mission	1542 W 1 st Ave, Eugene 541-344-3251		FREE	GED classes and long term wellness solutions for people in shelters.

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EMPLOYMENT SERVICES

Agency	Contact	Español	Fees	Notes
Alternative Work Concepts	541-345-3043 Email: awc@efn.com			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	◆	FREE	Employment & resume support.
Easterseals Oregon Connecting Communities Program	115 W 8th Ave, Suite 330, Eugene Office 541-636-4027 Mobile 541-285-7507 iclark@or.easterseals.com	◆	FREE	Job placement services for Latinos and for those who speak English as a second language. Pre-employment training, workshops, and community resource presentations. English as a Second Language and computer classes in Spanish and English. Our Staff is fully bilingual in Spanish and English.
Job Connections (Goodwill)	Assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, and community resource referrals. Online workshops about job search techniques, overcoming a criminal background barrier, interviewing, financial education, and workplace success. To speak with an Employment Specialist, call 541-431-3309 . Check website for workshop schedule: https://goodwill-oregon.org/job-connections/			
Lane Small Business Development Center	101 W 10th Ave, #133, Eugene 541-463-6200 lanesbdc@lanec.edu	Interpreter Available	Varies	Support services for small businesses, workshops and free business advising.
Lane WorkForce Partnership	541-505-8674 1401 Willamette Street, Eugene	◆	FREE	Skill assessment, job search, on the job training
Northwest Youth Corps	2621 Augusta Street, Eugene 541-349-5055 info@nwyouthcorps.org	Some programs	See notes	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
Pearl Buck Center	3690 W 1 st Ave, Eugene 541-484-4666		FREE	Support finding housing / employment for adults with developmental disabilities
Quality Care Connections	Lane Community College Campus 4000 E 30 th Bldg. 24, Eugene 541-463-3954 qualitycareconnections@lanec.edu	◆	Class prices vary from free to \$60	Child Care Resource and Referral Agency; support for child care and early learning workforce and education for parents regarding child care options.
Supported Employment Services	711 Country Club Rd 1-A, Eugene 541-687-0687		FREE	Supported employment, independent living, and employer resources for adults with disabilities.
Vocational Rehabilitation	2885 Chad Dr, Eugene 541-684-2450 101 30 th Ave, Springfield 541-736-7812	◆	FREE	Training / job placement for adults with disabilities.
WorkSource Oregon	2510 Oakmont Way, Eugene 541-686-7601	◆	FREE	Career coaching, free educational workshops, one-on-one support, customized services based on the individual's needs and goals. Resume, interviewing, and job search support.

EMPLOYMENT WITH A CRIMINAL RECORD

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

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RURAL LANE COUNTY

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

Please see the *South Lane Resource Guide*, a more comprehensive list of South Lane services at <https://www.cottagegroveor.gov/community/page/south-lane-county-resource-guide>.

Agency	Contact	Notes
Child Car Seat Program	Schedule an appointment by calling: Cherie Nelson at: 541-942-9145 ext. 264 Tisha Fetter at: 541-942-9145, ext. 267	The Cottage Grove Police Department offers car seat installation inspections. Call for an appointment. It is best to have the child present and to bring your vehicle's owner manual and child seat instructions (if you have them).
Community Meal Sites	Trinity Lutheran Church 541-895-4436 675 S. 7th St. Tuesdays & Thursdays at 5:15 pm	
Community Sharing Program	1440 Birch Ave. Cottage Grove 541-942-2176	Clothing closet, firewood, food, utility & prescription assistance, 15 minute free showers, laundry vouchers, propane. Help to avoid eviction, foreclosure assistance, and rental entry costs.
Community Sharing Warming Shelter	541-942-2176 Email: info@communitysharing.org	Warming center is located on city property behind the Dari Mart at 1200 E. Main St. It is active Nov 1 – Mar 31 when the average overnight temperature falls to 32 degrees Fahrenheit or below. Pets are welcome. Hours: 7:00 p.m. - 8:00 a.m.
Cottage Grove Community Center	700 E. Gibbs Ave, Cottage Grove 541-942-1185	Yoga, crafts, support groups. Room space available for rent for events, trainings and classes.
Cottage Grove Public Library	700 E. Gibbs Avenue, Cottage Grove 541-942-3828	Books and media for children and adults. Public computers / internet. Programs for children, teens and adults. www.cottagegrove.org/library
Cottage Grove Senior Center	700 E. Gibbs Ave, Cottage Grove 541-942-8751	Senior Center, monthly newsletters and event calendar, bingo, card games, pinochle, painting and woodcarving, needle arts & crafts, and quilting.
Creswell Pantry	364 Cobalt Lane, Creswell 541-870-2252	Food Pantry and "Grab and Go" meals every Thursday from 9:30 a.m. - 12:00 p.m.
Creswell YMCA	996 W. A Street, Creswell 541-686-9622	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services (Cottage Grove)	305 Coop Court, Cottage Grove 541-942-9186	Childcare assistance to eligible families. SNAP (Food stamps) for eligible low-income families and individuals.
Early Education Program	Creslane Elementary School 996 West A, Creswell 541-895-6174	Structured preschool for children age 3-5 with and without special needs. Classes focused on language development, social skills and self-regulation.
Emergence Counseling	710 Adams, Cottage Grove 541-767-3057	Addiction outpatient treatment and intensive outpatient therapy for ages 18+. Accepts OHP.
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
	996 A St., Modular 3, Creswell 541-942-4835	
Full Access	1450 Birch Ave Ste R, Cottage Grove 541-942-5003	Support assisting individuals with intellectual and developmental disabilities. www.fullaccess.org
Habitat for Humanity of Central Lane	78314 OR-99, Cottage Grove 541-741-1707	Supports local needs for housing and restoration of homes for people in need. www.habitatlane.org
Meals on Wheels	541-682-3353	Meals, safety checks, and friendship delivered to homebound seniors.
Peace Health Cottage Grove Community Medical Center	1515 Village Drive, Cottage Grove 541-767-5500	Walk-in clinic, 24-hour emergency department, hospital, physicians.
Café 60 Senior Meals	700 E. Gibbs Avenue, Cottage Grove 541-942-9261 (call ahead) T/W/TH	Serving ages 60+. Guests under age 60 are welcome to attend for \$8 per meal.
	Crestview Villa, 350 S. 2 nd St, Creswell 541-895-2338 (call ahead) M/W/F	
Cottage Grove Family Resource Center	1310 S. 8 th St, Cottage Grove 541-767-1672 wendy.vandersys@slane.k12.or.us	Parent education, homework/tutoring help, referrals to community resources.
Creswell Family Resource Center	Creslane Elementary School, 996 West A St 541-895-6175 kdumas@creswell.k12.or.us	
Hope and Safety Alliance (formerly Womenspace)	541-485-6513 24 -hour Crisis line 541-485-8232 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.

See next page for more SOUTH LANE SERVICES

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SOUTH LANE SERVICES Continued

Agency	Contact	Notes
South Lane Mental Health	Main Office: 1345 Birch Ave, Cottage Grove 541-942-3939	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment. Services available in Spanish.
South Valley Athletics	700 E Gibbs Avenue, Cottage Grove 541-942-3079	Kid's Sports, Adult Softball
Warren H. Daugherty Aquatic Center	1440 S 8 th St., Cottage Grove 541-942-5533	Public pool, swim programs for all ages, lessons, fitness classes, warm water therapy pool.
Weight Watchers	Church of the Nazarene 152 S. M St., Cottage Grove 541-342-5386	
90 by 30 Welcome Baby Bundle	541-870-0689 or 541-346-7484	Free box for the families of all infants born in the South Lane region. Contains diapers, clothes, wipes, other necessities, and a guide to community resources.
WIC (Women, Infants, and Children)	305 Coop Ct, Cottage Grove 541-682-4202	Nutrition education, breastfeeding support, and access to healthy foods.

MARCOLA SERVICES

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

Agency	Contact	Notes
Helping Hand	92170 Marcola Rd, Marcola 541-933-2575	Drive-up food pantry and food boxes. 2 nd Tuesday of the month. Numbers handed out at 9 a.m. Distribution 10-noon.
Friends of the Marcola Schools Media Center	Marcola Elementary School, 38300 Wendling Rd, Marcola https://www.facebook.com/friendsofmarcolamediacycenter/	Open to the public every Wednesday 4-7:00 p.m. and the second Saturday of the month.
Mohawk Messenger	Linda K Mooney: 541-933-2511 lindamooney39361@gmail.com	Quarterly newsletter distributed to every mailbox in the Mohawk Valley. Email for information or to submit articles.
Mohawk Valley Community Grange	93727 Marcola Rd, Marcola 541-933-3948 https://www.facebook.com/MohawkValleyCommunityGrange/ EMAIL: mohawkvalleycommunitygrange@gmail.com	Community center. Available for rental.
Mohawk Valley Emergency Preparedness	https://www.facebook.com/groups/2379908638805350	Facebook page where events, tips, tricks, and all things preparedness are posted.
Marcola Family Resource Center	Marcola Elementary School, 38300 Wendling Rd, Marcola. 541-933-2512 shockema@marcola.k12.or.us	

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LOWELL SERVICES

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

PLEASANT HILL SERVICES

Agency	Contact	Notes
Pleasant Hill Education Foundation	541-736-0759	Provides scholarships to inspire learning, enhance teaching, & create opportunities students.

OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
<u>Early Childhood CARES</u> All services are free to eligible children. No insurance required	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	Provides Early Intervention (EI) and Early Childhood Special Education (ECSE) services to children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding.
<u>Head Start of Lane County</u> ◆ Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills.
	Central Office: 221 B St, Springfield 541-747-2425	Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
<u>Hope and Safety Alliance</u> <u>(formerly Womenspace)</u>	24-hour Crisis line: 541-485-6513 Willamette Activity Center, 47674 School Street, Oakridge 541-782-2877	Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, bilingual advocacy for survivors of intimate partner violence.
Oakridge Food Box	541-782-2192 47674 School Street, Oakridge	
Oakridge School District Homeless Liaison	541-782-2231 or 541-782-3226 Email: rdasher@oakridge.k12.or.us	Help for students and their families who are homeless, living in a hotel/car/trailer/campground.
Oakridge Animal Clinic	541-782-4281 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	541-686-7855 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Oakridge Public Library	541-782-2258 48318 E 1st St, Oakridge	
Oakridge Eye Clinic	541-782-5000 48247 Hills St, Oakridge	
<u>Orchid Health Oakridge Clinic</u>	541-782-8304 47815 OR-58, Oakridge	Primary care, preventative, & mental health services.



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JUNCTION CITY SERVICES

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

VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance Mid Lane Cares	541-935-0948 25035 W Broadway Ave, Veneta	Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
Fern Ridge Library	541-935-7512 88026 Territorial Hwy, Veneta	Open Tuesday - Friday 10-7 / Saturday and Monday 10-5 / Closed Sunday
Fern Ridge Family Resource Center	Fern Ridge Middle School, 88831 Territorial Hwy, Elmira 541-935-2253 x1205 ahand@fernridge.k12.or.us	Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center Mid Lane Cares	541-935-2262 25035 W Broadway Ave, Veneta	Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, 60 & over . Lunch served weekdays.
Mid Lane Cares	541-935-4555 25035 W Broadway Ave, Veneta	https://midlanecares.com/Programs that meet community needs including food pantry, free medical clinic, senior meals & services, emergency assistance, scholarships, holiday programs, events, and more.
Olivet Baptist Church Lillies of the Field	541-935-1988 25027 Dunham Ave, Veneta	Provides family clothing & housewares for no cost for those in Fern Ridge Area, Tu/Th 2:00-4pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	541-234-3255 Orchid Medical Clinic 24934 Fir Grove Ln, Elmira	Free medical clinic on the 2 nd Sunday of each month at the Valley United Methodist Church in Veneta. The 2 nd Saturday in May & November we hold Project Community Connect at Veneta's Olivet Baptist Church, with free medical, dental, foot care, blood pressure checks, childcare & representatives of various health services.
S.A.N.T.A. (Sharing Among Neighbors Toy Appeal)	Veneta Elementary 88131 Territorial Rd, Veneta	Winter holiday gift giving: children receive a new coat, 2 books, & 2 new toys selected by their parents. Last Saturday before Christmas. First come first served. Bring proof of residency in the Fern Ridge area & proof of each child's age.
Silver Tree	Veneta Elementary 88131 Territorial Rd, Veneta	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund Mid Lane Cares	541-935-4555	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

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FLORENCE & MAPLETON SERVICES

Please see the Florence Community Resource Guide, maintained by Western Lane Fire & EMS Authority for a more comprehensive list of Western Lane County Resources: www.svfr.org/wp-content/uploads/2021/07/Community-Resource_9-20.pdf

 Siuslaw Outreach Services Crisis Hotline 541-997-4444 24 hour support and advocacy for anyone experiencing domestic violence or sexual assault. This confidential support line is also available to anyone in crisis or just needing someone to talk to. Also provides emergency assistance and resource and referral information.		
Agency	Contact	Notes
Alcoholics Anonymous	AA Florence: 541-902-0152 AA Hotline: 888-203-1432	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up-to-date list of meetings. www.florenceareacc.org/alcohol.aspx
Beacon of Hope Recovery Center	88896 Hwy 101 A-1, Florence 541-997-3690	Location for a wide variety of 12-step recovery meetings. See website for calendar: https://beaconofhopealanoclub.com/
Boys and Girls Club	541-902-0304 1501 Airport Rd., Florence	Tutoring, sports. During the school year, a hot meal is served each day. During the summer, two hot meals & snacks are served. Fees vary. Scholarships available.
DHS Self Sufficiency Program	541-997-8251 3180 Hwy 101 N, Florence	Food benefits (SNAP), financial assistance for families (TANF), employment related day care assistance, refugee services.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	Provides Early Intervention (EI) and Early Childhood Special Education (ECSE) services to children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding. All services are free to eligible children. No insurance required
Emergence	541-997-8509 1932 Pine St, Florence	Intensive, comprehensive counseling programs for adult and teen chemical dependence / gambling addictions. Accepts OHP, sliding scale, and payment plans.
Florence Area Community Coalition	541-999-2927	Online resource directory at: www.florenceareacc.org/service_directory.aspx
Florence Cold Weather Shelter	Shelter is open when wind-chill is 32 degrees or lower. Separate areas for men & women. Crates for pets out of the rain. FREE www.standrewsflorence.org/florence-emergency-cold-weather-shelter.html	
Florence United Methodist Church	333 Kingwood Street, Florence 541-997-6025	Free lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
Head Start of Lane County	Locations and services throughout Lane County Central Office: 221 B St, Springfield 541-747-2425	Early Head Start - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills. Head Start - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Helping Hands Coalition	541-997-5057 4590 US-101, Florence	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance.
Job Connections (Goodwill)	1310 Hwy 101, Florence 541-590-3541	Job search, resume assistance, career counseling. For Job Seeking STEP participants: Assistance with birth certificates / IDs, bus passes, short term training, employment supports.
Mapleton Food Share and Resource Center	10718 Hwy 126, Mapleton 541-268-2715 Karen@mapletonfoodshare.com	Food pantry, clothing closet, household items. Open on the 2nd Thursday and 4th Saturday of every month. Proof of address required.
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. FREE MinisterEventServices@gmail.com	

See next page for more Florence and Mapleton Services

To be added to the email distribution list for this document or to submit corrections, contact Jessie at jessieca@reliefnursery.org
 JC-8/1/2023 Relief Nursery does not endorse or recommend particular providers or services listed in this guide.



Community Resource Guide

Updated August 2023

FLORENCE & MAPLETON SERVICES (Continued)

Agency	Contact	Notes
Options Counseling & Family Services	541-997-6261 1445 8th St, Florence	Family and individual counseling for adults & children. OHP, private pay, some private insurance, sliding scale.
Peace Harbor Medical Center 400 Ninth St, Florence 541-997-8412	Behavioral Health - 541-997-8412	Diabetes Wellness Clinic - 541-203-6458
	Emergency Services - 541-997-8412	Orthopedics - 541-997-7104
	End-of-Life Care- 541-997-8412	Walk-In Clinic - 541-203-6458
	Imaging Services - 541-997-2804	Women's Services - 541-997-8412
	Rehabilitation and Wellness Center - 541-902-1669	Birthing Services - 997-8412
PFLAG (Parents & Friends of Lesbians & Gays)	541-991-8550 pflagflo@gmail.com	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
Pregnancy & Parenting Center	475 Laurel St, Florence 541-902-2273	Pregnancy tests, pregnancy options info, teen pregnancy support; parenting, pre-natal, & birth education; family mentoring, peer counseling.
Reconnections Counseling	541-997-1697 1720 34th St, Florence	Addictions & mental health counseling. Peer support, and support for people who have used substances during their pregnancy. OHP, sliding scale.
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & human trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance. Self-sufficiency education.
Siuslaw Public Library	1460 9th St, Florence 541-997-3132	Story times & activities for children. Computer lab. Library cards are free for residents, \$15 nonresidents
	88148 Riverview Ave, Mapleton 541-268-4033	