



# Relief Nursery

## Community Resource Guide

### MENTAL HEALTH

Crisis Support .....3  
Suicide Prevention .....3  
Child & Youth Mental Health .....3-5  
Adult Mental Health.....5-6  
Grief Support.....7  
Anger Management Services .....7

### DISABILITY

Children & Youth with Disabilities.....8  
Adults with Disabilities .....9-10  
Deaf and Hard of Hearing.....10  
Blindness and Vision Impairment.....10

### PARENTING

Parent Education & Support .....11-12  
Family Planning & Pregnancy Options ....12  
Prenatal / Postpartum & Baby Care .....13  
Diaper Assistance .....13  
Foster Parent & Adoption Support .....14

### EDUCATION

School Districts in Lane County .....14  
Educational Advocacy .....14  
Childcare & Early Education .....15  
Homeschooling.....16  
Alternative Education.....16  
Activities for Children.....17

### SPECIFIC GROUPS

Senior & Aging Services .....18  
Service Members, Veterans, Families .....18  
LGBTQIA+ .....19  
Equity, Diversity and Social Justice .....20

### LEGAL

Immigration & Migrant Services ..... 21  
Legal Support.....21  
Victims of Crime ..... 21  
Mediation Services..... 21

### INTERPERSONAL VIOLENCE

Child Abuse & Neglect..... 22  
Domestic Violence & Sexual Assault ..... 22  
Batterer & Sex Offender Intervention... 22

### FOOD

Food Boxes & Pantries Eugene ..... 23  
Food Boxes & Pantries Springfield ..... 23  
Food Boxes & Pantries Rural Lane ..... 23  
Meal Sites..... 24  
Meals for Seniors..... 24  
Nutrition Resources ..... 24

### Relief Nursery

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

Maintained in collaboration with



**Oregon  
 Family Support  
 Network**

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

# Community Resource Guide

Updated August 2019

## BASIC NEEDS

<u>Clothing Assistance</u> .....	25
<u>Laundry Assistance</u> .....	25
<u>Car Seat Clinic</u> .....	25
<u>Transportation Assistance</u> .....	25
<u>Basic Needs</u> .....	26
<u>I.D. &amp; Birth Certificate Assistance</u> .....	26

## PETS

<u>Low Cost Pet Services</u> .....	26
------------------------------------	----

## PHYSICAL HEALTH

<u>Medical Services</u> .....	27
<u>Dental Services</u> .....	27
<u>Vision Care</u> .....	27
<u>Prescription Assistance</u> .....	28
<u>Smoking Cessation</u> .....	28

## ADDICTION AND RECOVERY

<u>Recovery Support</u> .....	28-29
<u>Recovery Houses (Women)</u> .....	29
<u>Recovery Houses (Men)</u> .....	30
<u>Gambling Addiction Treatment</u> .....	30

## HOUSING

<u>Housing Assistance</u> .....	31
<u>Day Centers &amp; Emergency Shelters</u> .....	32
<u>Home Improvement</u> .....	32
<u>Home Ownership</u> .....	32
<u>Housing Complaints</u> .....	33

## UTILITIES

<u>Energy Assistance</u> .....	33
<u>Financial Assistance</u> .....	33
<u>Telephone Assistance</u> .....	33

## EMPLOYMENT

<u>Employment Services</u> .....	34
<u>Budgeting &amp; Money Management</u> .....	34
<u>Worker's Compensation</u> .....	34
<u>Adult Education</u> .....	34

## OTHER RESOURCE GUIDES

<u>Resource Guides</u> .....	35
------------------------------	----

## RURAL COMMUNITIES

<u>Cottage Grove &amp; Creswell</u> .....	35
<u>Florence &amp; Western Lane County</u> .....	36
<u>Oakridge &amp; Westfir</u> .....	37
<u>Oakridge &amp; Westfir Schools</u> .....	37
<u>Oakridge &amp; Westfir Churches</u> .....	37
<u>Veneta, Elmira &amp; Fern Ridge</u> .....	38
<u>Veneta, Elmira &amp; Fern Ridge Schools</u> .....	38
<u>Pleasant Hill</u> .....	38
<u>Pleasant Hill Schools</u> .....	38

Thank you to  
our community  
partners for  
help updating  
specific sections  
of this guide:



To be added to the email distribution  
list for this document or to submit  
corrections, contact Jessie at  
[jessiec@ofsn.net](mailto:jessiec@ofsn.net)

# Community Resource Guide

Updated August 2019

## CRISIS SUPPORT SERVICES

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

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

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

## SUICIDE PREVENTION

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

Agency	Contact	Notes
<a href="#">American Foundation for the Prevention of Suicide</a>	<a href="https://afsp.org/">https://afsp.org/</a>	Education, advocacy and support related to suicide prevention. Volunteer peer support for survivors of suicide loss.
<a href="#">Lane County Suicide Prevention Program</a>	<b>541-682-8731</b>	Coordinates Lane County's suicide prevention and postvention efforts. Call for information & opportunities to get involved.
<a href="#">One Thing You Can Do</a>	<a href="https://onethingtodo.org/">https://onethingtodo.org/</a>	Information about Extreme Risk Protection Orders - a court order that temporarily restricts a person's access to guns if they present a risk to themselves or others.
<a href="#">Oregon Alliance to Prevent Suicide</a>	<b>503-399-7201</b> <a href="mailto:amarcus@aocmhp.org">amarcus@aocmhp.org</a>	Appointed by the Oregon Health Authority to develop a public policy agenda for suicide prevention with the goal of reducing youth suicides across the state.

## CHILD & YOUTH MENTAL HEALTH SERVICES

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

**See next page for more Child & Youth Mental Health Services**

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP	NO	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving, Applied Behavioral Analysis.
<a href="#">Child Development &amp; Rehabilitation Center</a>	901 E 18 <sup>th</sup> Ave, Eugene <b>541-346-3575</b>	OHP / private insurance	YES	Services for children with special health care needs and developmental disabilities.
Child / Adolescent Mental Health Crisis Response Program	<b>888-989-9990</b> Crisis Line	FREE	YES	Support for caregivers of youth, up to age 17, experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence).
<a href="#">Community Health Centers of Lane County</a>	Call for locations <b>541-682-3550</b>	OHP / Low cost / FREE	YES	Behavioral health services, medical care, immunizations. Call for hours.
<a href="#">Direction Service</a>	576 Olive St, #307, Eugene <b>541-344-7303</b>	OHP / private insurance	NO	Provides a full range of mental health services for children, adolescents, families and adults of all ages.
<a href="#">Early Assessment &amp; Support Alliance</a>	1200 Hilyard St, #570, Eugene <b>541-682-7583</b>	OHP / private ins / no ins	YES	Counseling, case management, mentors, employment and educational support, for youth ages 12-25 experiencing psychosis.
<a href="#">Elrod Center</a>	105 E Hilliard Ln, Eugene <b>541-294-1010</b>	\$10 suggested donation. Families involved with DHS get free services	NO	A variety of therapeutic services for youth ages 2-22. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class for teens, psychoeducation, resources for families, emotional intelligence classes.
<a href="#">Jasper Mountain</a>	37875 Jasper-Lowell Rd, Jasper <b>541-747-1235</b>	OHP / private insurance	YES	Intensive residential mental health treatment for children and youth ages 3-13.
<a href="#">Lane County Behavioral Health</a>	2411 Martin Luther King Blvd, Eugene <b>541-682-1915</b>	OHP	YES	Walk-in assessment, counseling and groups for adults and youth. Psychiatry, medication management.
<a href="#">Looking Glass Counseling</a>	260 E 11 <sup>th</sup> Ave, Eugene <b>541-484-4428</b>	OHP	YES	Residential, outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth. Alternative school.
<a href="#">Madrone Mental Health</a>	150 Shelton McMurphey Blvd, Eugene <b>541-210-8090</b>	Trillium / OHP IHN/Samaritan PacificSource	YES	Intensive Outpatient Eating Disorder Program for youth age 12-18. Outpatient mental health services (English and Spanish). Adult day treatment eating disorder program.
<a href="#">Monte Nido Eating Disorder Center of Eugene</a>	<b>888-826-2320</b>	Private insurance		Day treatment services for adults of all genders, evening intensive outpatient program, adolescent day treatment.
<a href="#">Ophelia's Place</a>	1577 Pearl St. #100, Eugene <b>541-284-4333</b>	FREE / sliding scale	YES	Skill-building classes, groups and strength-based therapy services for girls ages 10-18. After school drop in Monday-Thursday, 3-6:00pm.
<a href="#">Options Counseling</a>	1255 Pearl, Eugene <b>541-687-6983</b> 175 W. B, Bldg D, Springfield <b>541-762-1971</b>	OHP	YES	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
<a href="#">Oregon Community Programs</a>	1170 Pearl St, Eugene <b>541-743-4340</b>	OHP / Trillium	YES	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE	YES	Support for caregivers raising a child with emotional, behavioral, or mental health challenges, Collaborative Problem Solving class, support group, family events, respite, IEP support.
<a href="#">Oregon YouthLine</a>	Call 877-968-8491 Text 'teen2teen' to 839863 <a href="https://oregonyouthline.org/">https://oregonyouthline.org/</a> Email <a href="mailto:YouthL@Linesforlife.org">YouthL@Linesforlife.org</a>	FREE		A free, confidential teen-to-teen crisis and help line. No problem is too big or too small for the YouthLine!
<a href="#">Relief Nursery</a>	1720 W. 25th Ave, Eugene 541-343-9706 850 S. 42nd, Springfield 541-343-9706	OHP	YES	Therapeutic preschool. Mental health assessments, play therapy, family therapy, individual and group skills development, in-home therapeutic services, group therapy, parent-child attachment therapy. Circle of Security groups.
<a href="#">Shangri-La</a>	1195 City View #B, Eugene 541-344-1121	Trillium only	NO	Outpatient services, counseling, medication management, case management, peer support. Ages 14+. 24-hour crisis line for active clients.

**See next page for more Child & Youth Mental Health Services**

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">Rapid Access Center</a> (Willamette Family)	195 W. 12th, Eugene 541-762-4300	OHP, other ins, sliding scale	NO	Same-day walk-in medical and behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults and teens. Monday-Friday 8-4:00.
<a href="#">Springfield Schools Health Center</a>	1050 10th St., Springfield 541-682-3550	Sliding scale / Free		Health and mental health services for Springfield District students and their families.
<a href="#">SWIFT Program</a> (Students with Involved Families and Teachers)	10 Shelton McMurphey Blvd, Eugene 541-485-2711 <a href="mailto:swift@oslc.org">swift@oslc.org</a>	OHP	No	A strength-based program that provides behavioral health services to students and their families in school, home, and community settings.
<a href="#">Trillium Behavioral Health Member Services</a>	<b>541-485-2155</b> Para información en español, llama al <b>541-485-2155</b>	OHP	YES	Our staff can assist Trillium members in finding mental health counseling or treatment services and help coordinate care.
<a href="#">Thrive Behavioral Health</a>	995 Willagillespie Rd, #200, Eugene <b>541-246-7263</b>	Most insurance. No Trillium for psychiatrist	NO	Treatment for children and adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
<a href="#">Vista Counseling</a>	1551 Pearl St, Eugene Call <b>541-517-9733</b> Text <b>541-525-0023</b> <a href="mailto:welcome@vistapsych.com">welcome@vistapsych.com</a>	Private insurance, no OHP	NO	Counseling for children, adolescents, adults, families, and couples facing a wide range of mental health issues. Evaluations focusing on ADHD and learning disabilities for children and adults.
<a href="#">Young Adult Hub</a>	1200 Hilyard St, #570, Eugene <b>541-682-7583</b>	OHP, private insurance, no insurance	YES	Education and job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
<a href="#">Youth ERA</a>	<b>Eugene Drop</b> 965 Oak Alley, Eugene <b>971-334-9295</b>	FREE		A safe, welcoming, inclusive space where youth can receive peer support, gain leadership and advocacy skills, meet new people, and achieve their goals.

## ADULT MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>	OHP, sliding scale	NO	Individual, couples, neurofeedback, play therapy, DV intervention, Parenting After Crisis 15-week class.
<a href="#">CAHOOTS - Crisis Assistance Helping Out on the Streets</a>	<b>541-682-5111</b> Eugene <b>541-726-3714</b> Springfield	FREE	YES	EMT staffed crisis response & transportation to social services (not violent or life-threatening emergencies).
<a href="#">Center for Autism &amp; Related Disorders</a>	134 E 13th Ave Ste 2B, Eugene <b>541-505-9398</b>	OHP, other insurance		Communication, social, adaptive therapies and Applied Behavior Analysis for children and adults.
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>	\$5-40 sliding scale	NO	Counseling, support groups, classes. Mindful Parenting Group. Men's group. Grandparent's group.
<a href="#">Center for Family Development</a>	261 E. 12 <sup>th</sup> St, Eugene <b>541-342-8437</b>	Sliding scale, OHP, other ins	YES	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
<a href="#">HEDCO Clinic</a> University of Oregon	HEDCO Clinic, 1655 Alder St., Suite 170, Eugene <b>541-346-0923</b>	Sliding Scale	YES	Individual, couples & family therapy provided by supervised graduate students. Day, evening and weekend hours.
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	\$10-25 sliding scale, OHP	YES	Counseling, youth groups, mentors (age 7-16), addiction support for adults and teens, service navigation.
<a href="#">Community Health Centers of Lane County</a>	Various. Call for locations <b>682-3550</b>	OHP, Low cost, FREE	YES	Call for hours. Behavioral health services, medical care, immunizations.
<a href="#">David Romprey Oregon Warmline</a>	<b>800-698-2392</b> Warm Line Not a crisis line	FREE		Peer Support Warm Line: people who have had mental health challenges support others who are struggling. 7 days a week, 9am – 11pm.
<a href="#">Depression Bipolar Support Alliance</a>	<b>510-757-9522</b> <a href="mailto:moonlightsea@me.com">moonlightsea@me.com</a>	FREE		Online and in-person peer support for people who experience depression or bipolar disorder.
<a href="#">Direction Service</a>	576 Olive St, #307, Eugene <b>541-344-7303</b>	OHP / private insurance	NO	Provides a full range of mental health services for children, adolescents, families, and adults of all ages.
<a href="#">Hourglass Community Crisis Center</a>	71 Centennial Loop, Eugene <b>541-505-8426</b> Crisis Line	FREE	YES	Walk-in adult short-term mental health crisis assessment and stabilization. Open 24-hours a day.
<a href="#">Lane County Behavioral Health</a>	2411 Martin Luther King, Jr. Blvd, Eugene <b>541-682-3608</b>	OHP	YES	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.

See next page for more Adult Mental Health Services

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">Laurel Hill Center</a>	2145 Centennial Plaza, Eugene <b>541-485-6340</b>	OHP, Medicaid, Trillium	YES	Supported housing and counseling services for people with psychiatric disabilities.
<a href="#">Madrone Mental Health</a>	150 Shelton McMurfhey Blvd, Eugene <b>541-210-8090</b>	OHP, some private insurance	YES	Outpatient mental health services (English and Spanish). Adult day treatment eating disorder program.
<a href="#">Monte Nido Eating Disorder Center of Eugene</a>	<b>888-826-2320</b>	Private insurance		Day treatment services for adults of all genders, evening intensive outpatient program, adolescent day treatment.
<p><a href="#">NAMI Lane County</a></p> <p>Peer support for adults living with mental illness and their families.</p> <p>Office is open Monday-Thursday 10am-2pm</p> <p>All groups are free of cost.</p> <p>2411 Martin Luther King, Jr Blvd., Eugene</p> <p><b>541-343-7688</b></p>	<b>NAMI Connection Recovery Support Group</b>	<u>Eugene</u> : Mondays, 6-7:30pm and Thursdays, 1-2:30pm, Lane County Behavioral Health, 2411 Martin Luther King, Jr. Blvd., Eugene, Rm 198. <u>University of Oregon</u> : Tuesdays, 6-7:30pm, Lillis Bldg, 955 E 13 <sup>th</sup> Ave, Peterson Hall, Room 101, U of O campus. <u>Florence</u> : Wednesdays, 6:30 – 8pm, New Winds Apartments Community Room, 750 Laurel St, Florence. (Park on street.)		
	<b>Survivors of Suicide Support Group</b>	<u>Wednesdays</u> , 6-7:30pm, Lane County Behavioral Health, 2411 Martin Luther King, Jr. Blvd., Eugene, in the NAMI Resource Center		
	<b>LGBTQIA+ Peer Support Group</b>	<u>Thursdays</u> , 6-7:30pm, Lane County Behavioral Health, 2411 Martin Luther King, Jr. Blvd, Eugene, Rm 208		
	<b>NAMI Family Support Group</b>	<u>Eugene</u> : Every Thursday, 7 – 8:30pm, NAMI Resource Center, 2411 Martin Luther King Jr. Blvd., 2nd floor, Eugene. <u>Florence</u> : 4th Thursday every month, 6 – 8pm, 1720 34th Street, Florence. For more information call Monica, 541-902-8308.		
	<b>NAMI Mindfulness Group</b>	Thursdays, 4-5pm, 2411 Martin Luther King Jr. Blvd., 2nd floor, Eugene. Free, no registration. Call 541-520-3096, or email <a href="mailto:mparrill@aol.com">mparrill@aol.com</a> Marty Parrill, facilitator, for more information.		
	<b>Family to Family Class</b>	10-week course for family caregivers of individuals with severe mental illnesses. Call for details.		
	<b>Peer to Peer Class</b>	8-week experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. Call for details about.		
	<b>In Our Own Voice Program</b>	A public education program in which two trained speakers share compelling personal stories about living with mental illness and achieving recovery. Call to schedule a presentation.		
	<a href="#">Northwest Christian University Counseling</a>	755 E 11th Ave, Eugene <b>541-349-7471</b>	Free intake, \$10 / session, Free for students	
<a href="#">Odyssey Community Counseling (Emergence)</a>	2149 Centennial Plaza, #4, Eugene <b>541-741-7107</b>			Individual and group counseling. Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, EMDR, ACT and other modalities. Medication management.
<a href="#">Options Counseling</a>	1255 Pearl, Eugene <b>541-687-6983</b>	OHP	YES	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
	175 W. B, Bldg D, Springfield <b>541-762-1971</b>			
<a href="#">Shangri-La</a>	1195 City View #B, Eugene <b>541-344-1121</b>	Trillium only	NO	Counseling, med management, case management, peer support. Ages 14+. 24-hour crisis line for active clients.
<a href="#">Shine Counseling</a>	<a href="mailto:desiree@shine-counseling.com">desiree@shine-counseling.com</a> <b>541-357-7650</b>	Sliding Scale		Counseling for individuals, couples and families dealing with trauma, anxiety, stress, traumatic illness diagnosis, relationship stress, mood / personality disorders.
<a href="#">Trauma Healing Project</a>	1100 Charnelton Eugene <b>541-687-9447</b>	Sliding Scale	YES	Body-centered therapies such as yoga and acupuncture. Wellness classes.
<a href="#">University of Oregon Psychology Clinic</a>	15th & Onyx, Eugene <b>541-346-4954</b>	Sliding scale	NO	Marriage and couple counseling.
<a href="#">Vista Counseling</a>	1551 Pearl St, Eugene Call <b>541-517-9733</b> Text <b>541-525-0023</b> <a href="mailto:welcome@vistapsych.com">welcome@vistapsych.com</a>	Private insurance, no OHP	NO	Counseling for children, adolescents, adults, families, and couples facing a wide range of mental health issues. Also provides psychological evaluations focusing on ADHD and learning disabilities for children and adults.
<a href="#">Whitebird Clinic</a>	341 E 12th Ave, Eugene <b>541-342-8255</b> Office <b>541-687-4000</b> Crisis Line	OHP	YES	Individual, couples & family counseling. Phone and walk-in crisis intervention.
<a href="#">Rapid Access Center (Willamette Family)</a>	195 W. 12th, Eugene 541-762-4300	Sliding scale, OHP, other ins	NO	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8-4:00.
<a href="#">Willamette Valley Counseling</a>	180 W 12th Ave, Eugene 541-636-0885	Sliding scale		Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## GRIEF SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Cascade Health</a>	2650 Suzanne Way #200, Eugene <b>541-228-3000</b>	FREE	YES	Grief education and support groups for adults living with the loss of a loved one.
<a href="#">Compassionate Friends</a>	<b>541-689-0824</b>	FREE		Support for families grieving the death of a child or grandchild of any age.
<a href="#">Courageous Kids</a>	677 E 12 Ave, # N180, Eugene <b>458-205-7474</b> <a href="mailto:kpfeiffer@peacehealth.org">kpfeiffer@peacehealth.org</a>	FREE	NO	Grief support groups, summer camp for children ages 6-17 who have experienced the death of a loved one.
<a href="#">Elrod Center</a>	105 E Hilliard Ln, Eugene <b>541-294-1010</b>	\$10 donation. Free for families involved with DHS	NO	Therapeutic services for youth ages 2-22 including traumatic grief and loss. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class for teens, psychoeducation, emotional intelligence classes.
<a href="#">GriefShare</a>	See website for locations, dates and times. <a href="http://www.griefshare.org/countries/us/states/or/cities/eugene">www.griefshare.org/countries/us/states/or/cities/eugene</a>			Grief recovery support groups meeting weekly in Eugene.
McKenzie Willamette Bereavement Group	<b>541-726-4478</b>	FREE		Weekly general bereavement support group. Call for location.
<a href="#">MISS Foundation</a>	<b>888-455-6477</b>	FREE	YES	Online support forums for parents and grandparents who have lost a child of any age. Peer support from people who have experienced a similar loss.
<a href="#">Parents of Murdered Children</a>	<b>888-818-7662</b>	FREE	YES	Support and referrals for family members who have suffered the murder of a child.
<a href="#">Peace Health Bereavement Groups</a>	677 E. 12th Ave., Eugene <b>458-205-7400</b>	FREE		8-week support groups for any adult grieving the recent death of a loved one. Daytime and evening meetings.
<a href="#">Suicide Bereavement Group</a>	<a href="mailto:darlene@jenniferbakerfund.org">darlene@jenniferbakerfund.org</a>	FREE	NO	Support group for survivors of suicide loss; peer-support setting for people to share their pain with others.
<a href="#">Healing Conversations</a> American Foundation for Suicide Prevention	<a href="mailto:survivingsuicidelos@afsp.org">survivingsuicidelos@afsp.org</a>	FREE		Peer support for survivors of suicide loss. Available in person, on the phone or by video chat.
<a href="#">WellMama Pregnancy &amp; Infant Loss Support</a>	150 Shelton McMurphy Blvd, #208, Eugene <b>800-896-0410</b>	FREE		Monthly support group for parents who have experienced pregnancy loss or the loss of a child.

## ANGER MANAGEMENT SERVICES

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
<a href="#">AbleFind</a>	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. <a href="http://www.ablefind.org">www.ablefind.org</a>			
<a href="#">A Child's Garden</a> (Early Childhood CARES)	901 East 18th Ave, Rm 155, Eugene <b>541-346-4685</b> <a href="mailto:mtsiftsi@uoregon.edu">mtsiftsi@uoregon.edu</a>			A specialized preschool program for children who experience autism spectrum disorder and who need a structured educational program.
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funding available through DD Services	YES	After school program, community events, family support, in-home respite care for children with intellectual and developmental disabilities, age 2-21. Financial planning, budgeting, employment skill building, job placement.
<a href="#">The Arc Families Connected</a>	4181 E St., Springfield <b>541-343-5256</b>	No fees	YES	Parent-led organization that helps families on their journey of raising a child (birth to 18 years) with intellectual / developmental disabilities.
<a href="#">Autism Society of Oregon</a>	<b>541-689-2228</b>	FREE	NO	Resource referrals for individuals with autism spectrum disorder & their families. Adult social skills class.
<a href="#">Bridgeway House</a>	555 E 15 <sup>th</sup> , Eugene <b>541-345-0805</b>	Varies	YES	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, social events, & school.
<a href="#">Child Development &amp; Rehabilitation Center</a>	901 E 18 <sup>th</sup> Ave, Eugene <b>541-346-3575</b>	OHP / private insurance	NO	Services for children with special healthcare needs & developmental disabilities. Feeding clinic.
<a href="#">Connect the Dots</a>	84 Centennial Loop, Eugene <b>541-255-2681</b>	OHP / private insurance	NO	Speech, physical & occupational therapy for feeding issues, developmental delays, sensory integration, Autism, ADD, etc. ( <b>under 18 years</b> ).
<a href="#">Creating Opportunities</a>	462 17th St NE, Salem <b>503-559-3674</b>	Free if eligible to hire PSW's (DD or mental health)	Interpreter Available	Equips people with developmental disabilities or their family or representatives to find & manage Personal Support Workers.
<a href="#">DanceAbility International</a>	576 Olive Street Ste 208, Eugene <b>541-357-4982</b>	Varies		Classes for adults and children, teacher training, and performances that create opportunities for people with and without disabilities to dance and move together.
<a href="#">Developmental Disabilities Services of Lane County</a>	125 E. 8th Ave, Eugene <b>541-682-6564</b>	FREE		Case management, in-home support, consultation, equipment for children with developmental disabilities.
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	OHP / private insurance	YES	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b>	FREE	YES	Assessment and support for children with developmental delays, birth to age 5.
<a href="#">Early Education Program (EEP)</a>	99 W. 10th Avenue Suite 340, Eugene <b>541-485-0368</b>	Varies. FREE for children with delays	YES	Classrooms designed for children with special needs as well as typically developing children <b>age 3-5</b> .
<a href="#">Embody Play Therapeutics</a>	<b>541-852-2799</b>	Varies		Yoga therapy for children and adults, including those impacted by trauma, disabilities or behavioral issues. Mindfulness-based parenting classes and parent coaching.
<a href="#">FACT Oregon</a>	<b>888-988-3228</b> <a href="mailto:support@factoregon.org">support@factoregon.org</a>	FREE	YES	Support for families navigating special education services, early Intervention, IEP's, and Transition to Adulthood.
<a href="#">KindTree: Autism Rocks</a>	<b>541-780-6950</b>	Varies	NO	Groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
<a href="#">Lane County Public Health CaCoon</a>	151 W 7th Ave, Eugene <b>541-682-8720</b>	FREE		Helps families with accessing needed services to support children that have special health care needs.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE for most services	YES	Support for caregivers raising a child with mental health challenges. Parenting classes, support group, respite, family events, IEP support.
<a href="#">RideAble</a>	85230 Hicks Lane, Eugene <b>541-684-4623</b>	Varies		Horseman classes for children, teens and adults. Life skills are developed through riding.
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene <b>541-246-3697</b>	Funded through DD Services	YES	In-home support for adults and children with disabilities. Residential group homes. Supported living program.
<a href="#">Therapeutic Animal Interactions &amp; Life Skills</a>	27847 Easy Acres Drive, Eugene <b>541-335-1390</b>			Equine therapy for individuals, couples, families, or groups. Ages 13+.
<a href="#">Youth Transition Program</a> (University of Oregon)	Shareen Vogel <b>541-461-8275</b> or <a href="mailto:svogel@lesd.k12.or.us">svogel@lesd.k12.or.us</a> Kathy Mayer <b>541-461-8333</b> or <a href="mailto:kmayer@lesd.k12.or.us">kmayer@lesd.k12.or.us</a>	Funded by Voc. Rehab	No	Prepares students with disabilities for employment, education or training through an array of transition services and supports

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).



# Community Resource Guide

Updated August 2019

## ADULTS WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
<a href="#">AbleFind</a>	Online searchable database for disability services in Oregon. Categories include housing, health, transportation, recreation, child resources, employment, education, social security, safety, legal, finances & dating. <a href="http://www.ablefind.org">www.ablefind.org</a>			
<a href="#">Allies, LLC</a>	131 E. 11th Ave, Eugene <b>548-210-2837</b>	Paid for by DD Services		Services for adults with intellectual and developmental disabilities. Attendant care, transportation, self-expressions program.
<a href="#">Alternative Work Concepts</a>	<b>541-345-3043</b> <a href="mailto:awc@efn.com">awc@efn.com</a>			Individualized, meaningful employment opportunities in the community for adults with multiple disabilities.
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funding available through DD Services	YES	After school program, community events, family support. In-home respite care for children with intellectual and developmental disabilities, age 2-21. Financial planning, budgeting, employment skill building, job placement.
<a href="#">Bus Buddy Program (LTD)</a>	1080 Willamette St, Eugene <b>541-345-3043</b>	FREE		Introduction to the LTD transit system through the assistance of trained volunteers. Gain the tools and confidence to travel safely in and around town.
<a href="#">DanceAbility International</a>	576 Olive Street Ste 208, Eugene <b>541-357-4982</b>	Varies		Classes for adults and children, teacher training, and performances that create opportunities for people with and without disabilities to dance and move together.
<a href="#">Embody Play Therapeutics</a>	<b>541-852-2799</b>	Varies		Trauma-informed yoga therapy and classes for children and adults, including those impacted by trauma, disabilities, or behavioral issues. Mindfulness-based parenting classes and coaching.
<a href="#">Full Access Brokerage</a>	1240 Charnelton, Eugene <b>541-284-5070</b> 1450 Birch, Cottage Grove <b>541-513-8548</b>			Services for adults with intellectual and developmental disabilities. Attendant care, home modifications, person-centered behavior support, assistive technology, relief care, employment support. Referred by DD Services.
<a href="#">Inner Potential</a>	<a href="mailto:innerpotential1@gmail.com">innerpotential1@gmail.com</a> <b>503-539-8330</b> <b>207-807-4807</b>	Funded through K Plan		Partnering with individuals experiencing intellectual or developmental disabilities in achieving a healthy, fulfilling life. Daily activities club (age 18+).
<a href="#">KindTree</a>	PO Box 40847, Eugene <b>541-780-6950</b>		NO	Support groups (adults), activities, camp, transition-aged and adult skills training for people experiencing Autism.
<a href="#">Lane Co. Developmental Disabilities Services</a>	125 E. 8 <sup>th</sup> Ave, Eugene <b>541-682-3695</b>	FREE		Support services for children & adults who experience developmental disabilities
<a href="#">Lane Independent Living Alliance (LILA)</a>	20 E 13th Ave., Eugene <b>541-607-7020</b>	FREE		Independent living skills classes, service navigation, counseling, support groups, club house & more.
<a href="#">Lane WorkForce Partnership</a>	2510 Oakmont Way, Eugene <b>541-505-8674</b>			Employment support for adults living with disabilities.
<a href="#">Mentor Oregon</a>	1600 Valley River Dr, Eugene <b>541-345-5151</b>			Residential homes, supported living, skill building, employment services for adults with intellectual or developmental disabilities
<a href="#">Oregon Supported Living Program</a>	1250 Charnelton Street, Eugene <b>541-343-4196</b>			Residential, supported living, supported employment, arts/culture programs for adults with developmental disabilities.
<a href="#">Pearl Buck Center</a>	115 W 8 <sup>th</sup> Ave, #280, Eugene <b>541-780-6404</b>	FREE	NO	Job coaches, support finding housing & employment for adults with developmental disabilities.
<a href="#">RideAble</a>	85230 Hicks Lane, Eugene <b>541-684-4623</b>			Horsemanhip classes for people with special needs. Life skills developed through riding.
<a href="#">RideSource</a>	240 Garfield St, Eugene <b>541-682-5566</b>			Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene <b>541-246-3697</b>	Funding through DD Services	YES	Direct Support Professionals. In-home support for adults and children with disabilities. Residential group homes. Supported living program.
<a href="#">SAIL – Supporting Access to Independent Living</a>	<a href="http://www.sailhousing.org/">www.sailhousing.org/</a>			Advocates for and promotes sustainable housing for persons with developmental disabilities.
<a href="#">Senior &amp; Disability Services</a>	1015 Willamette Street, Eugene <b>541-682-4038</b> 3180 Highway 101, Florence <b>541-902-9430</b>	FREE		Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
<a href="#">SLLEA - (Smart Living, Learning, &amp; Earning with Autism)</a>	<b>541-554-8170</b>			Promote quality housing & support adults with Autism & related disorders.

See next page for more ADULTS WITH DISABILITIES resources

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## ADULTS WITH DISABILITIES (continued)

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

## DEAF and HARD OF HEARING RESOURCES

Agency	Contact	Notes
<a href="#">Hearing Loss Association of America (Lane County chapter)</a>	<b>541-736-4804</b> <a href="mailto:clarkoa@msn.com">clarkoa@msn.com</a>	Monthly meetings 2 <sup>nd</sup> Thursday of every month. Monthly newsletter.
<a href="#">National Deaf Domestic Violence Hotline</a>	<b>855-812-1001</b>	Advocates available for crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.
<a href="#">Oregon Association of the Deaf</a>	<a href="mailto:oad1921@gmail.com">oad1921@gmail.com</a>	Advocating the rights of Deaf and Hard of Hearing citizens in Oregon.
<a href="#">Oregon Deaf and Hard of Hearing Service Program</a>	<b>503-945-5600</b> TTY: <b>503-945-6214</b>	A resource to improve quality of life for Deaf and Hard of Hearing people and their families.
<a href="#">Oregon Deafblind Project</a>	<b>503-838-8328</b> <a href="mailto:rhoadsc@wou.edu">rhoadsc@wou.edu</a>	Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.
<a href="#">Oregon Deaf Empowerment &amp; Advocacy for Families</a>	Online contact form on website: <a href="http://lanecounty.us/odeaf/">http://lanecounty.us/odeaf/</a>	Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.
<a href="#">Oregon Registry of Interpreters for the Deaf</a>		Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.
<a href="#">Oregon School for the Deaf</a>	999 Locust Street NE, Salem <a href="mailto:info@osd.k12.or.us">info@osd.k12.or.us</a> Phone: <b>503-378-3825</b> Videophone: <b>503-400-6180</b>	K-12 school for children who are eligible for special education in Oregon because of a hearing impairment. There is no tuition cost to families. Transportation may be provided by the child's school district. Residential program available.

## BLINDNESS and VISION IMPAIRMENT RESOURCES

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

# Community Resource Guide

Updated August 2019

## PARENT EDUCATION & SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">ECCO 4J Young Parent Program</a>	<b>541-463-3950</b>	FREE	Interpreter available	Supports pregnant and parenting students in their education and life goals. Free childcare may be available.
<a href="#">A Family for Every Child</a>	1675 W 11 <sup>th</sup> Eugene <b>541-343-2856</b>	FREE	NO	Mentors for youth ages <b>5-18</b> . 10 hours+ /mo. Parent mentor for families at risk for DHS involvement.
<a href="#">ACT for Families</a>	WIC office - 7 <sup>th</sup> & Charnelton, Eugene <b>541-833-0017</b>	FREE if OHP / WIC eligible	NO	6-week prenatal class. Post-natal class for families with <b>6-12-month</b> old babies (can bring infants to class).
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funding available through Developmental Disabilities Services	YES	After school program, community events, family support. In-home respite care for children with intellectual and developmental disabilities, age 2-21. Financial planning and budgeting assistance. Employment skill building and job placement.
<a href="#">The Arc Families Connected</a>	4181 E St., Springfield <b>541-343-5256</b>	No fees	YES	Parent-led organization that helps families on their journey of raising a child (birth to 18 years) with intellectual and developmental disabilities. Helps families value full inclusion and high expectations and works across the community to make it more welcoming and accessible for families.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>	OHP, sliding scale	NO	Parenting After Crisis class, Domestic Violence Intervention, True Insights Parent Strategies.
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>	\$5-40 sliding scale	NO	Counseling, support groups, classes. Changing Anger for Parents class. Grandparent's group. Mindful Parenting Group. Men's group.
<a href="#">Center for Dialogue &amp; Resolution</a> (Parent/Teen Program)	93 Van Buren St, Eugene <b>541-344-5366</b>	Varies	Sometimes available	Support for communication between parents & teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, etc.
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP, private insurance	NO	Collaborative Problem-Solving classes. Psychiatric day treatment school. Assessment, counseling, Applied Behavioral Analysis (ABA).
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	OHP, private insurance	YES	Array of support & planning programs for youth with disabilities ( <b>ages 0-23</b> ) & their families.
<a href="#">FACT Oregon</a>	2475 SE Ladd Ave, Portland <b>888-988-3228</b>	FREE	YES	Support for families navigating special education services (early Intervention, IEP's, transition to adulthood).
<a href="#">Family Check Up</a> (Lane County Youth Services)	2727 Martin Luther King Jr Blvd, Eugene <b>541-682-7936</b>	OHP	YES	Strengths-based program that helps parents set parenting goals. Parents receive \$150 in gift cards to Fred Meyer for attending 3 appointments.
<a href="#">Family Support &amp; Connections (CCS)</a>	1025 G St Springfield 345-3628 x311	FREE	YES	Home visiting for parents of children under 18, help connecting with resources, goal planning
<a href="#">Focus on Children</a>	541-682-2070	\$60/ parent, ½ price if on SNAP		Parenting class required for parents who are getting divorced.
<a href="#">FAIR - Families Actively Improving Relationships</a>	10 Shelton McMurphey Blvd, Eugene <b>541-485-2711</b>	OHP	YES	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health challenges.
<a href="#">Options Counseling Circle of Security group</a>	1255 Pearl, Eugene <b>541-687-6983</b>	OHP	NO	10-12-week classes focused children's attachment needs. For parents with children age 9 and younger.
<a href="#">Oregon Community Programs</a>	1170 Pearl St Eugene <b>541-743-4340</b>	OHP	YES	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE	YES	Support for caregivers raising a child with mental health challenges. Collaborative Problem Solving classes, family events, respite, support group, IEP support.
Parent Helpline	<b>211 x5</b>	FREE	YES	Child development specialist will answer questions from parents with children 0-8
<a href="#">Parenting Now</a>	86 Centennial Loop, Eugene <b>541-484-5316</b>	Varies. Scholarships	YES	Classes & support groups for parents of children ages 0-8. Also, classes for teen parents.
Parent Well-being Program (Trauma Healing Project)	1100 Charnelton, Eugene <b>541-687-9447</b>	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session. <a href="http://www.healingattention.org">www.healingattention.org</a>
<a href="#">Pearl Buck Preschool and Family Supports</a>	3690 W 1st Ave, Eugene <b>541-484-4666</b>	FREE	YES	Support for parents who experience cognitive limitations & have children age 2-5.

See next page for more PARENT EDUCATION AND SUPPORT resources

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## PARENT EDUCATION & SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">Relief Nursery</a>	1720 W. 25 <sup>th</sup> Eugene <b>541-343-9706</b>	FREE	YES	Therapeutic early childhood program, respite, and support for qualifying families with children age 2-6. Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery.
	850 S. 42 <sup>nd</sup> , Springfield <b>541-485-0007</b>			
<a href="#">Family Resource Centers</a>  Free drop-in services for families, children, youth & teens. Access to community resource information. Basic needs resources available.  Spanish services available at some locations.	Bethel Family Resource Center			Fairfield Elementary Annex, 3455 Royal Ave, Eugene <b>541-607-1449</b> <a href="mailto:Anne.Diaz@bethel.k12.or.us">Anne.Diaz@bethel.k12.or.us</a>
	Creswell Family Resource Center			Creslane Elementary School, 996 West A St, Creswell <b>541-895-6175</b> <a href="mailto:cperdue@creswell.k12.or.us">cperdue@creswell.k12.or.us</a>
	Crow-Applegate-Lorraine Family Resource Center			Applegate Elementary, 85955 Territorial Hwy, Eugene <b>541-935-2100</b> <a href="mailto:dwillits@cal.k12.or.us">dwillits@cal.k12.or.us</a>
	Cottage Grove Family Resource Center			Harrison Elementary School, 1310 S. 8th St, Cottage Grove <b>541-942-4967</b> <a href="mailto:anamaria.dudley@slane.k12.or.us">anamaria.dudley@slane.k12.or.us</a>
	Eugene Family Resource Centers			El Camino del Rio/River Road Elementary, 120 W Hilliard Ln, Eugene <b>541-790-7709</b> <a href="mailto:longoria@4j.lane.edu">longoria@4j.lane.edu</a>
	Fern Ridge Family Resource Center			Fern Ridge Middle School, 88831 Territorial Hwy, Elmira <b>541-952-7049</b> <a href="mailto:frc@fernridge.k12.or.us">frc@fernridge.k12.or.us</a>
	Lowell Family Resource Center			Lundy Elementary School 45 S Moss St, Lowell <a href="mailto:dsilver@lowell.k12.or.us">dsilver@lowell.k12.or.us</a>
	Marcola Family Resource Center			Marcola Elementary School, 38300 Wendling Rd, Marcola <b>541-933-2512</b> <a href="mailto:shockema@marcola.k12.or.us">shockema@marcola.k12.or.us</a>
	McKenzie/Blue River Family Resource Center			McKenzie High School, 51187 Blue River Dr., Finn Rock <b>541-822-1110</b> <a href="mailto:ljoy@mckenzie.k12.or.us">ljoy@mckenzie.k12.or.us</a>
	Oakridge Family Resource Center			76499 Rose St, Oakridge <b>541-782-3281</b> <a href="mailto:kcamerer@oakridge.k12.or.us">kcamerer@oakridge.k12.or.us</a>
	Pleasant Hill Family Resource Center			Pleasant Hill Elementary, 36400 HWY 58, Pleasant Hill <b>541-736-0495</b> <a href="mailto:lhammondmendez@pleasanthill.k12.or.us">lhammondmendez@pleasanthill.k12.or.us</a>
Springfield Family Resource Center			Brattain House, 1030 G St., Springfield <b>541-744-6769</b> <a href="mailto:silvia.ceja@springfield.k12.or.us">silvia.ceja@springfield.k12.or.us</a>	
<a href="#">LaneKids</a> (United Way)	Website with information on parenting classes and workshops- including online options, a parenting blog, community activity calendar, and many other resources for Lane County parents. <a href="http://www.lanekids.org">www.lanekids.org</a>			
<a href="#">Maternal/Child Health</a> (Lane County Public Health)  <b>541-682-8720</b> <a href="mailto:MCH.Referrals@co.lane.or.us">MCH.Referrals@co.lane.or.us</a>  Spanish interpretation available Serving all of Lane County Provided at no cost to families	MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs <b>Babies First; CaCoon; Healthy Families; Nurse Family Partnership</b> all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs.  <b>Eligibility:</b> If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs.  <b>Oregon Mother's Care:</b> Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother's Care Insurance Assistance Services call Kristi Wedmore at <b>541-682-3926</b> .			

## FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Fees	Spanish	Notes
<a href="#">Dove Medical</a>	487 East 11th Ave., Eugene <b>541-345-3683</b> <a href="http://www.dovemedical.org">www.dovemedical.org</a>	FREE	Interpreter by appt	Pregnancy testing, decision coaching, ultrasound for pregnancy diagnosis, STI testing for those receiving a pregnancy test.
<a href="#">Open Adoption &amp; Family Services</a>	315 W. 10th Ave., Eugene <b>541-343-4825</b>	FREE		All-options pregnancy counseling for pregnant and parenting women, partners. Arranges open adoptions. Origins therapy & adoption counseling.
<a href="#">Planned Parenthood</a>	3579 Franklin Blv., Springfield <b>541-344-6519</b>	OHP, sliding scale, some insurance	Interpreter by request	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, men's and women's health care, emergency contraception, abortion services.
	793 N. Danebo Dr., Eugene <b>541-344-6519</b>			

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).  
JC-8/23/2019

# Community Resource Guide

Updated August 2019

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

Agency	Contact	Fees	Spanish	Notes
<a href="#">ACT for Families</a>	1776 Millrace Dr <a href="mailto:info@actforfamilies.org">info@actforfamilies.org</a> <b>541-434-1621</b>	FREE if OHP / WIC eligible	NO	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
<a href="#">Baby Connection (Parenting Now)</a>	86 Centennial Loop, Eugene <b>541-484-5316</b>	FREE	YES	Drop-in clinic for parents of new babies. Baby weigh-in, lactation support, meet other new parents, photo of child, parent educators.
<a href="#">Daisy Chain</a>	<a href="mailto:executivedirector@daisychainlane.org">executivedirector@daisychainlane.org</a> 541-505-1139	FREE	YES	Home visits from postpartum doulas, lactation support, workshops, baby classes.
<a href="#">Doulas of Lane County</a>	<a href="http://doulasoflanecounty.com/">http://doulasoflanecounty.com/</a>	Varies	YES	Listing of professionally trained birth & postpartum doulas.
<a href="#">La Leche League</a>	541-744-6055 (help line)	FREE	YES	Breastfeeding support line.
<a href="#">Maternal/Child Health</a> (Lane County Public Health)  <b>541-682-8720</b> <a href="mailto:MCH.Referrals@co.lane.or.us">MCH.Referrals@co.lane.or.us</a>  Spanish interpretation available Serving all of Lane County Provided at no cost to families	MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs <b>Babies First; CaCoon; Healthy Families; Nurse Family Partnership</b> all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs.  <b>Eligibility:</b> If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs.  <b>Oregon Mother's Care:</b> Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother's Care Insurance Assistance call Kristi Wedmore at <b>541-682-3926</b> .			
McKenzie Willamette Women's Health	1460 G St, Springfield <b>541-726-4400</b>	Varies		Birthing / breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
<a href="#">Nursing Mothers Council of Oregon</a>	<a href="mailto:info@nursingmotherscounsel.org">info@nursingmotherscounsel.org</a> 503-282-3338			Lactation support, pump assistance, peer support.
<a href="#">Parent Well-being Program Trauma Healing Project</a>	1100 Charnelton, Eugene 541-687-9447	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session.
<a href="#">Post-Partum Support International</a>	<a href="mailto:support@postpartum.net">support@postpartum.net</a> <b>800-944-4773</b>	FREE	YES	Email / phone support, referrals for post-partum services.
<a href="#">Rainbow Bridge Doula Services</a>	Facebook: Rainbow Bridge Doula Services <b>541-914-9975</b>	Sliding Scale	YES	Prenatal, birth & postpartum support.
<a href="#">Sacred Heart Pregnancy &amp; Parenting Education</a>	3333 Riverbend Dr, Springfield <b>541-222-7074</b>	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga, breastfeeding, birth center tours, new infant care
<a href="#">Well Mama</a>	150 Shelton McMurphy Blvd, #208, Eugene <b>800-896-0410</b>	FREE	YES	Mama to mama peer support & groups
<a href="#">Women, Infants, &amp; Children (WIC)</a>	151 W 7th Ave, #210, Eugene <b>541-682-4202</b>	FREE	YES	Breastfeeding / nutrition support. Breast pumps.

## DIAPER ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> , Eugene 1025 G St. Springfield	FREE	YES	FREE diapers. Stop by to check on availability.
<a href="#">Giving Diapers, Giving Hope</a>	<a href="mailto:dirtydiaperlaundry@gmail.com">dirtydiaperlaundry@gmail.com</a>	FREE		FREE cloth diapers for qualifying families. \$15 shipping + payment to ship back when finished
Trillium Diaper Assistance	Contact pediatrician	FREE		FREE diapers for children 3+ with developmental disability who have Trillium insurance coverage. Prescription required.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## FOSTER PARENT & ADOPTION SUPPORT

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

## SCHOOL DISTRICTS in LANE COUNTY

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

## EDUCATIONAL ADVOCACY

Agency	Contact	Fees	Spanish	Notes
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	OHP / private insurance	YES	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
<a href="#">Inclusive Partners</a>	<b>866-837-0250</b> <a href="mailto:inclusivepartners@state.or.us">inclusivepartners@state.or.us</a>	FREE		FREE consultation, individualized planning, financial supplements for schools / preschools to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE	YES	Support for caregivers raising a child with emotional, behavioral, or mental health challenges, Collaborative Problem Solving class, support group, family events, respite, IEP support.
<a href="#">Stopbullying.gov</a>	A website dedicated to resources and information about preventing and responding to bullying.			

# Community Resource Guide

Updated August 2019

## CHILD CARE & EARLY EDUCATION

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## HOME SCHOOLING

Agency	Contact	Fees	Notes
<a href="#">Strive Academy</a>	375 Holly Street, Junction City <b>541-321-9945</b>	Call for details.	Classroom setting for homeschoolers grades 4-12. 4 days / week (Mon-Thur). Educational Coaches, Tae Kwon Do & enrichment programs included.
<a href="#">Baker Web Academy</a>	<b>541-524-2300</b>	FREE	A full selection of online classes, online guided textbook-based classes, teacher support, technology, and face to face learning opportunities.
<a href="#">Barnraisers</a>			Group of Eugene-area homeschooling families that meets regularly for field trips, classes, & activities.
<a href="#">Bridge Charter Academy</a>	60 South Pioneer St, Lowell <b>541-937-5200</b> <a href="mailto:jvondo@bridgecharter.com">jvondo@bridgecharter.com</a>		Partial-day classroom setting designed to serve home-based K-12 students in Oregon. Parents choose from accredited online curriculum.
<a href="#">Cascadia Learning Cooperative</a>	3495 W. 18th Ave., Eugene <b>541-357-8892</b> <a href="mailto:info@cascadiainlearning.com">info@cascadiainlearning.com</a>		Secular, choice-based homeschool cooperative. Enrichment classes taught by parents & community members. Open 3 days a week and intended as a supplement to a full home school curriculum.
<a href="#">Oregon Connections Academy</a>	<b>800-382-6010</b>	FREE	K-12 online public charter school with certified teachers.
<a href="#">Oregon Home Education Network</a>	<b>503-321-5166</b>		
<a href="#">Oregon Christian Education Association Network</a>	<b>503-288-1285</b>		A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
<a href="#">LDS Oregon Home Educators Association</a>	<b>866-617-3819</b>		
<a href="#">Home School Legal Defense Association</a>	<b>540-338-5600</b>		Advice / legal support regarding homeschooling.
<a href="#">Teach Northwest</a>	<b>541-952-1381</b>	FREE	K-12 Virtual STEAM & Homeschool Academy.

## ALTERNATIVE EDUCATIONAL SETTINGS

Agency	Contact	Fees	Spanish	Notes
<a href="#">Bridgeway House</a>	<b>541-345-0805</b> 555 E 15 <sup>th</sup> , Eugene	OHP / private Insurance	No	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, social events and a full-time school.
<a href="#">The Child Center</a>	<b>541-726-1465</b> 3995 Marcola Rd, Springfield	OHP / private Insurance	Some Services	Psychiatric day treatment school. Assessment, counseling, Collaborative Problem Solving, Applied Behavioral Analysis (ABA).
<a href="#">Jasper Mountain</a>	<b>541-747-1235</b> 37875 Jasper-Lowell Rd, Jasper	OHP / private Insurance	YES	Intensive residential mental health day treatment school. Age 3-13.
<a href="#">Lane School</a>	<b>541-463-8500</b> 1717 City View, Eugene Lane ESD Westmoreland Campus	FREE	No	Short-term behavioral & academic day school for K-8 students experiencing Emotional Disturbance or Autism Spectrum Disorder.
<a href="#">Looking Glass Educational and Vocational Services</a>	<a href="#">Center Point School</a>	<b>541-868-0661</b> 1790 W 11th Ave, Eugene		Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy & transition services. Free.
	<a href="#">New Roads School</a>	<b>541-302-2551</b> 945 W 7th Ave, Eugene		Alternative educational program for runaway / homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, & recreational activities. Free.
	<a href="#">Riverfront School</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene		Education & vocational training for at-risk youth 11-21, diploma / GED, help with transportation, clothing, childcare, employment. Free.
	<a href="#">Riverfront Career Center</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene		Job Training program that prepares youth age 14-24 for success in the workforce by addressing work expectations, promoting higher education, and providing on-the-job skills training.
	<a href="#">Independent Living Program</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene		Assists current and former foster youth ages 16 – 21 to gain skills to transition into independent living. Supports youth to create goals toward education, housing, employment, financial literacy, and more.
<a href="#">Martin Luther King Jr Education Center</a>	<b>541-682-4715</b> 2515 Martin Luther King Jr. Blvd, Eugene	FREE		Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, & employment support.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).  
JC-8/23/2019



# Community Resource Guide

Updated August 2019

## ACTIVITIES FOR CHILDREN

Agency	Contact	Notes
<a href="#">Adventure Children's Museum</a>	<b>541-653-9629</b> 490 Valley River Center, Eugene	10 am – 6 pm Weekdays. 11 am – 6 pm Weekends. \$5 / person, free for 2 or younger. Reduced admission for EBT cardholders.
<a href="#">Amazon Community Center</a>	<b>541-682-5373</b> 2700 Hilyard St., Eugene	Fitness, family art classes, outdoor concerts, summer camps, pre-school program. Scholarships available.
<a href="#">Amazon Pool</a>	<b>541-682-5350</b> 2600 Hilyard St., Eugene	Outdoor pool open May – October, featuring 3 pools with 2 water slides, a diving platform, hot tub, a sandbox. Lap & rec swims, lessons, & water-based fitness classes.
<a href="#">Brattain House</a>	<b>541-744-6769</b> 1030 G St, Springfield	Drop in play group for parents & kids 0-5. Call for times.
<a href="#">Bounce Gymnastics</a>	<b>541-343-4222</b> 329 W 3rd Ave, Eugene	Gymnastics & Circus Arts Center with classes for all ages. Aerial arts, ninja zone, cheer. Camps. Open gym times.
<a href="#">Cascades Raptor Center</a>	<b>541-485-1320</b> 32275 Fox Hollow Rd, Eugene	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under age 12. <b>Free family passes</b> can be checked out at Lane County libraries (up to \$30)
<a href="#">Defy Extreme Air Sports</a>	<b>541-246-9989</b> 85 Division Ave, Eugene	\$15 / hour. \$11 / hour for 6 & younger. Trampolines, obstacle course, zipline.
<a href="#">Echo Hollow Pool</a>	<b>541-682-5525</b> 1655 Echo Hollow Rd, Eugene	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
<a href="#">Eugene Parks &amp; Rec</a>	<b>541-682-5333</b> Various locations	Fitness & enrichment classes for people of all ages, camps, childcare, adaptive programs. Recreation Guide: <a href="https://secure.rec1.com/OR/city-of-eugene-or/">https://secure.rec1.com/OR/city-of-eugene-or/</a>
<a href="#">Eugene Public Library</a>	<b>Downtown Branch</b> 100 W. 10th - <b>541-682-8316</b> <b>Bethel Branch</b> 1990 Echo Hollow Rd - <b>541-682-5450</b> <b>Sheldon Branch</b> 1566 Coburg Rd - <b>541-682-5450</b>	Story time, activities for children & families. See website for current information. Click on Kids then Events. <a href="http://www.eugene-or.gov/130/Eugene-Public-Library">www.eugene-or.gov/130/Eugene-Public-Library</a> Free for City of Eugene residents. Can purchase pass if outside Eugene.
<a href="#">Get Air</a>	<b>541-827-1016</b> 4211 W 11th Ave, Eugene	Trampoline park, ninja course, foam pit, dodge ball, toddler area. Prices range from \$7.99-\$11.99 / hour depending on height of the child.
<a href="#">Girl Scouts of Oregon and Southwest Washington</a>	72 Centennial Loop #300, Eugene <b>541-485-5911</b>	Engaging, challenging, fun activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects.
<a href="#">Go Mom Go</a>	<a href="http://www.gomomgoeugene.com/">www.gomomgoeugene.com/</a>	Online calendar of local classes, activities, events for children in Lane County.
<a href="#">Greenhill Youth Volunteer Program</a>	<b>541-844-1777</b> 88530 Green Hill Rd, Eugene	For youth age 12-15. Must commit to 2 hours / week for 3-6 months. Youth must be supervised by a guardian over the age of 18 at all times.
<a href="#">Hilyard Community Center</a>	<b>541-682-5311</b> 2580 Hilyard St., Eugene	Camps, trips, drama, music, fitness, support groups, sports, Paralympic sports, veteran programs, adaptive equipment rentals.
<a href="#">Kidsports</a>	<b>541-683-2374</b> <b>2190 Polk St, Eug</b>	Positive youth team sports experiences. Equipment Room open M-F 7:30-5:30
<a href="#">LaneKids</a>	<a href="http://www.lanekids.org/events/">www.lanekids.org/events/</a>	Calendar of local events for children in Lane County.
<a href="#">Little Hands Can</a>	<a href="http://littlehandscan.org">http://littlehandscan.org</a>	Local volunteer opportunities for children.
<a href="#">Peterson Barn</a>	870 Bertzen Rd, Eugene <b>541-682-5521</b>	Programs for youth, families & seniors including pre-school & afterschool programs
<a href="#">Reading with Cats Program</a>	<b>541-844-1777</b> 88530 Green Hill Rd, Eugene	For children <b>age 6-12</b> . Sign up 24 hours ahead of time online.
<a href="#">River Road Parks &amp; Rec</a>	<b>541-688-4052</b> 1400 Lake Dr, Eugene	Fitness & enrichment opportunities for youth & adults.
<a href="#">Roaring Rapids Pizza Company</a>	<b>541-988-9819</b> 4006 Franklin Blvd, Eugene	Pizza place with a working carousel.
<a href="#">Eugene Science Center</a>	<b>541-682-7887</b> 2300 Leo Harris Pkwy, Eugene	Science exhibits, planetarium, camps. Reduced rates with EBT card: Exhibit Hall & Stargazing shows - \$1/ person
<a href="#">Sheldon Community Center</a>	<b>541-682-5312</b> 2445 Willakenzie Rd, Eugene	Preschool, after school programs, camps, fitness center. Pool - lap & rec swim, lessons, water-based fitness classes.
<a href="#">Springfield Public Library</a>	<b>541-726-3766</b> 225 N 5th St, Springfield	Storytime, events for families. Check the website for a current calendar. Free for City of Springfield residents
<a href="#">Tamarack Aquatic Center</a>	<b>541-686-9290</b> 3575 Donald St, #300, Eugene	Warm water pool for all ages, income levels, and abilities. Rehabilitation programs, therapeutic interventions, recreation, and preventative activities with a focus on health and wellness. Warm water swim lessons & swim times for ages 6 months & up.
<a href="#">Willamalane Parks &amp; Recreation</a>	<b>541-736-4544</b> 250 S. 32 <sup>nd</sup> , Springfield	Fitness & enrichment classes, camps & preschool & afterschool programs. Scholarships available.
<a href="#">Eugene Family YMCA</a>	<b>541-686-9622</b> 2055 Patterson, Eugene	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## SENIOR & AGING SERVICES

Agency	Contact	Fees	Notes
<a href="#">AARP Driver Safety Class</a>	<b>503-780-3454</b>	Class is \$14. \$2 discount for AARP members	Class on driving safety & preventive measures. Completion may make you eligible for insurance discounts.
<a href="#">Aging &amp; Disability Resource Connection</a>	<a href="mailto:ADRCLane@lcog.org">ADRCLane@lcog.org</a> <b>541-682-3353</b>	FREE	Online searchable resource aging & disability database.
<a href="#">Campbell Community Center</a>	155 High Street, Eugene <b>541-682-5318</b>		Classes, activities, social & support groups, special events for 50+
<a href="#">Lane Senior Support Coalition</a>	859 Willamette St, #500, Eugene <b>541-525-1474</b>		Assistance to low income seniors. Meals on Wheels, senior meal sites & emergency support funds.
<a href="#">Long-Term Care Ombudsman</a>	<b>541-345-2846</b>		Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
<a href="#">Senior &amp; Disability Services</a>	1015 Willamette Street, Eugene <b>541-682-4038</b> 3180 Highway 101, Florence <b>541-902-9430</b>	FREE	Service coordination & advocacy for seniors in Lane County.
<a href="#">The Lane Senior Guide</a>	Free, comprehensive online directory of services for seniors. <a href="http://www.laneseniorservices.org/">www.laneseniorservices.org/</a> <b>541-302-9508</b>		
<a href="#">Senior Companion Program</a>	<a href="http://www.lanecc.edu/scp">www.lanecc.edu/scp</a> <b>541-463-6260</b>		Volunteer companions age <b>55+</b> help frail senior & disabled adults overcome loneliness & retain independence through 1:1 visits.
<a href="#">Social Security Administration</a>	2504 Oakmont Wy, Eugene <b>800-772-1213</b>		Stop in or apply online for benefits.

## SERVICE MEMBERS, VETERANS & THEIR FAMILIES

Agency	Contact	Notes
<a href="#">Eugene Community Based Outpatient Clinic</a>	3355 Chad Dr, Eugene <b>541-607-0897</b>	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	190 East 11 <sup>th</sup> , Eugene <b>541-465-6918</b>	Readjustment counseling services for Veterans of combat theaters.
<a href="#">Family Assistance Specialist</a>	<b>541-736-4601</b> x4601 <a href="mailto:lacy.j.cromwell.ctr@mail.mil">lacy.j.cromwell.ctr@mail.mil</a>	Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
<a href="#">Lane Community College Maxwell Student Veteran Center</a>	LCC Main Campus, Bldg. 19, Rm 233 <b>541-463-5663</b> Email: <a href="mailto:vaedbenefts@lanecc.edu">vaedbenefts@lanecc.edu</a>	A safe, welcoming, and inclusive space for veterans to study, relax, chat with other veterans, and obtain campus or community veteran resources. Student Veterans of America chapter.
<a href="#">Lane County Veteran Services</a>	151 W. 7 <sup>th</sup> , #460, Eugene <b>541-682-4191</b>	Assists vets & their families to determine eligibility for benefits based on military service. Monday - Friday 8-5:00, (Closed 12-1:00).
<a href="#">Oregon Department of Veteran's Affairs</a>	700 Summer St NE, Salem <b>800-692-9666</b>	Information about applying for a wide range of benefits including employment, education, home loans, healthcare, pensions and more.
State Youth Outreach Coordinator	<b>503-584-2390</b>	Subsidized childcare for active duty service members (children age 0-5), program for military-connected middle / high school children, family camps, youth symposium
<a href="#">Supportive Services for Veteran Families (St. Vincent de Paul)</a>	2890 Chad Drive, Eugene <b>541-743-7140</b> For an intake call: <b>541-743-7107</b> and leave a message	Homeless prevention for veterans. Case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility deposit / payment, auto repair, bus pass, childcare, etc.). Outreach event every Friday, 10-11:00 at Westside Apostolic Church (1090 Clark St., Eugene)
<a href="#">Trauma Healing Project</a>	1100 Charnelton, Eugene <b>541-687-9447</b>	Women veteran's support group. Thursdays 12-1. Sliding scale fee (\$2-10).
Veterans Administration Legal & Housing Services	211 E. 7 <sup>th</sup> Ave, Eugene <b>541-242-0445</b>	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
<a href="#">University of Oregon Veterans Affairs Office</a>	244 Oregon Hall <b>541-346-3201</b>	For students seeking assistance with VA educational benefits.
<a href="#">University of Oregon Student Veterans Center</a>	215 Oregon Hall, Eugene <b>541-346-1160</b>	Study and meeting space, computer and printing stations, staff to assist you with personal and academic needs, community veteran service providers.
VA Behavioral Health, Recovery & Reintegration	211 E. 7 <sup>th</sup> Ave, Eugene <b>541-242-0440</b>	Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance. Drop in services M-F @ 2:00 pm
<a href="#">Homeless Veteran Hotline</a>	<b>1-877-424-3838</b> Assistance for homeless Veterans & their families	
<a href="#">Veterans Crisis Hotline</a>	<b>1-800-273-8255, Press #1</b> Free, 24/7 support for any personal crisis. <b>Text: 838255</b> Confidential support 24 hours per day, 7 days a week, 365 days a year.	

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## LGBTQIA+ SERVICES

Agency	Contact	Notes
<a href="#">Basic Rights Oregon</a>	<b>503-222-6151</b>	Working for policies to support LGBTQA
<a href="#">Eugene/Springfield Pride</a>	Email: <a href="mailto:event@eugene-pride.org">event@eugene-pride.org</a> <b>541-321-0356</b>	Sponsors pride events.
<a href="#">Family Acceptance Project</a>	<a href="mailto:fap@sfsu.edu">fap@sfsu.edu</a>	Resources to strengthen families to support LGBT children and adolescents.
Interweave	<b>541-225-8696</b>	LGBTQI / allies. Monthly film & potluck.
<a href="#">It Gets Better Project</a>	<a href="mailto:info@itgetsbetter.org">info@itgetsbetter.org</a>	Uplifting, empowering, and connecting lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe
<a href="#">Lane Community College Gender Equity Center</a>	<a href="mailto:GenderEquityCenter@lanec.edu">GenderEquityCenter@lanec.edu</a> LCC Campus Bldg #1, Rm 202 <b>541-463-5353</b>	Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
<a href="#">LGBTQA3 Alliance</a>	<a href="mailto:lgbtqa@uoregon.edu">lgbtqa@uoregon.edu</a> Erb Memorial Union, U of O #22	A student-run organization dedicated to providing a space for all gender identities and expressions by organizing around lesbian, gay, bisexual, trans, and queer issues. Open for students to hang out, work on homework, socialize, or check out books from the LGBTQIA+ library.
<a href="#">LGBTQIA+ Support Group</a>	<b>541-484-9791</b> <a href="mailto:supportgroup@sass-lane.org">supportgroup@sass-lane.org</a>	Call or email for schedule. 18 years+. <b>FREE</b>
<a href="#">NAMI Peer Connections</a>	2411 Martin Luther King, Jr. Blvd., Eugene, Rm 208 <b>541-343-7688</b>	Peer support group for LGBTQIA+ community 18 and over who live with mental health concerns. Thursdays, 6-7:30 pm.
<a href="#">Odyssey Community Counseling</a>	2149 Centennial Plaza #4, Eugene <b>541-741-7107</b>	Trans Youth DBT Group, Support Group for Trans Teens
<a href="#">OGALLA: LGBT Bar Association of Oregon</a>	Email: <a href="mailto:info@ogalla.org">info@ogalla.org</a>	A statewide organization to support the needs of lesbians, gay men, and other sexual minorities in the legal profession.
<a href="#">Psychology Today listing of LGBTQ Groups in Lane County</a>	Website with a listing of LGBTQ support groups, couples counseling and individual counseling. <a href="https://www.psychologytoday.com/us/groups/gay/or/eugene">https://www.psychologytoday.com/us/groups/gay/or/eugene</a>	
<a href="#">Psychology Today listing of LGBTQ Therapists in Lane County</a>	Website with a listing of LGBTQ support groups, couples counseling and individual counseling. <a href="https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909">https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909</a>	
<a href="#">Stopbullying.gov</a>	Lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth and those perceived as LGBTQ are at an increased risk of being bullied. This website has information and resources about creating a safe environment for LGBTQ youth.	
<a href="#">Trans*Parent Family Support Group</a>	Unitarian Universalist Church 1685 W 13th Ave, Eugene <a href="mailto:eugenetransparentgroup@gmail.com">eugenetransparentgroup@gmail.com</a>	For parents and families of transgender & gender expansive youth. Meets on the third Thursday of each month (5:30-7pm). No meetings during summer months June/July/Aug.
<a href="#">Trans*Ponder</a>	541 Willamette St, #310, Eugene <a href="mailto:info@transponder.community">info@transponder.community</a> <b>508-443-6337</b>	Monthly meetings, special events for trans/gender diverse folks and allies, inclusivity trainings, and consultation services to professional organizations and businesses. Office hours: Fridays 10am-12pm.
<a href="#">University of Oregon OUTlaws</a>	<a href="https://www.facebook.com/outlawsUO/">https://www.facebook.com/outlawsUO/</a>	LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.
<a href="#">Youth LGBTQIA+ Group</a>	2700 Hilyard St, Eugene <b>541-682-5373</b>	Youth group meets Fridays 4-6:00. 13-18 years of age. <a href="http://www.facebook.com/LGBTQ-Youth-Group-Eugene-2387629554795442/">www.facebook.com/LGBTQ-Youth-Group-Eugene-2387629554795442/</a>
Talk Lines and Hotlines	<a href="#">GLBT Youth Talk Line</a>	<b>800-246-PRIDE</b> A peer talk line for LGBTQ youth 23 & under. Monday-Saturday 12pm-5pm.
	<a href="#">GLBT National Hotline</a>	<b>888-843-4564</b> Monday-Friday 4pm-12am Saturday 12pm-5pm Online peer support chat at <a href="http://www.glbtnationalhelpcenter.org">www.glbtnationalhelpcenter.org</a>
	<a href="#">Lambda National Hate Crime Hotline</a>	<b>206-350-4283</b> 24-hour bilingual (English-Spanish) hotline for LGBTQ survivors of hate crimes, domestic violence, sexual assault, and other crimes
	National Gay & Lesbian Youth Hotline	<b>800-347-8336</b> Weekend nights only.
	<a href="#">The Trevor Project</a>	<b>1-866-4-U-Trevor</b> 24/7, for LGBTQ youth 24 & under. M-F Noon - 7pm. <b>TrevorText</b> , text "Trevor" to 202-304-1200; 7 days/week, Noon-7pm. Chat: <a href="http://www.thetrevorproject.org/chat">www.thetrevorproject.org/chat</a> Protected online community <a href="http://www.trevorspace.org">www.trevorspace.org</a>
	<a href="#">Trans Lifeline</a>	<b>1-877-565-8860</b> Peer support hotline run by trans people for trans and questioning callers . 7am-1am daily.

# Community Resource Guide

Updated August 2019

## EQUITY, DIVERSITY and SOCIAL JUSTICE

Agency	Contact	Notes
<a href="#">One Oregon</a>	<a href="mailto:joel@causaoregon.org">joel@causaoregon.org</a>	Statewide coalition that defends against anti-immigrant and anti-Muslim policies and works to ensure that all Oregonians are treated with dignity and respect.
<a href="#">Asian American Council of Oregon</a>	<a href="mailto:info@asiancouncil.org">info@asiancouncil.org</a>	Fostering friendship and harmonious relations among all people through events and activities that stimulate a better understanding of Asian and Asian-American cultures.
<a href="#">Asian Pacific American Network of Oregon</a>	<b>971-340-4861</b> <a href="mailto:info@apano.org">info@apano.org</a>	A statewide, grassroots organization, uniting Asians and Pacific Islanders to achieve social justice.
<a href="#">Causa Oregon</a>	700 Marion St. NE, Salem <b>503-409-2473</b>	Works to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
<a href="#">CALC (Community Alliance of Lane County)</a>	458 Blair Blvd, Eugene <b>541-485-1755</b> <a href="mailto:info@calclane.org">info@calclane.org</a>	Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people.
<a href="#">Chinese-American Benevolent Association</a>	<a href="mailto:cabaeugene@gmail.com">cabaeugene@gmail.com</a>	Nonprofit based in Eugene that promotes education, arts, and cultural programs related to Chinese, Chinese Americans, and Asian Americans.
<a href="#">DisOrient Asian American Film Festival of Oregon</a>	<b>541-954-1798</b> <a href="mailto:info.disorientfilm@gmail.com">info.disorientfilm@gmail.com</a>	Indie film festival featuring authentic Asian American/Pacific Islander voices, histories and stories. Films highlight social justice themes and universal human experiences, with a commitment to representation, diversity and inclusion.
<a href="#">Eugene Human Rights Commission</a>	125 East 8th Ave, 2nd Floor, Eugene <a href="mailto:amclluskey.hrc@gmail.com">amclluskey.hrc@gmail.com</a>	Promoting the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
<a href="#">Eugene Springfield NAACP</a>	<a href="https://naacplanecounty.org/contact/">https://naacplanecounty.org/contact/</a>	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
<a href="#">Equity, Access and Inclusion (Lane County)</a>	125 E 8th Ave, Eugene <a href="mailto:Mo.Young@co.lane.or.us">Mo.Young@co.lane.or.us</a> <b>541-682-3725</b>	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
<a href="#">Fair Shot for All</a>	<a href="http://www.fairshotoregon.org/">http://www.fairshotoregon.org/</a>	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; turns the discussion of racial, gender, and economic inequality into action and holds legislators accountable.
<a href="#">Grupo Latino de Acción Directa</a>	313 E 8th Avenue, Eugene <a href="mailto:gladoflanecounty@gmail.com">gladoflanecounty@gmail.com</a> <b>541-505-7953</b>	Working to increase participation and visibility of Latinx communities in conversations and decisions that affect them.
<a href="#">Huerto de la Familia (The Family Garden)</a>	1672 Willamette St., Eugene <a href="mailto:info@huertodelafamilia.org">info@huertodelafamilia.org</a> <b>541-505-9569</b>	<i>Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias.</i> Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.
<a href="#">Human Rights and Neighborhood Involvement (Eugene)</a>	99 W. 10th Ave., #117, Eugene <b>541-682-5177</b>	Supports victims of hate and bias activity, coordinates accessibility for events, facilities, and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
<a href="#">Integration Network for Immigrants of Lane County</a>	<a href="http://www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/">www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/</a>	IN is a group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County.
<a href="#">Japanese American Association of Lane County</a>	1863 Pioneer Pkwy. E #123, Springfield <a href="mailto:james3374@gmail.com">james3374@gmail.com</a> <b>541-521-9078</b>	Bringing together community, celebrating culture, supporting activities that promote Asian culture, including the Oregon Asian Celebration, the Asian Kite Festival by the Asian Council, and DisOrient Asian American Film Festival of Oregon.
<a href="#">Jewish Federation of Lane County</a>	PO Box 5924, Eugene, 97405 <a href="mailto:jewishfederationlc@gmail.com">jewishfederationlc@gmail.com</a> <b>541-484-2541</b>	Connecting people, organizations, and resources to strengthen Jewish life at home and around the world.
<a href="#">Rural Organizing Project</a>	PO Box 664, Cottage Grove <b>503-543-8417</b>	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
<a href="#">Showing Up for Racial Justice - SURJ</a>	<a href="mailto:info@showup4ri.org">info@showup4ri.org</a>	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
<a href="#">Solidarity Network / Jobs With Justice</a>	<b>(541) 632-3265</b> <a href="mailto:essn@solidaritynetwork.org">essn@solidaritynetwork.org</a>	Supports civil and economic rights of all working people – especially the right to a decent standard of living, the right to a stable job, and the right to organize.
<a href="#">Springfield Alliance for Equity and Respect (SAFER)</a>	<a href="mailto:safer1214@gmail.com">safer1214@gmail.com</a> <b>541-485-1755</b>	Promoting human rights, responding when abuses of human dignity occur, and urging public institutions to address social justice concerns. SAFER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
<a href="#">Temple Beth Israel Center for Jewish Life</a>	1175 E. 29th Ave., Eugene <b>541-485-7218</b>	Promoting the spiritual, educational and social well-being of our members, the Jewish people of Lane County, and the larger community.
<a href="#">Unite Oregon</a>	<a href="https://www.uniteoregon.org/contact">https://www.uniteoregon.org/contact</a>	Led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for justice.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## IMMIGRATION & MIGRANT SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Immigration Legal Services</a>	1025 G Street, Springfield <b>541-345-3628 x303</b> <a href="mailto:icolgan@ccslc.org">icolgan@ccslc.org</a>	All services discounted	YES	Legal assistance for DACA, family-based petitions, victims of violence, abuse, DV, crime or trafficking, refugees, citizenship.
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	Varies	YES	Call for info about an independent immigration lawyer on site.
<a href="#">Legal Aid &amp; Advocacy</a>	376 East 11th Ave, Eugene <b>541-485-1017</b>	FREE	YES	Intakes M, W, F at 12:30. Must apply in person.
<a href="#">Migrant Education Program (MEP)</a>	<b>541-461-8382</b> Email: <a href="mailto:mep@lesd.k12.or.us">mep@lesd.k12.or.us</a>	FREE	YES	Services for youth <b>under 22</b> who have not graduated & have moved across school district boundaries within the last 3 years to seek work in agriculture, forestry or fishing.
<a href="#">Oregon Immigration Resources</a>		FREE	YES	Legal assistance. Know your rights resources, family preparedness.
<a href="#">American Immigration Lawyers Association</a>	<a href="http://www.aialawyer.com">www.aialawyer.com</a>		YES	Find a qualified immigration lawyer in your community.
<a href="#">U.S. Citizenship and Immigration Services</a>	<b>800-375-5283</b>		YES	

## LEGAL SUPPORT

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

## VICTIMS OF CRIME SERVICES

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

## MEDIATION SERVICES

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

# Community Resource Guide

Updated August 2019

## CHILD ABUSE & NEGLECT

Agency	Contact	Fees	Spanish	Notes
<b>Oregon Child Abuse Hotline 1-855-503-SAFE (7233)</b> Call to report suspected child abuse or neglect, 24/7. <b>If a child is in immediate danger, call 911.</b>				
<a href="#">90x30</a>	1244 Walnut Street, Eugene <a href="mailto:friends@90by30.com">friends@90by30.com</a>	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd #222 Eugene <b>541-686-6000</b>	No OHP		Supervise DHS parent-child visits for a fee. Counseling, DV class, parenting class.
<a href="#">CASA – Court Appointed Special Advocates</a>	174 Deadmond Ferry Rd, Springfield <b>541-984-3132</b>	FREE	YES	Volunteers that are trained, supported, and sworn in by a judge to advocate in court for a DHS-involved child.
<a href="#">Kids FIRST Child Advocacy Center</a>	2675 Martin Luther King Blvd, Eugene <b>541-682-3938</b>	FREE	YES	Medical exams, child interviews regarding abuse. <b>Must be referred by DHS or law enforcement.</b>
<a href="#">National Child Abuse Hotline</a>	<b>800-422-4453</b> 24 hours a day, 7 days a week. Professional crisis counselors. Over 170 languages. Crisis intervention, information, referrals to emergency, social service, and support resources. All calls are confidential.			

## DOMESTIC VIOLENCE & SEXUAL ASSAULT

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

## BATTERER & SEX OFFENDER INTERVENTION

Agency	Contact	Fees	Spanish	Notes
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, # 222, Eugene <b>541-686-6000</b>	OHP. Intake \$65. \$35/ class	Front desk	Oregon approved 36 to 48-week Batterer Intervention Program for men & women
<a href="#">McKenzie Counseling</a>	1705 Centennial Blvd, Suite #1, Springfield <b>503-880-1664 or 541-255-7951</b>	\$350-\$800 intake, \$300/ mo.	NO	Outpatient sex-offense specific treatment program for adult & juvenile males & females.
Siuslaw Batterers Intervention Program	<b>541-335-1457</b> 1525 12th St, #20, Florence			52-week batterers intervention program & a 12-week anger management program for both males & females.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## FOOD BOXES & PANTRIES *EUGENE*

Agency	Contact	Notes
Bethel Food Pantry	4445 Royal Ave <b>541-688-9085</b>	2nd & 4th Saturday of the month 9:30 am to 12:00 pm.
Casa de Luz (se habla español)	1295 Taney St. <b>541-521-7437</b>	Third Saturday of the month 10 am to 11:30 am
<a href="#">Catholic Community Services</a>	1464 W. 6th Ave. <b>541-345-3628</b>	Mondays, Wednesdays & Fridays 9 am to 12:45 pm.
Daily Bread	89780 N Game Farm Rd <b>541-344-3380 x32</b>	Thursdays 2:00 pm to 6:00 pm.
Eugene Faith Center Pantry	1410 W 13th Ave <b>541-686-9244</b>	2nd & 4th Thursday of the month 2 pm to 6 pm.
Larry Collins Memorial Pantry	255 Maxwell Rd. <b>541-688-2027</b>	2nd & 4th Saturday of the month 10 am to 12 pm.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop <b>541-342-2876</b>	Pantry for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
Pray BiG! St. Matthew's Church	4110 River Rd. <b>541-689-4010</b>	Last Sat of the month 10-11:30am, 2 <sup>nd</sup> Tues of the month 5:30-7pm
<a href="#">Salvation Army - Eugene</a>	640 W. 7th Ave. Corner of 7th & Jefferson <b>541-343-3328</b>	Mon, Wed, Thurs 8:30-11:55am & 1-3:25pm. Tues 8:30-11:25am & 2-3:25pm. Fri 8:30-12:25am. Thanksgiving & Christmas baskets & meals.
<a href="#">St Vincent de Paul Atkinson Food Room</a>	456 Hwy. 99 N. <b>541-689-6747</b>	Tuesdays, Thursdays & Fridays 10 am to 2 pm.

## FOOD BOXES & PANTRIES *SPRINGFIELD*

Agency	Contact	Notes
<a href="#">Catholic Community Services</a>	1025 G St <b>541-345-3628</b>	Wednesdays, Fridays & Saturdays, 9am-12:45pm
Waypoint Church	332 58th St. - <b>541-345-3628</b>	4th Saturday, 10 am - 1 pm
Salvation Army - Springfield	1275 Mill St <b>541-747-6229</b>	Tues & Thurs 9am-12pm & 1pm-3pm, Wed 9am-11am & 1pm-3pm
The Shepherd's Table at St. John's	2537 Game Farm Rd <b>541-746-3322</b>	1st & 3rd Saturday 9:00 am to 12 pm

## FOOD BOXES & PANTRIES *RURAL LANE COUNTY*

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## MEAL SITES

Agency	Contact	Notes
Burrito Brigade	336 Clark St, Eugene	Saturday 1-2pm, Sunday 2-3pm in Downtown Eugene.
Crossfire Food Ministry	942 28th St, Springfield <b>541-686-3473</b>	Thurs 6:30pm - hot meal.
	1310 Echo Hollow Rd, Eugene	Sunday Morning - hot breakfast at both locations at 8:30am.
Eugene Catholic Worker	5th & Washington <b>541-735-3823</b>	Call for mealtimes
Eugene Mission	1542 W 1 <sup>st</sup> St, Eugene <b>541-344-3251</b>	<u>Breakfast</u> : women & men @ 7am, <u>Lunch</u> : Women @ 11am Men @ 12pm, <u>Dinner</u> : Women @ 5pm Men @ 6pm, Adults 18+.
Eugene Service Station (CCS)	450 B Hwy 99 N, Eugene <b>541-461-8688</b>	Daily Breakfast & Lunch 8:00 am - 5:00 pm (Adults 18 & Over)
First Christian Church (Eugene)	1166 Oak St, Eugene <b>541-344-1425</b>	Breakfast Sunday, 7:45-9:15. Clothing & sandwiches Tues / Thurs, noon-2
Food Not Bombs	8th & W Park street, Eugene	Friday, 2pm. <a href="mailto:eugenefoodnotbombs@gmail.com">eugenefoodnotbombs@gmail.com</a>
Free People	Lamb's Cottage at Skinner's Butte Park	Sunday 5:30 pm - 6:15 pm or when food runs out (Open to Everyone)
Hosea	834 Monroe, Eugene	Monday, Wed, Fri, 5:00 pm - 7:00 pm ( <b>13-23-year olds</b> )
Liberation Street Church	Corner of Royal & 99 <b>503-803-2921</b>	Call for mealtimes
Looking Glass, New Roads	941 W 7 <sup>th</sup> Ave Eugene <b>541-686-4310</b>	For homeless youth. Tues, Thurs - 5:30 pm - 6:30 pm ( <b>11-21 year olds</b> )
Shepherd's Hand	653 3rd St, Junction City <b>541-255-2331</b>	Call for mealtimes
St Mary's Episcopal Church	13 <sup>th</sup> & Pearl, Eugene <b>541-343-9253</b>	Call for mealtimes
St. John Maximovitch	304 Blair, Eugene	9am - 11am, 1st Saturday of the month (Open to Everyone)
The Dining Room	270 W 8 <sup>th</sup> Ave, Eugene <b>541-343-2822</b>	Call for mealtimes. Youth must be with legal guardian
Trinity Lutheran Church	657 S 7th, Cottage Grove <b>541-942-2373</b>	Call for mealtimes
Valley United Methodist Church	25133 E Broadway, Veneta <b>541-935-1614</b>	Call for mealtimes

## MEALS for SENIORS

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

## NUTRITION RESOURCES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Food for Lane County</a>	770 Bailey Hill Rd, Eugene <b>541-343-2822</b>	FREE	YES	Provides food for food pantries & meal sites in Lane County. M-F 8am-5pm. List of sites at <a href="http://www.foodforlanecounty.org">www.foodforlanecounty.org</a>
Natural Grocers	201 Coburg Road, Eugene <b>541-345-3300</b>	FREE		Free nutrition & cooking classes. Call or see website for current offerings.
<a href="#">OSU Extension Service</a>	996 Jefferson St, Eugene <b>541-344-0249</b>	Varies, mostly FREE	YES	Hands-on cooking, nutrition, food safety, food shopping & physical activity classes for adults in English & Spanish.
<a href="#">SNAP</a> (food stamps)	Call for closest office <b>800-723-3638</b>	FREE	YES	Apply in person or <a href="http://www.apps.state.or.us/onlineApplication">www.apps.state.or.us/onlineApplication</a>
WIC - Women, Infants, & Children	151 W 7 <sup>th</sup> Ave, Rm 210, Eugene <b>541-682-4202</b>	FREE	YES	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).



# Community Resource Guide

Updated August 2019

## CLOTHING ASSISTANCE

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

## LAUNDRY ASSISTANCE

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

## CAR SEAT CLINIC

Agency	Contact	Fees	Notes
<a href="#">Peace Health Car Seat Check</a>	See website for location and details: <a href="http://www.peacehealth.org/2019-car-seat-check-clinics">www.peacehealth.org/2019-car-seat-check-clinics</a>	FREE No registration required.	A certified child passenger safety technician (CPST) will: <ul style="list-style-type: none"> <li>• Check your child's seat/booster for proper installation.</li> <li>• Check for recalls and educate caregivers on safe installation and maintenance of seat/booster.</li> <li>• Answer your child passenger safety questions.</li> </ul>

## TRANSPORTATION ASSISTANCE

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## BASIC NEEDS

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

## ID & BIRTH CERTIFICATE ASSISTANCE

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

## LOW COST PET SERVICES

Agency	Contact	Fees	Notes
<a href="#">Community Veterinary Center</a>	470 Hwy. 99, Eugene <b>541-636-3324</b>	Sliding scale	Vaccines, dental, prescriptions, surgery, diagnosis, spay / neuter, euthanasia. Proof of income required.
<a href="#">Eugene Spay and Neuter Clinic</a>	3970 W. 1st Ave., Eugene <b>541-682-3643</b>	Varies	Spay/neuter, vaccines, flea medication. Discount if eligible for SNAP, disability, or unemployment
<a href="#">Greenhill Humane Society</a>	88530 Greenhill Rd, Eugene <b>541-689-1503</b>	FREE	Free spay and neuter surgeries for all feral, stray and free-roaming cats in Lane County
<a href="#">Pro Bone-O</a>	<b>541-607-8089</b> <a href="mailto:proboneo@comcast.net">proboneo@comcast.net</a>	FREE	Veterinary services, pet food / supplies for homeless. 2 <sup>nd</sup> and 4 <sup>th</sup> Sundays, Jan-Oct and the 2nd Sunday in Nov and Dec.
<a href="#">S.P.O.T.</a>	<a href="http://www.spotspayneuter.org">www.spotspayneuter.org</a> <b>541-485-7768</b>	Reduced cost	Financial assistance to spay / neuter their dogs. \$10 for pit bulls and chihuahuas. \$10 dog spay / neuter for low-income veterans.
<a href="#">Willamette Animal Guild</a>	3045 Royal Ave, Eugene <b>541-345-3566</b> <a href="mailto:appointments@wagwag.org">appointments@wagwag.org</a>	Varies	Spay / Neuter Clinic. Vouchers for low-income pet owners.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).  
JC-8/23/2019

# Community Resource Guide

Updated August 2019

## MEDICAL SERVICES

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

## DENTAL SERVICES

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

## VISION CARE

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## PRESCRIPTION ASSISTANCE

Agency	Contact	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> , Eugene 1025 G St Springfield <b>541-345-3628</b>	Up to \$50.00 / year if funds are available (not controlled substances).
F.I.S.H. - St. Mary's Church	<b>541-689-9750</b> 440 Maxwell Rd, Eugene	Food, propane, prescriptions.
<a href="#">Oregon Prescription Discount Program</a>	<b>800-913-4146</b>	20-50% off. Apply online or by phone. <a href="http://www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx">www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx</a>
<a href="#">Volunteers in Medicine</a>	2260 Marcola Rd, Springfield <b>541-685-1800</b>	For people with moderate income who are uninsured.
<a href="#">Community Sharing Program</a>	1440 Birch Ave, Cottage Grove <b>541-942-7933</b>	Prescription assistance, utility assistance, food boxes, firewood, showers, laundry, & propane. Help to avoid eviction / foreclosure.

## SMOKING CESSATION

Agency	Contact	Fees	Spanish	Notes
<a href="#">Emergence</a>	78 A Centennial Loop, Eugene <b>541-393-0777</b>	OHP, sliding scale	YES	12-week intensive outpatient smoking cessation
Options Tobacco Cessation	3311 Riverbend Dr, Eugene <b>541-222-7442</b>	FREE	Interpreter available	Group meets every Monday at 5:30 p.m. Evaluation, therapy after quitting smoking.
<a href="#">Oregon Tobacco Quit Line</a>	<b>800-784-8669</b> Available 24/7	FREE	YES	Talk or chat online with an expert Quit Coach. Search their online database for smoking cessation programs based on your location and insurance. <a href="http://www.quitnow.net/oregon">www.quitnow.net/oregon</a>

## RECOVERY SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Al-Anon &amp; Alateen</a>	<a href="https://alanonlaneor.us/find-a-meeting/">https://alanonlaneor.us/find-a-meeting/</a> <b>541-741-2841</b>			Free support for families / friends of people experiencing addiction to alcohol. Call or check website for meeting times.
<a href="#">Alcoholics Anonymous</a>	<a href="http://www.eviaa.org/">http://www.eviaa.org/</a> <b>541-342-4113</b>			Free support for people experiencing addiction to alcohol. Call or check website for location / meeting times.
Buckley Detoxification Center	605 W 4th Ave, Eugene <b>541-343-6512</b>	OHP, sliding scale, other insurance		Community response for intoxicated individuals; support for substance users who need to withdraw safely from substances & achieve sobriety in a caring environment
Center for Family Development	146 E 12 <sup>th</sup> Eugene <b>541-342-4189</b>	OHP, sliding scale, other insurance	YES	Counseling, recovery programs, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	\$10-25 sliding scale, OHP	YES	Addiction support for Spanish speaking adults and teens. Youth mentoring age 7-16.
Chrysalis (Whitebird)	350 E 11 <sup>th</sup> Eugene <b>541-683-1641</b>	OHP, sliding scale	NO	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
<a href="#">Emergence</a>	78 A Centennial Loop, Eugene <b>541-393-0777</b>	OHP, sliding scale, other insurance	YES	Outpatient services. Specialize in drug court, corrections, DUI, gambling, mental health, smoking cessation.
Integrated Health Clinics of Eugene	715 Lincoln St, Eugene <b>541-344-3574</b>	OHP, sliding scale, other insurance	NO	Outpatient treatment for opioid addiction. Group / individual counseling.
JESCO Club	340 Blair Blvd, Eugene <b>541-686-0538</b>	FREE		Addiction Services, meetings
<a href="#">Narcotics Anonymous</a>	<a href="http://lanecountyarea-na.org/meetings/">http://lanecountyarea-na.org/meetings/</a> <b>541-729-0080 24-hour helpline</b>	FREE		12-step meetings. "Recovering addicts who meet regularly to help each other stay clean."
Looking Glass Counseling	260 E 11 <sup>th</sup> Ave, Eugene <b>541-84-4428</b>	OHP / other insurance	YES	Addiction counseling for youth under 21.
Methadone Treatment Lab	151 W 7th Ave Rm 163, Eugene 541-682-4464	OHP, other insurance or self-pay		Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.

See next page for more RECOVERY SUPPORT resources

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## RECOVERY SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
Families Actively Improving Relationships (FAIR)	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b>	OHP	YES	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
ODI Clinic Adolescent/Family Services	10 Shelton McMurfhey Blvd, Eugene <b>541-284-7560</b> 944 W. 5 <sup>th</sup> Ave, Eugene (Centro Latino) <b>541-687-2667</b>	OHP & Grant funding	YES	Outpatient counseling services for teens with alcohol or drug problems.
PAR Prevention & Recovery NW	1188 Olive St, Eugene <b>541-484-9274</b>	Sliding scale, OHP		Outpatient. Men's, women's, co-ed groups. Prevention, outreach, DUI program.
<a href="#">Relief Nursery</a>	1720 W. 25 <sup>th</sup> Ave, Eugene <b>541-343-9706</b> 850 S 42 <sup>nd</sup> Ave, Springfield <b>541-485-0007</b>	FREE	NO	Parents for Recovery: Support group for parents in recovery for drug & alcohol addiction. Peer Support for parents participating in other Relief Nursery programs or referred by DHS.
<a href="#">Serenity Lane</a>	<b>541-485-1577</b> out-patient 4211 W 11 <sup>th</sup> Ave, Eugene 91150 Coburg Industrial Way <b>541-687-1110</b> in-patient	Private insurance, private pay, some OHP	NO	In-patient & outpatient treatment. Able to treat clients with dual diagnoses.
Veterans Affairs	3355 Chad Dr, Eugene <b>541-607-0897</b>			Mental health services, outpatient alcohol treatment & aftercare.
Willamette Family (Rapid Access Center)	195 W. 12 <sup>th</sup> , Eugene <b>541-762-4300</b>	OHP, sliding scale, other insurance	NO	Same-day medical & behavioral health services. Addiction assessments. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
Alcohol Treatment Referral Hotline		<b>800-252-6465</b>		

## RECOVERY HOUSES (WOMEN)

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## RECOVERY HOUSES (MEN)

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

## GAMBLING ADDICTION TREATMENT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	FREE	YES	Gambling addiction support for adults and teens.
<a href="#">Meridian Gambling Program (Emergence)</a>	2149 Centennial Plaza Suite 4, Eugene <b>541-741-7107</b>		YES	Outpatient gambling treatment.
<a href="#">National Problem Gambling Hotline</a>	<b>800-522-4700</b> Call or text	FREE	Interpreter	Resource referrals for every state. 24/7, 100% confidential.
<a href="#">Problem Gambling Hotline (Oregon)</a>	<b>877-MyLimit</b> Call or text	FREE	YES	Free, confidential help. Referrals to gambling treatment services.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).  
JC-8/23/2019

# Community Resource Guide

Updated August 2019

## HOUSING ASSISTANCE

Agency	Contact	Spanish	Notes
Affordable Housing Online	<a href="https://affordablehousingonline.com/housing-search/Oregon/Lane-County">https://affordablehousingonline.com/housing-search/Oregon/Lane-County</a>		
<a href="#">Catholic Community Services</a>	<b>541-345-3628</b> 1464 W 6 <sup>th</sup> Eugene 1025 G St, Springfield	YES	There is a lottery for housing counseling. Call or inquire at the front desk about the next lottery day.
<a href="#">Centro Latino Americano</a>	<b>541-687-2667</b> 944 W 5th, Eugene	YES	Se Habla Español - Asistencia con vivienda rapida. Assistance with finding housing.
<a href="#">Community Sharing Program of Cottage Grove</a>	<b>541-942-7933</b> 1440 Birch Ave. Cottage Grove	YES	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane.
<a href="#">Cornerstone Community Housing</a>	<b>541-683-1751</b> Multiple locations. Call or see website.	No	High quality affordable housing, onsite services that promote personal growth & economic independence. <a href="http://www.cornerstonecommunityhousing.org">www.cornerstonecommunityhousing.org</a>
<a href="#">Homes for Good</a>	177 Day Island Rd, Eugene <b>541-682-3755</b>	YES	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. <a href="http://www.homesforgood.org/">www.homesforgood.org/</a>
	300 W Fairview, Springfield <b>541-682-4090</b>		
<a href="#">HUD (Section 8)</a>	Apply online at: <a href="http://www.applysectioneight.com/apply_select_state">www.applysectioneight.com/apply_select_state</a>		Section 8 Housing Choice Voucher program offers a subsidy to help pay for rent. Anyone who is living in Oregon, is a US citizen or permanent resident, and over 18 can apply for Section 8. Eligibility is primarily determined by income.
<a href="#">New Roads (Looking Glass)</a>	941 W 7 <sup>th</sup> Ave Eugene <b>541-686-4310</b>	No	Support finding housing for homeless youth, 16-21 yrs.
<a href="#">Opportunity Village</a>	458 Blair Blvd. Eugene <b>541-606-4455</b>	No	Square One Villages - Tiny Homes. \$30/month rent
Salvation Army	640 W. 7 <sup>th</sup> , Eugene <b>541-343-3328</b>	YES	Rental assistance. With 72-hour notice & copy of rental agreement. \$100 max.
	Springfield <b>541-747-6229</b>		
<a href="#">ShelterCare</a>	969 Hwy 99 N Eugene <b>541-689-7156</b>	YES	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
	1545 S Brooklyn, Eugene <b>541-741-7726</b>		
Springfield Housing Programs	<b>541-736-1039</b> 225 5 <sup>th</sup> St, Springfield		
<a href="#">St. Vincent de Paul</a> <i>Assistance getting on the centralized wait list for affordable housing,</i>	First Place Family Center	<b>342-7728</b>	1995 Amazon Parkway Eugene
	Lindholm Center	<b>607-0439</b>	450 Hwy 99 N, Eugene
	Veteran Families	<b>743-7170</b>	2890 Chad Drive, Eugene
<a href="#">SquareOne Villages</a>	606-4455 111 N Garfield St, Eugene	NO	Self-managed communities of cost-effective <b>tiny homes</b> for people in need of housing. \$35 utility payment

# Community Resource Guide

Updated August 2019

## DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Fees	Spanish	Notes
Community Supported Shelters	1160 Grant, Eugene <b>541-683-0836</b>	FREE	NO	<b>Conestoga huts &amp; tent communities</b> for the unhoused. Plan advisors & peer support.
Dusk to Dawn ( <a href="#">St. Vincent de Paul</a> )	456 Hwy 99, Eugene <b>541-687-5820</b>	FREE	YES	Homeless <b>day shelter</b> for adults, food boxes, employment support for homeless veterans, 2nd chance rehabilitation program, social service office.
<a href="#">Egan Warming Center</a>	9 locations. Call or see website. <b>541-689-6747</b>	FREE	NO	Open 7pm to 8am, Nov 15 <sup>th</sup> - March 31 <sup>st</sup> on nights when average temperature is 29 degrees or below.
<a href="#">Eugene Mission</a>	1420 W 1 <sup>st</sup> , Eugene - women 1542 W 1 <sup>st</sup> , Eugene - men <b>541-344-3251</b>	3 nights free, then chores	Spanish translator	<b>Shelter</b> . Meals. Faith based A&D 12 step. Residential life skills program. GED classes.
Eugene Service Station St. Vincent de Paul	450 Hwy 99, Eugene <b>541-461-8688</b>	FREE		<b>Day shelter</b> , food, clothing, laundry, showers, phone, computer access.
<a href="#">First Place Family Center</a> St. Vincent de Paul	1995 Amazon Pkwy, Eugene <b>541-342-7728</b>	FREE	YES	<b>Day center</b> , showers, laundry, food, internet, respite (age 5 & under). <b>Night shelter &amp; overnight parking</b> (year round).
Station 7 (Looking Glass)	931 W. 7 <sup>th</sup> , Eugene <b>888-689-3111</b> <b>24-hour crisis line</b>	FREE		<b>Emergency shelter</b> for runaway / homeless youth ages <b>11-17 yrs.</b>
<a href="#">ShelterCare</a>	969 Hwy 99 N, Eugene <b>541-689-7156</b> 1545 S Brooklyn St, Eugene <b>541-741-7726</b>	FREE	YES	<b>Emergency shelter, supportive housing</b> for people experiencing mental illness or brain injury. <b>Rapid rehousing</b> for families with 72-hour notice. 30-day post-hospitalization <b>medical recuperation</b> .
<a href="#">Womenspace</a>	<b>541-485-6513</b> Crisis line <b>541-485-8232</b> office 1557 Pearl St., Suite 200, Eugene	FREE	YES	<b>Shelter</b> , safety plan, legal support, emergency transportation for women & women with children who have experienced intimate partner violence.

## HOME IMPROVEMENT

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

## HOME OWNERSHIP

Agency	Contact	Spanish	Notes
Homebuyers Assistance (City of Eugene)	<b>541-682-5446</b>		Down-payment assistance for qualifying families who can secure loan & pay mortgage.
<a href="#">Home Ownership Program</a> (Springfield)	<b>541-726-2358</b>		Up to \$7000 interest-free loan toward down payment for qualified home.
<a href="#">NEDCO</a>	212 Main St, Springfield <b>541-345-7106</b>	Some classes	Free 1 <sup>st</sup> time homebuyer & financial literacy class.

## HOUSING COMPLAINTS

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



# Community Resource Guide

Updated August 2019

## ENERGY ASSISTANCE

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

## FINANCIAL ASSISTANCE

Agency	Contact	Spanish	Notes
DHS-Self Sufficiency	2885 Chad Dr, Eugene <b>541-686-7878</b>	YES	SNAP (food stamps), TANF (Temporary Assistance for Needy Families), ERDC (Employment Related Daycare), Domestic Violence Grant. Must qualify by income.
	2101 W 11th Ave, West Eugene <b>541-686-7722</b>		
	101 30 <sup>th</sup> St. Springfield <b>541-726-3525</b>		
	305 Coop Court, Cottage Grove <b>541-942-9186</b>		
	3180 Highway 101 N, Florence <b>541-997-8251</b>		
<a href="#">HomeMom's Heart</a>	1574 Coburg Rd. #409, Eugene <a href="http://homemomsheart.org">http://homemomsheart.org</a>		Assistance for stay at home moms (appliances, medical, auto, education, etc). See website for eligibility.

## TELEPHONE ASSISTANCE

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

# Community Resource Guide

Updated August 2019

## EMPLOYMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Alternative Work Concepts</a>	<b>541-345-3043</b> <a href="mailto:awc@efn.com">awc@efn.com</a>			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
<a href="#">Centro Latino Americano</a>	<b>541-687-2667</b> 944 W 5 <sup>th</sup> , Eugene	FREE	YES	Employment & resume support.
eDev	<b>541-463-4619</b> 1445 Willamette #1 Eugene	FREE	YES	Assists people starting a business.
<a href="#">Job Connections</a> (Goodwill)	1010 Green Acres, Eugene <b>541-431-3309</b> 102 30th Street, Springfield <b>458-205-8157</b>	FREE	Eugene only	Job search, supported employment, resume help.
<a href="#">Lane Small Business Development Center</a>	101 W 10th Ave, #304, Eugene <b>541-463-6200</b>	Varies	Interpreter Available	Support services for small businesses, including workshops and free business advising.
<a href="#">Lane WorkForce Partnership</a>	<b>541-505-8674</b> 1401 Willamette Street	FREE	YES	Skill assessment, job search, on the job training
<a href="#">Northwest Youth Corps</a>	<b>541-349-5055</b> 2621 Augusta Street, Eugene	See notes	Some programs	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
<a href="#">Pearl Buck Center</a>	<b>541-780-6404</b> 115 W 8 <sup>th</sup> Ave, #280, Eugene	FREE	NO	Support finding housing / employment for adults with developmental disabilities
<a href="#">Quality Care Connections</a>	<b>541-463-3954</b> Lane Community College campus 4000 E 30 <sup>th</sup> Bldg. 24, Eugene	Class prices vary from free to \$60	YES	Training / business assistance for childcare providers
<a href="#">Re-entry Resource Center at Sponsors</a>	<b>541-505-5690</b> 338 Hwy 99 N, Eugene	FREE	Some classes	Resume, interviews, jobs search, clothes <b>for those who have been incarcerated</b>
<a href="#">St. Vincent de Paul</a>	<b>541-607-0439</b> 456 Hwy 99, Eugene	FREE		Career counseling, resume help, interviewing tips.
<a href="#">Supported Employment Services</a>	<b>541-687-0687</b> 711 Country Club Rd, #1-A, Eugene	FREE	No	Job placement, coaching, supported employment for adults with disabilities. Referrals must come from Vocational Rehabilitation.
<a href="#">Vocational Rehabilitation</a> (DHS-Self Sufficiency)	2885 Chad Dr, Eugene <b>541-684-2450</b> 101 30 <sup>th</sup> Ave, Springfield <b>541-726-3525</b>	FREE	YES	Training / job placement for adults with disabilities.
<a href="#">WorkSource Oregon</a>	2510 Oakmont Wy, Eugene <b>541-686-7601</b>	FREE	YES	Resume, interviewing, job search center with internet.

## BUDGETING & MONEY MANAGEMENT

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

## WORKER'S COMPENSATION

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

## ADULT EDUCATION

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## OTHER RESOURCE GUIDES

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

Agency	Notes
<a href="#">AbleFind</a>	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. <a href="http://www.ablefind.org">www.ablefind.org</a>
<a href="#">Aunt Bertha</a>	Online searchable database of local and national resources. <a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a>
<a href="#">LANE 211</a>	Referrals to over 50,000 programs in Oregon. Online at <a href="http://www.211info.org">www.211info.org</a> or call / text 211. Phone app available.
<a href="#">LaneKids</a>	Calendar of local events for children in Lane County. <a href="http://www.lanekids.org/events/">www.lanekids.org/events/</a>
<a href="#">Parenting Now Resource Guide</a>	<b>Resources for families.</b> Online: <a href="https://resources.parentingnow.org/">https://resources.parentingnow.org/</a> Printable in English & Spanish: <a href="https://parentingnow.org/resources-for-families/">https://parentingnow.org/resources-for-families/</a>
<a href="#">The HELP Book (Whitebird Clinic)</a>	Over 700 <b>human service resources</b> in Lane County. Order at: <a href="https://whitebirdclinic.org/helpbook">https://whitebirdclinic.org/helpbook</a>
<a href="#">The Lane Senior Guide</a>	Comprehensive online directory of services for <b>seniors</b> , including health-care providers, residential & assisted-living communities, community & government services, treatment centers & more. <a href="http://www.laneseniorservices.org/">www.laneseniorservices.org/</a>

## RURAL LANE COUNTY

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

### COTTAGE GROVE and CRESWELL SERVICES

Agency	Contact	Notes
A Primary Connection / South Lane Family Resource Center	1310 S. 8th St (Corner of 8th & Taylor) <b>541-942-4967</b>	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays 8:30am - 4:30pm.
Alcoholics Anonymous (Cottage Grove / Creswell)	<b>541-342-4113</b>	Confidential 12-step programs for people experiencing addiction to alcohol. Call for list of meetings & events.
Community Meal Sites	<b>Trinity Lutheran Church</b> 675 S. 7th St. Tuesdays & Thursdays at 5:00 pm <b>Church of the Nazarene</b> 152 S. M St. Wednesdays at 6:00 pm	
<a href="#">Community Sharing Program of Cottage Grove</a>	<b>541-942-7933</b> 1440 Birch Ave. Cottage Grove <a href="https://communitysharing.org">https://communitysharing.org</a>	Help to avoid eviction / foreclosure / rental entry costs. Firewood, food, utility & prescription assistance, showers, laundry, propane.
Cottage Grove Community Center	<b>541-942-1185</b> 700 E. Gibbs Ave, Cottage Grove	Yoga, aquatic exercise, therapy pool.
Cottage Grove Counseling Clinic	<b>541-942-8060</b> 411 Washington St., Cottage Grove	Children, adolescents, adults. Medicare.
Cottage Grove Library	<b>541-942-3828</b> 700 E. Gibbs Avenue, Cottage Grove	
Cottage Grove Recreation	<b>541-942-3079</b> 8th St. & Taylor, Cottage Grove	Kid's Sports, Adult Softball
Cottage Grove Senior Center	<b>541-942-8751</b> 700 E. Gibbs Ave, Cottage Grove	Recreational activities, classes, blood pressure checks, exercise, hearing tests, foot care
Creswell YMCA	<b>541-686-9622</b> 996 W. A Street, Creswell	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services	<b>541-942-9186</b> 305 Coop Court, Cottage Grove	
Diabetic Education Classes	<b>541-942-6612</b> 1515 Village Drive, Cottage Grove	
<a href="#">Family Relief Nursery</a>	720 N. 14th Street, Cottage Grove <b>541-942-4835</b>	Therapeutic early childhood program, home visiting, parenting support, developmental screenings, respite, parenting classes for qualifying families with children age 2-6.
Meals on Wheels	<b>541-682-7804</b>	Meals delivered to people who are homebound.
Parent Partnership	1310 S. 8th St., Cottage Grove <b>541-942-2104</b>	
Senior Nutrition Sites	Riverview Terrace, 925 W. Main, Cottage Grove <b>541-942-9261</b>	
<a href="#">South Lane Mental Health</a>	410 N. 9th St., Cottage Grove <b>541-942-2850</b>	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, recovery program for ages 14 and up. Oregon Health Plan.
Warren H. Daugherty Aquatic Center	1000 Taylor Ave., Cottage Grove <b>541-942-5533</b>	
Weight Watchers	Church of the Nazarene 152 S. M St., Cottage Grove <b>541-342-5386</b>	
<a href="#">Womenspace</a>	<b>541-485-8232</b>	Shelter, safety plan, legal support, emergency transportation and support groups for women and women with children who have experienced intimate partner violence.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).  
JC-8/23/2019

# Community Resource Guide

Updated August 2019

## FLORENCE & WESTERN LANE COUNTY SERVICES

Agency	Contact	Fees	Notes
Alanon / Alateen	Confidential, free 12-step support for families / friends of people experiencing addiction to alcohol. Check website for meeting times. <a href="https://alanonlaneor.us/find-a-meeting/">https://alanonlaneor.us/find-a-meeting/</a>		
<a href="#">Alcoholics Anonymous</a>	<b>Hotline: 541-469-2440</b>	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up to date list of meetings & events.	
<a href="#">Beacon of Hope Recovery Center</a>	88896 Hwy 101, Florence <b>541-997-5697</b>	FREE	Location for a wide variety of 12-step recovery meetings. See website for calendar: <a href="https://beaconofhopealanoclub.com/">https://beaconofhopealanoclub.com/</a>
Boys & Girls Club	<b>541-902-0304</b> 1501 Airport Rd., Florence	Varies. Scholarships.	Tutoring, sports. During the school year, a hot meal is served each day. During the summer, two hot meals & snacks are served.
DHS Self Sufficiency Program	<b>541-997-8251</b> 3180 Hwy 101 N, Florence	FREE	Food benefits (SNAP), financial assistance for families (TANF), childcare assistance, refugee services.
<a href="#">Early Childhood CARES</a>	<b>541-997-1513</b> 2325 Oak St, Florence	Free early intervention services for children birth to school age. Preschool, autism, speech, hearing, vision, occupational/physical therapy, home consultations.	
<a href="#">Emergence</a>	<b>541-997-8509</b> 1932 Pine St, Florence	OHP, sliding scale	Counseling for chemical dependency / gambling for adolescents & teens, family dynamics.
<a href="#">Florence Area Community Coalition</a>	<b>541-999-2927</b>	Online resource directory at: <a href="http://www.florenceareacc.org/service_directory.aspx">www.florenceareacc.org/service_directory.aspx</a>	
<a href="#">Florence Emergency Cold Weather Shelter</a>	Shelter is open when wind-chill is 32 deg or lower. Separate areas for men & women. Crates for pets out of the rain. <b>FREE</b> <a href="http://www.coldshelter.org/">www.coldshelter.org/</a>		
Florence United Methodist Church	<b>541-997-6025</b> 333 Kingwood Street, Florence	FREE	Lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
Focus 4 Crisis Line	<b>541-997-4444</b>	FREE	
Head Start, West Lane County	<b>541-997-9176</b> 2325 Oak St, Florence	FREE	Home visiting, parenting support, preschool, screening for vision & hearing. Breakfast & lunch for children. Interpreter available.
Helping Hands Coalition	<b>541-997-5057</b> 1790 US-101, Florence	FREE	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance.
Mina Dickson, Counseling Services	<b>541-999-6809</b> 1535 12th Street, Suite 4 A, Florence	Sliding scale, insurance	Child, individual, family therapy. Energy psychology; chronic pain & disease; Art therapy; Crime Victims Assistance.
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. <b>FREE</b> <a href="mailto:MinisterEventServices@gmail.com">MinisterEventServices@gmail.com</a>		
NAMI (National Alliance on Mental Illness)	<b>541-343-7688</b> 888 Western Way, Florence	FREE	Classes & support groups for people living with a mental health condition & for their families.
<a href="#">Oregon Family Support Network</a>	<b>541-901-1175</b> Email: <a href="mailto:jodiep@ofsn.net">jodiep@ofsn.net</a>	FREE	Support for caregivers raising a child with mental health challenges. Support group, IEP support, referrals, trainings.
Options Counseling & Family Services	<b>541-997-6261</b> 1445 8th St, Florence	Fees vary	Family / individual counseling for adults & children. OHP, private pay, some insurance.
Peace Harbor Medical Center  400 Ninth St, Florence <b>541-997-8412</b>	Counseling Services - 541-902-6085		Diabetes Wellness Clinic - 541-997-1295
	Emergency Services - 541-997-8412		Orthopedic & Sports Medicine - 541-997-7104
	Home Health and Hospice - 541-997-3418		Walk-In Clinic - 541-997-7134
	Imaging Center - 541-997-2804		Women's Health - 541-902-1634
	Rehabilitation and Wellness Center - 541-902-1669		Childbirth & Newborn Care Class 541-897-9048
PFLAG (Parents & Friends of Lesbians & Gays)	<b>541-991-8550</b> <a href="mailto:pflagflo@gmail.com">pflagflo@gmail.com</a>	FREE	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
<a href="#">Pregnancy &amp; Parenting Center</a>	<b>541-902-2273</b> 1525 12th Street, Suite G, Florence	Parenting, pre-natal, & birth education, free pregnancy tests, pregnancy options info, teen pregnancy support, family mentoring, peer counseling. Tues & Thurs 11am-4pm. Parent-Child Playgroup every Wednesday, 9:30-11am (0-5 years old).	
<a href="#">Reconnections Counseling</a>	<b>541-997-1697</b> 1720 34th St, Florence	Sliding scale, insurance	Addictions & mental health counseling within a private setting focusing on client's needs.
Siuslaw Batterers Intervention Program	<b>541-335-1457</b> 1525 12th St, Suite 20, Florence	52-week batterers intervention program & a 12-week anger management program for both males & females.	
<a href="#">Siuslaw Outreach Services</a>	<b>541-997-2816</b> office <b>541-997-4444</b> hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance. Self-sufficiency education.	
<a href="#">Siuslaw Public Library</a>	<b>541-997-3132</b> 1460 9th St, Florence	Story times & activities for children. Computer lab. Library cards are free for residents, \$15 nonresidents	
	<b>541-268-4033</b> 88148 Riverview Ave, Mapleton		
Well Mama Support Group	<b>541-999-4880</b> Women's Clinic 340 9th St., Florence	Open to all families, partners and support persons who feel overwhelmed or are experiencing depression & anxiety. 2nd & 4th Tues each month, 6-7:30pm. Free.	

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## OAKRIDGE & WESTFIR SERVICES

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

## OAKRIDGE & WESTFIR SCHOOLS

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

## OAKRIDGE & WESTFIR CHURCHES

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).

# Community Resource Guide

Updated August 2019

## VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance	<b>541-935-0948</b> 25035 W Broadway Ave, Veneta	Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
Fern Ridge Library	<b>541-935-7512</b> 88026 Territorial Rd., Veneta	Open Tuesday - Thursday 10-8 / Friday 10-6 / Saturday 10-5
Fern Ridge Family Resource Center	<b>541-935-8225 ext. 418</b> Veneta Elementary School 88131 Territorial Road, Veneta	Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center	<b>541-935-2262</b> 25035 W Broadway Ave, Veneta	Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, <b>60 &amp; over</b> . Lunch served weekdays.
Love Project Food Pantry & Gleaners	<b>541-935-4555 x104</b> 25035 W Broadway Ave, Veneta	Open Mon-Wed-Fri 10-11:30am & 12:30-2pm, and Wednesday evenings from 6-7:30.
<a href="https://midlanecares.com/">Mid Lane Cares</a>	<b>541-935-0948</b> 25035 W Broadway Ave, Veneta	<a href="https://midlanecares.com/">https://midlanecares.com/</a>
Olivet Baptist Church Lillie's of the Field	<b>541-935-1988</b> 25027 Dunham Ave, Veneta	Provides family clothing & housewares for those in Fern Ridge Area, Tu/Th 2:00-4pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	<b>541-556-4923</b> Valley United Methodist Church in Veneta and Olivet Baptist Church in May & Nov (see notes)	Free medical clinic on the 2 <sup>nd</sup> Sunday of each month at the Valley United Methodist Church in Veneta. The 2 <sup>nd</sup> Saturday in May & November we hold Project Community Connect at Veneta's Olivet Baptist Church, with free medical, dental, foot care, blood pressure checks, childcare & representatives of various health services.
S.A.N.T.A. (Sharing Among Neighbors Toy Appeal)	Veneta Elementary 88131 Territorial Rd, Veneta	Winter holiday gift giving: children receive a new coat, 2 books, & 2 new toys selected by their parents. Last Saturday before Christmas. First come first served. Bring proof of residency in the Fern Ridge area & proof of each child's age.
Silver Tree	<b>541-935-4141</b>	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund	<b>541-935-0948</b>	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

## VENETA, ELMIRA & FERN RIDGE SCHOOLS

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

## PLEASANT HILL SERVICES

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

## PLEASANT HILL SCHOOLS

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

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessiec@ofsn.net](mailto:jessiec@ofsn.net).  
JC-8/23/2019