



Updated February 2023

# Relief Nursery

## Community Resource Guide

Relief Nursery does not endorse or recommend particular providers or services listed in this guide.

### MENTAL HEALTH

[Crisis Support & Suicide Prevention](#) ..... 3  
[Child & Youth Mental Health](#) ..... 4-5  
[Adult Mental Health](#) ..... 6-7  
[Anger Management Services](#) ..... 7  
[Grief Support](#) ..... 8

### DISABILITY

[Children & Youth with Disabilities](#) ..... 9  
[Adults with Disabilities](#) ..... 10-11  
[Deaf and Hard of Hearing](#) ..... 12  
[Blindness and Vision Impairment](#) ..... 12

### PARENTING

[Parenting Education & Support](#) ..... 13-14  
[Prenatal / Postpartum Support](#) ..... 15  
[Diaper Assistance](#) ..... 16  
[Family Planning & Pregnancy Options](#) ..... 16  
[Foster Parent & Adoption Support](#) ..... 16

### EDUCATION

[School Districts in Lane County](#) ..... 17  
[Educational Advocacy](#) ..... 17  
[Homeschooling](#) ..... 18  
[Alternative Education](#) ..... 19  
[Youth Transition Programs](#) ..... 20  
[Early Education & Childcare](#) ..... 21  
[Training for Early Educators](#) ..... 22  
[Activities for Children](#) ..... 23-25  
[Nature, Outdoor Rec, Gardening](#) ..... 26

### SPECIFIC IDENTITIES

[Senior & Aging Services](#) ..... 27-28  
[Service Members, Veterans, Families](#) ..... 29  
[LGBTQIA+](#) ..... 30  
[Native American & Indigenous](#) ..... 31-32  
[Asian American / Pacific Islander](#) ..... 32  
[Jewish Resources](#) ..... 32  
[Black/African American](#) ..... 33  
[Black Owned Businesses](#) ..... 33  
[Equity and Social Justice](#) ..... 34  
[Latino / Hispanic Resources](#) ..... 35  
[English as a Second Language](#) ..... 35  
[Immigration & Migrant Services](#) ..... 36

### LEGAL

[Legal Support](#) ..... 36  
[Voter Registration](#) ..... 37  
[Victims of Crime](#) ..... 37  
[Mediation Services](#) ..... 37

### INTERPERSONAL VIOLENCE

[Domestic Violence & Sexual Assault](#) ..... 38  
[Batterer & Sex Offender Intervention](#) ..... 39  
[Child Abuse & Neglect](#) ..... 39

### FOOD

[Food Boxes & Pantries Eugene](#) ..... 40  
[Food Boxes & Pantries Springfield](#) ..... 40  
[Food Boxes & Pantries Rural Lane](#) ..... 40  
[Meal Sites](#) ..... 41  
[Meals for Seniors](#) ..... 41  
[Nutrition Resources](#) ..... 41

### BASIC NEEDS

[Clothing Assistance](#) ..... 42  
[Laundry Assistance](#) ..... 42  
[Car Seat Clinic](#) ..... 42  
[Transportation Assistance](#) ..... 42  
[Basic Needs](#) ..... 43  
[Low Cost Pet Services](#) ..... 43  
[I.D. & Birth Certificate Assistance](#) ..... 44

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

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

## Relief Nursery

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

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



# Community Resource Guide

Updated January 2023

## PHYSICAL HEALTH

<u>Medical Services</u> .....	45
<u>Vision Care</u> .....	46
<u>Dental Services</u> .....	46
<u>Prescription Assistance</u> .....	46

## ADDICTION AND RECOVERY

<u>Smoking Cessation</u> .....	46
<u>Gambling Addiction Treatment</u> .....	46
<u>Addiction Recovery Support</u> .....	47
<u>Needle Exchange</u> .....	48
<u>Recovery Houses</u> .....	49
<u>Halfway Houses</u> .....	49

## HOUSING

<u>Housing Assistance</u> .....	50
<u>Housing Complaints</u> .....	50
<u>Home Repairs &amp; Improvement</u> .....	50
<u>Day Centers &amp; Emergency Shelters</u> .....	51
<u>Homeless Prevention / Advocacy</u> .....	51
<u>Home Ownership</u> .....	51

## UTILITIES

<u>Financial Assistance</u> .....	51
<u>Telephone Assistance</u> .....	52
<u>Energy Assistance</u> .....	52

## EMPLOYMENT

<u>Budgeting &amp; Money Management</u> .....	52
<u>Employment Services</u> .....	53
<u>Worker's Compensation</u> .....	53
<u>Adult Education</u> .....	53

## RURAL COMMUNITIES

<u>South Lane</u> .....	54-55
<u>Florence &amp; Western Lane County</u> .....	56
<u>Oakridge &amp; Westfir</u> .....	57
<u>Pleasant Hill</u> .....	58
<u>Veneta, Elmira &amp; Fern Ridge</u> .....	58
<u>Junction City</u> .....	59
<u>Mapleton</u> .....	59
<u>Marcola</u> .....	60

## OTHER RESOURCE GUIDES

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

### AbleFind

Online searchable database for disability services in Oregon, including housing, health, recreation, safety, employment, education, social security, legal, finances & more.

[www.ablefind.org](http://www.ablefind.org)

### Parenting Now Resource Guide

Link to a printable pdf or check out the searchable online directory of programs, services, and assistance available to families in Lane County at

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

### The HELP Book

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

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

### South Lane County Resource Guide

Available in print format at the Community Center and online at

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

### The Lane Senior Guide

Comprehensive directory of services for seniors, including health-care, assisted-living, community services, treatment centers & more.

[www.laneseniorservices.org/](http://www.laneseniorservices.org/)

### Transponder Resource Directory

Trans & gender diverse friendly resources including mental health, medical/surgical, bodywork, faith centers, and more.

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

**211** - Referrals to over 50,000 programs in Oregon. Call / text 211, visit the website, or download the app. [www.211info.org](http://www.211info.org)



# Community Resource Guide

Updated January 2023

## CRISIS SUPPORT SERVICES and SUICIDE PREVENTION

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

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

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



**The National Suicide Prevention Hotline has a new number!**

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

<https://suicidepreventionlifeline.org/>

Agency	Contact	Notes
<a href="#">CAHOOTS</a>	<b>541-682-5111</b> Eugene Crisis Line	Crisis Assistance Helping Out on the Streets. EMT staffed crisis response and transportation to social services for people experiencing a mental health crisis. Not for violent or life-threatening emergencies.
	<b>541-726-3714</b> Springfield Crisis Line	
<a href="#">Child / Adolescent Mental Health Crisis Line</a> (The Child Center)	<b>888-989-9990</b> Crisis Line	Support for caregivers of youth (up to age 17) experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist over the phone and, if necessary, send a 2-person response team to the home.
<a href="#">Confederated Tribes of Siletz Indians – CARE Program</a>	<b>541-994-5959</b> (24-hour Hotline) <b>541-444-9680</b> (office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.
<a href="#">Looking Glass Youth &amp; Family Crisis Line</a>	<b>541-689-3111</b> Crisis Line	For parents of children up to 18 when their child is having an immediate mental health, emotional, or behavioral crisis.
<a href="#">White Bird Clinic Crisis Services</a>	<b>541-687-4000</b> Crisis Line 990 W 7 <sup>th</sup> Ave, Eugene	24/7 crisis line and walk-in crisis intervention for people with mental health-related disabilities.
<a href="#">The Trevor Project Lifeline</a>	<b>1-866-4-U-Trevor</b> or <b>Text START to 678-678</b>	24/7 lifeline for LGBTQ youth age 24 and under who are in crisis, feeling suicidal, or in need of a safe, judgment-free place to talk. Online chat at <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
<a href="#">Crisis Text Line</a>	<b>741-741</b> (text “CONNECT”)	24/7 text-based crisis support
<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 &amp; Mental Health Promotion</a>	<b>541-682-8731</b> <a href="mailto:Roger.Brubaker@lanecountyor.gov">Roger.Brubaker@lanecountyor.gov</a>	Coordinates Lane County’s suicide prevention and postvention efforts. Call or email for information & opportunities to get involved.
<a href="#">Florence Mobile Crisis Response Team</a>	<b>541-997-3212</b> <a href="mailto:cst@wlfea.org">cst@wlfea.org</a> 2625 Highway 101, Florence	Support for community members faced with unexpected traumatic situations and/or mental health crises.
<a href="#">One Thing You Can Do</a>	<a href="https://onethingtodo.org">https://onethingtodo.org</a>	Info about Extreme Risk Protection Orders that temporarily restrict a person’s access to guns if they present a risk to themselves or others.
<a href="#">Oregon Alliance to Prevent Suicide</a>	<b>877-968-8491</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 to reduce youth suicides across the state.
<a href="#">Veterans Crisis Hotline</a>	<b>1-800-273-8255, Press #1</b> or Text: <b>838255</b>	Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, their family members & friends.

<a href="#">Lines for Life</a> Free, confidential, & anonymous support	<a href="#">RACIAL EQUITY SUPPORT LINE</a> <b>503-575-3764</b> (Mon-Fri, 10am-7pm)	<a href="#">BEHAVIORAL HEALTH SUPPORT LINE</a> <b>800-923-4357</b> (24/7/365)	<a href="#">YOUTHLINE</a> <b>877-968-8491</b> Text teen2teen to 839863 Chat: <a href="http://www.oregonyouthline.org">www.oregonyouthline.org</a>	<a href="#">SENIOR LONELINESS LINE</a> <b>503-200-1633</b>	<a href="#">MILITARY HELPLINE</a> <b>888-457-4838</b> Text MIL1 to 839863 Monday-Friday, 2-6pm	<a href="#">ALCOHOL &amp; DRUG HELPLINE</a> <b>800-923-4357</b> Text RecoveryNow to 839863 Mon-Friday, 2-6pm
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Updated January 2023

## CHILD & YOUTH MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">4J Health Center</a> Churchill High School	1850 Bailey Hill, Eugene <b>541-790-5227</b>	OHP / FREE	Translator available	Counseling for depression, anxiety, anger, attention and focusing challenges, family stress, and referrals for substance abuse. For 4J students 19 and under.
<a href="#">4J Health Center</a> North Eugene High	200 Silver Lane, Eugene <b>541-790-4445</b>			
<a href="#">Bethel Health Center</a>	1525 Echo Hollow Rd, #A, Eugene <b>541-607-1430</b>	OHP, private insurance, sliding scale	NO	Comprehensive health and mental health services for students of Bethel School District age 1-19.
<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, and play therapy, neurofeedback, DV intervention. Parenting After Crisis 15-week class.
<a href="#">Center for Family Development</a>	1258 High St. Eugene <b>541-342-4189</b>	OHP, private insurance, sliding scale	YES	Walk-in assessments, 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>	OHP, most insurance		Communication, social, adaptive & behavioral management skills.
<a href="#">Centro Latino Americano</a>	944 W 5th Ave, Eugene <b>541-687-2667</b>	\$15-25 sliding scale / OHP	YES	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
<a href="#">Child &amp; Family Center</a>	1600 Millrace Dr # 106, Eugene <b>541-346-4910</b>	Sliding scale	NO	Family assessment, counseling, parenting support for families with children ages 2-17.
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP	NO	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving.
<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 (The Child Center)	<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). Crisis responders assist by phone and, if needed, send a 2-person response team to the home.
<a href="#">Community Health Centers</a>	Call for locations <b>541-682-3550</b>	OHP / sliding scale	Yes	Behavioral health services, medical care, immunizations. Call for hours.
<a href="#">Direction Service</a>	576 Olive St, #307, Eugene <b>541-344-7303</b>	OHP / private insurance	Some services	A full range of mental health services for children, adolescents, families and adults.
<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>	\$5 suggested donation. Free for families involved with DHS	No	Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy, and psychoeducation. For youth ages 2-24 and families.
<a href="#">Eugene Therapy</a>	401 East 10th Avenue, # 330, Eugene <b>541-868-2004</b> <a href="mailto:info@eugenetherapy.com">info@eugenetherapy.com</a>	Sliding scale, private insurance		Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
<a href="#">Fostering Strides</a>	31830 Nichols Ln, Cottage Grove <b>541-999-5428</b>	Sliding Scale, scholarship	No Spanish ASL available	Traditional and distance counseling, equine-assisted therapies, art therapy, play therapy.
<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. 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.

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

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## CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">Madrone Mental Health</a>	150 Shelton McMurfhey Blvd, Eugene <b>541-210-8090</b>	Trillium / OHP IHN/Samaritan Pacific Source	Yes	Intensive Outpatient Eating Disorder Program for ages 12-18. Outpatient mental health services. Adult day treatment eating disorder program.
<a href="#">Monte Nido Eating Disorder Center</a>	<b>888-826-2320</b>	Private insurance		Day treatment services for adults and adolescents of all genders, evening intensive outpatient program.
<a href="#">Ophelia's Place</a>	1577 Pearl St. #100, Eugene <b>541-284-4333</b>	FREE / sliding scale	Yes	Skill-building classes, strength-based therapy services for girls ages 10-18. After school drop in.
<a href="#">Options Counseling</a>	1255 Pearl, Eugene <b>541-687-6983</b>	OHP, some private insurance	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>			
	1445 8th Street, Florence <b>541-997-6261</b>			
<a href="#">Oregon Community Programs</a>	1170 Pearl St, Eugene <b>541-743-4340</b>	OHP / Trillium	Yes	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE	Yes	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges.
<a href="#">Oregon Healing Collective</a>	<a href="mailto:info@oregonhealingcollective.com">info@oregonhealingcollective.com</a> <b>541-968-4325</b>	No insurance. \$90 / session Sliding scale	Yes	Strengths-based, trauma informed, social justice focused individual and relational therapy services for children age 3 and up as well as adults.
<a href="#">Oregon YouthLine</a>	<b>877-968-8491</b> Text 'teen2teen' to 839863 <a href="mailto:YouthL@Linesforlife.org">YouthL@Linesforlife.org</a>	FREE		Free, confidential teen-to-teen crisis and help line.
<a href="#">Rapid Access Center (Willamette Family)</a>	195 W. 12th, Eugene <b>541-762-4300</b>	OHP, private insurance, sliding scale	No	Walk-in medical & behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults & teens.
<a href="#">Relief Nursery</a>	1720 W. 25th Ave, Eugene <b>541-343-9706</b>	OHP	Yes	Therapeutic preschool. Mental health assessments, play therapy, family therapy, individual and group skills development, in-home therapeutic services, parent-child attachment therapy. Circle of Security.
	850 S. 42nd, Springfield <b>541-343-9706</b>			
<a href="#">Shangri-La</a>	398 High St, Eugene <b>541-344-1121</b>	OHP	Interpreter	Therapy, medication management, hypnotherapy, case management, peer support, groups. Age 14+
<a href="#">Safe Center</a>	89124 Marcola Rd, Springfield <b>541-741-7402</b>	FREE		Residential treatment for ages 3-13. A typical stay lasts 3-90 days but can last longer if appropriate.
<a href="#">Springfield Schools Health Center</a>	1050 10th St., Springfield <b>541-682-3550</b>	Sliding scale / Free		Health and mental health services for Springfield District students and their families.
<a href="#">SWIFT Program (Students with Involved Families &amp; Teachers)</a>	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b> <a href="mailto:swift@oslc.org">swift@oslc.org</a>	OHP	No	Strength-based behavioral health services for 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	Trillium staff can assist members in finding mental health counseling or treatment services and help coordinate care. For Trillium members.
<a href="#">Thrive Behavioral Health</a>	995 Willagillespie Rd, #200, Eugene <b>541-246-7263</b>	Most ins. No Trillium for psychiatrist	No	Treatment for children & adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
<a href="#">Vista Counseling</a>	1551 Pearl St, Eugene Call <b>541-517-9733</b> Text <b>541-525-0023</b> <a href="mailto:welcome@vistapsych.com">welcome@vistapsych.com</a>	Private insurance and cash pay	No	Therapy for children, teens, adults, families, and couples. Anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and comprehensive ADHD evaluations.
<a href="#">Young Adult Hub</a>	1200 Hilyard St, #570, Eugene <b>541-682-7583</b>	OHP, private insurance, no insurance	Yes	Education, job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
<a href="#">Youth ERA Eugene Drop</a>	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.

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# Community Resource Guide

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## ADULT MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Bushnell University Counseling</a>	755 E 11th Ave, Eugene 541-349-7471	\$10 / session, Free for students		Counseling sessions with graduate level counseling students supervised by faculty. For adults 18+.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Individual, couples, neurofeedback, play therapy, DV intervention. Parenting After Crisis class.
<a href="#">CAHOOTS - Crisis Assistance Helping Out on the Streets</a>	Eugene 541-682-5111	FREE	Yes	EMT staffed crisis response & transportation to social services (not violent or life-threatening emergencies).
	Springfield 541-726-3714			
<a href="#">Center for Autism &amp; Related Disorders</a>	134 E 13th Ave #2B, Eugene 541-505-9398	OHP, other insurance		Communication, social, and adaptive therapies for children and adults.
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene 541-344-0620	\$5-40 sliding scale	No	Counseling, support groups, classes. Check website or call for details about current classes
<a href="#">Center for Family Development</a>	1258 High St. Eugene 541-342-4189	Sliding scale, OHP, other ins	Yes	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene 541-687-2667	\$10-25 sliding scale, OHP	Yes	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation.
<a href="#">Community Health Centers of Lane County</a>	Call for locations 541-682-3550	OHP, Low cost, FREE	Yes	Behavioral health services, medical care, immunizations. Call for hours.
<a href="#">David Romprey Oregon Warmline</a>	800-698-2392 Warm Line Not a crisis line	FREE		Peer Support Warm Line: people who have had mental health challenges support others who are struggling. 7 days a week, 9am – 11pm.
<a href="#">Depression Bipolar Support Alliance</a>	510-757-9522 <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 541-344-7303	OHP / private insurance	No	A full range of mental health services for children, adolescents, families, and adults.
<a href="#">Embody Play Therapeutics</a>	541-852-2799 <a href="mailto:leticia@leticia-garcia.com">leticia@leticia-garcia.com</a>	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
<a href="#">Eugene Therapy</a>	401 East 10th Ave, #330, Eugene 541-868-2004 <a href="mailto:info@eugenetherapy.com">info@eugenetherapy.com</a>	Private Insurance / sliding scale		Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
<a href="#">Fostering Strides</a>	31830 Nichols Ln, Cottage Grove 541-999-5428	Sliding scale, scholarship	No Spanish ASL available	Traditional and distance counseling, equine-assisted therapies, art and play therapy for children, teens, and adults.
<a href="#">HEDCO Clinic University of Oregon</a>	1655 Alder St., Suite 170, Eugene 541-346-0923	Sliding scale	Yes	Individual, couples & family therapy by supervised graduate students. Day, evening and weekend hours.
<a href="#">HIV Alliance (Alliance for Community Wellness)</a>	1195 City View Street Eugene 541-556-1409	OHP, sliding scale		Mental health counseling services for families and individuals. Before referring clients, please make sure there are spots available. Refer clients for intake process to Jordan Chin (manager).
<a href="#">Hourglass Community Crisis Center</a>	71 Centennial Loop, Eugene 541-505-8426	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 541-682-3608	OHP	Yes	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.

**See next page for more Adult Mental Health Services**

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## ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">Laurel Hill Center</a>	2145 Centennial Plaza, Eugene <b>541-485-6340</b>	OHP, Trillium, Medicaid	Yes	Supported housing and counseling services for people with psychiatric disabilities.
<a href="#">Madrone Mental Health</a>	150 Shelton McMurfhey Blvd, Eugene <b>541-210-8090</b>	OHP / private insurance	Yes	Outpatient mental health services. Adult day treatment eating disorder program.
<a href="#">Monte Nido Eating Disorder Center of Eugene</a>	<b>888-826-2320</b>	Private insurance		Day treatment services for adults and adolescents of all genders, evening intensive outpatient program.
<a href="#">NAMI Lane County</a>	129 9th St, Springfield <b>541-343-7688</b> <b>HELPLINE: 1-800-273-8255</b>	FREE	Yes	Peer support for adults living with mental illness and their families. Monday-Thursday 10am-2pm. Check <a href="https://namilane.org/programs/">https://namilane.org/programs/</a> for current groups.
<a href="#">Odyssey Community Counseling (Emergence)</a>	2149 Centennial Plaza, #4, Eugene <b>541-741-7107</b>	OHP, Private Ins., no Medicare	Yes	Individual / group counseling. DBT, CBT, EMDR, ACT. Problem gambling and smoking cessation services.
<a href="#">Options Counseling</a>	1255 Pearl, Eugene <b>541-687-6983</b> 175 W. B, Bldg D, Spfld <b>541-762-1971</b>	OHP	Yes	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
<a href="#">Oregon Healing Collective</a>	<b>541-968-4325</b> <a href="mailto:info@oregonhealingcollective.com">info@oregonhealingcollective.com</a>	No insurance. \$90 / session Sliding scale	Yes	Strength-based, trauma informed, social justice focused individual and relational therapy services. Children ages 3+ and adults.
<a href="#">Shangri-La</a>	398 High St, Eugene <b>541-344-1121</b>	OHP	With interpreter	Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+
<a href="#">Shine Counseling</a>	<b>541-357-7650</b> <a href="mailto:info@edifytherapy.com">info@edifytherapy.com</a>	Sliding Scale		Individual, couples and family counseling for trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.
<a href="#">Trauma Healing Project</a>	631 E 19 <sup>th</sup> Ave, Building B, Eugene <b>541-687-9447</b> <a href="mailto:info@healingattention.org">info@healingattention.org</a>	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	Low-cost, individual therapy, marriage and couples counseling, and DBT skills groups. For adults, children, and adolescents as well as UO faculty, staff, and students.
<a href="#">Vista Counseling</a>	1551 Pearl St, Eugene Call <b>541-517-9733</b> Text <b>541-525-0023</b> <a href="mailto:welcome@vistapsych.com">welcome@vistapsych.com</a>	private insurance and cash pay	No	Therapy for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. ADHD evaluations. For children, teens, adults, families, and couples
<a href="#">White Bird Clinic</a>	990 W 7 <sup>th</sup> Ave, Eugene <b>541-342-8255</b> Office <b>541-687-4000</b> Crisis Line	OHP	Yes	Individual, couples & family counseling. Phone and walk-in crisis intervention.
<a href="#">Rapid Access Center (Willamette Family)</a>	195 W. 12th, Eugene <b>541-762-4300</b>	Sliding scale, OHP, other ins	No	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8 am.-6 p.m.
<a href="#">Willamette Valley Counseling</a>	180 W 12th Ave, Eugene <b>541-636-0885</b>	Sliding scale		Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

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# Community Resource Guide

Updated January 2023

## 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>	No insurance. \$5-40 sliding scale	No	Counseling, support groups, classes. Anger management class for parents. Check website or call for current classes.
<a href="#">South Lane Mental Health</a>	Cottage Grove <b>541-767-4173</b>	OHP / sliding scale	No	For clients of SLMH. Ongoing weekly anger management classes.

## GRIEF SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Cascade Hospice Bereavement</a>	2650 Suzanne Way #200, Eugene <b>541-228-3050</b> <a href="mailto:kbrassington@cascadehealth.org">kbrassington@cascadehealth.org</a>	FREE	Yes	<u>Individual / Family Counseling</u> for those adjusting to death, loss and grief. <u>Grief Support Groups</u> meet weekly by Zoom for 10 weeks. <u>Resources</u> : Articles on grief and loss mailed to bereaved family members upon request. <u>Lending Library</u> : Books and pamphlets focused on grief and loss.
<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 for children ages 6-17 who have experienced the death of a loved one. Weekly support groups with age-appropriate, arts-based activities. Peer support and education about children's grief for caregivers. Student support groups for in-school settings.
<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 traumatic grief and loss. Play therapy, art therapy, dog therapy, DBT class, psychoeducation. Ages 2-22.
<a href="#">GriefShare</a>	Grief recovery support groups meeting weekly in Eugene. 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>			
<a href="#">MISS Foundation</a>	<b>888-455-6477</b>	FREE	Yes	Online support forums and peer support for parents and grandparents who have lost a child of any age.
<a href="#">Parents of Murdered Children</a>	<b>513-721-5683</b> <a href="mailto:natlpomc@pomc.org">natlpomc@pomc.org</a>	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		Grief counseling, pediatric bereavement services, support groups, and community education.
<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:surviving-suicideloss@afsp.org">surviving-suicideloss@afsp.org</a>	FREE		Peer support for survivors of suicide loss.
<a href="#">WellMama Pregnancy &amp; Infant Loss Support</a>	Call or text <b>SUPPORT</b> to <b>541-525-0495</b> <a href="mailto:info@wellmamaoregon.org">info@wellmamaoregon.org</a>	FREE	Yes	Support for parents who have experienced pregnancy loss or the loss of a child. Pregnancy and Postpartum Depression Support Groups.

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# Community Resource Guide

Updated January 2023

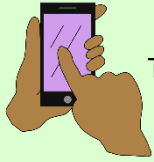
## CHILDREN AND YOUTH WITH DISABILITIES

For school district transition programs, please see page 18

Agency	Contact	Fees	Spanish	Notes
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funding through DD Services	Yes	After school program, events, family support, skill building, in-home respite care for children with intellectual and developmental disabilities, age 2-21.
<a href="#">The Arc Families Connected</a>	4181 E St., Springfield <b>541-343-5256</b>	FREE	Yes	Parent-led organization that helps families raising a child with intellectual / developmental disabilities.
<a href="#">Autism Society of Oregon</a>	<b>541-689-2228</b>	FREE	No	Resource referrals for individuals with autism spectrum disorder & their families.
<a href="#">Bridgeway House</a>	555 E 15 <sup>th</sup> , Eugene <b>541-345-0805</b>	Varies	Yes	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, events, & school.
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP	No	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving.
<a href="#">Child Development &amp; Rehabilitation Center</a>	901 E 18 <sup>th</sup> Ave, Eugene <b>541-346-3575</b>	OHP / private insurance	No	Services for children with special healthcare needs & developmental disabilities. Feeding clinic.
<a href="#">Connect the Dots</a>	84 Centennial Loop, Eugene <b>541-255-2681</b>	OHP / private insurance	No	Speech, physical & occupational therapy. Sensory integration, developmental delays, Autism, ADD.
<a href="#">Creating Opportunities</a>	462 17th St NE, Salem <b>503-559-3674</b>	Free if eligible to hire PSW's	Interpreter Available	Equips people with developmental disabilities or their family or representatives to find and manage Personal Support Workers.
<a href="#">DanceAbility International</a>	576 Olive Street Ste 208, Eugene <b>541-357-4982</b>	Varies		Classes and performances for adults and children with and without disabilities to dance together
<a href="#">Developmental Disabilities Services</a>	2513 MLK Jr Drive, Eugene <b>541-682-6564</b>	FREE	Yes	Case management, in-home support, equipment for children with developmental disabilities.
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	OHP / private insurance	Yes	Support and planning for youth age 0-23 with disabilities and their families. IEP support.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b>	FREE	Yes	Early intervention and early childhood special education services, parent consultation, parent-toddler groups, specialized preschools, consultation, speech, physical and occupational therapy.
<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 age 3-5.
<a href="#">Embody Play Therapeutics</a>	<b>541-852-2799</b> <a href="mailto:leticia@leticia-garcia.com">leticia@leticia-garcia.com</a> <a href="http://www.embodyplaytherapeutics.com">www.embodyplaytherapeutics.com</a>	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
<a href="#">Eugene Adaptive Recreation Hilyard Community Center</a>	2580 Hilyard Street, Eugene <b>541-682-5311</b>	Varies. Scholarships available.		Year-round, community-based recreational, social and educational programs for Eugene area children, teens and adults with disabilities. Adaptive recreation equipment rentals.
<a href="#">FACT Oregon</a>	<b>888-988-3228</b> <a href="mailto:support@factoregon.org">support@factoregon.org</a>	FREE	Yes	Support for families navigating special education, early Intervention, IEP's, Transition to Adulthood.
<a href="#">KindTree: Autism Rocks</a>	<b>541-780-6950</b>	Varies	No	Activities, camp, transition-aged & adult skills training for people experiencing Autism.
<a href="#">Lane County Public Health CaCoon</a>	151 W 7th Ave, Eugene <b>541-682-8720</b>	FREE		Helps families access services to support children that have special health care needs.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	FREE for most services	Yes	Peer support for caregivers raising a child with mental health challenges.
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene <b>541-246-3697</b>	Funded by DD Services	Yes	In-home support for adults and children with disabilities. Group homes. Supported living.



## ADULTS WITH DISABILITIES



### Adult Protective Services (abuse reporting)

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

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

Agency	Contact	Fees	Notes
<a href="#">Allies, LLC</a>	131 E. 11th Ave, Eugene <b>458-210-2837</b>	Paid for by DD Services	Attendant care, transportation, self-expressions program for adults with intellectual / developmental disabilities.
<a href="#">Alternative Work Concepts</a>	<b>541-345-3043</b> <a href="mailto:awc@efn.com">awc@efn.com</a>		Individualized employment opportunities in the community for adults with multiple disabilities.
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Paid for by DD Services	Events, family support. In-home respite for children with intellectual / developmental disabilities, age 2-21. Financial / employment skill building.
<a href="#">Bus Buddy Program (LTD)</a>	1080 Willamette St, Eugene <b>541-345-3043</b>	FREE	Introduction to LTD transit system with assistance of trained volunteers. Gain tools & confidence to travel safely around town.
<a href="#">DanceAbility International</a>	576 Olive Street Ste 208, Eugene <b>541-357-4982</b>	Varies	Dance classes, performances, and more for adults and children with and without disabilities.
<a href="#">Developmental Disabilities Services</a>	2513 MLK Jr Drive, Eugene <b>541-682-3695</b>	FREE	Support services for children & adults who experience developmental disabilities. Services available in English and Spanish.
<a href="#">Disability Rights Oregon</a>	503-243-2081 <a href="mailto:welcome@droregon.org">welcome@droregon.org</a>		Legal representation and advice, confidential advocacy, safety planning, and referrals to other services
<a href="#">Eugene Adaptive Recreation Hilyard Community Center</a>	2580 Hilyard Street, Eugene <b>541-682-5311</b>	Varies. Scholarships available.	Year-round, community-based recreational, social and educational programs for Eugene area children, teens and adults with disabilities. Adaptive recreation equipment rentals.
<a href="#">Full Access Brokerage</a>	1240 Charnelton, Eugene <b>541-284-5070</b>		Attendant care, home modifications, person-centered behavior support, assistive technology, employment support for adults with intellectual / developmental disabilities. Referred by DD services.
	1450 Birch, Cottage Grove <b>541-513-8548</b>		
Goodwill Employment and Training Services	855 Seneca Rd, Eugene <b>541-431-3309</b>	FREE	Assistance in learning basic skills necessary to maintain employment and gain work independence through paid work experience and training. For Adults 21 years or older who have intellectual or developmental disabilities
<a href="#">Inner Potential</a>	<a href="mailto:innerpotential1@gmail.com">innerpotential1@gmail.com</a> <b>503-539-8330</b>	Funded by K Plan	Partnering with people age 18+ experiencing intellectual or developmental disabilities in achieving a healthy, fulfilling life.
<a href="#">KindTree</a>	PO Box 40847, Eugene <b>541-780-6950</b>		Support groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.

**See next page for more services for Adults with Disabilities**

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# Community Resource Guide

Updated January 2023

## ADULTS WITH DISABILITIES (continued)

Agency	Contact	Fees	Notes
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene 541-246-3697	Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living.
<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 541-682-4038  3180 Highway 101, Florence 541-902-9430	FREE	Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
<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.
<a href="#">Social Security Administration</a>	2504 Oakmont Wy, Eugene <b>800-772-1213</b>	FREE	Social Security pays disability benefits to people who can't work due to a serious medical condition.
<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="#">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	Skills training and job placement for adults with 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="#">McKenzie Personnel Systems</a>	315 5th St Springfield <b>541-344-0549</b>	Funded by DD Services.	MPS provides all aspects of supported employment, community inclusion, and supported living services.
<a href="#">Oregon Supported Living Program</a>	1250 Charnelton Street, Eugene <b>541-343-4196</b>	Funded by DD Services.	Residential, supported living, employment, arts & culture 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	Job coaches, support finding housing & employment for adults with developmental disabilities.
<a href="#">Resource Connections of Oregon</a>	1600 Valley River Dr, #130, Eugene <b>541-799-0545</b>	FREE	Case management and resource coordination for individuals over 18 who have intellectual or developmental disabilities.
<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.



# Community Resource Guide

Updated January 2023

## DEAF and HARD OF HEARING RESOURCES

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

## BLINDNESS and LOW VISION RESOURCES

Agency	Contact	Notes
<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 low vision. All services are free, including training and post-graduation support. Financial assistance for veterinary care.
<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), and 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, magazines, and descriptive videos available on loan.



# Community Resource Guide

Updated January 2023

## PARENTING EDUCATION & FAMILY SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">A Family for Every Child</a>	1675 W 11 <sup>th</sup> Eugene <b>541-343-2856</b>	FREE	No	Mentors for youth ages 5-18. 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 6-12-month old babies (can bring infants).
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	Funded by DD Services	Yes	After school program, events, family support. Respite for children with developmental disabilities, ages 2-21. Budgeting, job skills and job placement.
<a href="#">The Arc Families Connected</a>	4181 E St., Springfield <b>541-343-5256</b>	No fees	Yes	Parent-led organization that supports families raising a child with intellectual / developmental disabilities.
<a href="#">African American/Black Student Success Project</a>	Contact Ayanna Moriguchi <b>541-357-5719</b> <a href="mailto:amoriguchi@unitedwaylane.org">amoriguchi@unitedwaylane.org</a>	FREE		Home visits, developmental screenings, referrals, and monthly gathering. For families with Black / African American children, ages 0-6.
<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	Grandparents Raising Grandchildren Group (see website for details).
<a href="#">Center for Dialogue &amp; Resolution (Parent/Teen Program)</a>	93 Van Buren St, Eugene <b>541-344-5366</b>	Varies	Sometimes available	Communication support for parents & teens with issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, etc.
<a href="#">The Child Center</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	OHP, private insurance	No	Collaborative Problem-Solving classes. Psychiatric day treatment school. Assessment, counseling.
<a href="#">Direction Service</a>	1144 Gateway Lp, #200, Springfield <b>541-686-5060</b>	OHP, private insurance	Yes	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
<a href="#">ECCO 4J Young Parent Program</a>	200 N Monroe Ave. Eugene <b>541-790-6860</b>	FREE	Interpreter available	High school & GED program offering pregnancy and parenting support for young parents. Free on-site childcare while they are attending classes.
<a href="#">Embody Play Therapeutics</a>	<b>541-852-2799</b> <a href="mailto:leticia@leticia-garcia.com">leticia@leticia-garcia.com</a>	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
<a href="#">FACT Oregon</a>	2475 SE Ladd Ave, Portland <b>888-988-3228</b>	FREE	Yes	Support for families navigating special education, early intervention, IEP's, transition to adulthood.
<a href="#">FAIR - Families Actively Improving Relationships</a>	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b>	OHP	Yes	Intensive outpatient program for parents experiencing challenges with parenting, addiction, mental health.
<a href="#">Family Check Up (Lane County Youth Services)</a>	2727 Martin Luther King Jr Blvd, Eugene <b>541-682-7936</b>	OHP	Yes	Strengths-based program that helps parents set parenting goals.
<a href="#">Family Relief Nursery</a>	720 N. 14th Street, Cottage Grove <b>541-942-4835</b>	FREE	Yes	Therapeutic early childhood program, home visiting, parenting support, developmental screenings, respite, parenting classes for qualifying families with children under age 6.
	996 A St., Modular 3, Creswell <b>541-942-4835</b>			
<a href="#">Family Support &amp; Connections (CCS)</a>	1025 G St Springfield <b>541-345-3628 x311</b>	FREE	Yes	Home visiting, help connecting with resources, goal planning for parents of children under 18.
<a href="#">Friends of the Children – Lane County</a>	<a href="mailto:info@friendslanecountyor.org">info@friendslanecountyor.org</a> <b>971-205-2463</b>	FREE	Yes	Professional mentors for children/families facing significant challenges for 12+ years, starting when children are 4-6 years old. Mentors spend 3-4 hours/week with the child. Parents/caregivers also receive support. Referrals typically come from schools, agencies and other organizations.
<a href="#">Focus on Children</a>	<b>541-682-2070</b>	\$60/ parent, ½ price if on SNAP		Parenting class for parents who are getting divorced.
<a href="#">Head Start of Lane County</a>	Various locations. Main office: 221 B St, Springfield <b>541-747-2425</b>	FREE	Yes	High quality preschool services & home-based programs for eligible Lane County children from birth to age 5 and pregnant women.

**See next page for more Parenting Education and Family Support Resources**

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# Community Resource Guide

Updated January 2023

## PARENTING EDUCATION & FAMILY SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
<a href="#">KEEP</a> (Oregon Community Programs)	1170 Pearl Street, Eugene <b>541-520-0524</b>	<b>Paid incentive</b> -\$25 /week, up to 24 ODHS hours	Yes	16 weekly, 90-minute sessions building support and skills for foster and kinship parents of children ages 3-18. Groups are currently offered over zoom.
<a href="#">Early Childhood Hub of Lane County</a>	Website with information on parenting classes and workshops (with online options), a parenting blog, community activity calendar, and many other resources for Lane County parents. <a href="https://www.earlychildhoodlane.org/">https://www.earlychildhoodlane.org/</a>			
<a href="#">Nurturely</a>	<b>541-579-8941</b> <a href="mailto:info@nurturely.org">info@nurturely.org</a>		Yes	Preventative health programs that work to reduce disparities in perinatal healthcare. In person & virtual prenatal education & postpartum social connections.
<a href="#">Nurturing B.L.A.C.K. (Nurturely)</a>	<b>541-579-8941</b> <a href="mailto:info@nurturely.org">info@nurturely.org</a>			Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. 4-week virtual group to learn skills and connect with other parents.
<a href="#">Options Counseling Circle of Security group</a>	1255 Pearl, Eugene <b>541-687-6983</b>	OHP	No	Attachment-focused parenting group for parents with children age 9 and younger.
<a href="#">Oregon Community Programs</a>	1170 Pearl St Eugene <b>541-743-4340</b>	OHP, Trillium, Pacific Source	Yes	Parenting groups, therapeutic foster care, counseling for youth and family, skills training, child/adolescent psychiatry.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Lp #150 Eugene <b>541-342-2876</b>	FREE	Yes	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges.
Parent Helpline	<b>211 x5</b>	FREE	Yes	Child development specialist will answer questions from parents with children ages 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.
<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 ages 2-5.
<a href="#">Pregnancy &amp; Parenting Center</a>	1525 12th Street, Suite G, Florence <b>541-902-2273</b>	FREE	Yes	Parent education, parent/child playgroup for 0-5 year olds, diapers, baby clothes, supplies.
<a href="#">Reach Out Oregon (OFSN)</a>	Free warmline for parents and caregivers. Call or text Monday to Friday, 12-7 PM (except holidays). Leave a message or email any time. <b>1-833-732-2567</b> <a href="mailto:info@reachoutoregon.org">info@reachoutoregon.org</a>			
<a href="#">Relief Nursery</a>	1720 W. 25 <sup>th</sup> Eugene <b>541-343-9706</b> 850 S. 42 <sup>nd</sup> , Springfield <b>541-485-0007</b>	FREE	Yes	Home visiting, parenting support, respite, developmental screenings, parenting classes (English and Spanish), support group for parents in recovery, therapeutic classrooms. For qualifying families with children age birth to 5.
<a href="#">Safe Families for Kids</a>	921 Country Club Rd. Suite 222 Eugene <b>541-515-7233</b>	FREE		An alternative to foster care, SFFK temporarily hosts children and provides support to families in crisis.
<a href="#">Family &amp; Child Health</a> (Lane County Public Health) <b>541-682-8720</b> <a href="mailto:FCH.Referrals@lanecountyor.gov">FCH.Referrals@lanecountyor.gov</a> Spanish speaking staff available Interpretation available for all other languages Serving all of Lane County Provided at no cost to families	Nurse home visiting ( <b>Babies First!</b> , <b>Nurse Family Partnership</b> , and <b>CaCoon</b> ) and family support specialist home visiting ( <b>Healthy Families</b> ) for pregnant individuals and parents of children birth-5. Nurse case managers offer support up to age 21 to families of children with special medical needs. All programs focus on supporting healthy pregnancies, child health & development, parent/child attachment, building resilience, and case management for medical and social needs. <b>Eligibility:</b> All pregnant people and families with newborns. <b>Oregon MothersCare:</b> fast tracks enrollment for pregnant people into OHP and assists with locating services in the community. Kristi Wedmore: <a href="mailto:Kristi.Wedmore@lanecountyor.gov">Kristi.Wedmore@lanecountyor.gov</a>			
<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.	<b>Bethel Family Resource Center</b> 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>	<b>Eugene Family Resource Centers</b> El Camino del Rio/River Road Elementary, 120 W Hilliard Ln, Eugene <b>541-790-7230</b> <a href="mailto:longoria@4j.lane.edu">longoria@4j.lane.edu</a>		
	<b>Creswell Family Resource Center</b> Creslane Elementary School, 996 West A St, Creswell. <b>541-895-6175</b> <a href="mailto:kдумас@creswell.k12.or.us">kдумас@creswell.k12.or.us</a>	<b>Fern Ridge Family Resource Center</b> Fern Ridge Middle School, 88831 Territorial Hwy, Elmira <b>541-935-2253 x1205</b> <a href="mailto:ahand@fernridge.k12.or.us">ahand@fernridge.k12.or.us</a>		
	<b>Cottage Grove Family Resource Center</b> Harrison Elementary School <b>541-767-3532</b> <a href="mailto:wendy.vandersys@slane.k12.or.us">wendy.vandersys@slane.k12.or.us</a>	<b>Marcola Family Resource Center</b> 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>		
	<b>Lowell Family Resource Center</b> Lundy Elementary School 45 S Moss St, Lowell <a href="mailto:cday@lowell.k12.or.us">cday@lowell.k12.or.us</a>	<b>Pleasant Hill Family Resource Center</b> 36386 Highway 58, Pleasant Hill <b>541-746-0495</b> <a href="mailto:aknox@pleasanthill.k12.or.us">aknox@pleasanthill.k12.or.us</a>		
	<b>McKenzie/Blue River Family Resource Center</b> McKenzie High School, 51187 Blue River Dr., Finn Rock <b>541-822-1110</b> <a href="mailto:lacey.joy@mc.kenziesd.org">lacey.joy@mc.kenziesd.org</a>			

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# Community Resource Guide

Updated January 2023

## PRENATAL / POST-PARTUM SUPPORT / DOULAS

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	Infant feeding support, parenting educators. Every Wednesday, 11 am to 12 pm for families with infants to 1-year.
<a href="#">Daisy Chain</a>	<a href="mailto:executivedirector@daisychainlane.org">executivedirector@daisychainlane.org</a> <b>541-505-1139</b>	FREE	Yes	Home visits from postpartum doulas, lactation support, workshops, & classes.
<a href="#">La Leche League</a>	<b>541-744-6055</b> (help line) Facebook: La Leche League of Eugene <a href="mailto:msusanscott@gmail.com">msusanscott@gmail.com</a>	FREE	Yes	Breastfeeding support provided by warm line, email, text, and Facebook.
<a href="#">Nurturely</a>	<b>541-579-8941</b> <a href="mailto:info@nurturely.org">info@nurturely.org</a>	FREE	Yes	Preventative health programs to reduce disparities in perinatal healthcare. Prenatal education, postpartum social connections, drop-in Perinatal Lounge, a boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents.
<a href="#">Family &amp; Child Health (Lane County Public Health)</a> <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	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. <b>Oregon Mother's Care:</b> Enrolls newly pregnant women in the Oregon Health Plan, assists with finding community services. For Insurance Assistance call Kristi Wedmore at <b>541-682-3926</b> .			
<a href="#">Nursing Mothers Council of Oregon</a>	<a href="mailto:info@nursingmotherscounsel.org">info@nursingmotherscounsel.org</a> <b>503-282-3338</b>			Lactation support, pump assistance, peer support.
<a href="#">Our Community Birth Center</a>	188 West B Street, Building O Springfield <b>458-234-6800</b> <a href="mailto:OurCommunityBirthCenter@gmail.com">OurCommunityBirthCenter@gmail.com</a>	OHP / Private Insurance / Self-pay sliding scale	Yes	Nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General & preventative health care, gynecology, all-options pregnancy counseling, birth control, fertility, pregnancy, birth and postpartum care. Home visits, lactation services.
<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 postpartum services.
<a href="#">Pregnancy &amp; Parenting Center</a>	<b>541-902-2273</b> 1525 12th Street, Suite G, Florence	FREE	Yes	Individualized Prenatal Education, diapers, maternity clothes, baby clothes / supplies.
<a href="#">Rainbow Bridge Doula Services</a>	Facebook: Rainbow Bridge Doula Services <b>541-914-9975</b>	Sliding Scale	Yes	Prenatal, birth & postpartum support.
<a href="#">Sacred Heart Pregnancy &amp; Parenting Education</a>	3333 Riverbend Dr, Springfield <b>541-222-7074</b>	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga, breastfeeding, birth center tours, new infant care
<a href="#">WellMama</a>	Call or text <b>SUPPORT to 541-525-0495</b> to connect with a volunteer. <a href="mailto:info@wellmamaoregon.org">info@wellmamaoregon.org</a>	FREE	Yes	24-hour peer support help line, private online self-assessment, support groups. For maternal mental health challenges.
<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.

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Updated January 2023

## DIAPER ASSISTANCE

Agency	Contact	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> , Eugene 1025 G St. Springfield	FREE diapers. Stop by to check on availability.
<a href="#">Lane County Diaper Bank</a>	<a href="mailto:teresa@lcdiaperbank.org">teresa@lcdiaperbank.org</a> 541-213-0706	FREE diapers for low income families in Eugene, Springfield, and surrounding areas. Distributed through partner agencies. See website.

## FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

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

## FOSTER PARENT & ADOPTION SUPPORT

Agency	Contact	Fees	Spanish	Notes
<a href="#">A Family for Every Child</a>	1675 W 11 <sup>th</sup> Eugene 541-343-2856	FREE	No	Helps find adoptive homes for children in foster care. Mentor program for at-risk & foster youth ages 5-18. 10 hours+ /mo. of individual support.
<a href="#">Adoption Connections of Oregon</a>	<a href="mailto:aco@peak.org">aco@peak.org</a> 541-554-1201	FREE		Support, education, multicultural activities for anyone touched by or interested in adoption.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Specialized TIPS (True Insights) Parenting Classes for Foster Parents
<a href="#">Foster &amp; Adoptive Parent Association of Lane County</a>	541-515-9951	FREE		Facebook page, support group, family events, and peer support for foster & adoptive families.
<a href="#">Holt International</a>	250 Country Club Rd Eugene 1-888-355-4658 <a href="mailto:Info@holtinternational.org">Info@holtinternational.org</a>			International and U.S. adoption service. Post-adoption support including coaching and education, birth parent search, and citizenship advice.
<a href="#">Open Adoption &amp; Family Services</a>	150 Shelton McMURPHEY Blvd, #204, Eugene 541-343-4825	FREE	Interpreter by request	Arranges open adoptions. Adoption counseling. All-options pregnancy counseling.
<a href="#">Oregon Foster Parent Association</a>	410 Mill #366, Salem 888-544-3402 Email: <a href="mailto:office@ofpa.com">office@ofpa.com</a>			A statewide association operating within the foster, relative, and adoptive community in Oregon.
<a href="#">Relatives as Parents Program</a>	1015 Willamette, Eugene 682-3353	FREE	Interpreter available	Financial assistance for relatives 55+ raising a child. Funds for clothes, beds and other essential needs. Adoption/ guardianship not required.
<a href="#">Sarah's Closet</a> <i>Located inside North Star Pathways</i>	541-603-8812	FREE	No	Clothing, diapers and other items for foster children delivered anywhere in Lane County. To receive a Foster Baby Care Basket, complete website form: <a href="https://northstarpathways.org/closet/">https://northstarpathways.org/closet/</a> .

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## SCHOOL DISTRICT OFFICES 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> 640 A St, Springfield

### How do I contact the Lane ESD Superintendent?

Find the name of the current Superintendent on this website: [www.lesd.k12.or.us/admin/supt.html](http://www.lesd.k12.or.us/admin/supt.html)

Email: [supt-office@lesd.k12.or.us](mailto:supt-office@lesd.k12.or.us) or call: 541-790-7707

## EDUCATIONAL ADVOCACY

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

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Updated January 2023

## HOME SCHOOLING and DISTANCE LEARNING OPTIONS

Agency	Contact	Notes
<a href="#">Baker Web Academy</a>	<b>541-524-2300</b>	Free K-12 home-based public charter school. Online and textbook-based classes with teacher support. Early College Program offers students a chance to attend local community college to earn college and high school credit at the same time.
<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>	Free partial-day classroom setting serving home-based K-12 students. Accredited online curriculum options. Weekly 3-hour in-person sessions on the school campus.
<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 offering enrichment classes taught by parents and community members as a supplement to a full homeschool curriculum.
<a href="#">Fossil Distance Learning Program</a>	<a href="mailto:centraloffice@fossildlp.com">centraloffice@fossildlp.com</a> <b>971-367-2093</b>	Free customized distance learning for K-8 students. A credentialed teacher provides ongoing support to students and their families. Each student is allocated instructional funds to purchase curriculum, supplies, lessons, and classes.
<a href="#">Home School Legal Defense Association</a>	<b>540-338-5600</b>	Advice / legal support regarding homeschooling.
<a href="#">Learn at Home Oregon</a>	301 South 3rd Street, Alsea <b>541-209-2431</b> <a href="mailto:erin.wills@alsea.k12.or.us">erin.wills@alsea.k12.or.us</a>	K-8 home-based distance education program. Learning materials and technology delivered to the child's home. Provides a hands-on learning experience. Free for all students in Oregon
<a href="#">Navigators Homeschool Group</a>	<b>800-382-6010</b>	Homeschool classes, activities, events, field trips, and theater opportunities on Fridays starting in October and finishing in May. \$450 / year. Additional fees may apply.
<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="#">Oregon Charter Academy (ORCA)</a>	<b>503-897-2272</b> <a href="mailto:info@oregoncharter.org">info@oregoncharter.org</a>	Free K-12 online public charter school with certified teachers.
<a href="#">Oregon Connections Academy</a>	<b>1-800-382-6010</b> <a href="mailto:info@oregoncharter.org">info@oregoncharter.org</a>	Tuition-free online public school that allows students to learn from home or anywhere there's an internet connection. State certified and open to students throughout Oregon.
<a href="#">Oregon Home Education Network</a>	<b>503-321-5166</b>	A statewide nonprofit that provides information about homeschooling, promotes connection among homeschoolers, and supports homeschool families in Oregon.
<a href="#">Oregon Virtual Academy</a>	<b>541-751-8060</b>	Tuition-free statewide online K-12 public education. Experienced, Oregon-licensed teachers, who are available online and by phone.
<a href="#">Teach Northwest</a>	<b>541-952-1381</b>	K-12 Virtual STEAM and Homeschool Academy that allows parents to select from a wide range of traditional homeschool and/or online school options.
<a href="#">Willamette Connections Academy</a>	<b>1-888-478-9474</b>	Tuition-Free Online K-12 Public School that students attend from home.

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Updated January 2023

## 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	Integrated treatment and education program for ages 4-19 with severe emotional and behavioral issues. Individual therapy, group therapy, and family therapy are provided.
<a href="#">ECCO 4J Young Parent Program</a>	200 N Monroe Ave. Eugene <b>541-790-6860</b>	FREE	Interpreter available	High school and GED program offering pregnancy and parenting support for young parents as well as free on-site childcare while they are attending classes
<a href="#">Gateways High School</a>	425 10th Street Springfield <b>541-744-8862</b>	FREE		High school option for students who need help with basic academic skills (2-4 grade levels behind), are behind in course credits, need extra support, or are pregnant or parenting. Traditional diploma, modified diploma, and GED options.
<a href="#">Jasper Mountain School</a>	<b>541-747-1235</b> 37875 Jasper-Lowell Rd, Jasper	OHP / private Insurance	Yes	K-8 Intensive residential educational program and Academic Day Treatment Program for children with psychiatric and psychological disorders. Treatment and educational processes are fully integrated into the classroom setting.
JC Options	<b>541-998-6311</b> 325 Maple St, Junction City <a href="mailto:rsmith@junctioncity.k12.or.us">rsmith@junctioncity.k12.or.us</a>	FREE		K-12 alternative educational program. Students may be home-based, work at the local Learning Center, or a combination. Families can select all JC Options classes or dual enrollment in their neighborhood school.
<a href="#">Lane School</a>	<b>541-463-8500</b> 1717 City View, Eugene	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 and 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, and 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>	2515 Martin Luther King Jr. Blvd, Eugene <b>541-682-4715</b>	FREE		Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, and employment support.



# Community Resource Guide

Updated January 2023

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

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

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

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

## VOCATIONAL REHABILITATION PROGRAMS

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


To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessieca@reliefnursery.org](mailto:jessieca@reliefnursery.org)  
JC-2/1/2023 Relief Nursery does not endorse or recommend particular providers or services listed in this guide.



# Community Resource Guide

Updated January 2023

## EARLY CHILDHOOD SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Find Child Care Oregon</a>	Search: <a href="http://www.findchildcareoregon.org">www.findchildcareoregon.org</a> Call 211, or Text “children” to 898211	FREE	Yes	Call, text, email or check their website for referrals to local childcare providers.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b>	Monthly Tuition	Yes	Specially designed classrooms for children <b>ages 3-5</b> with developmental delays. Typically developing community peers can register as space allows. Classes are generally Monday-Thursday 9:15-12:15 or 1:15-4:15 and follow the Early Childhood CARES service calendar.
<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 for children with special needs as well as typically developing children <b>age 3-5</b> . Morning (9:15–12:15) or afternoon sessions (1:15-4:15), Monday - Thursday or Tuesday - 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 of Lane County</a>	Various locations. Main office: 221 B St, Springfield <b>541-747-2425</b>	FREE	Yes	High quality preschool education services and home-based programs for to eligible Lane County children <b>birth to age 5</b> and pregnant people.
<a href="#">Jump Start</a>	The ARC of Lane County 4181 E St, Springfield Annie Wahto: <b>541-914-4232</b>	ERDC / Private Pay	Yes	Inclusive preschool program where children of all abilities can feel safe, nurtured and included. Monday – Friday, 7:30 a.m. - 6 p.m. Full day program for children age 6-13. After school program.
<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. 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 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.
<a href="#">Preschool Promise</a>	Various classroom locations. Apply at United Way: 3171 Gateway Loop, Springfield <b>541-741-6000</b>	FREE	Yes	Free, full time preschool for children age 3-4. <a href="https://www.earlychildhoodlane.org/preschool-promise">https://www.earlychildhoodlane.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 services in English and Spanish for qualifying families with children age birth-5. <ul style="list-style-type: none"><li>• Home visiting and parenting support</li><li>• Therapeutic Early Childhood Program</li><li>• Peer Support and support group for parents in recovery</li><li>• Native American Outreach Program</li><li>• Parenting classes and Circle of Security (English and Spanish)</li><li>• Developmental screenings for children</li></ul>		



# Community Resource Guide

Updated January 2023

## PROFESSIONAL DEVELOPMENT for SOCIAL SERVICE PROVIDERS and EARLY EDUCATORS

Agency	Contact	Notes
<a href="#">EdWeb</a>	<a href="mailto:help@edweb.net">help@edweb.net</a>	Free, live and pre-recorded webinars on topics related to teaching preschool through high school. Certificates provided.
<a href="#">HIV Alliance</a>	1195 City View Street, Eugene <b>541-556-1409</b>  Contact the Education Coordinator at <a href="mailto:education@allianceor.org">education@allianceor.org</a>	Trainings and education available for the community and agencies interested in prevention services.  Topics include: Blood-borne pathogens: HIV, Hepatitis, STI's Free Naloxone and Opiate Overdose Awareness Training Harm Reduction Philosophy and its practice in agencies like HIV Alliance HIV Alliance Agency's Purpose, Programs and Goals
<a href="#">MINT</a> (Motivational Interviewing Training Resources)	This website provides a calendar of Motivational Interviewing trainings (online and in person), as well as a list of Motivational Interviewing trainers (including some local to Lane County).  "MI is a collaborative, goal-oriented style of communication with particular attention to the language of change." (Miller & Rollnick, 2013, p. 29)	
<a href="#">NAEYC</a> – National Association for the Education of Young Children	<a href="mailto:info@naeyc.org">info@naeyc.org</a>	Online learning, in-person trainings, videos, and articles on topics related to the highest quality, researched-based practices in early education. Membership is required to access some materials.
<a href="#">OAEYC</a> – Oregon Association for the Education of Young Children	<b>503-496-3991</b> <a href="mailto:sara@oregonaeyc.org">sara@oregonaeyc.org</a>	Oregon's NAEYC chapter that offers an annual conference, workshops, and other professional development opportunities.
<a href="#">Oregon Parenting Education Collaborative (OPEC)</a>	<a href="mailto:shauna.tominey@oregonstate.edu">shauna.tominey@oregonstate.edu</a> <b>541.737.1013</b>	Free, self-paced trainings related to parenting education professional practice.
<a href="#">Oregon Registry Online (ORO)</a>	<b>1-877-725-8535</b> <a href="mailto:orohelp@pdx.edu">orohelp@pdx.edu</a>	A free statewide professional recognition program that records and recognizes the growth and achievements of early childhood care and education professionals. Create an account at: <a href="https://my.oregonregistryonline.org/accounts/create/step1/">https://my.oregonregistryonline.org/accounts/create/step1/</a> Find trainings at: <a href="https://calendar.oregonregistryonline.org/">https://calendar.oregonregistryonline.org/</a>
<a href="#">Quality Care Connections</a>	4000 E 30 <sup>th</sup> Bldg. 24 Eugene <b>541-463-3954</b>	Training and assistance for childcare providers. Cost varies. Typically trainings are \$0-30. See website for current classes and registration. <a href="http://www.lanecc.edu/gcc">www.lanecc.edu/gcc</a>
<a href="#">Start Early</a>	Free, high quality, online, self-paced trainings including: - Ages and Stages Questionnaire Best Practices - Building Engaging and Collaborative Relationships with Families - Substance Abuse in Home Visiting - Domestic Violence in Home Visiting - Foundations of Infant Mental Health Practice in Home Visiting - The Impact of Trauma in Home Visiting - Supervising Home Visitors  <a href="https://startearly.csod.com/default.aspx?c=ehv_or_custom">https://startearly.csod.com/default.aspx?c=ehv_or_custom</a> Use this link instead of searching for "Start Early." This link will take you to a special login page that will give you access all of the trainings for free because the cost is covered by OHA. If you log into the normal Start Early page, the trainings are \$90. You must create an account to access these trainings.	
<a href="#">The Trauma Healing Project</a>	631 E. 19th Ave. Building B Eugene <b>541-687-9447</b> <a href="mailto:info@healingattention.org">info@healingattention.org</a>	Training on trauma and trauma informed care appropriate for anyone with an interest in trauma and trauma healing.



# Community Resource Guide

Updated January 2023

## ACTIVITIES FOR CHILDREN and FAMILIES



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

[Early Childhood Hub of Lane County](#)

(formerly LaneKids)

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

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

**See next page for more Activities for Children and Families**

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

JC-2/1/2023 *Relief Nursery does not endorse or recommend particular providers or services listed in this guide.*



# Community Resource Guide

Updated January 2023

## ACTIVITIES FOR CHILDREN and FAMILIES (continued)

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

**See next page for more Activities for Children and Families**





# Community Resource Guide

Updated January 2023

## ACTIVITIES FOR CHILDREN and FAMILIES (continued)

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

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# Community Resource Guide

Updated January 2023

## NATURE, OUTDOOR RECREATION, and GARDENING RESOURCES

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



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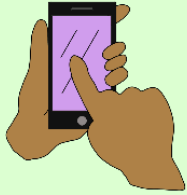


# Community Resource Guide

Updated January 2023

## SENIOR & AGING SERVICES

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



### Adult Protective Services (abuse reporting)

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

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

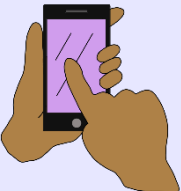
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# Community Resource Guide

Updated January 2023

## SERVICE MEMBERS, VETERANS & THEIR FAMILIES

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



# Community Resource Guide

Updated January 2023

## LGBTQIA2S+ RESOURCES

*Lesbian, gay, bisexual, transgender, and queer (or questioning), intersex, asexual/aromantic/agender, and Two Spirit. The + indicates that there are more sexualities and gender identities than expressed by the letters in this acronym.*

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

For additional trans / gender diverse resources, please check out the **Transponder Resource Directory**, available online at: <https://transponder.community/resource-directory/>

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

**See next page for more LGBTQIA2S+ Resources**

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# Community Resource Guide

Updated January 2023

## LGBTQIA2S+ RESOURCES (continued)

Agency	Contact	Notes
<a href="#">Our Community Birth Center</a>	188 West B Street, Building O Springfield <b>458-234-6800</b> <a href="mailto:OurCommunityBirthCenter@gmail.com">OurCommunityBirthCenter@gmail.com</a>	Community-based nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum including home visits, newborn care, lactation services. OHP / Private Insurance / Self-pay sliding scale. Services available in Spanish.
<a href="http://stopbullying.gov">Stopbullying.gov</a>		LGBTQ youth and those perceived as LGBTQ are at an increased risk of being bullied. This website managed by the U.S. Department of Health and Human Services has information and resources about creating a safe environment for LGBTQ youth.
<a href="#">Trans*Parent Family Support Group</a>	<a href="mailto:info@transponder.community">info@transponder.community</a>	A monthly Lane County parent support group for Lane County caregivers with gender diverse children.
<a href="#">TransPonder</a>	541 Willamette St, #310, Eugene <a href="mailto:info@transponder.community">info@transponder.community</a> <b>508-443-6337</b>	Monthly meetings, support groups, special events for trans/gender diverse folks and allies, trainings and consultation for businesses. Online resource guide. Staff to help with resource navigation.
<a href="#">Transponder Resource Directory</a>	<a href="https://transponder.community/resource-directory/">https://transponder.community/resource-directory/</a>	This online directory has a list of trans / gender diverse friendly resources including mental health, medical/surgical, bodywork, faith centers, and more.
<a href="#">University of Oregon OUTLaws</a>	<a href="http://www.facebook.com/outlawsUO/">www.facebook.com/outlawsUO/</a>	LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.
<a href="#">Youth LGBTQIA+ Group Amazon Community Center</a>	2700 Hilyard St, Eugene <b>541-682-5373</b>	Weekly drop-in group that offers support and referral for ages 13-18 in Eugene. Free, confidential, and adult-facilitated.
 <h3>Talk Lines and Hotlines</h3>		
	<a href="#">LGBT Youth Talkline</a>  <b>800-246-7743</b>  A peer talk line for <b>LGBTQ youth 25 &amp; under.</b>  Mon-Fri 1pm-9pm Saturday 9am-2pm	<a href="#">LGBT National Hotline</a>  <b>888-843-4564</b>  Online peer support chat at <a href="http://www.glbtnationalhelpcenter.org">www.glbtnationalhelpcenter.org</a>  Mon-Fri 4pm-12am Saturday 12pm-5pm
<a href="#">Lambda Legal Help Desk</a>  <b>213-382-7600</b>  Resources related to discrimination based on sexual orientation, gender identity, gender expression, and HIV status.	<a href="#">The Trevor Project</a>  <b>866-488-7386</b>  24/7 hotline for <b>LGBTQ youth 24 &amp; under.</b>  Text "Trevor" to 678-678. 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>877-565-8860</b>  Peer support hotline run by and for trans people. 7am-10pm daily.  Micro-grants for trans people and an online resource library.



# Community Resource Guide

Updated January 2023

## EQUITY and SOCIAL JUSTICE ADVOCACY

Agency	Contact	Notes
<a href="#">Black Lives Matter</a>	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon. <a href="https://www.facebook.com/groups/283681563038502/about">https://www.facebook.com/groups/283681563038502/about</a>	
<a href="#">Black Girl from Eugene</a>	Ayisha Elliott provides anti-racism trainings, consultation and facilitated group conversations.	
<a href="#">Eugene BIPOC Art Collective</a>	Highlighting the voices and visions of local BIPOC artists through connecting them to spaces, funds, and other resources in the Eugene area. [White allies and artists are encouraged to get involved to support the efforts of BIPOC artists telling their own stories]. <a href="https://www.facebook.com/groups/296551804716104/">https://www.facebook.com/groups/296551804716104/</a>	
<a href="#">CALC (Community Alliance of Lane County)</a>	458 Blair Blvd, Eugene <a href="mailto:info@calclane.org">info@calclane.org</a> 541-485-1755	Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people.
<a href="#">Communities of Color &amp; Allies Network</a>	Carol Knobbe 541-461-8213	First Fridays Communities of Color and Allies Network's goal is to create a safe space that fosters friendships and networks for people of color, social justice allies, and equity workers in the local area.
<a href="#">Equity, Access and Inclusion (Lane County)</a>	125 E 8th Ave, Eugene 541-682-3725 <a href="mailto:Mo.Young@lanecountyor.gov">Mo.Young@lanecountyor.gov</a>	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
<a href="#">Equity Community Consortium</a>	Carol Knobbe Telephone: 541-461-8213.	An information and resource sharing and coordination forum for agencies and jurisdictions that provide governmental and public services in the Eugene-Springfield area.
<a href="#">Eugene Human Rights Commission</a>	101 W 10th Ave. 2nd floor, Eugene <a href="mailto:amcccluskey.hrc@gmail.com">amcccluskey.hrc@gmail.com</a>	Promotes the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
<a href="#">Fair Shot for All</a>	<a href="http://www.fairshotoregon.org/">http://www.fairshotoregon.org/</a> 503-383-9766	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; holds legislators accountable.
<a href="#">HONEY (Honoring Our New Ethnic Youth)</a>	Support and advocacy for the enhancement and acceptance of multiracial persons and their families. <a href="https://www.facebook.com/groups/68164011932023/">https://www.facebook.com/groups/68164011932023/</a>	
<a href="#">Human Rights and Neighborhood Involvement (Eugene)</a>	101 W 10th Ave. 1st floor, Eugene <a href="mailto:hrni@ci.or.us">hrni@ci.or.us</a> 541-682-5177	Supports victims of hate and bias activity, coordinates accessibility for events, facilities, and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
<a href="#">NAACP Eugene Springfield</a>	<a href="https://naacplanecounty.org/contact/">https://naacplanecounty.org/contact/</a>	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
<a href="#">Nurturely</a>	541-579-8941 <a href="mailto:info@nurturely.org">info@nurturely.org</a>	Preventative health programs that work to reduce disparities in perinatal healthcare. In person and virtual prenatal education and postpartum social connections.
<a href="#">One Oregon</a>	<a href="mailto:joel@causaoregon.org">joel@causaoregon.org</a>	Statewide coalition that defends against anti-immigrant and anti-Muslim policies and works to ensure that all Oregonians are treated with dignity and respect.
<a href="#">Rural Organizing Project</a>	PO Box 664, Cottage Grove <a href="mailto:office@rop.org">office@rop.org</a> 503-543-8417	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
<a href="#">Showing Up for Racial Justice - SURJ</a>	<a href="mailto:info@suriaction.org">info@suriaction.org</a>	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
<a href="#">Solidarity Network / Jobs With Justice</a>	PO Box 10272, Eugene 541-632-3265 <a href="mailto:essn@solidaritynetwork.org">essn@solidaritynetwork.org</a>	Supports civil and economic rights of all working people – especially the right to a decent standard of living, the right to a stable job, and the right to organize.
<a href="#">Springfield Alliance for Equity and Respect</a>	<a href="mailto:safer1214@gmail.com">safer1214@gmail.com</a> 541-485-1755	Promotes human rights, responds to abuses of human dignity, and urges public institutions to address social justice concerns. SAFER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
<a href="#">Unite Oregon</a>	<a href="mailto:communications@uniteoregon.org">communications@uniteoregon.org</a> 503-287-4117	A membership organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for climate justice, housing justice, community safety, educational equity, economic justice, and health equity.

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# Community Resource Guide

Updated January 2023

## BLACK and AFRICAN AMERICAN RESOURCES

Agency	Notes
<a href="#">African American/Black Student Success Project</a>	Improving academic outcomes for African American/Black students and to achieve a vision of an equitable education system in Lane County. Holli Johnson at <b>541-461-8211</b> or <a href="mailto:hjohnson@lesd.k12.or.us">hjohnson@lesd.k12.or.us</a> <b>Early Learning Program</b> - Free for all Lane County families with Black / African American children between the ages of 0-6. Family visits, development screenings, 1-1 support with your child's needs, referrals to community resources, connection to other families with African American/Black children, monthly gatherings. Contact Ayanna Moriguchi, Early Learning Specialist, <b>541-357-5719</b> , <a href="mailto:amoriguchi@unitedwaylane.org">amoriguchi@unitedwaylane.org</a>
<a href="#">BEAM</a>	A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities and removing the barriers that Black people experience accessing emotional health care and healing. <a href="https://www.beam.community/">https://www.beam.community/</a>
<a href="#">BLAC: Black Led Action Coalition</a>	BLAC fights for the Black people who've died or faced injustice by the hands of our government. <a href="https://www.facebook.com/blackledactioncoalition/">https://www.facebook.com/blackledactioncoalition/</a> and <a href="https://www.instagram.com/eugblac">https://www.instagram.com/eugblac</a>
<a href="#">Black Lives Matter</a>	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. "We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon." <a href="https://www.facebook.com/groups/283681563038502/about">https://www.facebook.com/groups/283681563038502/about</a>
<a href="#">Blacks In Government</a>	An advocate of equal opportunity and professional development for Black government employees at the Local, State and Federal government levels and others dedicated to justice for all. <a href="http://www.bignet.org/">http://www.bignet.org/</a> PO BOX 72476 Springfield 97475-0249
<a href="#">Black Male Alliance (U of O)</a>	A community of Black men at the U of O (students, staff, faculty and alumni). A space to support general well-being, deepen cultural and social connections and collectively work towards success. <a href="mailto:bmacmae@uoregon.edu">bmacmae@uoregon.edu</a>
<a href="#">Black Student Union (U of O)</a>	An intellectual, cultural and social environment for students and community members. Encourages a positive image of African Americans and supports its members in achieving their educational goals. <a href="mailto:bsu@uoregon.edu">bsu@uoregon.edu</a>
<a href="#">Black Women of Achievement (U of O)</a>	BWA implies sisterhood, empowering women, and community service. A social, cultural, and educational & physical development for Black women. <a href="mailto:asuobwa@uoregon.edu">asuobwa@uoregon.edu</a>
<a href="#">HIV Alliance (Prevention Program)</a>	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. 1195 City View St, Eugene <b>541-556-1409</b>
<a href="#">The Historic Mims House</a> Managed by Lane County NAACP	One of the oldest houses in Eugene, the Mims' Houses was a safe-haven for African American travelers from 1948-1966 while there was race separation in Eugene. 330 High St, Eugene <b>541.484.1119</b>
<a href="#">NAACP Eugene Springfield</a>	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. <a href="https://naacplanecounty.org/contact/">https://naacplanecounty.org/contact/</a>
<a href="#">Nurturing B.L.A.C.K.</a>	Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. In today's complex society, it's not enough to just love your child. You must be ready to recognize, talk about, and dismantle racism in all its forms. You must be prepared to uplift Black identity in a culturally-responsive way. You must learn how to reassure confidence in your child as they navigate society's expectation of being Black in the US. Join our four-week virtual group mentorship experience led by Ayisha Elliott to learn these skills and more, while connecting with other parents and gaining confidence in your parenting.
<a href="#">Oregon Commission on Black Affairs</a>	Working toward equity for Oregon's African American and Black communities in jobs and the economy, education, health, safety, family stability, environment, and civic engagement. 1819 SW 5th Ave, #313 Portland 97201 <b>503-302-9725</b>
<a href="#">West African Cultural Arts</a>	Dance troupe, lessons, classes. <a href="http://www.westafricanculturalarts.org">www.westafricanculturalarts.org</a> <b>541-232-5471</b>

## BLACK OWNED BUSINESSES

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

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# Community Resource Guide

Updated January 2023

## NATIVE AMERICAN and INDIGENOUS RESOURCES

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



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

### NINE FEDERALLY RECOGNIZED TRIBES IN THE STATE OF OREGON

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

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

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# Community Resource Guide

Updated January 2023

## NATIVE AMERICAN and INDIGENOUS RESOURCES (continued)

Agency	Contact	Notes
<a href="#">Native American Student Union</a>	University of Oregon Multicultural Center/EMU <b>541-346-4207</b> <a href="mailto:asuonasu@gladstone.uoregon.edu">asuonasu@gladstone.uoregon.edu</a>	Assists indigenous peoples in maintaining cultural values while pursuing their educational goals. NASU emphasizes the support, safety and educational successes of the Native American community.
<a href="#">Native American Youth and Family Center</a>	5135 NE Columbia Blvd. Portland <b>503-288-8177</b>	Culturally specific programs and services to enhance the diverse strengths of youth and families in partnership with the community through cultural identity and education.
<a href="#">Natives' Classroom at Head Start of Lane County</a>	Apply at: <a href="http://www.hsolc.org">www.hsolc.org</a> Or call <b>541-747-2425</b> to request information or an application	Open to Head Start eligible families identifying as American Indian or Alaskan Native. Focus on Native American heritage & culture in the Head Start Classroom with American Indian/Alaskan Native teachers
<a href="#">Natives Program</a>	2295 Four Oaks Grange Rd. Eugene <b>541-790-5900</b>	Native Americans Towards Improved Values in Education and Society. Provides free education and learning activities for Native American/Alaska Native students.
Oregon Indian Education Association	<a href="mailto:oiea.president@gmail.com">oiea.president@gmail.com</a>	Advances comprehensive, culture-based, and Native language educational opportunities for American Indians, Alaska Natives and Native Hawaiians (AI/AN/NH).
<a href="#">Oregon Native American Chamber</a>	4445 SW Barbur Blvd, STE. 102 Portland <b>503-894-4525</b> <a href="mailto:support@onacc.org">support@onacc.org</a>	Working with all members of the community to advance the educational and economic opportunities for Native Americans in Oregon and Southwest Washington.
<a href="#">Siletz Tribal Home Visiting Program</a>	Lori Christy, Home Visitor 541-272-2241	Home visiting program that serves Native families that are either expecting or have infants under the age of twelve months, continuing through to the child's third birthday, using a culturally specific model called Family Spirit.
<a href="#">Smok Signalz: Independent Tribal Media</a>	<b>503-879-1463</b> <a href="mailto:news@grandronde.org">news@grandronde.org</a>	The independent Tribal newspaper of the Confederated Tribes of Grand Ronde. Tribal news, health, education, gaming, culture. Published 2x/month. <a href="http://www.smokesignals.org/">www.smokesignals.org/</a>
<a href="#">Strong Hearts Native Helpline</a>	1-844-7NATIVE (762-8483)	24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
<a href="#">Tribal Climate Change Project</a>	<b>541-346-5777</b> <a href="mailto:kathy@uoregon.edu">kathy@uoregon.edu</a>	This project focuses on understanding needs and opportunities for tribes in addressing climate change and exploring the role of traditional knowledge in climate change studies and plans.
Wellbriety Lane County	Jon Roberts <b>541-912-0818</b> <a href="mailto:stoneriver15@outlook.com">stoneriver15@outlook.com</a>	A culturally-based movement and resource for Native American addiction recovery.
<a href="#">Youth Movement</a>	<a href="mailto:movement@ym7.org">movement@ym7.org</a>	Non-profit organization that works to inspire Native youth to be active and empower them to participate in and start movements.

## ASIAN AMERICAN and PACIFIC ISLANDER RESOURCES

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

## JEWISH RESOURCES

Agency	Contact	Notes
<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>	Promotes the social, cultural, educational, and philanthropic needs of Jews in Lane County, globally, and in Israel.
<a href="#">Temple Beth Israel Center for Jewish Life</a>	1175 E. 29th Ave., Eugene <b>541-485-7218</b>	Promotes the spiritual, educational and social well-being of the Jewish people of Lane County, and the larger community.

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# Community Resource Guide

Updated January 2023

## LATINO & HISPANIC RESOURCES

Agency	Contact	Notes
<a href="#">Causa Oregon</a>	700 Marion St. NE, Salem <a href="mailto:causa@causa.org">causa@causa.org</a> 503-409-2473	Works to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
<a href="#">Citywide Unión de Activistas</a>	458 Blair Boulevard, Eugene 541-485-1755	Helps Latino youth develop cultural identity; understand the cultural, colonial and resistance histories of their ancestors; and develop political knowledge and advocacy skills. Youth mentorship, tutoring, professional skill development, and leadership development.
<a href="#">Downtown Languages</a>	532 C St, Springfield 541-686-8483	English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.
Escudo Latino	541-321-8034 Email: <a href="mailto:escudolatino2@gmail.com">escudolatino2@gmail.com</a> <a href="http://www.facebook.com/escudolatino">www.facebook.com/escudolatino</a>	An organization of Latina volunteers that help the Latino community in Lane County with information and resources. Provides free food boxes at the CARE center and a selection of free clothing.
<a href="#">Grupo Latino de Acción Directa</a>	313 E 8th Ave, Eugene 541-525-0507 <a href="mailto:gladoflanecounty@gmail.com">gladoflanecounty@gmail.com</a>	An independent, non-partisan gathering of Latino members and allies working to increase participation and visibility of Latino communities in conversations and decisions that affect them. On Facebook: <a href="https://www.facebook.com/grupolatinodeacciondirecta/">https://www.facebook.com/grupolatinodeacciondirecta/</a>
<a href="#">HIV Alliance</a> (Prevention Program)	1195 City View St, Eugene 541-556-1409	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs.
<a href="#">Huerto de la Familia</a> (The Family Garden)	944 W 5th Ave., Eugene <a href="mailto:info@huertodelafamilia.org">info@huertodelafamilia.org</a> 541-505-9569	<i>Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias.</i> Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.
<a href="#">Centro Latino Americano</a>	944 W 5th Ave, Eugene 541-687-2667	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
<a href="#">Latinx Male and Allies Alliance</a>	Please email <a href="mailto:latinxmalealliance@uoregon.edu">latinxmalealliance@uoregon.edu</a> for additional information.	A student organization that supports male Latinx students in their UO college experience. The Alliance provides academic, cultural, social, leadership development, and personal support to UO undergraduate students.
LatinX Network	541-701-4630	La Red de Apoyo esta compuesta por diferentes organizaciones de servicios sociales en la area de Lane County que provee apoyo, servicios, asesoria.
<a href="#">League of United Latin American Citizens</a> (LULAC of Lane County)	541-337-6294	The largest and oldest Hispanic organization in the United States, LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs.
<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>	A group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County.
<a href="#">Amigos Multicultural Youth Center</a>	503-289-1517 <a href="mailto:info@mrgf.org">info@mrgf.org</a>	Amigos Multicultural Services Center promotes respect for Latin American immigrants whose dignity and livelihood have been challenged by poverty, discrimination, and social exclusion.
<a href="#">Center for Latino/a and Latin American Studies</a> (U of O)	541-346-5286 <a href="mailto:clas@uoregon.edu">clas@uoregon.edu</a>	A hub for interdisciplinary and collaborative research and creative work focusing on the study of Latin America and U.S. Latino/a populations.
<a href="#">Oregon Healing Collective</a>	<a href="mailto:info@oregonhealingcollective.com">info@oregonhealingcollective.com</a> 541-968-4325	Bilingual, strengths-based, trauma informed, social justice focused individual and relational .therapy services.
Programa de Conexión Latine (SASS)	Coordinadora de Conexión Latine al 541-484-9791 o <a href="mailto:latinx@sass-lane.org">latinx@sass-lane.org</a>	Crisis intervention and advocacy services for Latine survivors of sexual violence. Outreach to organizations and community groups. Linguistically- and culturally-specific information about sexual violence and SASS services. A weekly support group for self-identified Latina women, facilitated in Spanish.

## ENGLISH AS A SECOND LANGUAGE

Agency	Contact	Notes
<a href="#">Downtown Languages</a>	532 C St, Springfield 541-686-8483	English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.
<a href="#">Lane Community College</a>	(541) 463-5253 <a href="mailto:eslstudentservices@lanecc.edu">eslstudentservices@lanecc.edu</a>	For adult students who wish to improve their oral and written communication skills for work, community, and academic goals. Students from more than 40 different nations. Two locations: Main Campus and the Mary Spilde Center in downtown Eugene

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Updated January 2023

## IMMIGRATION & MIGRANT SERVICES

Agency	Contact	Spanish	Notes
<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="#">Causa</a>	<b>503-409-2473</b> <a href="mailto:causa@causaoregon.org">causa@causaoregon.org</a>	Yes	Works to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
<a href="#">Immigration Legal Services</a> (Catholic Community Services)	<b>541-345-3628 ext. 326</b> <a href="mailto:RISP@ccslc.org">RISP@ccslc.org</a>	English, Spanish, Dari, and Pashto	Low-cost, high-quality legal services to low-income Lane County immigrants. Assistance for renewals of legal status documents (legal residency, DACA, Temporary Protected Status, employment authorization, etc.), initial applications for citizenship, legal permanent residency, etc.
<a href="#">Migrant Education Program</a> (MEP)	<b>541-461-8382</b> <a href="mailto:mep@lesd.k12.or.us">mep@lesd.k12.or.us</a>	Yes	Services for youth in school, <b>under 22</b> & have moved across school district boundaries in the last 3 years for work in agriculture, forestry or fishing.
<a href="#">Oregon Law Center</a> (Legal Aid)	101 E Broadway Ave, Suite 200, Eugene <b>541-485-1017</b>	Yes for intake or callback	Help completing forms, filing with USCIS, Representation at Asylum Interviews, Immigration Court, Immigration Appeals. Services focused on survivors of domestic violence and sexual assault. Apply by phone
<a href="#">Refugee Resettlement Coalition</a> (Catholic Community Services)	<b>541-345-3628</b> <a href="mailto:RISP@ccslc.org">RISP@ccslc.org</a> <a href="https://rrclc.org/contact/">https://rrclc.org/contact/</a>	Yes	Assist refugees, asylum seekers, and asylees to access housing, employment, physical and mental health services, social services, English as a Second Language classes, and other resources.
<a href="#">U.S. Citizenship and Immigration Services</a>	<b>800-375-5283</b>	Yes	Information about becoming a permanent U.S. resident, getting refugee or asylum seeker status, getting proof of U.S. citizenship, etc.

## LEGAL SUPPORT

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

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# Community Resource Guide

Updated January 2023

## VOTER REGISTRATION



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

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

## 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	Yes	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="#">Lane County Victim Services Division</a>	125 E 8 <sup>th</sup> Ave, Room 400, Eugene <b>541-682-4523</b>	FREE	Yes	Information and assistance for crime victims. Apply for a restraining order or stalking order. Victims of crime may qualify financial assistance for medical, mental health, rehabilitation, funeral, loss of income.

## MEDIATION and RESTORATIVE JUSTICE SERVICES

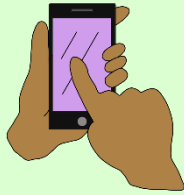
Agency	Contact	Fees	Spanish	Notes
<a href="#">Center for Dialogue &amp; Resolution</a>	93 Van Buren St, Eugene <b>541-344-5366</b>	Varies	Sometimes available	Mediation for tenant disputes, family issues, foreclosures, teen parents. Restorative Justice program and training.
<a href="#">Eugene Mediators</a>	This website lists professional mediators in the Eugene area, their qualifications, and contact info. <a href="https://www.mediate.com/EugeneMediators/index.cfm">https://www.mediate.com/EugeneMediators/index.cfm</a>			
<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.
<a href="#">Resolutions Northwest</a>	<b>503-595-4890</b> <a href="mailto:info@resolutionsnorthwest.org">info@resolutionsnorthwest.org</a>	Call for details	Yes	Equity Informed Mediation and Mediator training.
<a href="#">Resolve Youth Restorative Justice</a> (formerly Teen Court)	Petersen Barn Center 870 Berntzen Rd., Eugene <b>541-285-8901</b>		Sometimes available	A restorative justice program that allows youth who have committed non-violent crimes an opportunity to repair harm. Volunteer opportunities available.
<a href="#">University of Oregon Student Conflict Resolution Center</a>	1691 Columbia Alley, Eugene <b>541-346-0617</b> <a href="mailto:scrc@uoregon.edu">scrc@uoregon.edu</a>	FREE	No	Conflict resolution support for UO students and student organizations. Consultation, coaching, and facilitation of difficult conversations.



# Community Resource Guide

Updated January 2023

## DOMESTIC VIOLENCE & SEXUAL ASSAULT



### Hope and Safety Alliance 24-hour Domestic Violence Crisis Line 1-800-281-2800

If someone is in immediate danger, call 911.

Agency	Contact	Fees	Spanish	Notes
<a href="#">Hope and Safety Alliance</a> (formerly Womenspace)	1557 Pearl St., Suite 400, Eugene <b>800-281-2800</b> (24-hour crisis line) <b>541-485-6513</b> (office)	FREE	Yes	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, safe house, support groups, Latina bilingual advocacy.
<a href="#">SASS - Sexual Assault Support Services</a>	591 West 19th Ave, Eugene <b>541-343-7277</b> (24-hour Hotline) <b>541-484-9791</b> (office)	FREE	Yes	Medical / legal advocacy, peer counseling, support groups. Can accompany victim to doctor/hospital.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club, #222, Eugene <b>541-686-6000</b>	OHP (Trillium)	NO	Domestic violence classes for survivors. 36-week class for perpetrators.
<a href="#">Confederated Tribes of Siletz Indians – CARE Program</a>	<b>541-994-5959</b> (24-hour Hotline) <b>541-444-9680</b> (office)	FREE	NO	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.
Domestic Violence Advocate at DHS	2885 Chad Dr, Eugene <b>541-686-7878</b>	FREE	Yes	Domestic Violence advocates at the Department of Human Services (DHS) help with restraining orders, court appearances. Referral made by caseworker. No cost.
	2101 W 11th Ave, West Eugene <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="#">Love is Respect</a>	<b>Call</b> 1-866-331-9474 <b>Text:</b> LOVEIS to 22522 Or chat live on their website <b>Deaf Advocates Available</b> Video phone: 855.812.1001 <a href="mailto:nationaldeafhotline@adwas.org">nationaldeafhotline@adwas.org</a>	FREE	Yes	Free, confidential support for <b>teens, young adults, and their loved ones</b> seeking help, resources, or information related to dating, healthy relationships, boundaries, personal safety, interactive safety planning.
<a href="#">Siuslaw Outreach Services</a>	<b>541-997-2816</b> office <b>541-997-4444</b> hotline 1576 W. 12th Street, Florence <a href="http://www.florencesos.org">www.florencesos.org</a>	FREE	Yes	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance.
<a href="#">Strong Hearts Native Helpline</a>	1-844-7NATIVE (762-8483)	FREE		24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for <b>Native Americans and Alaska Natives</b> . Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
<a href="#">Lane County Victim Services Division</a>	125 E 8 <sup>th</sup> Ave, Room 400, Eugene <b>541-682-4523</b>	FREE	Yes	Information and assistance for crime victims. Apply for a restraining order or stalking order. Survivors of crime may qualify financial assistance for medical, mental health, rehabilitation, funeral, loss of income.
<a href="#">National Domestic Violence Hotline</a>	<b>800-799-7233</b> (24/7) Email: <a href="http://www.thehotline.org/get-help/">www.thehotline.org/get-help/</a>			
<a href="#">National Deaf Domestic Violence Hotline</a>	<b>1-855-812-1001 (Voice/VP)</b> . Email: <a href="mailto:hotline@adwas.org">hotline@adwas.org</a> 24/7 advocates provide crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.			
<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.			

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# Community Resource Guide

Updated January 2023

## BATTERER & SEX OFFENDER INTERVENTION

Agency	Contact	Fees	Spanish	Notes
<a href="#">Bridges 2 Safety</a>	3831 Main Street Suites 103 & 104 Springfield <b>1-847-235-9516, ext. 2;</b> <a href="mailto:admin@bridges2safety.com">admin@bridges2safety.com</a>	Prices for services vary. Call for information.	No	Evidence-based, trauma-informed intervention services, utilizes a combination of cognitive and dialectical behavioral therapies, motivational interviewing, accountability, and skill building.
<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 26 to 48-week program for people who use anger and control abusively in relationships and desire to change. Voluntary or mandated.
<a href="#">McKenzie Counseling</a>	1705 Centennial Blvd, Suite #1, Springfield <b>503-880-1664</b>	\$350-\$800 intake, \$300/ month	No	Outpatient sex-offense specific treatment program for adults and juveniles.
Siuslaw Batterers Intervention Program	1525 12th St, #20, Florence <b>541-335-1457</b>	52-week batterer's intervention program and a 12-week anger management program.		

## CHILD ABUSE & NEGLECT



### Oregon Child Abuse Hotline **1-855-503-SAFE (7233)**

Call to report suspected child abuse or neglect, 24/7.

If a child is in immediate danger, call 911.

Agency	Contact	Fees	Spanish	Notes
<a href="#">90x30</a>	1244 Walnut Street, Eugene <a href="mailto:friends@90by30.com">friends@90by30.com</a>	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd #222 Eugene <b>541-686-6000</b>	No OHP		Supervision of DHS parent-child visits for a fee. Counseling, domestic violence class, parenting class.
<a href="#">CASA – Court Appointed Special Advocates</a>	174 Deadmond Ferry Rd, Springfield <b>541-984-3132</b>	FREE	Yes	Volunteers are trained to advocate in court for a children involved in the child welfare system.
<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="#">Prevent Child Abuse Oregon</a>	PCAO engages, mobilizes, and energizes communities to work at multiple levels, including amplifying the voices and perspectives of survivors of child abuse and those with lived experience of the child welfare system, unifying the efforts of a partnership of child-serving nonprofit organizations, and by advocating at the legislative level for prevention policies that are guided and informed by families and communities impacted by the consequences of child abuse.			
<a href="#">National Child Abuse Hotline</a>	<b>800-422-4453</b>	Professional crisis counselors, 24/7. Crisis intervention, information, referrals to resources. All calls are confidential.		



# Community Resource Guide

Updated January 2023

## FOOD BOXES & PANTRIES

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

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

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

**FOOD For Lane County**  
FFLC and our partners are equal opportunity providers.

Connect to local food resources here!

SCAN ME

**FOOD For Lane County**  
FFLC y sus colaboradores proveen servicios de manera equitativa

Para estar al tanto de los recursos alimentarios en su localidad, visite

TÓMAME UNA FOTO

EUGENE			
<a href="#">Little Free Pantries (Burrito Brigade)</a>	See website for a list of small pantries located on residential properties in Eugene, Springfield, Junction City and Florence! Or apply to host a tiny pantry! <a href="https://burritobrigade.org/pantries/">https://burritobrigade.org/pantries/</a>		
<a href="#">Burrito Brigade: Waste to Taste</a>	1775 W. 6 <sup>th</sup> Ave, Eugene	<b>Appointment required.</b> Please sign up online at: <a href="https://burritobrigade.org/waste-to-taste/">https://burritobrigade.org/waste-to-taste/</a> <a href="mailto:info@burritobrigade.org">info@burritobrigade.org</a>	
<a href="#">Alluvium</a>	Food boxes, diapers and toys. Open Sunday 1-3. 810 W 3rd Ave, Eugene <a href="mailto:alluviueugene@gmail.com">alluviueugene@gmail.com</a>		
Bethel Food Pantry	4445 Royal Ave <b>541-688-9085</b>	Eugene Faith Center Pantry	1410 W 13th Ave <b>541-686-9244</b>
Casa de Luz (se habla español)	1295 Taney St. <b>541-521-7437</b>	Larry Collins Memorial Pantry	255 Maxwell Rd. <b>541-688-2027</b>
<a href="#">Catholic Community Services</a>	1464 W. 6th Ave. <b>541-345-3628</b>	Pray BiG! St. Matthew's Church	4110 River Rd. <b>541-689-4010</b>
Coburg Food Pantry	32695 E Pearl St. <b>831-345-3866</b>	<a href="#">Salvation Army - Eugene</a>	640 W. 7th Ave. <b>541-343-3328</b>
Daily Bread	89780 N Game Farm Rd <b>541-344-3380 x32</b>		

SPRINGFIELD			
<a href="#">Catholic Community Services</a>	1025 G St <b>541-345-3628</b>	Crossfire Hands of Hope	942 28th St. <b>541-335-9768</b>
The Arc of Lane County	4181 E Street <b>541-343-5256</b>	The Shepherd's Table at St. John's	2537 Game Farm Rd <b>541-746-3322</b>
Waypoint Church	332 58th St. - <b>541-345-3628</b>		
Springfield 7th-day Adventist Community Service Center	1546 N. 12th, Springfield, <b>541-337-5101</b>	Food boxes, clothing closet. Services available 1x /month, unless there is an emergency. Open 1st & 3rd Tuesday, 10am - 1 pm, 2nd & 4th Tuesday, 4 pm - 7 pm	

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

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# Community Resource Guide

Updated January 2023

## MEAL SITES

Agency	Contact	Notes
C.O.R.E. Street Feed Community Outreach through Radical Empowerment	<b>503-877-5320</b> <a href="mailto:info@coreeugene.org">info@coreeugene.org</a>	Free hot meals and survival supplies in Downtown Eugene. Street Feed exists to create safe space and access to resources for young people 24 and under. See website for events.
Crossfire Food Ministry	942 28th St, Springfield <b>541-686-3473</b>	Free meal, Sundays at 8:30am
Ebert Memorial Methodist Church	532 C St, Springfield.	To go meals Monday 8:30-10:30 a.m., Tuesday/Thursday 8-11:15 a.m., Wednesday 5-6 p.m. and Saturday 3-4p.m.
Eugene Catholic Worker	5th & Washington <b>541-735-3823</b>	Call for mealtimes
Eugene Mission	1542 W 1 <sup>st</sup> St, Eugene <b>541-344-3251</b>	Call for mealtimes
Food Not Bombs	8th & W Park street, Eugene	Friday, 2pm. <a href="mailto:eugenefoodnotbombs@gmail.com">eugenefoodnotbombs@gmail.com</a>
Free People	Sunday Breakfast at Washington-Jefferson Park, 9:15-9:45AM Sunday Dinner at the 19 tables across from Lamb's Cottage, 5:00-5:30PM	
Hearth and Table	Free meals for local college students once a week Tuesdays, 5:00PM-6:00PM. Central Lutheran Church, 1857 Potter St. Use the entrance in the back off the parking lot. Meals are packaged for reheating, plant-based. Recipes provided.	
Hosea Youth Services	834 Monroe, Eugene	Monday - Friday, 5:00 pm - 7:00 pm ( <b>16-24-year olds</b> )
Looking Glass, New Roads	941 W 7 <sup>th</sup> Ave Eugene <b>541-686-4310</b>	Open 7 days a week. (for homeless youth, <b>11-21 years</b> )
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

## 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	Meals delivered to people who are homebound. <b>541-682-4368</b>	
<a href="#">Senior Meals Program of Lane County</a>	1015 Willamette St., Eugene <b>541-682-3353</b> Meals delivered to people 60 years+ who are homebound & need help with meal preparation.	

## NUTRITION RESOURCES

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

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# Community Resource Guide

Updated January 2023

## 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
<a href="#">Eastside Baptist Church Clothes Closet</a>	4045 Commercial Ave., Springfield	See Facebook page for days and times.
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="#">Sarah's Closet</a> <i>Located inside North Star Pathways</i>	<b>541-603-8812</b>	Clothing, diapers and other items for foster children. To receive a Foster Baby Care Basket, complete the form on their website: <a href="https://northstarpathways.org/closet/">https://northstarpathways.org/closet/</a> . Baskets delivered anywhere within Lane County.
Springfield 7th-day Adventist Community Service Center	1546 N. 12th, Springfield, <b>541-337-5101</b>	Food boxes, clothing closet. Services available 1x /month, unless there is an emergency. 1st & 3rd Tuesday, 10am-1pm, 2nd & 4th Tuesday, 4-7pm
<a href="#">St. Vincent de Paul</a>	456 Hwy 99 N, Eugene <b>541-689-6747</b>	Clothing, furniture & other household goods.
The Stash (Lane Community College)	LCC Main Campus, Center Building, Basement, Room 006	Free thrift store for current, registered students of Lane Community College.
<a href="#">White Bird Clinic</a>	341 E. 12th, Eugene <b>541-342-4357</b>	Monday-Friday, 8am – 10pm.

## LAUNDRY ASSISTANCE

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

## CAR SEAT CLINIC

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

## TRANSPORTATION ASSISTANCE

Agency	Contact	Spanish	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene AND 1025 G St., Springfield <b>541-345-3628</b>	Yes	Free bus day passes (for verified appointments only). Call or stop in to find out availability.
<a href="#">Job Connections (Goodwill)</a>	855 Seneca Rd, Eugene <b>541-431-3309</b>	Spanish translation available	Free bus Passes for Job Seeking STEP participants
	102 30th Street, Springfield <b>458-205-8157</b>		
	1310 Hwy 101, Florence <b>541-590-3541</b>		
<a href="#">Lane Transit District (LTD)</a>	1080 Willamette, Eugene <b>541-687-5555</b>		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 transportation for people who cannot ride LTD buses due to disability / other circumstances

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# Community Resource Guide

Updated January 2023

## BASIC NEEDS

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

## LOW COST PET SERVICES

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

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## ID & BIRTH CERTIFICATE ASSISTANCE

Thank you to 15<sup>th</sup> Night for contributions to this section!

Agency	Notes	
<a href="#">15<sup>th</sup> Night</a>	Call or text <b>541-246-4046</b>	Technical & financial assistance with obtaining a birth certificate or a state-issued I.D. Cost is covered. For youth under 21.
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene <b>541-345-3628</b>	The 2nd and last Thursday of every month at 9:00am (show up 5 minutes before). Staff will randomly choose 8 names to receive assistance with their birth certificate or state ID. Age 18+
Eugene Mission	1542 W 1 <sup>st</sup> , Eugene <b>541-344-3251</b>	Assists overnight guests who are in case management with obtaining ID's. Most birth certificates are \$20-30 & a new state ID card is \$44.50
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene <b>541-607-7020</b>	Independent living skills classes, service navigation, counseling, support groups, clubhouse, ID assistance.
Looking Glass New Roads	941 W 7th Avenue, Eugene <b>541-302-2551</b>	Technical assistance with obtaining a state issued I.D. Cost may be covered depending on funds. For youth, age 16-21.
Social Security Office	2504 Oakmont Way, Eugene <b>1-800-772-1213</b>	It is free to get a social security card! Visit: <a href="https://www.ssa.gov/ssnumber/">https://www.ssa.gov/ssnumber/</a> to apply for a card, update your name, or order a replacement card. Or stop by the office in person. Monday-Friday 9am-4pm. Wednesday closes at noon.
Whitebird Clinic	323 E 12th Ave, Eugene <b>541-342-1295</b>	Walk in times are available Monday-Thursday from 12-2. Staff can assist with technical and financial assistance with obtaining a birth certificate. Cost is covered. All ages.

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

Full list of locations: [www.oregon.gov/odot/dmv/pages/offices/index.aspx](http://www.oregon.gov/odot/dmv/pages/offices/index.aspx)

EUGENE DMV - (541) 686-7855 - 2870 W 10th Place  
SPRINGFIELD DMV - (541) 686-7855 - 204 30<sup>th</sup> Street

#### What you need to apply for a state issued ID:

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





# Community Resource Guide

Updated January 2023

## 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 serving 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 and counselling for ages 1-19.
<a href="#">Community Health Centers of Lane County</a> <b>541-682-3550</b> Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in. Call for hours. OHP, private insurance, sliding scale	<b>RiverStone Clinic</b>			2073 Olympic St, Springfield
	<b>Charnelton Community Clinic</b>			151 W 7th Ave Suite 100, Eugene
	<b>Prenatal Clinic</b>			151 W 7th Ave # 310, Eugene
	<b>Springfield Schools Health Center</b>			1050 10th St, Springfield
	<b>LCBH Primary Care</b>			2411 Martin Luther King Jr. Blvd, Eugene
	<b>Brookside Clinic</b>			1680 Chambers St #103, Eugene
	<b>Delta Oaks Clinic</b>			1022 Green Acres Rd, Eugene
Healthy Tomorrows (Peace Health)	3333 Riverbend Dr., Springfield <b>541-687-6242</b>	Free if not eligible for OHP	Yes	Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
<a href="#">HIV Alliance</a> (Alliance for Community Wellness)  OHP or sliding scale for individuals without insurance	1195 Cityview, Eugene <b>541-342-5088</b>	<b>Medical Clinic</b> - PREP medication, STI's testing, HIV testing, Hepatitis C and Syphilis testing, case management, treatment for opioid use disorder and health focused street outreach.		
		<b>Oaks Housing Program</b> - Wraparound services for individuals with immune compromised systems, including housing navigation, and case management with a care team.		
		<b>Hepatitis (HCV) Community Health Program</b> – Designed to help people living with HCV in Lane County to stabilize and maintain their health through support, advocacy, referral services, and emergency financial assistance. Clients struggling to meet basic needs can work with our HCV Case Manager to access transportation, nutrition assistance, and community resources.		
Homeless Youth Clinic	<b>541-686-4310</b> 941 W 7 <sup>th</sup> Ave, Eugene	FREE	Yes	STI/HIV testing ages 16-21 (permission required for individuals under age 16).
<a href="#">Ko-Kwel Wellness Center</a> Coquille Indian Tribe	2401 River Rd. Eugene <a href="mailto:ko-kwel.eug@coquilletribe.org">ko-kwel.eug@coquilletribe.org</a>			Culturally appropriate primary outpatient medical care for Native Americans and Alaska Natives.
<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	Food served every Sunday, noon-3:30pm (Suite 4), medical services starting at 11:45 (Suite 7). Arrive before 2:30 for medical services.
<a href="#">Our Community Birth Center</a>	188 West B Street, Bldg O Springfield <b>458-234-6800</b> <a href="mailto:OurCommunityBirthCenter@gmail.com">OurCommunityBirthCenter@gmail.com</a>	OHP / Private Insurance / Self-pay sliding scale	Yes	Nurse midwifery birth center and health clinic. Client-centered, LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum including home visits, newborn care, lactation services.
<a href="#">Rapid Access Center</a> (Willamette Family)	<b>541-762-4300</b> 195 W. 12 <sup>th</sup> , Eugene	OHP only		Same-day walk-in medical, behavioral health & addiction services.
The SHOP (Sharing Healthcare Options Program)	<b>541-342-8255</b> 341 E 12 <sup>th</sup> , Eugene	FREE	Yes	Enrollment assistance for health insurance including OHP. Call for appointment.
<a href="#">Trauma Healing Project</a>	<b>541-687-9447</b> 1100 Charnelton, Eugene	Sliding Scale	Yes	Body-centered therapies, wellness classes.
Trillium Behavioral Health Member Services	<b>541-485-2155</b>	FREE		Members can call this number to change physicians.
<a href="#">Volunteers in Medicine</a>	2260 Marcola Rd, Springfield <b>541-685-1800</b>	FREE	Yes	Medical, mental health, prescription for low-income adults without insurance or with OHP but no provider.
<a href="#">White Bird</a>	<b>541-484-4800</b> 1400 Mill St., Eugene	OHP, sliding scale	Sometimes	Medical walk-in clinic.
Ask-a-Nurse	<b>541-686-7000</b>	Call 24 hours a day for free, confidential health-care information & referrals.		
Poison Control Hotline	<b>800-222-1222</b>	24/7 hotline for questions / emergencies regarding poisons.		

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## VISION CARE

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

## DENTAL SERVICES

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

## PRESCRIPTION ASSISTANCE

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

## SMOKING CESSATION

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

## GAMBLING ADDICTION TREATMENT

Agency	Contact	Fees	Spanish	Notes
<a href="#">Meridian Gambling Program (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.

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# Community Resource Guide

Updated January 2023

## ADDICTION RECOVERY SUPPORT

Thank you to the Cesar Huaracha of the Relief Nursery Accessing Success team for updating this section!

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		12-step meetings for families and 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		12-step meetings for people in recovery from addiction to alcohol.
<a href="#">Heroin Anonymous</a>	<a href="mailto:pacificregionaltrustee@heroinanonymous.org">pacificregionaltrustee@heroinanonymous.org</a>	Free		12-step meetings for people in recovery from addiction to heroin.
<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 for people experiencing addiction to narcotics.
Buckley Detoxification Center	605 W 4th Ave, Eugene <b>541-343-6512</b>	OHP, sliding scale, other ins.		Support for substance users who need to withdraw safely from substances & achieve sobriety in a caring environment
Center for Family Development	1258 High St. Eugene <b>541-342-4189</b>	OHP, sliding scale, other ins.	Yes	Counseling, recovery programs, 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> <a href="mailto:info@centrolatinoamericano.org">info@centrolatinoamericano.org</a>	\$10-25 sliding scale, OHP	Yes	Addiction support for Spanish speaking adults and teens. Youth mentoring age 7-16.
Chrysalis (White Bird)	350 E 11th Ave, Eugene <b>541-683-1641</b>	OHP, sliding scale	No	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
Emerald Valley Intergroup (EVI)	2160 W 11th Ave Suite, Eugene <b>541-342-4113</b> <a href="mailto:evicpci@gmail.com">evicpci@gmail.com</a>	FREE	Yes	EVI has many local face-to-face and online meetings. <a href="https://eviaaweb.org/">https://eviaaweb.org/</a>
<a href="#">Emergence</a>	78 A Centennial Loop, Eugene <b>541-393-0777</b>	OHP, sliding scale, other ins.	Yes	Outpatient. Specialties: drug court, DUI, corrections, gambling, mental health, smoking cessation.
<a href="#">HIV Alliance Prime Peer Program</a>	1195 City View Street, Eugene *Jonathan Duncan - 541-359-7897 *Melrose Mask - 541-323-5088 *Sam Marcus - 541-342-5088, ext. 304	OHP, sliding scale for people without insurance		Peer professionals assist others dealing with substance disorder. Help accessing services, insurance enrollment, harm reduction supplies, practical advice regarding treatment & safer injection practices.
Integrated Health Clinics of Eugene	715 Lincoln St, Eugene <b>541-344-3574</b>	OHP, sliding scale, other ins.	No	Outpatient treatment for opioid addiction. Group / individual counseling.
JESCO Club	340 Blair Blvd, Eugene <b>541-686-0538</b> <a href="mailto:Jesco@gmail.com">Jesco@gmail.com</a>	FREE		Addiction Services, meetings
Looking Glass Counseling	260 E 11th Ave, Eugene <b>541-484-4428</b>	OHP / other insurance	Yes	Addiction counseling for youth under 21.
Methadone Treatment Lab	151 W 7th Ave Rm 163, Eugene <b>541-682-4464</b>	OHP, self-pay, other insurance	No	Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.
Families Actively Improving Relationships (FAIR)	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b>	OHP	Yes	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
<a href="#">ODI Clinic: Adolescent and Family Services</a>	10 Shelton McMurfhey Blvd, Eugene <b>541-284-7560</b> Centro Latino, 944 W 5th <b>541-687-2667</b>	No cost to participants	Yes	Outpatient drug and alcohol counseling for teens. Treatment is provided as part of a research study. Parents & youth earn money for research interviews.
Phoenix Treatment	2727 Martin Luther King Jr. Blvd. Eugene <b>541-682-7933</b>			Residential addiction treatment for youth, individual / family / group therapy, recreation therapy, tutoring, individualized goals.
<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	Yes	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="#">Restored Connections Peer Center</a>	146 E 12th Ave, Eugene <b>541-636-3526</b> <a href="mailto:hnelms@restoredconnections.org">hnelms@restoredconnections.org</a>	FREE		Recovery Peer Mentors, housing support, supported employment, support accessing medical services, drop in peer center.
<a href="#">Serenity Lane</a>	4211 W 11 <sup>th</sup> Ave, Eugene <b>541-485-1577</b> out-patient 91150 Coburg Industrial Way <b>541-687-1110</b> in-patient	Private insurance, private pay, some OHP		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 ins.		Addiction assessments. Same-day medical & behavioral health services. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
Alcohol Treatment Referral Hotline		<b>800-252-6465</b>		
<a href="http://www.Addicted.org">www.Addicted.org</a>		Directory and confidential referral service for drug and alcohol rehabilitation services in the US. <b>1-800-304-2219</b>		

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JC-2/1/2023 *Relief Nursery does not endorse or recommend particular providers or services listed in this guide.*



## NEEDLE EXCHANGE / DISPOSAL

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

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

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

Agency	Notes
HIV Alliance Needle Exchange Program	Provides harm reduction supplies, and Naloxone for people who inject drugs. Locations vary during the week. Check with Reggie or Becky if you have any questions, or see the current calendar of times and locations at <a href="https://hivalliance.org/prevent/syringe-services/">https://hivalliance.org/prevent/syringe-services/</a> 541-556-1409
SOAP	503-877-5320 (text or call to set up a time to meet). Harm reduction supplies and case management for youth (16-24) who live on the street. Naloxone Distribution/Overdose Education; Safe Sex Items; Syringe Services; Wound Care Services.
Syringe Drop-Box - 1461 Oak	1461 Oak St, Eugene. 541-687-9141. <a href="http://4emergence.com/about/locations">http://4emergence.com/about/locations</a> Emergence community syringe drop-box at the Midtown Office - Endeavor Program. Monday to Friday, 8 a.m. to 5 p.m.
Syringe Drop-Box - Eugene Service Station on Hwy 99	456 State Hwy 99 N, Eugene. 541-342-5088. <a href="https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/">https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/</a> Monday to Friday, 8 a.m. to 5 p.m.
Black Thistle Street Aid, CORE and Occupy Medical Wednesday Clinic	5th and Washington, under the bridge. 458-201-3317 FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready to eat food, harm reduction supplies. Wednesdays, 11am to 3pm
White Bird - Front Rooms Resource Center	341 E 12th Ave, Eugene. 541-342-8255. <a href="https://whitebirdclinic.org/front-rooms">https://whitebirdclinic.org/front-rooms</a> White Bird Front Rooms provides water, a mail/messaging service, phone access, clothing, and hand washing. Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames. Every day, 9:30 a.m. to 4:30 p.m.





# Community Resource Guide

Updated January 2023

## RECOVERY HOUSES

Thank you to the Cesar Huaracha of the Relief Nursery Accessing Success team for updating this section!

WOMEN		
Haven Of Angels	<b>541-514-8160</b>	721 Skipper Ave. Eugene
Clean and Sober Housing	<b>541-543-8957</b>	
Sponsor's	<b>541-485-6738</b>	767 W. 8th Ave, Eugene 30 days clean & sober. Random UA's. Mandatory Meetings.
Women's Oxford Houses	Baker	<b>541-246-8858</b> 1826 N Danebo Ave. Eugene
	Beverly	<b>458-201-7762</b> 2406 Beverly St. Springfield
	Brilliance	<b>541-653-9440</b> 2049 Wisconsin St. Eugene
	Clarity	<b>541-600-8794</b> 2162 Loch Dr. Springfield
	Dalton	<b>541-844-1709</b> 1740 Dalton Dr. Eugene
	Resilience	<b>458-215-4935</b> 137 51 <sup>st</sup> St. Springfield
	Riverbend	<b>541-344-9191</b> 5117 Innsbrook Way, Eugene
	Spencer Butte	<b>541-632-4757</b> 3230 Portland St. Eugene
Westmoreland	<b>541-844-1950</b> 1895 Polk St. Eugene	

MEN		
Clean & Sober Housing	<b>541-543-8957</b>	Two weeks clean & sober.
Housing Our Veterans	<b>541-606-9220</b>	345 W 13 <sup>th</sup> St. #5 Eugene
Last Resort	<b>541-461-9674</b>	1511 Copping St, Eugene
Phoenix House	<b>541-607-5869</b>	675 Hughes St, Eugene 30 days clean. 6-month commitment. Mandatory meetings. Random UA's
Safe Haven	<b>541-514-8160</b>	325 S. 37th St, Springfield Mandatory support groups. Random UA's.
Sponsor's	<b>541-485-8341</b>	338 Hwy 99 North, Eugene Random UA's. 30 days clean & sober. Mandatory support groups
Uncle John's	<b>541-359-6420</b>	313 49th St, Springfield 30 days clean & sober. Random UA's. Mandatory Meetings.
Wilkie Street House	<b>541- 217-0217</b>	Private Rooms, 30 days clean & sober. Random UA's. Mandatory Meetings.
Men's Oxford Houses	Autzen	<b>541-844-1939</b> 1240 River Rd. Eugene
	Balcom	<b>541-636-4260</b> 30001 Kelso St. Eugene
	Boondock	<b>541-654-0744</b> 845 Elm Dr. Eugene
	C. Roman House	<b>541-393-6669</b> 3740 Emerald St. Eugene
	Crenshaw	<b>541-653-9381</b> 1257 Crenshaw Ave. Eugene
	Crescent	<b>541-636-4279</b> 2475 Crescent Ave. Eugene
	Dillard	<b>541-357-4965</b> 3990 Dillard Ave. Eugene
	Echo Hollow	<b>541-246-8268</b> 4160 Avalon St. Eugene
	Emerald Valley	<b>541-636-3070</b> 4087 Concord St. Eugene
	Glory	<b>541-505-9311</b> 875 Glory Dr. Eugene
	Hayden Bridge	<b>541-515-6535</b> 1017 Hayden Bridge Rd. Springfield
	J. Noonan	<b>458-215-6076</b> 908 Darlene Ave. Springfield
	Mohawk	<b>541-505-7057</b> 1923 Centennial Blvd. Springfield
Nighthawk	<b>541-505-9286</b> 33 E. 20 <sup>th</sup> Ave. Eugene	
West Howard	<b>541-654-4332</b> 133 Howard Ave. Eugene	

CO-ED		
Clean & Sober Housing	<b>541-543-8957</b>	Two weeks clean & sober.
<a href="#">First Place Family Center</a> St. Vincent de Paul	<b>541-342-7728</b>	4060 W Amazon Drive, Eugene

HALFWAY HOUSES		
Shepard Apartments	<b>541-686-8438</b>	938 Jefferson St. Eugene
William Ware Residence	<b>541-686-8438</b>	910 Jefferson St. Eugene



# Community Resource Guide

Updated January 2023

## HOUSING ASSISTANCE

Agency	Contact	Spanish	Notes
<a href="#">Affordable Housing Online</a>	<a href="https://affordablehousingonline.com/housing-search/Oregon/Lane-County">https://affordablehousingonline.com/housing-search/Oregon/Lane-County</a>		
<a href="#">Catholic Community Services</a>	<b>541-345-3628</b> 1464 W 6 <sup>th</sup> Eugene / 1025 G St, Springfield	Yes	There is a lottery for housing counseling. Call or inquire at the front desk about the next lottery day.
<a href="#">Community Sharing Program (Cottage Grove)</a>	<b>541-942-7933</b> 1440 Birch Ave. Cottage Grove	Yes	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane.
<a href="#">Cornerstone Community Housing</a>	<b>541-683-1751</b> Multiple locations. Call or see website.	No	High quality affordable housing, onsite services that promote personal growth & economic independence. <a href="http://www.cornerstonecommunityhousing.org">www.cornerstonecommunityhousing.org</a>
<a href="#">DevNW</a>	212 Main St, Springfield <b>541-345-7106</b>	Yes	Affordable rentals. 1 <sup>st</sup> time homebuyer & financial literacy class. Foreclosure & Student loan counseling. \$75 annual membership.
<a href="#">Homes for Good</a>	100 W 13th Ave, 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>
<a href="#">HUD (Section 8)</a>	Housing Choice Voucher to help pay for rent. Anyone who is living in Oregon, is a US citizen or permanent resident, and over 18 can apply for Section 8. Eligibility is primarily determined by income. Apply online at: <a href="http://www.applysectioneight.com/apply_select_state">www.applysectioneight.com/apply_select_state</a>		
<a href="#">New Roads (Looking Glass)</a>	941 W 7 <sup>th</sup> Ave Eugene <b>541-686-4310</b>	No	Support homeless youth, 16-21 years old, to find housing.
<a href="#">ShelterCare</a>	969 Hwy 99 N Eugene <b>541-689-7156</b>	Yes	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
<a href="#">St. Vincent de Paul</a>	LIFT Permanent Supported Housing	<b>541-687-5820 x148</b>	2890 Chad Drive, Eugene For dual diagnosed mental health and alcohol / drug addiction.
	Connections Rapid Rehousing	<b>541-232-4342</b>	2890 Chad Drive, Eugene For families that are homeless with a qualifying child.
	Supportive Services for Veterans Families	<b>541-743-7170</b>	1870 w 11th avenue For low-income veterans and their families.
	Affordable Rental Waitlist	<a href="https://www.svdp.us/services/affordable-housing/property-management/">https://www.svdp.us/services/affordable-housing/property-management/</a>	
<a href="#">SquareOne Villages</a> <b>541-606-4455</b>	<b>OPPORTUNITY VILLAGE</b> 111 N Garfield St, Eugene	Self-managed community of cost-effective <b>tiny homes</b> for people in need of housing. \$35 / month for unsheltered singles and couples.	
	<b>EMERALD VILLAGE EUGENE</b> 25 N. Polk St, Eugene	22 permanent dwellings and a Community Clubhouse, community kitchen, laundry, restroom, and storage of common resources like tools and other appliances. \$204-306/month.	
	<b>COTTAGE VILLAGE</b> 1430 E. Madison Ave, Cottage Grove	The first permanently affordable tiny home co-op in a rural community. 13 units. \$350-500/month	
	<b>C STREET CO-OP</b> 1430 C St, Springfield	\$788/month. Permanently Affordable for: 80% area median income or under	

## HOUSING COMPLAINTS

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

## HOME REPAIRS and IMPROVEMENT

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

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# Community Resource Guide

Updated January 2023

## DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Fees	Spanish	Notes
<a href="#">Community Supported Shelters</a>	1160 Grant, Eugene <b>541-683-0836</b>	FREE	NO	<b>Conestoga huts &amp; tent communities</b> for the unhoused. Plan advisors & peer support.
Dusk to Dawn (St. Vincent de Paul)	456 Hwy 99, Eugene <b>541-687-5820</b>	FREE	Yes	Homeless <b>day shelter</b> for adults, food boxes, employment support for homeless veterans, 2nd chance rehabilitation program, social service office.
<a href="#">Egan Warming Center</a>	9 locations. Call or see website. <b>541-689-6747</b>	FREE	NO	Open 7pm to 8am, Nov 15 <sup>th</sup> - March 31 <sup>st</sup> on nights when average temperature is 29 degrees or below.
<a href="#">Eugene Mission</a>	1420 W 1 <sup>st</sup> , Eugene - women 1542 W 1 <sup>st</sup> , Eugene - men <b>541-344-3251</b>	3 nights free, then chores	Spanish translator	<b>Shelter.</b> Meals. Faith based A&D 12 step. Residential life skills program. GED classes.
<a href="#">Eugene Service Station</a> St. Vincent de Paul	450 Hwy 99, Eugene <b>541-461-8688</b>	FREE		<b>Day shelter</b> , clothing, laundry, showers, phone, computer access.
<a href="#">First Place Family Center</a>	4060 W Amazon Dr 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 24-hour crisis line</b>	FREE	Yes	<b>Emergency shelter</b> for runaway / homeless youth ages <b>11-17 yrs.</b>
<a href="#">ShelterCare</a>	969 Hwy 99 N, Eugene <b>541-689-7156</b>	FREE	Yes	<b>Emergency shelter, supportive housing</b> for people experiencing mental illness or brain injury. <b>Rapid rehousing</b> for families with 72-hour notice. 30-day post-hospitalization <b>medical recuperation.</b>
<a href="#">Hope and Safety Alliance</a> (formerly Womenspace)	<b>541-485-6513</b> <b>24-hour Crisis line</b> <b>541-485-8232</b> office 1557 Pearl St., # 200, Eugene	FREE	Yes	Serving all <b>survivors of intimate partner violence</b> and their families. Peer support, advocacy, safety planning, crisis intervention, <b>safe house</b> , legal support, emergency transportation, support groups, and Latina bilingual advocacy.

## HOMELESSNESS PREVENTION and ADVOCACY

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

## HOME OWNERSHIP (DOWN PAYMENT and MORTGAGE ASSISTANCE)

Agency	Contact	Fees	Notes
Homebuyers Assistance (Eugene)	<b>541-682-5446</b>	Free	Down-payment assistance for qualifying families who can secure loan & pay mortgage.
<a href="#">Springfield Home Ownership Program</a> (SHOP)	Luis Mendoza <a href="mailto:luis.mendoza@devnw.org">luis.mendoza@devnw.org</a> or <b>541.345.7106 ext 2053</b>	Free	Interest-free loans up to \$25,000 for first-time home buyers. <b>Info in English:</b> <a href="https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-english-to-email.pdf">https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-english-to-email.pdf</a> <b>Info in Spanish:</b> <a href="https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-spanish-to-email.pdf">https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-spanish-to-email.pdf</a>
<a href="#">DevNW</a>	212 Main St, Springfield <b>541-345-7106</b>	\$75 annual membership	Free 1 <sup>st</sup> time homebuyer & financial literacy class. Foreclosure counseling. Affordable rentals. Student loan counseling.
Oregon Homeowner Assistance Fund	<a href="https://oregonhomeownerassistance.org/">https://oregonhomeownerassistance.org/</a>		
Oregon Mortgage Help	<a href="https://www.oregon.gov/ohcs/homeownership/pages/foreclosure-default-prevention.aspx">https://www.oregon.gov/ohcs/homeownership/pages/foreclosure-default-prevention.aspx</a>		
Oregon's Foreclosure Hotline	1-800-SAFENET		
Making Home Affordable hotline	888-995-HOPE		

## 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 <i>Must qualify by income.</i>
	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>		

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# Community Resource Guide

Updated January 2023

## ENERGY ASSISTANCE

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

Agency	Notes
<a href="#">Community Sharing Program</a>	Utility assistance and other supports for residents of Cottage Grove. 1440 Birch Ave, Cottage Grove <b>541-942-7933</b>
<a href="#">Springfield Utility Board Project Share</a>	For information on whether you qualify, or to make an appointment, email Catholic Community Services (CCS) or call them at <b>541-345-3642</b> .
<a href="#">Emerald Rate Assistance Program (ERAP)</a>	<b>For EPUD</b> households with a member who is permanently disabled, senior 60 or older, or households with children 17 and younger who meet LIHEAP income guidelines. Participants receive \$300 credit to their EPUD account over 4-months. Program starts in spring. Call Lane County Energy Programs at <b>541-682-3378</b>
<a href="#">EWEB Customer Care</a>	EWEB offers a \$280 bill credit annually to eligible customers. Applications open on the first business day of each month and funds are available on a first-come, first-served basis. Social security number / legal status not required. Apply online: <a href="http://www.eweb.org/residential-customers/income-based-assistance/customer-care-application">http://www.eweb.org/residential-customers/income-based-assistance/customer-care-application</a> or call EWEB at <b>541-685-7000</b> M-F 9 a.m. - 6:30 p.m.
<a href="#">Helping Hands (EPUD)</a>	Funds for this program are available starting in February and are first-come, first-served. There are no waiting lists. If you are approved, a one-time grant of up to \$300 is credited to your electric bill. For more information about the program, email Customer Service ( <a href="mailto:CustomerService@epud.org">CustomerService@epud.org</a> ) or call <b>541-746-1583</b> .
<a href="#">Low-Income Home Energy Assistance Program</a>	Waitlist opens the 1st business day of the month. For more information and to put your name on the waitlist, visit the website: <a href="http://www.lanecounty.org/liheap">www.lanecounty.org/liheap</a>
Oregon Energy Assistance Program (Pacific Power)	This program is available to Pacific Power customers who meet income qualifications.  <u>OEAP Agencies:</u> Catholic Community Services in Eugene 541-345-3642 Catholic Community Services in Springfield 541-747-8349 Community Sharing in Cottage Grove 541-942-6492
<a href="#">NW Natural Oregon Low-income Gas Assistance</a>	<i>Senior citizens, ages 60 &amp; older, call Campbell Community Center in Eugene <b>541-682-5354</b></i>  <u>General Public:</u> <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

## TELEPHONE ASSISTANCE

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

## BUDGETING & MONEY MANAGEMENT

Agency	Contact	Fees	Spanish	Notes
<a href="#">DevNW</a>	212 Main Street, Springfield <b>541-345-7106</b>	\$75 annual membership	Yes	Classes and one-on-one financial counseling. Free 1 <sup>st</sup> time homebuyer & financial literacy class. Foreclosure counseling. Student loan counseling.
<a href="#">Prosperity Program (Goodwill Employment and Training Services)</a>	855 Seneca Rd, Eugene <b>541-431-3307</b> <a href="mailto:trystad@goodwill-oregon.org">trystad@goodwill-oregon.org</a>	FREE	Spanish translation available	Support with financial recovery: budgeting, credit counseling, debt reduction, goal setting. Workplace Success and Financial workshops. Individual Development Account matched savings. AARP Free Tax-Aide site.

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# Community Resource Guide

Updated January 2023

## EMPLOYMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
<a href="#">Alternative Work Concepts</a>	<b>541-345-3043</b> Email: <a href="mailto:awc@efn.com">awc@efn.com</a>			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
<a href="#">Centro Latino Americano</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	FREE	Yes	Employment & resume support.
<a href="#">Job Connections (Goodwill)</a>	Assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, and community resource referrals. Online workshops about job search techniques, overcoming a criminal background barrier, interviewing, financial education, and workplace success. To speak with an Employment Specialist, call <b>541-431-3309</b> . Check website for workshop schedule: <a href="https://goodwill-oregon.org/job-connections/">https://goodwill-oregon.org/job-connections/</a>			
<a href="#">Lane Small Business Development Center</a>	101 W 10 <sup>th</sup> Ave, #304, Eugene <b>541-463-6200</b>	Varies	Interpreter Available	Support services for small businesses, workshops and free business advising.
<a href="#">Lane WorkForce Partnership</a>	<b>541-505-8674</b> 1401 Willamette Street	FREE	Yes	Skill assessment, job search, on the job training
<a href="#">Northwest Youth Corps</a>	2621 Augusta Street, Eugene <b>541-349-5055</b>	See notes	Some programs	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
<a href="#">Pearl Buck Center</a>	115 W 8 <sup>th</sup> Ave, #280, Eugene <b>541-780-6404</b>	FREE	No	Support finding housing / employment for adults with developmental disabilities
<a href="#">Quality Care Connections</a>	Lane Community College campus 4000 E 30 <sup>th</sup> Bldg. 24, Eugene <b>541-463-3954</b>	Class prices vary from free to \$60	Yes	Training / business assistance for childcare providers and early educators.
<a href="#">Re-entry Resource Center at Sponsors</a>	338 Hwy 99 N, Eugene <b>541-505-5690</b>	FREE	Some classes	Resume, interviews, jobs search, clothes <b>for those who have been incarcerated</b>
<a href="#">Supported Employment Services</a>	711 Country Club Rd, #1-A, Eugene <b>541-687-0687</b>	FREE	No	Job placement, coaching, supported employment for adults with disabilities. Referrals must come from Voc. Rehab.
<a href="#">Vocational Rehabilitation (DHS-Self Sufficiency)</a>	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	Career coaching, free educational workshops, one-on-one support, customized services based on the individual's needs and goals. Resume, interviewing, and job search support.

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

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# Community Resource Guide

Updated January 2023

## RURAL LANE COUNTY

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

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

Agency	Contact	Notes
<a href="#">Child Car Seat Program</a>	<b>Schedule an appointment by calling:</b> <b>Cherie Nelson at: 541-942-9145 ext. 264</b> <b>Tisha Fetter at: 541-942-9145, ext. 267</b>	The Cottage Grove Police Department offers car seat installation inspections. Call for an appointment. It is best to have the child present and to bring your vehicle's owner manual and child seat instructions (if you have them).
Community Meal Sites	<b>Trinity Lutheran Church</b> 675 S. 7th St. Tuesdays & Thursdays at 5:00 pm <b>Church of the Nazarene</b> 152 S. M St. Wednesdays at 6:00 pm	
<a href="#">Community Sharing Program</a>	1440 Birch Ave. Cottage Grove <b>541-942-7933</b>	Clothing closet, firewood, food, utility & prescription assistance, 15 minute free showers, laundry vouchers, propane. Help to avoid eviction, foreclosure assistance, and rental entry costs.
<a href="#">Community Sharing Warming Shelter</a>	<b>541-942-2176</b> Email: <a href="mailto:info@communitysharing.org">info@communitysharing.org</a>	Warming center is located on city property behind the Dari Mart at 1200 E. Main St. It is active Nov 1 – Mar 31 when the average overnight temperature falls to 32 degrees Fahrenheit or below. Pets are welcome. Hours: 7:00 p.m. - 8:00 a.m.
Cottage Grove Community Center	700 E. Gibbs Ave, Cottage Grove <b>541-942-1185</b>	Yoga, crafts, support groups. Room space available for rent for events, trainings and classes.
<a href="#">Cottage Grove Public Library</a>	700 E. Gibbs Avenue, Cottage Grove <b>541-942-3828</b>	Books and media for children and adults. Public computers / internet. Programs for children, teens and adults. <a href="http://www.cottagegrove.org/library">www.cottagegrove.org/library</a>
Cottage Grove Senior Center	700 E. Gibbs Ave, Cottage Grove <b>541-942-8751</b>	Recreational activities, classes, blood pressure checks, exercise, hearing tests, foot care.
<a href="#">Creswell Pantry</a>	364 Cobalt Lane, Creswell <b>541-870-2252</b>	Food Pantry and "Grab and Go" meals every Thursday from 9:30 a.m. - 12:00 p.m.
Creswell YMCA	996 W. A Street, Creswell <b>541-686-9622</b>	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services (Cottage Grove)	305 Coop Court, Cottage Grove <b>541-942-9186</b>	Childcare assistance to eligible families. SNAP (Food stamps) for eligible low-income families and individuals.
<a href="#">Early Education Program</a>	Creslane Elementary School 996 West A, Creswell <b>541-895-6174</b>	Structured preschool for children age 3-5 with and without special needs. Classes focused on language development, social skills and self-regulation.
<a href="#">Emergence Counseling</a>	710 Adams, Cottage Grove <b>541-767-3057</b>	Addiction outpatient treatment and intensive outpatient therapy for ages 18+. Accepts OHP.
<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 under age 6.
	Creslane Elementary: 996 A St., Modular 3, Creswell <b>541-942-4835</b>	
<a href="#">Full Access</a>	1450 Birch Ave, Cottage Grove <b>541-942-5003</b>	Support assisting individuals with intellectual and developmental disabilities. <a href="http://www.fullaccess.org">www.fullaccess.org</a>
Habitat for Humanity of Central Lane	78314 OR-99, Cottage Grove <b>541-741-1707</b>	Supports local needs for housing and restoration of homes for people in need. <a href="http://www.habitatlane.org">www.habitatlane.org</a>

See next page for more SOUTH LANE SERVICES

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# Community Resource Guide

Updated January 2023

## SOUTH LANE SERVICES Continued

Agency	Contact	Notes
<a href="#">Head Start of Lane County</a>	1310 S. 8th St, Cottage Grove <b>541-767-3525</b>	Preschool programs for ages 3-4, including children with special needs. Early Head Start program for ages birth-3. No cost, eligibility based on income. <a href="http://www.hsolc.org">www.hsolc.org</a>
Meals on Wheels	<b>541-682-7804</b>	Meals delivered to people who are homebound.
Peace Health Cottage Grove Community Medical Center	1515 Village Drive, Cottage Grove <b>541-767-5500</b>	Walk-in clinic, 24-hour emergency department, hospital, physicians.
Café 60 Senior Meals	Riverview Terrace, 925 W. Main, Cottage Grove <b>541-682-9261</b> (call ahead) T/W/TH Crestview Villa, 350 S. 2 <sup>nd</sup> St, Creswell <b>541-895-2338</b> (call ahead) M/W/F	Serving ages 60+. Guests under age 60 are welcome to attend for \$8 per meal.
Cottage Grove Family Resource Center	Harrison Elementary School <b>541-767-3532</b> <a href="mailto:wendy.vandersys@slane.k12.or.us">wendy.vandersys@slane.k12.or.us</a>	Parent education, homework/tutoring help, referrals to community resources.
Creswell Family Resource Center	Creslane Elementary School, 996 West A St <b>541-895-6175</b> <a href="mailto:kdumas@creswell.k12.or.us">kdumas@creswell.k12.or.us</a>	
<a href="#">South Lane Mental Health</a>	410 N. 9th St., Cottage Grove <b>541-942-2850</b>	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, recovery program for ages 14 and up. Oregon Health Plan.
<a href="#">South Valley Athletics</a>	8th St. & Taylor, Cottage Grove <b>541-942-3079</b>	Kid's Sports, Adult Softball
<a href="#">Tender Hands Doula Services</a>	75 S. 5 <sup>th</sup> St, Cottage Grove <b>704-517-5848</b>	
Warren H. Daugherty Aquatic Center	1000 Taylor Ave., Cottage Grove <b>541-942-5533</b>	Public pool, swim programs for all ages, lessons, fitness classes, warm water therapy pool.
Weight Watchers	Church of the Nazarene 152 S. M St., Cottage Grove <b>541-342-5386</b>	
Welcome Baby Box (90x30)	<b>541-870-0689</b> or <b>541-346-7484</b>	Free box for the families of all infants born in the South Lane region. Contains diapers, clothes, wipes, other necessities, and a guide to community resources.
<a href="#">WIC</a> (Women, Infants, and Children)	305 Coop Ct, Cottage Grove <b>541-682-4202</b>	Nutrition education, breastfeeding support, and access to healthy foods.
<a href="#">Womenspace</a>	<b>541-485-6513</b> 24 -hour Crisis line <b>541-485-8232</b> Office	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, bilingual advocacy.

## SOUTH LANE SCHOOLS

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

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# Community Resource Guide

Updated January 2023

## FLORENCE & WESTERN LANE COUNTY SERVICES

Agency	Contact	Fees	Notes
Alanon / Alateen	Confidential, free 12-step support for families/friends of people experiencing addiction. <a href="https://alanonlaneor.us/find-a-meeting/">https://alanonlaneor.us/find-a-meeting/</a>		
<a href="#">Alcoholics Anonymous</a>	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up to date list of meetings & events. <b>AA Florence: 541-902-0152 – Judy AA Hotline: 888-203-1432</b> <a href="https://www.aaregondistrict8.com/">https://www.aaregondistrict8.com/</a>		
<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), employment related day care 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 degrees 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.	
Head Start, West Lane County	<b>541-997-9176</b> 2325 Oak St, Florence	FREE	Home visiting, parenting support, preschool (age 3-5), 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.
Job Connections (Goodwill)	1310 Hwy 101, Florence <b>541-590-3541</b>	FREE	Job search, work experience opportunities, resume assistance, workshops career counseling. For Job Seeking STEP participants: Assistance with birth certificates / IDs, bus passes, short term training, employment supports.
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. <b>FREE</b> <a href="mailto:MinisterEventServices@gmail.com">MinisterEventServices@gmail.com</a>		
NAMI (National Alliance on Mental Illness)	<b>541-343-7688</b> 888 Western Way, Florence	FREE	Classes & support groups for people living with a mental health condition & for their families.
<a href="#">Oregon Family Support Network</a>	<b>541-901-1175</b>	FREE	Support for caregivers raising a child with mental health challenges. Support group, IEP support, referrals, and trainings.
Options Counseling & Family Services	<b>541-997-6261</b> 1445 8th St, Florence	Fees vary	Family / individual counseling for adults & children. OHP, private pay, some insurance.
Peace Harbor Medical Center  400 Ninth St, Florence <b>541-997-8412</b>	Counseling Services - <b>541-902-6085</b>		Diabetes Wellness Clinic - 541-997-1295
	Emergency Services - <b>541-997-8412</b>		Orthopedic & Sports Medicine - 541-997-7104
	Home Health and Hospice - <b>541-997-3418</b>		Walk-In Clinic - 541-997-7134
	Imaging Center - <b>541-997-2804</b>		Women's Health - 541-902-1634
	Rehabilitation and Wellness Center - <b>541-902-1669</b>		Childbirth & Newborn Care Class 541-897-9048
PFLAG (Parents & Friends of Lesbians & Gays)	<b>541-991-8550</b> <a href="mailto:pflagflo@gmail.com">pflagflo@gmail.com</a>	FREE	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
<a href="#">Pregnancy &amp; Parenting Center</a>	1525 12th Street, Suite G, Florence <b>541-902-2273</b>	FREE	Pregnancy tests, pregnancy options info, teen pregnancy support; parenting, pre-natal, & birth education; family mentoring, peer counseling.
<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. Peer support, and support for people who have used substances during their pregnancy.
Siuslaw Batterers Intervention Program	<b>541-335-1457</b> 1525 12th St, Suite G, Florence	52-week batterers intervention program & a 12-week anger management program for both males & females.	
<a href="#">Siuslaw Outreach Services</a>	<b>541-997-2816</b> office <b>541-997-4444</b> hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & human 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	Women's Clinic 340 9th St., Florence <b>541-999-4880</b>	Open to all families, partners and support persons who feel overwhelmed or are experiencing depression & anxiety.	

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## OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
Adult & Family Services	<b>541-686-7878</b> Uptown Mall, 305 Coop Court	
Department of Human Services	<b>541-736-7854</b> Uptown Mall, 305 Coop Ct	Apply for food stamps (SNAP)
<a href="#">Hope and Safety Alliance (formerly Womenspace)</a>	24-hour Crisis line: <b>541-485-6513</b> Willamette Activity Center, 47674 School Street <b>541-782-2877</b>	Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, bilingual advocacy for survivors of intimate partner violence.
Oakridge Food Box	<b>541-782-2192</b> 47674 School Street	
Oakridge School District Homeless Liaison	<b>541-782-2231</b> or <b>541-782-3226</b> Email: <a href="mailto:rdasher@oakridge.k12.or.us">rdasher@oakridge.k12.or.us</a>	Help for students and their families who are homeless, living in a hotel/car/trailer/campground.
Senior & Disabled Services	<b>541-782-4726</b> Uptown Mall, 305 Coop Court	Service coordination & advocacy for seniors and anyone with a disability in Lane County.
<a href="#">WIC</a> – Women, Infants, & Children	<b>541-782-4216</b> Uptown Mall, 305 Coop Court	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.
<a href="#">St. Vincent de Paul</a> - Oakridge	<b>541-782-5928</b> 47663 OR-58, Oakridge	Rent, utility, prescription assistance, coin laundry machines, job training.
St. Vincent's Veteran's Services	<b>541-285-7291</b>	
Animal Clinic	<b>541-782-4281</b> 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	<b>541-782-2304</b> 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Fire Department	<b>541-782-2416</b>	
Lane Electric	<b>541-484-1151</b> 787 Bailey Hill Rd, Eugene	
Oakridge City Hall	<b>541-782-2258</b> 48318 E 1st St, Oakridge	
Oakridge Police Department	<b>541-782-4232</b> 76435 Ash St, Oakridge	
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.

## OAKRIDGE & WESTFIR SCHOOLS

School	Contact	Notes
School District Office	<b>541-782-2813</b>	
<a href="#">Early Childhood CARES</a>	Westridge School 46433 Westfir Rd, Westfir <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.

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Updated January 2023

## PLEASANT HILL SERVICES

Agency	Contact	Notes
Pleasant Hill Education Foundation	<a href="mailto:janderson@phillfoundation.org">janderson@phillfoundation.org</a> 541-736-0759	Provides scholarships to inspire learning, enhance teaching, & create opportunities students.
Reaching Out Mentoring Program	<a href="mailto:lhammondmendez@pleasanthill.k12.or.us">lhammondmendez@pleasanthill.k12.or.us</a> 541-736-0495	One-to-one trained adult mentors for identified middle school students. Secondary school mentors are paired with younger students.

## PLEASANT HILL SCHOOLS

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

## VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance	541-935-0948 25035 W Broadway Ave, Veneta	Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
Fern Ridge Library	541-935-7512 88026 Territorial Rd., Veneta	Open Tuesday - Thursday 10-8 / Friday 10-6 / Saturday 10-5
Fern Ridge Family Resource Center	Fern Ridge Middle School, 88831 Territorial Hwy, Elmira 541-935-2253 x1205 <a href="mailto:ahand@fernridge.k12.or.us">ahand@fernridge.k12.or.us</a>	Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center	541-935-2262 25035 W Broadway Ave, Veneta	Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, <b>60 &amp; over</b> . Lunch served weekdays.
Love Project Food Pantry & Gleaners	541-935-4555 x104 25035 W Broadway Ave, Veneta	Open Mon-Wed-Fri 10-11:30am & 12:30-2pm, and Wednesday evenings from 6-7:30.
<a href="https://midlanecares.com/">Mid Lane Cares</a>	541-935-0948 25035 W Broadway Ave, Veneta	<a href="https://midlanecares.com/">https://midlanecares.com/</a>
Olivet Baptist Church Lillie's of the Field	541-935-1988 25027 Dunham Ave, Veneta	Provides family clothing & housewares for those in Fern Ridge Area, Tu/Th 2:00-4pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	541-556-4923 Valley United Methodist Church in Veneta and Olivet Baptist Church in May & Nov (see notes)	Free medical clinic on the 2 <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	541-935-4141	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund	541-935-0948	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

## VENETA, ELMIRA & FERN RIDGE SCHOOLS

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

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## JUNCTION CITY SERVICES

Agency	Contact	Notes
<a href="#">Junction City Local Aid</a>	210 E 6th Avenue, Junction City <b>541-998-3992</b> info@JunctionCityLocalAid.org	Basic needs assistance and economic relief to people living in the Junction City School District and the Junction City area of rural Lane County. This includes food, utility and energy assistance, prescription/medical assistance, transportation assistance, clothing, referrals for area resources.
<a href="#">Head Start Junction City</a>	722 W 5th Ave, Junction City <b>(541) 998-5352</b>	Free, high quality preschool program for qualifying families. Apply for enrollment at: <a href="https://www.hsolc.org/cpa/">https://www.hsolc.org/cpa/</a>
<a href="#">Viking Sal Senior Center</a>	245 W 5th Ave, Junction City <b>(541) 998-3140</b>	Community recreation center serving area residents, 55 and over. Services and activities include education, leadership development, volunteer opportunities, health, nutrition, and social work. The Center also serves as a community resource for information on aging.
<a href="#">JC Community Center</a>	175 W. 7th, Junction City <b>541-998-4767</b>	The Community Center offers program and services for all ages, and rental space for youth, family, and adult activities, including a classroom, meeting space, and kitchen.
<a href="#">JC Public Library</a>	726 Greenwood Street, Junction City <b>541-998-8942</b>	The library holds over 22,000 items including books, magazines, DVDs and audio books. These are available for check out. Free borrowing privileges to people living within the city limits, along with on-site and most on-line services to visitors.

## JUNCTION CITY SCHOOLS

Agency	Contact
Laurel Elementary School	1401 Laurel Street, Junction City <b>541-998-2386</b>
Territorial Elementary School	92609 Territorial Road, Junction City <b>541-998-8371</b>
Oaklea Middle School	1515 Rose Street, Junction City <b>541-998-3381</b> <a href="mailto:oakleaoffice@junctioncity.k12.or.us">oakleaoffice@junctioncity.k12.or.us</a>
Junction City High School	1135 West Sixth Avenue, Junction City <b>541-998-2343</b>
JC Options	325 Maple St, Junction City <b>541-998-6311</b> <a href="mailto:rsmith@junctioncity.k12.or.us">rsmith@junctioncity.k12.or.us</a> K-12 alternative educational program. Students may be home-based, work at the local Learning Center, or a combination of settings. Families can opt for all JC Options classes or dual enrollment in their neighborhood school.

## MAPLETON SERVICES

Agency	Contact	Notes
Mapleton Food Share and Resource Center	10718 Hwy 126 in Mapleton, Oregon. <b>541-268-2715</b> <a href="mailto:Karen@mapletonfoodshare.com">Karen@mapletonfoodshare.com</a> Emergency Food help – <b>541-268-2919</b> Resource Center, Gail Wilson <b>482-567-8182</b>	Food pantry, clothing closet, household items. Open on the 2nd Thursday and 4th Saturday of every month. Proof of address required.

## MAPLETON SCHOOLS

Agency	Contact
Mapleton Elementary	10870 E Mapleton Rd., Mapleton <b>541-268-4471</b>
Mapleton Middle / High School	10868 E. Mapleton Rd., Mapleton <b>541-268-4322</b>
Preschool	Amber Tucker is the Preschool Teacher located at Mapleton Elementary. <a href="mailto:atucker@mapleton.k12.or.us">atucker@mapleton.k12.or.us</a>

To be added to the email distribution list for this document or to submit corrections, contact Jessie at [jessieca@reliefnursery.org](mailto:jessieca@reliefnursery.org)  
JC-2/1/2023 *Relief Nursery does not endorse or recommend particular providers or services listed in this guide.*



# Community Resource Guide

Updated January 2023

## MARCOLA SERVICES

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

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

## MARCOLA SCHOOLS

Agency	Contact
<a href="#">Marcola Elementary</a>	38300 Wendling Road, Marcola <b>541-933-2512</b>
<a href="#">Marcola Jr / Senior High School</a>	38300 Wendling Road, Marcola <b>541-933-2512</b>
<a href="#">TeachNW</a>	K-12 Virtual STEAM Academy <b>541-952-1381</b>