



# Relief Nursery

## Community Resource Guide

### Table of Contents

|   |     |
|---|-----|
| Child / Youth Mental Health .....         | 2-3 |
| Adult Mental Health.....                  | 3-4 |
| Crisis Support .....                      | 4   |
| Suicide Prevention / Postvention.....     | 4   |
| Grief Support.....                        | 5   |
| Postpartum / Perinatal Support.....       | 5   |
| Anger Management .....                    | 5   |
| Legal Support .....                       | 5   |
| Victims of Crime .....                    | 6   |
| I.D. / Birth Certificate Assistance ..... | 6   |
| Mediation.....                            | 6   |
| Veteran’s Services .....                  | 6   |
| Immigration Services.....                 | 7   |
| Migrant Support.....                      | 7   |
| LGBTQA .....                              | 7   |
| Child Abuse / Neglect.....                | 8   |
| Domestic Violence/ Sexual Assault .....   | 8   |
| Batterer Intervention .....               | 8   |
| Recovery Support.....                     | 9   |
| Gambling Addiction.....                   | 9   |
| Women’s Recovery Houses .....             | 10  |
| Men’s Recovery Houses .....               | 10  |
| Worker’s Compensation.....                | 10  |
| Low Income / Subsidized Housing .....     | 11  |
| Shelters / Transitional Housing .....     | 11  |
| Home Improvement.....                     | 11  |
| Housing Complaints .....                  | 11  |
| Employment .....                          | 12  |
| Budgeting / Money Management .....        | 12  |
| Adult Education .....                     | 12  |
| Clothing .....                            | 12  |
| Laundry Services.....                     | 13  |
| Diapers .....                             | 13  |
| Basic Needs .....                         | 13  |
| Energy Assistance .....                   | 13  |
| Financial Assistance.....                 | 13  |
| Telephone Assistance .....                | 13  |
| Food / Nutrition .....                    | 14  |

|                                   |       |
|-----------------------------------|-------|
| Food Boxes Eugene .....           | 14    |
| Food Boxes Springfield.....       | 14    |
| Food Boxes Rural Lane Co.....     | 15    |
| Meal Sites.....                   | 16    |
| Breastfeeding Support .....       | 17    |
| Doula Services .....              | 17    |
| Prenatal / Baby Care .....        | 17    |
| Family Planning.....              | 17    |
| Car Seats .....                   | 18    |
| Transportation .....              | 18    |
| Low Cost Pet Services .....       | 18    |
| Vision Care .....                 | 18    |
| Prescription Assistance .....     | 18    |
| Dental Care .....                 | 18    |
| Medical.....                      | 19    |
| Smoking Cessation .....           | 19    |
| Children with Disabilities .....  | 20    |
| Adults with Disabilities .....    | 21    |
| Parent Education/ Support .....   | 22-23 |
| Foster Parent Support.....        | 23    |
| Adoption Support.....             | 23    |
| Childcare / Early Education ..... | 24    |
| Alternative Education .....       | 24    |
| Activities for Children.....      | 25    |

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

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

Maintained in  
collaboration with



**Oregon  
Family Support  
Network**

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

# Community Resource Guide

Updated November 2018

## CHILD / YOUTH MENTAL HEALTH

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## CHILD / YOUTH MENTAL HEALTH

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

## ADULT MENTAL HEALTH

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## ADULT MENTAL HEALTH

| Agency                                  | Phone                             | Address                                   | Fees                                | Spanish | Notes   |
|---|-----------------------------------|---|-------------------------------------|---------|---|
| NW Christian University Counseling      | 349-7471                          | 755 E 11th Ave, Eug                       | \$5 / session                       |         | Counseling sessions with grad students supervised by faculty.   |
| Options Counseling                      | 687-6983 EUG<br>762-1971 SPFD     | 1255 Pearl, Eug<br>175 W. B, Bldg D, Spfd | OHP / sliding scale in Eug          | YES     | Family, individual, DBT group, Circle of Security parenting group, Parent-Child Interactive Therapy.  |
| Shangri-La                              | 344-1121                          | 1195 City View #B, Eug                    | Trillium members only               | NO      | Outpatient mental health services. Counseling, med management, case management, & peer support. Ages 14+. 24-hour crisis line support for active clients. |
| Trauma Healing Project                  | 687-9447                          | 1100 Charnelton, Eug                      | Sliding Scale                       | YES     | Body-centered therapies such as yoga and acupuncture. Wellness classes.   |
| UO Psychology clinic                    | 346-4954                          | 15 <sup>th</sup> and Onyx, Eug            | Sliding scale                       | NO      | Marriage and couple counseling.   |
| Whitebird Clinic                        | 687-4000 office<br>682-5111 24-hr | 341 E 12 <sup>th</sup> Ave, Eug           | OHP                                 | YES     | Individual, couples and family counseling.  |
| Willamette Family (Rapid Access Center) | 762-4300                          | 195 W. 12 <sup>th</sup> , Eug             | Sliding scale, OHP, other insurance | NO      | Medical & behavioral health services. Chemical dependency assessments. Residential & outpatient for men, women and teens. Walk in M-F 8-4                 |
| Willamette Valley Counseling            | 636-0885                          | 180 W 12th Ave, Eug                       | Sliding scale                       |         | Counseling for individuals & families. Anxiety, depression, grief, loss, trauma and resilience.   |
| National Suicide Hotline                | 1-800-273-TALK                    |   |                                     |         | Support for people in crisis, and family members  |

## CRISIS SUPPORT

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

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

## SUICIDE PREVENTION / SUPPORT AFTER A DEATH BY SUICIDE

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## GRIEF SUPPORT

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

## POST-PARTUM / PERINATAL SUPPORT

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

## ANGER MANAGEMENT

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

## LEGAL SUPPORT

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## VICTIMS OF CRIME

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

## ID/BIRTH CERTIFICATE SERVICES

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

## MEDIATION SERVICES

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

## VETERAN'S SERVICES

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## IMMIGRATION SERVICES

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

## MIGRANT SERVICES

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

## LGBTQA

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## CHILD ABUSE/NEGLECT

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

## DOMESTIC VIOLENCE/SEXUAL ASSAULT

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

## BATTERER / SEX OFFENDER INTERVENTION

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.



# Community Resource Guide

Updated November 2018

## RECOVERY SUPPORT

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

## GAMBLING ADDICTION TREATMENT

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## MEN'S RECOVERY HOUSES

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

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

## WOMEN'S RECOVERY HOUSES

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

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## HOUSING ASSISTANCE

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

**Search HUD, Homes for Good, and Lane County Low Income Housing for lists of affordable / low income rentals.**

## DAY CENTERS / SHELTERS / TRANSITIONAL HOUSING

| Agency   | Phone                       | Address  | Fees                       | Spanish               | Notes   |
|--|-----------------------------|--|----------------------------|-----------------------|---|
| Community Supported Shelters                         | 683-0836                    | 1160 Grant, Eug  | FREE                       | Interpreter available | <b>Tent communities</b> for the unhoused. Skilled plan advisors, accountability, peer support.  |
| Egan Warming Center                                  | 689-6747                    | 456 Hwy 99N, Eug   | FREE                       |                       | Open 7pm to 8am, Nov 15 to March 31 on nights when temperatures drop below 28 degrees.  |
| Eugene Service Station (Catholic Community Services) | 461-8688                    | 450 Hwy 99, Eug  | FREE                       |                       | <b>Day shelter</b> , food, clothing, laundry, showers, phone, computer access.  |
| First Place Family Center                            | 342-7728                    | 1995 Amazon Pkwy, Eug  | FREE                       | <b>YES</b>            | <b>Day center</b> , showers, laundry, food, internet. <b>Night shelter</b> Sept-June. Overnight parking.  |
| Station 7 (Looking Glass)                            | 888-689-3111<br>24hr crisis | 2485 Roosevelt, Eug  | FREE                       |                       | <b>Emergency shelter</b> for runaway / homeless youth ages 11-17 yrs.   |
| ShelterCare  | 686-1262                    | 499 W 4 <sup>th</sup> Eug  | FREE                       | <b>YES</b>            | <b>Emergency shelter, supportive housing</b> for people experiencing mental illness or brain injury. <b>Rapid rehousing</b> for families with 72-hour notice. 30-day post-hospitalization <b>medical recuperation</b> . |
| SquareOne Villages                                   | 606-4455                    | 111 N Garfield St, Eug   |                            | <b>NO</b>             | Self-managed communities of cost-effective <b>tiny homes</b> for people in need of housing.   |
| The Eugene Mission                                   | 344-3251                    | 1420 W. 1 <sup>st</sup> , Eug - women<br>1542 W 1 <sup>st</sup> , Eug- men | 3 nights free, then chores |                       | <b>Shelter</b> . Meals. Faith based A&D 12 step. 1 yr residential life skills program. GED classes.   |

## HOME IMPROVEMENT

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

## HOME OWNERSHIP

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

## HOUSING COMPLAINTS

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## EMPLOYMENT

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

## BUDGETING/MONEY MANAGEMENT

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

## ADULT EDUCATION

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

## WORKER'S COMPENSATION

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

## CLOTHING ASSISTANCE

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## LAUNDRY SERVICES

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

## DIAPERS

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

## BASIC NEEDS

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

## ENERGY ASSISTANCE

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

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

## FINANCIAL ASSISTANCE

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

## TELEPHONE ASSISTANCE

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

If you would like to be added to the email distribution list and receive updates of this document,  
please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## FOOD/NUTRITION

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

## FOOD BOXES / PANTRIES *EUGENE*

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

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

## FOOD BOXES / PANTRIES *SPRINGFIELD*

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

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## FOOD BOXES / PANTRIES RURAL LANE COUNTY

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

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## MEAL SITES

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

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.



# Community Resource Guide

Updated November 2018

## BREASTFEEDING SUPPORT

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

## DOULA SERVICES

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

## PRENATAL/BABY CARE

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

## FAMILY PLANNING / PREGNANCY OPTIONS COUNSELING

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## CAR SEATS

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

## TRANSPORTATION

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

## LOW COST PET SERVICES

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

## VISION CARE

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

## PERSCRIPTION ASSISTANCE

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

## DENTAL

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## MEDICAL

| Agency  | Phone                | Address   | Fees   | Spanish   | Notes  |
|---|----------------------|---|--|-----------|--|
| Acupuncture for the People                    | 521-6285             | 2833 Willamette St Suite B, Eug   | 1 <sup>st</sup> appt: \$30-55, then: \$15-40 |           | Licensed acupuncturist servicing anyone who needs a sliding scale.   |
| Community Health Centers of Lane County       | 682-3550             | Call for locations  | OHP, Private ins, Sliding scale              | YES       | Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in.   |
| Healthy Tomorrows (Peace Health)              | 687-6242             |   | Free if not eligible for OHP                 | YES       | Immunizations, child health, vision / hearing / developmental screenings, dental referrals.                                      |
| HIV Alliance                                  | 342-5088             | 1966 Garden Ave, Eug  | OHP only                                     | YES       | HIV / hepatitis test, health / dental care, case management, housing support, social events, meals, financial assistance.        |
| Homeless Youth Clinic                         | 686-4310             | 941 W 7 <sup>th</sup> Ave, Eug  | FREE   | YES       | STI / HIV testing / medical care for youth 11-21 (parent permission required under age 16).                                      |
| Lane County Public Health                     | 682-4041             | 151 W 7th Ave. Room 310, Eug  | OHP, Sliding scale, some ins                 | YES       | STD testing, vaccinations by appt. No walk ins.  |
| Occupy Medical                                | 316-5743             | Downtown Eugene, 8th & Oak  | FREE   |           | Every Sunday 10am-4pm. Sign up by 1 to ensure a spot.  |
| Rapid Access Center (Willamette Family)       | 762-4300             | 195 W. 12 <sup>th</sup> , Eug   | OHP only                                     |           | Same-day walk-in medical, behavioral health and addiction services.  |
| Riverstone Health Clinic                      | 682-3550<br>747-3426 | 1640 G St, Spfd   | OHP, some ins, \$20-60 sliding scale         | YES       | Child/adult health services, OHP applications, homeless youth health   |
| The SHOP (Sharing Healthcare Options Program) | 342-8255             | 341 E 12 <sup>th</sup>  | FREE   | YES       | OHP Enrollment assistance.   |
| Trauma Healing Project                        | 687-9447             | 1100 Charnelton, Eug  | Sliding Scale                                | YES       | Body-centered therapies such as yoga and acupuncture. Wellness classes.  |
| Trillium Member Services                      | 485-2155             |   | FREE   |           | Members can call this number to change physicians.   |
| Volunteers in Medicine                        | 685-1800             | 2260 Marcola Rd, Spfd   | FREE   | YES       | Medical / mental health / prescription for low-income adults without insurance, or those enrolled in OHP but without a provider. |
| White Bird                                    | 484-4800             | 1400 Mill St., Eug  | OHP, Sliding scale, Medicaid                 | Sometimes | Medical walk-in clinic.  |
| <b>Ask-a-Nurse</b>                            | 686-7000             | Call 24 hrs a day for free, confidential health-care information and referrals. |  |           |  |
| <b>Poison Control Hotline</b>                 | 800-222-1222         | 24/7 hotline for questions / emergencies regarding poisons.                     |  |           |  |

## SMOKING CESSATION

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## CHILDREN with DISABILITIES

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## ADULTS with DISABILITIES

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## PARENT EDUCATION/SUPPORT

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

See next page for more Parent Education and Support resources.

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## PARENT EDUCATION/SUPPORT (continued)

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

## FOSTER PARENT SUPPORT

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

## ADOPTION SUPPORT

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## CHILD CARE/ EARLY EDUCATION

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

## ALTERNATIVE EDUCATION

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

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.



# Community Resource Guide

Updated November 2018

## ACTIVITIES FOR CHILDREN

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

## RESOURCE REFERRALS

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## FLORENCE / WESTERN LANE COUNTY

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.

# Community Resource Guide

Updated November 2018

## FLORENCE / WESTERN LANE COUNTY (continued)

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

If you would like to be added to the email distribution list and receive updates of this document, please contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net). Updates are sent out twice a year.