



Relief Nursery

Community Resource Guide

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

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

Maintained in
collaboration
with



**Oregon
Family Support
Network**

Community Resource Guide

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CHILD & YOUTH MENTAL HEALTH SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
4J School-based Health Centers	Churchill 790-5227	Churchill High School 1850 Bailey Hill, Eug	OHP / FREE		Serves 4J students & siblings under age 19. Counseling for depression, anxiety, anger, attention & focusing challenges, family stress, & referrals for substance abuse.
	N. Eugene 790-4445	North Eugene High 200 Silver Lane, Eug			
Bethel School District Health Services	607-1430	1525 Echo Hollow Rd., Suite A, Eug	OHP, private ins, sliding scale	NO	Serves students of Bethel School District age 1-19. Health & mental health counseling.
Center for Family Development	342-8437	261 E. 12 th Ave, Eug	Sliding scale, OHP, other insurance	YES	Walk-in assessment, child therapy, behavioral support, groups & classes for depression, yoga, pain management, Dialectical Behavioral Therapy (DBT).
Center for Autism & Related Disorders	505-9398	134 E 13th Ave, Ste 2B, Eug	Most insurance, including OHP		Applied Behavior Analysis. Communication, social, adaptive & behavioral management skills.
Centro Latino Americano	687-2667	944 W 5 th Ave, Eug	\$15-25 sliding scale / OHP	YES	Counseling in Spanish. Youth groups, mentors, age 7-16 . Addiction support for adults/teens. Social service navigation.
Child & Family Center (U of O)	346-4805	1600 Millrace Dr, #103, Eug	Sliding scale	NO	Family assessment, counseling, parenting support for families with children age 2-17 .
Child Center	726-1465	3995 Marcola Rd, Spfd	OHP	NO	Assessment, counseling, day treatment, Collaborative Problem Solving, Applied Behavioral Analysis (ABA).
Child Development & Rehabilitation Center	346-3575	901 E 18 th Ave, Eug	OHP / private insurance	YES	Services for children with special health care needs & developmental disabilities.
Child / Adolescent Mental Health Crisis Response Program	888-989-9990 crisis line <i>Made possible by The Child Center, Jasper Mountain & Looking Glass</i>		FREE	NO	Support for caregivers of youth (up to age 17) experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence).
Community Health Centers of Lane Co	682-3550	Call for locations	OHP / Low cost / FREE	YES	Behavioral health services, medical care, immunizations. Call for hours.
Direction Service	344-7303	576 Olive St, Suite 307, Eug	OHP / private insurance	NO	Provides a full range of mental health services for children, adolescents, families & adults of all ages.
Early Assessment & Support Alliance	682-7583	1200 Hilyard St, #570, Eug	OHP / private ins / no ins	YES	Counseling, case management, mentors, job/education support, for youth age 12-25 experiencing psychosis.
Elrod Center	294-1010	105 E Hilliard Ln, Eugene	\$10 / class, discount for multiple children		A variety of therapeutic services, classes and therapy groups for youth ages 2-22 .
Jasper Mountain	747-1235	37875 Jasper-Lowell Rd, Jasper	OHP / private insurance	YES	Intensive residential mental health treatment. Ages 3-13 .
Lane County Behavioral Health	682-1915	2411 Martin Luther King Blvd, Eug	OHP	YES	Walk-in assessment, counseling and groups for adults & youth. Psychiatry services. Med Management.
Looking Glass Counseling	484-4428	260 E 11 th Ave, Eug	OHP	YES	Residential, outpatient, addiction counseling - youth under 21 . Services for runaway / homeless youth. Alternative school.
ODI Clinic SWIFT Program	485-2711	10 Shelton McMurphy Blvd, Eug	OHP	No	A strength-based program that provides behavioral health services to students & their families in school, home, & community settings.
Ophelia's Place	284-4333	1577 Pearl St. #100, Eug	FREE / sliding scale	YES	Programs for girls ages 10-18 . Drop in M-Th, 3pm-6 pm. Classes, groups & counseling.
Options Counseling	687-6983	1255 Pearl, Eug	OHP	YES	Individual counseling, DBT group, Circle of Security parenting group, Parent-Child Interactive Therapy.
	762-1971	175 W. B, Bldg D, Spfd			
Oregon Community Programs	743-4340	1170 Pearl St, Eug	OHP / Trillium	YES	Counseling, skills trainers, psychiatry for children 5-18 & their families. Therapeutic foster care.
Oregon Family Support Network	342-2876	72 A Centennial Lp #150, Eug	FREE	YES	Support for caregivers raising a child with mental health challenges, Collaborative Problem Solving, family events, respite, IEP support.
Relief Nursery Child Counseling	343-9706	850 S. 42 nd , Spfd 1720 W. 25 th Ave, Eug	OHP	YES	Counseling for children under age 6 . Must be a client at the Relief Nursery.
SAFE Center	741-7402	89124 Marcola Rd, Spfd	OHP / private insurance	NO	Short term residential (1-3 days) for youth ages 4-13 experiencing serious emotional disturbances.
Shangri-La	344-1121	1195 City View #B, Eug	Trillium only	NO	Outpatient services, counseling, med management, case management, peer support. Ages 14+ . 24-hour crisis line for active clients.
Springfield Schools Health Center	682-3550	1050 10th St., Springfiled	sliding scale / Free		Serves Springfield District students & their families.

See next page for more Child & Youth Mental Health resources.

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CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Phone	Address	Fees	Spanish	Notes
Thrive Behavioral Health	246-7263	995 Willagillespie Rd, #200, Eug			Treatment options for children & adolescents with developmental or behavioral health concerns
Rapid Access Center (Willamette Family)	762-4300	195 W. 12 th , Eug	OHP, other ins, sliding scale	NO	Same-day walk-in medical & behavioral health. Chemical dependency assessments. Residential & outpatient tx for adults & teens . M-F 8-4:00
Young Adult Hub	682-7583	1200 Hilyard St, #570, Eug	OHP, private insurance, no insurance	YES	Education & job support, med management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
Youth ERA	971-334-9295	965 Oak Alley, Eug Drop Center	FREE		Youth Peer Support Specialists help young adults empower themselves & build leadership & advocacy skills. Drop-In Center.

ADULT MENTAL HEALTH SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
CAFA - Christians As Family Advocates	686-6000	921 Country Club Rd, #222, Eug	OHP, sliding scale	NO	Individual, couples, neurofeedback, play therapy, DV intervention, Parenting After Crisis 15-week class.
CAHOOTS – Crisis Assistance Helping Out on the Streets	Mobile Crisis Service 682-5111 (Eugene) 726-3714 (Springfield)		FREE	YES	Crisis response & transportation to social services (not violent or life-threatening emergencies). EMT staffed.
Center for Autism & Related Disorders	505-9398	134 E 13th Ave Ste 2B, Eug	OHP, other insurance		Communication, social, adaptive therapies & Applied Behavior Analysis for children & adults.
Center for Community Counseling	344-0620	1465 Coburg Rd, Eug	\$5-40 sliding scale	NO	Counseling, support groups, classes. Mindful Parenting Group. Men's group.
Center for Family Development	342-8437	261 E. 12 th St, Eug	Sliding scale, OHP, other ins	YES	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
Center for Healthy Relationships (UO)	346-0923	HEDCO Clinic, 1655 Alder St., Suite 170, Eug	Sliding Scale	YES	Individual, couples & family therapy provided by supervised graduate students. Day, evening and weekend hours.
Centro Latino Americano	687-2667	944 W 5 th , Eug	\$10-25 sliding scale, OHP	YES	Counseling in Spanish. Youth groups, mentors for youth ages 7-16. Addiction support for adults & teens. Social service navigation.
Community Health Centers of Lane County	682-3550	Various. Call for locations	OHP, Low cost, FREE	YES	Call for hours. Behavioral health services, medical care, immunizations.
David Romprey Oregon Warm Line	800-698-2392 Warm Line <i>Not a crisis line</i>		FREE		Peer Support Warm Line provided by persons who have had mental health challenges & are able to support others who are struggling. 7 days a week, 9 am – 11 pm.
Direction Service	344-7303	576 Olive St, Suite 307, Eug	OHP / private ins.	NO	Provides a full range of mental health services for children, adolescents, families, & adults of all ages.
Hourglass Community Crisis Center	505-8426 Crisis Line	71 Centennial Loop, Eug	FREE	YES	Walk-in adult short-term mental health crisis assessment & stabilization. Open 24-hours a day.
Lane County Behavioral Health	682-3608	2411 Martin Luther King, Jr. Blvd, Eug	OHP	YES	Walk-in assessment, counseling, groups for adults & youth. Psychiatry and med management.
Laurel Hill Center	485-6340	2145 Centennial Plaza, Eug	OHP, Medicaid, Trillium	YES	Supported housing & counseling for people with psychiatric disabilities.
NAMI Lane County	343-7688	2411 Martin Luther King, Eug	FREE	YES	M-Th 10am-2pm. Peer support for mental health consumers & their families.
NW Christian University Counseling	349-7471	755 E 11th Ave, Eug	\$5 / session		Counseling sessions with grad students supervised by faculty.
Odyssey Community Counseling (Emergence)	741-7107	2149 Centennial Plaza, Ste 4, Eug			Integrated mental health services. Individual & group counseling. DBT, CBT, EMDR, ACT & other modalities.
Options Counseling	687-6983 (Eugene)	1255 Pearl, Eug	OHP	YES	Individual counseling, DBT group, Circle of Security parenting group, Parent-Child Interactive Therapy.
	762-1971 (Springfield)	175 W. B, Bldg D, Spfd			
Shangri-La	344-1121	1195 City View #B, Eug	Trillium only	NO	Outpatient, counseling, med mngmt, case mngmt, peer support. Ages 14+. 24-hour crisis line for active clients.

See next page for more Adult Mental Health resources.

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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Phone	Address	Fees	Spanish	Notes
Trauma Healing Project	687-9447	1100 Charnelton Eug	Sliding Scale	YES	Body-centered therapies such as yoga & acupuncture. Wellness classes.
UO Psychology clinic	346-4954	15 th & Onyx, Eug	Sliding scale	NO	Marriage & couple counseling.
Whitebird Clinic	342-8255 office 687-4000 crisis	341 E 12 th Ave, Eug	OHP	YES	Individual, couples & family counseling. Phone & walk-in crisis intervention.
Rapid Access Center (Willamette Family)	762-4300	195 W. 12th, Eug	Sliding scale, OHP, other ins	NO	Medical, behavioral health services. Chemical dependency assessments. Walk in M-F 8-4
Willamette Valley Counseling	636-0885	180 W 12 th Ave, Eug	Sliding scale		Counseling for individuals & families. Anxiety, depression, grief, loss, trauma & resilience.

CRISIS SUPPORT SERVICES

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

Agency	Phone	Address	Spanish	Notes
CAHOOTS – Crisis Assistance Helping Out on the Streets	Mobile Crisis Service 682-5111 (Eug) 726-3714 (Spfd)		YES	Crisis response & transportation to social services (not violent or life-threatening emergencies). EMT staffed.
Child / Adolescent Mental Health Crisis Line	888-989-9990 Crisis Line		NO	Support for caregivers of youth (up to age 17) experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence).
Hourglass Community Crisis Center	505-8426 Crisis Line	71 Centennial Loop, Eug	YES	Crisis line & walk-in adult mental health crisis assessment & stabilization. Open 24-hours a day.
Looking Glass Youth & Family Crisis Line	689-3111 Crisis Line			For parents of children up to 18 to call when their child is having an immediate mental health, emotional, or behavioral crisis.
Whitebird Clinic Crisis Services	800-422-7558 Crisis Line	341 E 12 th Ave, Eug	YES	Phone & walk-in crisis intervention, referrals, & transportation assistance for people with mental health-related disabilities.
National Suicide Prevention Lifeline	1-800-273-TALK (8255)		YES	Support for people in crisis & their family members
The Trevor Project Lifeline	1-866-4-U-Trevor www.thetrevorproject.org		YES	24/7 lifeline for LGBTQ youth 24 & under . See website for lifeline chat, resources, & more.
Crisis Text Line	741-741 (text "CONNECT")			24/7 text support

SUICIDE PREVENTION

Agency	Phone	Spanish	Notes
Lane County Suicide Prevention Program	682-8731 www.preventionlane.org (click on Prevention topics, Suicide)	NO	Coordinates Lane County's suicide prevention & postvention efforts. Call for information & opportunities to get involved.

GRIEF SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Cascade Health Solutions	228-3083	Call for location.	FREE	YES	Grief education & support groups for adults living with the loss of a loved one.
Compassionate Friends	689-0824	Call for location.	FREE		Support for families grieving the death of a child/ grandchild
Courageous Kids	458-205-7474	677 E 12 Ave, # N180, Eug	FREE	NO	Grief support groups, summer camp for children ages 6-17 who have experienced the death of a loved one.
Elrod Center	294-1010	105 E Hilliard Ln, Eugene	\$10/ child		Offers a variety of therapeutic services & classes for youth ages 2-22 , including traumatic grief & loss
Hospice of Sacred Heart	458-205-7400	677 E. 12 th Ave, Eug	FREE	NO	Grief classes / groups. Call for a list of grief counselors.
McKenzie Willamette	726-4478	Call for location.	FREE		Weekly general bereavement support group
MISS Foundation	888-455-6477 www.missfoundation.org/		FREE	YES	Online support forums for parents / grandparents who have lost a child of any age. Peer support from people who have experienced a similar loss.
Parents of Murdered Children	888-818-7662 Call for information about local chapter.		FREE	YES	Support / referrals for family members who have suffered the murder of a child.
Sacred Heart Medical	242-8753	3333 Riverbend Dr, Spfd	FREE	YES	Bereavement support groups.
Suicide Bereavement Group	Email: darlene@jenniferbakerfund.org Website: www.jenniferbakerfund.org		FREE	NO	Support group for survivors of suicide loss; caring peer-support setting for people to share their pain with others.

See next page for more Grief Support resources.

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GRIEF SUPPORT (continued)

Agency	Phone	Address	Fees	Spanish	Notes
Survivor Outreach Program		American Foundation for Suicide Prevention. www.afsp.org			Peer support for survivors of suicide loss.
WellMama Pregnancy & Infant Loss Support	800-896-0410	150 Shelton McMurphy Blvd, #208, Eug	FREE		Monthly support group for parents who have experienced pregnancy loss or the loss of a child.

ANGER MANAGEMENT SERVICES

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

CHILDREN & YOUTH with DISABILITIES

Agency	Phone	Address	Fees	Spanish	Notes
Able Find		www.ablefind.org/	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more.		
ARC of Lane County	343-5256	4181 E. St, Spfd	Respite: \$10 for 1 st child, \$5 for next. Paid by K-plan	YES	Respite for children with disabilities, age 2-21 After school program, community events, family support.
Autism Society of Oregon	689-2228	www.autismsocietyoforegon.org	FREE	NO	Resource referrals for individuals with autism spectrum disorder & their families. Adult social skills class.
Bridgeway House	345-0805	555 E 15 th , Eug	Varies	YES	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, social events, & school.
Child Development & Rehabilitation Center	346-3575	901 E 18 th Ave, Eug	OHP / private insurance	NO	Services for children with special health care needs & developmental disabilities. Feeding clinic.
Connect the Dots	255-2681	84 Centennial Lp, Eug	OHP / private insurance	NO	Speech, physical & occupational therapy for feeding issues, developmental delays, sensory integration, Autism, ADD, etc. (under 18 years).
Creating Opportunities	503-559-3674	462 17th St NE, Salem	FREE if eligible. See notes.	Interpreter Available	Equips people with developmental disabilities or their family or representatives to find & manage Personal Support Workers. Free if eligible to hire PSW's through a DD or mental health diagnosis.
Developmental Disabilities Services of Lane County	682-6564	125 E. 8 th Ave, Eug	FREE		Case management, in-home support, consultation, equipment for children with developmental disabilities.
Direction Service	686-5060	1144 Gateway Lp, #200, Spfd	OHP / private insurance	YES	Support & planning programs for youth with disabilities (ages 0-23) & their families in Lane County. IEP support.
Early Childhood CARES	346-2578 344-4723 Fax	1500 W 12th Ave, Eug	FREE	YES	Assessment & support for children with developmental delays, birth to age 5 .
Early Education Program (EEP)	485-0368	Various locations	FREE for children with dev. delays. \$55-185 no delays.	YES	Preschool for children with & without special needs age 3-5 .
Embody Play Yoga	852-2799		Varies		Trauma-informed yoga therapy for children & adults, including those impacted by trauma, disabilities or behavioral issues. Mindfulness-based parenting classes & parent coaching.
KindTree: Autism Rocks	780-6950	www.kindtree.org	Varies	NO	Groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane County Public Health CaCoon	682-8720	151 W 7th Ave, Eug	FREE		Support for children birth through 18 with Special Health Care needs
Oregon Family Support Network	342-2876	72 A Centennial Lp, Eug	FREE for most services	YES	Support for caregivers raising a child with mental health challenges. Parenting classes, support group, respite, family events, IEP support.

See next page for more CHILDREN & YOUTH with DISABILITIES resources.

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CHILDREN & YOUTH with DISABILITIES (continued)

Agency	Phone	Address	Fees	Spanish	Notes
RideAble	684-4623	85230 Hicks Lane, Eug	Varies		Horsemanship classes for children, teens & adults. Life skills are developed through riding.
RISE	503-851-7765	Some providers in Lane Co.			In-home support for children with disabilities, especially serious behavioral challenges.
Therapeutic Animal Interactions & Life Skills	335-1390	27847 Easy Acres Drive, Eugene			Equine therapy for individuals, couples, families, or groups. Ages 13+.
Youth Transition Program					Prepares students with disabilities for employment, education or training through an array of pre-employment transition services & supports

ADULTS with DISABILITIES

Agency	Phone	Address	Spanish	Notes
Able Find	Online searchable database for disability services in Oregon. Categories include housing, health, transportation, recreation, child resources, employment, education, social security, safety, legal, finances & dating. www.ablefind.org			
Allies	458-210-2837	131 E. 11th Ave, Eugene		Support services for adults with intellectual & developmental disabilities. Transportation. Self-Expressions Program.
ARC of Lane County	343-5256	4181 E St, Springfield	YES	Support for parents who have a cognitive limitation or parents of a child with a cognitive limitation.
Autism Society of Oregon	689-2228		NO	Resource referrals for individuals with autism spectrum disorder & their families. Adult social skills class. www.autismsocietyoforegon.org
Creating Opportunities Employer Resource Connection	503-559-3674	462 17th St NE, Salem	Interpreter available	Equips people with developmental disabilities or their family / representatives to find & manage Personal Support Workers. Free if eligible to hire PSW's through a DD / mental health diagnosis.
Embody Play Yoga	852-2799			Trauma-informed yoga therapy / classes for children / adults, including those impacted by trauma, disabilities / behavioral issues. Mindfulness-based parenting classes / coaching.
Full Access Brokerage	284-5070 (Eug) 513-8548 (CG)	1240 Charnelton, Eugene 1450 Birch, Cottage Grove		Assists adults with developmental disabilities to determine needs, plan services, & develop individualized budgets.
Inner Potential	503-539-8330 207-807-4807	Email: innerpotential1@gmail.com Website: www.innerpotential1.com/		Partnering with individuals experiencing intellectual &/or developmental disabilities in achieving a healthy, fulfilling life. Daily activities club (age 18+). Funded through the K Plan.
KindTree	780-6950	PO Box 40847, Eugene www.kindtree.org	NO	Support groups (adults), activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane County Developmental Disabilities Services	682-3695	125 E. 8 th Ave, Eugene		Support services for children & adults who experience developmental disabilities
Lane Independent Living Alliance (LILA)	607-7020	20 E 13th Ave. Eugene		Independent living skills classes, service navigation, counseling, support groups, club house & more.
Lane WorkForce Partnership	505-8674	2510 Oakmont Way, Eugene		Employment support for adults who experience disabilities
Mentor Oregon Brokerage	345-5151	1600 Valley River Dr, Eugene		Residential homes, supported living, skill building, employment services for adults with intellectual / developmental disabilities
Oregon Supported Living Program	343-4196	1250 Charnelton Street, Eugene		Residential, supported living, supported employment, & arts/culture programs for adults with developmental disabilities.
Pearl Buck Center	780-6404	115 W 8 th Ave, #280, Eugene	NO	Job coaches, support finding housing & employment for adults with developmental disabilities.
RideAble	684-4623	85230 Hicks Lane, Eugene		Horsemanship classes for people with special needs. Life skills developed through riding.
RideSource	682-5566	240 Garfield St, Eugene		Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
SAIL – Supporting Access to Independent Living	http://www.sailhousing.org			Advocate for & promote sustainable housing for persons with developmental disabilities
Self Help for Hard of Hearing People (SHHH)	345-9432 TTY:345-9432	2580 Hilyard St, Eugene		Monthly meetings 2 nd Thursday of every month. Monthly newsletter.
Senior & Disabled Services	682-4038	1015 Willamette Street, Eugene		Service coordination & advocacy for anyone with a disability in Lane County (& seniors).
SLLEA – Smart Living, Learning, & Earning with Autism	http://sleea.org			Promote quality housing & support adults with Autism & related disorders

See next page for more ADULTS with DISABILITIES resources.

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ADULTS with DISABILITIES (continued)

Agency	Phone	Address	Spanish	Notes
Social Security Office	800-772-1213	2504 Oakmont Wy, Eug		Stop in or apply online for benefits.
Supported Employment Services (SES)	687-0687	711 Country Club Rd, Suite 1-A, Eug		Job placement, coaching, ongoing supported employment for adults with disabilities. Referrals must come from Voc Rehab.
Therapeutic Animal Interactions & Life Skills	335-1390	27847 Easy Acres Drive, Eug		Equine therapy for individuals, couples, families, or groups. Ages 13+.
Trips, Inc.	686-1013	PO Box 10885 Eug		Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
Vocational Rehab (DHS)	686-7878 Eug 726-3525 Spfd	2885 Chad Dr, Eug 101 30 th Ave, Spfd	YES	Skills training / job placement for adults with disabilities.

PARENT EDUCATION & SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
4J Young Parent Program	463-3950	johnson_jul@4j.lane.edu	FREE	Interpreter available	Supports pregnant & parenting students in their education & life goals.
A Family for Every Child	343-2856	1675 W 11 th Eug	FREE	NO	Mentors for youth ages 5-18 . 10 hours+ /mo. Parent mentor for families at risk for DHS involvement.
ACT for Families	833-0017	WIC office - 7 th & Charnelton, Eug	FREE for OHP / WIC eligible	NO	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
ARC of Lane County	343-5256	4181 E St, Spfd	FREE	YES	Support for parents with a cognitive limitation or who have a child with a cognitive limitation.
Bridgeway House	345-0805	555 E 15 th Ave, Eug	Varies	YES	Services for families affected by autism. Home visits, support groups, parenting classes, advocacy.
CaCoon (Lane County Public Health)	682-8720	151 W 7th Ave, Eug	FREE	YES	Support for parents of children birth-18 with special health care needs
CAFA - Christians As Family Advocates	686-6000	921 Country Club Rd, #222, Eug www.trueinsightparent.com	OHP, sliding scale	NO	Parenting after Crisis Class, Domestic Violence Intervention, True Insights Parent Strategies (TIPS) (in person & online). Childcare & meal provided for groups.
Center for Community Counseling	344-0620	1465 Coburg Rd, Eug	\$5-40 sliding scale	NO	Changing Anger for Parents class. Childcare available for parenting group.
Center for Dialogue & Resolution (Parent/Teen Program)	344-5366	93 Van Buren St, Eug	Varies		Support for communication between parents & teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, etc
Child Center	726-1465	3995 Marcola Rd, Spfd	OHP / private insurance	NO	Collaborative Problem-Solving classes & many other services (see Child Counseling).
Direction Service	686-5060	1144 Gateway Lp, Suite 200, Spfd	OHP / private insurance	YES	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
Family Check Up (Lane County Youth Services)	682-7936	2727 Martin Luther King Jr Blvd, Eug	OHP	YES	Strengths-based program that helps parents set parenting goals. Parents receive \$150 in gift cards to Fred Meyer for attending 3 appointments.
Family Resource Centers	<p>Bethel Village Family Center, Malabon Elementary 1380 Taney, Eugene 461-6424 x3061</p> <p>Cottage Grove/Creswell - Bohemia Elementary School 721 South R St, Cottage Grove 942-4967</p> <p>Eugene Family Resource Centers: River Road Elementary 120 Hilliard Lane, Eugene 790-7200</p> <p>Junction City Family Resource Network - Laurel Elementary 1401 Laurel Street, Junction City 998-2386 x 497</p> <p>Marcola Family Resource Center 38300 Wendling Rd, Marcola 933-2411 x1216</p> <p>McKenzie Family Resource Center 51187 Blue River Drive, Finn Rock 822-1110</p> <p>Oakridge-Westfir Family Resource Center 76499 Rose St., Oakridge 782-3281</p> <p>Pleasant Hill Family Connections 36386 Hwy. 58, Pleasant Hill 736-0493</p> <p>Springfield Family Resource Center Brattain House 1030 G Street, Springfield 744-6769</p>				<p>Drop-in services for families, children, youth & teens. Access to community resource information. Basic needs resources available.</p> <p>Services in Spanish & English.</p>

See next page for PARENT EDUCATION & SUPPORT resources

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PARENT EDUCATION & SUPPORT (continued)

Agency	Phone	Address	Fees	Spanish	Notes
Family Support & Connections (ccs)	345-3628 x311	1025 G St Spfd	FREE	YES	Home visiting for parents of children under 18 , help connecting with resources, goal planning
Focus on Children	682-2070	\$60/ parent, ½ price if on SNAP			Parenting class required for parents who are getting divorced
Healthy Families	682-7425		FREE	YES	Home visiting & parenting support for qualifying parents.
Maternal/Child Health (Lane County Public Health)	682-8720	151 W 7 th , Eug	FREE	YES	In-home support for parents prenatally & up to age 5
Families Actively Improving Relationships (FAIR)	485-2711	10 Shelton McMURPHEY Blvd, Eug	OHP	YES	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health challenges.
Options Counseling Circle of Security group	687-6983	1255 Pearl, Eug	OHP	NO	10-12-week classes focused children's attachment needs. For parents with children age 9 & younger.
Oregon Community Programs	743-4340	1170 Pearl St Eug	OHP	YES	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Oregon Family Support Network	342-2876	72 A Centennial Lp, Eug	FREE	YES	Support for caregivers raising a child with mental health challenges. Collaborative Problem Solving classes, family events, respite, IEP support.
Parenting Now	484-5316	86 Centennial Lp, Eug	Varies. Scholarships	YES	Classes & support groups for parents of children ages 0-8 . Also, classes for teen parents.
Parent Well-being Program (Trauma Healing Project)	687-9447	1100 Charnelton, Eug	FREE	Interpreter	Wellness services for parents with children 0-3 . Bodywork, movement, parenting support. Call to schedule welcome session. www.healingattention.org
Pearl Buck Preschool	484-4666	3690 W 1 st Ave, Eug	FREE	YES	Support for parents who experience cognitive limitations & have children age 2-5 .
Relief Nursery Outreach Services	343-9706 Eug	1720 W. 25 th Eug	FREE	YES	Home visiting, parenting support, resource referral, developmental screenings, respite for qualifying families.
Relief Nursery Parenting Classes	485-0007 Spfd	850 S. 42 nd , Spfd	FREE for RN clients	YES	Parenting classes in English & Spanish. Circle of Security. Childcare & transportation provided.
Relief Nursery Parents for Recovery group			FREE	NO	Support group for parents in recovery for addiction.
Fathers Program (Catholic Community Services)	345-3628 x308	Email: fathers@CCSLC.org	FREE		Support & parent education for biological, adoptive or step fathers who are parenting, expecting a child, or working to regain custody of a child.
Parent Helpline	211 x5	Child development specialist will answer questions from parents with children 0-8			

FOSTER PARENT & ADOPTION SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
A Family for Every Child	343-2856	1675 W 11 th Eug	FREE	NO	Helps find permanent & loving adoptive homes for children in foster care. Mentor program for at-risk & foster youth (5-18). 10 hours+ /mo. of individual support.
Adoption Connections of OR	554-1201	aco@peak.org adoptionconnectionsforegon.org	FREE		Support, education, activities for anyone touched by adoption
CAFA - Christians As Family Advocates	686-6000	921 Country Club Rd, #222, Eug www.truinsightparent.com	OHP, sliding scale	NO	Specialized TIPS (True Insights) Parenting Classes for Foster Parents
Foster & Adoptive Parent Association of Lane County	515-9951		FREE		Monthly support group, family events, peer support for foster & adoptive families.
Open Adoption & Family Services	343-4825	315 W. 10 th Ave, Eug info@openadopt.org	FREE		Free, all-options pregnancy counseling for women & couples. Adoption plans. Lifelong services.
OR Foster Parent Association	888-544-3402	410 Mill #366, Salem			
Relatives as Parents Program	682-3353	1015 Willamette, Eug	FREE	Interpreter available	Financial assistance for relatives 55+ raising a child. Adoption/ guardianship not req.

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CHILD CARE & EARLY EDUCATION

Agency	Phone	Address	Fees	Spanish	Notes
211 Child Care Referrals	dial 211 or text "children" to 898211 or www.211info.org		FREE	YES	Referrals to local child care providers
Early Childhood CARES	346-2578	1500 W 12th Ave, Eug	FREE	YES	Assessment & support for children with developmental delays, birth to age 5 .
Early Education Program (EEP)	485-0368	99 W. 10th Avenue Suite 340, Eugene	Varies. FREE for children with delays	YES	20 preschool classrooms around Lane County. Designed for children with special needs as well as typically developing children age 3-5 .
Family Relief Nursery	942-4835	1720 N. 14 th , Cottage Grove & 996 West A St., Creswell	FREE	YES	Therapeutic early childhood program, family support, parenting classes, respite, Latino outreach & more.
Head Start	747-2425	Main office: 221 B St, Spfd	FREE	YES	Preschool & home-based programs for qualifying children.
KITS - (Kids in Transition to School)	485-2711	10 Shelton McMurphy Blvd, Eugene	FREE	YES	Therapeutic play group that helps prepare children for entry into kindergarten.
Pearl Buck Preschool	484-4666	3690 W 1 st Ave, Eug	FREE		Preschool for children age 2-5 whose parents have cognitive limitations. Parenting support.
Preschool Promise	741-6000	Various classroom locations. Applications at United Way: 3171 Gateway Lp, Spfd	FREE	YES	Free high-quality preschool for qualifying children, if slots are available. www.education@unitedwaylane.org
Relief Nursery Therapeutic Preschool	343-9706 Eug 485-0007 Spfd	1720 W. 25th Eug 850 S. 42nd, Spfd	FREE	YES	Therapeutic early childhood program, respite, & support for qualifying families with children age 2-6
Quality Care Connections	463-3954	4000 E 30 th Bldg. 24 Eug	Varies	YES	Training / assistance for childcare providers.
Inclusive Partners	866-837-0250 Email: inclusivepartners@state.or.us		FREE		FREE consultation, planning, & financial supplements for schools & preschools to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors or needs that the school is struggling to support. www.inclusivepartners.org

PRENATAL & BABY CARE

Agency	Phone	Address	Fees	Spanish	Notes
ACT for Families	434-1621, info@actforfamilies.org	1776 Millrace Dr	FREE for OHP / WIC eligible	NO	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to the class).
Baby Connection (Parenting Now)	484-5316	86 Centennial Lp, Eug	FREE	YES	Drop-in clinic for parents of new babies. Baby weigh-in, lactation support, meet other new parents, photo of child, parent educators; Wednesdays, 11 am – 12:30 pm
Lane County Prenatal Clinic	682-3926	135 E 6 th Ave, Eug		YES	OHP enrollment assistance. Info, referrals, prenatal vitamins. Serves all languages.
Maternal/Child Health Programs	682-8720	151 W 7th Ave, Eug	FREE	YES	In-home support for parents prenatally up to age 5 . (Nurse-Family Partnership, CaCoon, Babies First!, Healthy Families, Maternity Case Management)
McKenzie Willamette Women's Health	726-4400	1460 G St, Spfd	Varies		Birthing / breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
Nurse Midwifery Birth Center	222-7750	353 Deadmond Ferry Rd, Sfd			Comprehensive prenatal, birth, postpartum services. Birth attended at hospital or Birth Center. 24-hour lactation support
Post-Partum Support International	800-944-4773 support@postpartum.net		FREE	YES	Email / phone support, referrals for post-partum services. www.postpartum.net
Sacred Heart Pregnancy & Parenting Education	222-7074	3333 RiverBend Dr, Spfd	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga. breastfeeding, birth center tours, new infant care

FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Phone	Address	Fees	Notes
Dove Medical	345-3683	487 East 11th Ave., Eugene	FREE	Pregnancy testing / ultrasound, decision coaching. STI testing. Support after abortion.
Open Adoption & Family Services	343-4825	315 W. 10th Ave Eugene	FREE	All-options pregnancy counseling for pregnant / parenting women, partners. Arranges open adoptions. Origins therapy & adoption counseling.
Planned Parenthood	344-9411	3579 Franklin Blvd Eugene	OHP, some insurance	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, men's & women's health care, emergency contraception, abortion services

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DOULA SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Corrinne Kaleese	914-9975	Facebook: Rainbow Bridge Doula Services	Sliding Scale	YES	Prenatal, birth & postpartum support.
Daisy Chain	505-1139 info@daisychainmothering.org		FREE	YES	Home visits from IBCLC & postpartum doulas, lactation support, workshops, baby classes.
Doulas of Lane County	http://doulasoflanecounty.com/		Varies	YES	Listing of professionally trained birth & postpartum doulas.

POST-PARTUM & PERINATAL SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Well Mama	800-896-0410	150 Shelton McMurphy Blvd, #208, Eug	FREE	YES	Mama to mama peer support & groups
Parent Well-being Program (Trauma Healing Project)	687-9447	1100 Charnelton, Eug	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session. www.healingattention.org
Post-Partum Support International	800-944-4773 support@postpartum.net		FREE	YES	Email / phone support, referrals for post-partum services. www.postpartum.net

BREASTFEEDING SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Baby Connection	484-5316	86 Centennial Lp, Eug	FREE	YES	Drop-in clinic for parents of new babies. Baby weigh-in, lactation support, meet other new parents, photo of child, parent educators; Wednesdays, 11 am – 12:30 pm
Daisy Chain	505-1139 info@daisychainmothering.org		FREE	YES	Home visits from IBCLC & postpartum doulas, lactation support, workshops, baby classes.
La Leche League	744-6055 (help line)		FREE	YES	Breastfeeding support line
Nursing Mothers Council of Oregon	503-282-3338 info@nursingmotherscounsel.org				Lactation support, pump assistance, peer support. www.nursingmotherscounsel.org
Nutrition Education Program (OSU Lane Extension)	682-4281	950 W 13 th Ave, Eug	FREE	YES	Teaches basic nutrition, food prep, food safety, & food shopping skills.
WIC - (Women, Infants, & Children)	682-4202	151 W 7th Ave, #210, Eug	FREE	YES	Breastfeeding / nutrition support. Breast pumps.

DIAPER ASSISTANCE

Agency	Address	Notes
Catholic Community Services	1464 W 6 th , Eug / 1025 G St. Spfd	FREE diapers. Stop by to check on availability.
Giving Diapers, Giving Hope	dirtydiaperlaundry@gmail.com	FREE cloth diapers for qualifying families. \$15 shipping + payment to ship back when finished http://dirtydiaperlaundry.com/giving-diapers-giving-hope/
Trillium Diaper Assistance	Contact pediatrician	FREE diapers for children 3+ with developmental disability. Prescription required.

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SENIOR & AGING SERVICES

Agency	Phone	Address	Notes
Aging & Disability Resource Connection	682-3353	ADRCLane@lccog.org	Information about aging & disability services in Oregon.
Campbell Community Center	682-5318	155 High St. Eug	Classes, activities, social & support groups, special events for 50+
Senior & Disability Services	682-4038	1015 Willamette Street, Eug	Service coordination & advocacy for seniors in Lane County.
Seniors & People with Disabilities - Florence	902-9430	3180 Highway 101, Florence	Service coordination & advocacy for seniors.
The Lane Senior Guide	302-9508	www.laneseniorservices.org/	Comprehensive online directory of services for seniors.
AARP Driver Safety Class	503-780-3454	Class on driving safety & preventive measures. Completion may make you eligible for insurance discounts. Class fee is \$14. AARP members receive a \$2 discount.	
Elder Help Volunteer Program	682-3353	1015 Willamette St, Eugene	Volunteers assist with friendly visiting, simple household tasks, transportation for grocery shopping, errands & appointments.
Lane Senior Support Coalition	525-1474	859 Willamette St, Ste 500 Eugene www.lanessc.org	Assistance to low income seniors. Meals on Wheels, Senior Meal sites & Emergency Support funds.
Long-Term Care Ombudsman	345-2846	www.oregon.gov/LTCO LTCO.contact@state.or.us	Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
Senior Companion Program	463-6260	www.lanecc.edu/scp	Volunteer companions age 55+ help frail senior & disabled adults overcome loneliness & retain independence through 1:1 visits.
Hearing Loss Association of Lane County	345-9432	Call for more information. Support group held at Hilyard Community Center, 2580 Hilyard St, Eugene.	

IMMIGRATION & MIGRANT SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Immigration Legal Services	345-3628 x303 colgan@ccslc.org	1025 G Street, Spfd	All services discounted	YES	Legal assistance for DACA, family-based petitions, victims of violence, abuse, DV, crime or trafficking, refugees, citizenship.
Centro Latino Americano	687-2667	944 W 5 th , Eug	Varies	YES	Call for info about an independent immigration lawyer on site.
Legal Aid & Advocacy	485-1017	376 East 11th Ave, Eug	FREE	YES	Intakes M, W, F at 12:30. Must apply in person.
U.S. Immigration	800-375-5283			YES	
Migrant Education Program (MEP)	461-8382 Email: mep@lesd.k12.or.us		FREE	YES	Services for youth under 22 who have not graduated & have moved across school district boundaries within the last 3 years to seek work in agriculture, forestry or fishing.

SERVICE MEMBERS, VETERANS & their FAMILIES

Agency	Phone	Address	Notes
Eugene Community Based Outpatient Clinic	607-0897	3355 Chad Dr, Eug	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	465-6918	190 East 11 th , Eug	Provides readjustment counseling services for Veterans of combat theaters.
Family Assistance Specialist	503-584-3153		Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
Lane County Veteran Services	682-4191	151 W. 7 th , #460, Eug	Assists vets & their families to determine eligibility for benefits based on military service. Call for hours.
State Youth Outreach Coordinator	503-584-2390		Subsidized childcare for active duty service members (children age 0-5), program for military-connected middle / high school children, family camps, youth symposium
Supportive Services for Veteran Families (St. Vincent de Paul)	743-7140 For intake 743-7107 leave msg	2890 Chad Drive, Eug	Rapid rehousing / homeless prevention for veterans. Case mngmt, Social Security benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility deposit / payment, auto repair, bus pass, childcare, etc). Outreach event every Friday, 10-11:00 at Westside Apostolic Church (1090 Clark St., Eugene)
Trauma Healing Project	687-9447	1100 Charnelton, Eug	Women veteran's support group. Thursdays 12-1. Sliding scale fee (\$2-10). www.healingattention.org
Veterans Administration Legal & Housing Services	242-0445	211 E. 7 th Ave, Eug	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
VA Behavioral Health, Recovery & Reintegration	242-0440	211 E. 7th Ave, Eug	Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance. Drop in services M-F @ 2:00 pm
Homeless Veteran Hotline	1-877-424-3838		Assistance for homeless Veterans & their families
Veterans Crisis Hotline	1-800-273-8255, Press #1		Free, 24/7 support for any personal crisis

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LGBTQIA+

Agency	Phone	Address	Notes
Basic Rights Oregon	503-222-6151	310 SW 4th Ave #300, PDX	Working for policies to support LGBTQA
Eugene/Spfd Pride	513-1711		Sponsors pride events.
Interweave	225-8696		LGBTQI / allies. Monthly film & potluck.
LCC Gender & Sexuality Alliance	463-5353	aslccgsda@gmail.com LCC Campus Bldg #1, Rm 202	Email or call for current meeting times.
LCC Gender Equity Center	463-5353	GenderEquityCenter@lanecc.edu LCC Campus Bldg #1, Rm 202	Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
Lesbian Gay Law Student Assoc.	346-1134		Info, support group, social events, opportunities to talk with lesbian / gay attorneys.
LGBTQ Alliance		lgbtqa@uoregon.edu Erb Memorial Union, U of O #34	Events, resources, support, education. Email for details.
LGBTQIA+ Support Group	484-9791	supportgroup@sass-lane.org	Call / email for schedule. 18 years+. http://sass-lane.org/ FREE
Trans*Parent Support Group		eugenetransparentgroup@gmail.com	For the parents & families of transgender & gender expansive youth
TransPonder	508-443-6337	541 Willamette St, #310, Eug	Trans support, resources, social events. Monthly groups. info@transponder.community
Youth LGBTQIA+ Group	684-3466	2700 Hilyard St, Eug (Amazon Cntr)	Youth group meets Fridays 4-6:00.
GLBT Youth Talk Line		800-246-PRIDE M-Sa 12pm-5pm. A peer talk line for LGBTQ youth	23 & under
GLBT National Hotline		888-843-4564 M-F 4pm-12am Saturday 12pm-5pm	
Lambda National Hate Crime Hotline		206-350-4283	
National Gay & Lesbian Youth Hotline		800-347-8336 Weekend Nights Only	
The Trevor Project		1-866-4-U-Trevor 24/7, for LGBTQ youth 24 & under . M-F Noon - 7 pm. TrevorText , text "Trevor" to (202) 304-1200; 7 days a week, Noon to 7 p.m. Chat at www.thetrevorproject.org/chat	
Trans Lifeline		1-877-565-8860 8 am – 2 am daily. You may need to call more than once to get through.	

LEGAL SUPPORT

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

VICTIMS OF CRIME SERVICES

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

MEDIATION SERVICES

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

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CHILD ABUSE & NEGLECT

Agency	Phone	Address	Fees	Spanish	Notes
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.					
90x30		1244 Walnut Street, Eug friends@90by30.com			Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
CAFA - Christians as Family Advocates	686-6000	921 Country Club Rd #222 Eug	No OHP		Supervise DHS parent-child visits for a fee. Counseling, DV class, parenting class.
Kids FIRST Child Advocacy Center	682-3938	2675 Martin Luther King Blvd, Eug	FREE		Medical exams, child interviews regarding abuse. Must be referred by DHS or law enforcement.
National Child Abuse Hotline	800-422-4453 (24/7) Crisis counselors, support, resource referrals				

DOMESTIC VIOLENCE & SEXUAL ASSAULT

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

BATTERER & SEX OFFENDER INTERVENTION

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

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RECOVERY SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Al-Anon & Alateen	741-2841 https://alanonlineor.us/find-a-meeting/		Free		Support for families / friends of people experiencing addiction to alcohol. Call or check website for meeting times.
Alcoholics Anonymous	342-4113	http://www.eviaa.org/ 1259 Willamette, Eug	Free	YES	Support for people experiencing addiction to alcohol. Call or check website for location / meeting times.
Buckley Detoxification Center	343-6512	605 W 4th Ave, Eug	OHP, sliding scale, other insurance		Community response for intoxicated individuals; support for substance users who need to withdraw safely from substances & achieve sobriety in a caring environment
Center for Family Development	342-4189	146 E 12 th Eug	OHP, sliding scale, other insurance	YES	Counseling, recovery programs, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
Centro Latino Americano	687-2667	944 W 5 th , Eug	\$10-25 sliding scale, OHP	YES	Addiction support for Spanish speaking adults & teens. Family / individual counseling. Social service navigation. Youth mentoring age 7-16.
Chrysalis (Whitebird)	683-1641	350 E 11 th Eug	OHP, sliding scale	NO	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
Emergence	393-0777	78 A Centennial Lp	OHP, sliding scale, other insurance	YES	Outpatient services. Specialize in drug court, corrections, DUI, gambling, mental health, smoking cessation
Integrated Health Clinics of Eugene	344-3574	715 Lincoln St, Eug	OHP, sliding scale, other insurance	NO	Outpatient treatment for opioid addiction. Group / individual counseling
JESCO Club	686-0538	340 Blair Blvd	FREE		Addiction Services, meetings
Looking Glass Counseling	484-4428	260 E 11 th Ave, Eug	OHP / other insurance	YES	Addiction counseling for youth under 21.
Methadone Treatment Lab	682-4464	151 W 7th Ave Rm 163, Eug	OHP, other insurance or self-pay		Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.
Families Actively Improving Relationships (FAIR)	485-2711	10 Shelton McMURPHEY Blvd, Eug	OHP	YES	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
ODI Clinic Adolescent/Family Services	284-7560	10 Shelton McMURPHEY Blvd, Eug	OHP & Grant funding	YES	Outpatient counseling services for teens with alcohol or drug problems.
	687-2667	944 W. 5 th Ave, Eug (Centro Latino)			
PAR Prevention & Recovery NW	484-9274	1188 Olive St, Eug	Sliding scale, OHP		Outpatient. Men's, women's, co-ed groups. Prevention, outreach, DUI program.
Parents for Recovery (Relief Nursery)	343-9706	1720 W. 25 th Ave, Eug	FREE	NO	Support group for parents in recovery for drug & alcohol addiction.
	485-0007	850 S 42 nd Ave, Spfd			
Relief Nursery Peer Support	343-9706	1720 W. 25 th Ave, Eug	FREE	NO	Must be participating in other Relief Nursery programs or referred by DHS.
	485-0007	850 S 42 nd Ave, Spfd			
Serenity Lane	485-1577 out-patient	4211 W 11 th Ave, Eug	Private ins, private pay. Some OHP	NO	In-patient & outpatient treatment. Able to treat clients with dual diagnoses.
	687-1110 in-patient	91150 Coburg Industrial Way			
Veterans Affairs	607-0897	3355 Chad Dr, Eug			Mental health services, outpatient alcohol treatment & aftercare.
Willamette Family (Rapid Access Center)	762-4300	195 W. 12 th , Eug	OHP, sliding scale, other insurance	NO	Same-day medical & behavioral health services. Addiction assessments. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
Alcohol Treatment Referral Hotline		800-252-6465			
Drug Addiction Hotline		800-905-7590			

GAMBLING ADDICTION TREATMENT

Agency	Phone	Address	Spanish	Notes
Centro Latino Americano	687-2667	944 W 5 th , Eug	YES	Gambling & addiction support for adults / teens.
Meridian Gambling Program (Emergence)	741-7107	2149 Centennial Plaza Suite 4, Eug	YES	Outpatient gambling treatment.
National Problem Gambling Hotline		800-522-4700 CALL or TEXT	Interpreter	Resource referrals for every state. 24/7, 100% confidential.
Problem Gambling Hotline		877-MyLimit	YES	Referrals to outpatient gambling tx & phone / Skype-based treatment.

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RECOVERY HOUSES (MEN)

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

RECOVERY HOUSES (WOMEN)

Agency	Phone	Address	Fees	Notes
Ashes to Beauty	654-5652	4736 Royal Ave PMB 112, Eug	Call for details. Assistance available for mothers on TANF	WOMEN 18-55, children (boys under 8, girls under 13). Education / job / parent support, Mandatory meetings, bible study, counseling, UA's. No smoking / sex offenders. Apply www.ashestobeauty.org .
Autzen House	844-1676 337-5064	920 Summit Blvd. Spfd	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, Random UA's.
Baker House	246-8858	1826 Danebo, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, Random UA's.
Beverly House	458-201-7762	2406 Beverly St., Spfd	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, Random UA's.
Dalton House	505-8517	1740 Dalton Dr, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, Random UA's.
Fresh Start	579-1961	Multiple Locations.	Call for details.	Call Dan Lansing for more information & current openings. Must be clean & sober. 3 meetings per week. Random UA's.
Resurrection House	606-0537	940 N Park, Eug	Call for details.	WOMEN. 2 weeks clean. Mandatory meetings, Random UA's
Riverbend House	344-9191	5117 Innsbruck Way, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, Random UA's.
Safe Haven	514-8610	969 W. 3rd, Eug	Call for details.	Women/ Children. Mandatory meetings, Random UA's.
Spencer Butte House	653-8236	3230 Portl& St, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, Random UA's.
Sponsor's	485-6738 or 485-8341	767 W. 8th Ave, Eug	Call for details.	30 days clean & sober. Random UA's. Mandatory Meetings.
Teen Challenge Hannah's House	344-4328	85989 Bailey Hill Rd, Eug	Call for details.	12-month live-in program. Faith Based. Children up to age 6.
Westmoreland House	844-1950	1895 Polk St, Eug	Call for details.	30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, Random UA's.

Thank you to Relief Nursery's Accessing Success program for updating the Recovery House lists.

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HOUSING ASSISTANCE

Agency	Phone	Address	Spanish	Notes
Catholic Community Services	345-3628 x402	1464 W 6 th Eug 1025 G St, Spfd	Interpreter available.	Walk-in to meet with a housing specialist. Assistance getting on the centralized wait list for affordable housing. Call for hours.
Centro Latino Americano	687-2667	944 W 5th, Eugene	YES	Se Habla Español - Asistencia con vivienda rapida. Assistance with finding housing.
Community Sharing Program of Cottage Grove	942-7933	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. https://communitysharing.org
Cornerstone Community Housing	683-1751	Multiple locations. Call or see website.	No	High quality affordable housing, onsite services that promote personal growth & economic independence. www.cornerstonecommunityhousing.org
Homes for Good	682-3755 Eug 682-4090 Spfd	177 Day Island Rd, Eug 300 W Fairview, Spfd	YES	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. www.homesforgood.org/
New Roads (Looking Glass)	686-4310	941 W 7 th Ave Eug	No	Support finding housing for homeless youth, 16-21 yrs.
Opportunity Village	606-4455	458 Blair Blvd. Eug	No	Square One Villages - Tiny Homes. \$30/month rent
Salvation Army	343-3328 Eug 747-6229 Spfd	640 W. 7 th , Eug	YES	Rental assistance. With 72-hour notice & copy of rental agreement. \$100 max.
ShelterCare	689-7156 741-7726	969 Hwy 99 N Eug 1545 S Brooklyn, Eug	YES	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
Springfield Housing Programs	736-1039	225 Fifth St, Spfd		
St. Vincent de Paul – First Place Family Center	342-7728	1995 Amazon Pky Eug		Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
St. Vincent de Paul – Lindholm Center	607-0439	450 Hwy 99 N, Eug		
St. Vincent de Paul – Veteran Families	743-7170	2890 Chad Drive, Eug		
Search HUD, Homes for Good, & Lane County Low Income Housing for lists of affordable / low income rentals.				

DAY CENTERS & EMERGENCY SHELTERS

Agency	Phone	Address	Fees	Spanish	Notes
Community Supported Shelters	683-0836	1160 Grant, Eugene	FREE	NO	Conestoga huts & tent communities for the unhoused. Plan advisors & peer support.
Dusk to Dawn (St. Vincent de Paul)	687-5820	456 Hwy 99, Eugene	FREE	YES	Homeless day shelter for adults, food boxes, employment support for homeless veterans, 2nd chance rehabilitation program, social service office.
Egan Warming Center	689-6747	1857 Potter, 525 Mill St., 636 W. 18 th , 1166 Oak St, 1376 Olive St., 3925 Hilyard, 440 Maxwell	FREE	NO	Open 7pm to 8am, Nov 15 th - March 31 st on nights when average temperature is 29 degrees or below. www.eganwarmingcenter.com
Eugene Mission	344-3251	1420 W 1 st , Eug - women 1542 W 1 st , Eug- men	3 nights free, then chores	Spanish translator	Shelter. Meals. Faith based A&D 12 step. Residential life skills program. GED classes. www.Eugenemission.com
Eugene Service Station (Catholic Community Services)	461-8688	450 Hwy 99, Eugene	FREE		Day shelter, food, clothing, laundry, showers, phone, computer access.
First Place Family Center	342-7728	1995 Amazon Pkwy, Eugene	FREE	YES	Day center, showers, laundry, food, internet, respite (age 5 & under). Night shelter & overnight parking (year round).
Station 7 (Looking Glass)	888-689-3111 24-hour crisis line	931 W. 7 th , Eugene	FREE		Emergency shelter for runaway / homeless youth ages 11-17 yrs.
ShelterCare	689-7156 741-7726	969 Hwy 99 N, Eug 1545 S Brooklyn St, Eugene	FREE	YES	Emergency shelter, supportive housing for people experiencing mental illness or brain injury. Rapid rehousing for families with 72-hour notice. 30-day post-hospitalization medical recuperation.
SquareOne Villages	606-4455	111 N Garfield St, Eugene	\$35 utility payment	NO	Self-managed communities of cost-effective tiny homes for people in need of housing.
Womenspace	485-6513 Crisis line 800-281-2800 Hotline 485-8232 office	1557 Pearl St., Suite 200, Eugene	FREE	YES	Shelter, safety plan, legal support, emergency transportation for women & women with children who have experienced intimate partner violence.

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HOME IMPROVEMENT

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

HOME OWNERSHIP

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

HOUSING COMPLAINTS

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

ENERGY ASSISTANCE

Agency	Phone	Address	Notes
Ebbert Memorial Methodist Church	746-3513	532 C St, Spfd	With shut-off notice, can offer \$25, if client can pay balance. SUB only.
Community Sharing Program	942-7933	1440 Birch Ave, Cottage Grove	Utility assistance, Food boxes, firewood, prescription assistance, showers, laundry, & propane. Help to avoid eviction / foreclosure. https://communitysharing.org
Springfield Utility Board Project Share	Email projectshare@cslc.org , call 746-9852, or walk in to the Springfield Community Service Center, 1025 G Street		
Emerald Rate Assistance Program (ERAP)	For EPUD customers. For households with a member who has a permanent disability, &/or age 60+, or with children under 6 years old who meet the income qualification. Participants receive \$200 credit to their EPUD account over a 4-month period. Program starts in the spring. Call Lane County Energy Programs at 541-682-3378		
EWEB Customer Care	Up to \$200 for qualifying customers. Wait list opens on the 1st business day of each month, starting in October at 9am. Call, walk in or apply online. https://lanecounty.org/cms/One.aspx?portalId=3585881&pageId=9773412 <i>Senior citizens, ages 60+, call Campbell Community Center: 541-682-5354</i> <i>General Public:</i> Eugene Community Service Center, 1464 W. 6th Avenue, 345-3642. Springfield Community Service Center, 1025 G Street, 747-8349		
Low-Income Home Energy Assistance Program (LIHEAP)	Waitlist opens the 1 st business day of the month in November. Call, walk in or apply online. https://lanecounty.org/cms/One.aspx?portalId=3585881&pageId=9773412 Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 747-8349, opens @ 9:00 am Florence Siuslaw Outreach Services, 997-2816, opens @ 9:00 am Cottage Grove Community Sharing, 942-6492, opens @ 11:00 am Oakridge St. Vincent de Paul, 782-3590, opens @ 8:30 am		
NW Natural Oregon Low-income Gas Assistance	<i>Senior citizens, ages 60 & older, call Campbell Community Center in Eugene 541-682-5354</i> <i>General Public:</i> Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 747-8349, opens @ 9:00 am Cottage Grove Community Sharing, 942-6492, opens @ 11:00 am		
Pacific Power – Oregon Energy Assistance Program	Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 747-8349, opens @ 9:00 am Cottage Grove Community Sharing, 942-6492, opens @ 11:00 am		

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FINANCIAL ASSISTANCE

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

TELEPHONE ASSISTANCE

Agency	Notes
Oregon Lifeline	www.puc.state.or.us/pages/rspf/otap.aspx Reduces bill. Apply online / print application from the website.

BUDGETING & MONEY MANAGEMENT

Agency	Phone	Address	Fees	Spanish	Notes
NEDCO	345-7106	212 Main St, Spfd	Some classes free	Some classes	Free 1 st time home-buyer & financial literacy class.
Prosperity Center	431-3332	855 Seneca Rd, Eug	FREE		Free support with budgeting, debt reduction, taxes

EMPLOYMENT SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Centro Latino Americano	687-2667	944 W 5 th , Eug	FREE	YES	Employment & resume support.
eDev	463-4619	1445 Willamette #1 Eug	FREE	YES	Assists people starting a business.
Job Connections (Goodwill)	431-3309 Eug 458-205-8157 Spfd	1010 Green Acres, Eug 102 30 th Street, Spfd	FREE	Eugene only	Job search, supported employment, resume help.
Lane WorkForce Partnership	505-8674	1401 Willamette Street	FREE	YES	Skill assessment, job search, on the job training
Northwest Youth Corps	349-5055	2621 Augusta Street, Eug	See notes	Some programs	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
Pearl Buck Center	780-6404	115 W 8 th Ave, #280, Eug	FREE	NO	Support finding housing / employment for adults with developmental disabilities
Quality Care Connections	463-3954	4000 E 30 th Bldg. 24 Eug	Some free \$25-\$60	YES	Training / business assistance for childcare providers
Re-entry Resource Center at Sponsors	505-5690	338 Hwy 99 N, Eug	FREE	Some classes	Resume, interviews, jobs search, clothes for those who have been incarcerated
St. Vincent de Paul	607-0439	456 Hwy 99, Eug	FREE		Career counseling, resume help, interviewing tips.
Supported Employment Services (SES)	687-0687	711 Country Club Rd, #1-A, Eug	FREE	No	Job placement, coaching, supported employment for adults with disabilities. Referrals must come from Voc Rehab.
Vocational Rehab DHS-Self Sufficiency	684-2450 Eug 726-3525 Spfd	2885 Chad Dr, Eug 101 30 th Ave, Spfd	FREE	YES	Training / job placement for adults with disabilities.
WorkSource Lane	686-7601	2510 Oakmont Wy, Eug	FREE	YES	Resume, interviewing, job search center with internet

ADULT EDUCATION

Agency	Phone	Address	Fees	Spanish	Notes
Adult Basic & Secondary Education (LCC)	463-5785	LCC main campus, Bdg 11, Rm 207	Varies. Some tuition waivers available.	YES	GED prep (English & Spanish), classes for students who want to improve reading / math test scores, support applying to LCC, info about LCC programs.
Downtown Languages	686-8483	532 C St, Spfd	Varies, some FREE	YES	ESL, GED, Citizenship, Bilingual Computer Class
Eugene Mission	344-3251	1470 W 1 st St Eug	FREE		GED classes for people in shelter
LCC GED	463-5723	Call for locations.	Scholarships	YES	GED classes. Call for details.
Women in Transitions (LCC)	463-5353	LCC - 4000 E 30 th	Financial aid	NO	11-week class to help women plan to reach personal / career goals. GenderEquityCenter@lanec.edu

WORKER'S COMPENSATION

Agency	Phone	Web Address	Spanish	Notes
Worker's Compensation	800-452-0288	http://wcd.oregon.gov/Pages/index.aspx	YES	Call regarding worker's comp. claims.

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FOOD BOXES & PANTRIES *EUGENE*

Thank you to Food for Lane County for providing updated Food Pantry & Meal Site lists.

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

FOOD BOXES & PANTRIES *SPRINGFIELD*

Agency	Phone	Address	Notes
Catholic Community Services	345-3628	1025 G St, Spfd	Wednesdays, Fridays & Saturdays, 9am-1 pm
Catholic Community Services Thurston	345-3628	332 58th St (Waypoint Church)	4th Saturday, 10 am - 1 pm
Crossfire Hands of Hope	335-9768	942 28th St. Crossfire Church.	Wed, Fri & Sat, 9am-1 pm 2nd & 4th Thurs, 12-4pm.
Salvation Army - Springfield	747-6229	1275 Mill St., Spfd	Tues & Thurs 9am-12pm & 1pm-3pm, Wed 9am-11am & 1pm-3pm
The Shepherd's Table at St. John's	746-3322	2537 Game Farm Rd., Spfd	1st & 3rd Saturday 9:00 am to 12 pm

FOOD BOXES & PANTRIES *RURAL LANE COUNTY*

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

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MEAL SITES

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

MEALS for SENIORS

Agency	Phone	Address	Notes
American Red Cross	684-7172	996 Jefferson St., Eugene	
Area Agency on Aging	682-4038	1025 Willamette St., #200, Eugene	
Bateman Senior Meals	683-8510	1407 Cross St., Eugene	
Campbell Senior Center	682-5318	155 High St., Eugene	
Kaufman Senior Center	342-1881	996 Jefferson St, Eugene	
Café 60 Meal Sites (Senior & Disability Services)	682-4378	Coburg United Methodist Church 91193 N. Willamette, Coburg	Anyone age 60 & older is served, regardless of income. Guests under 60 are welcome to attend for \$8 per meal. Meal times vary. Call for details.
	942-9261	Riverview Terrace, 925 W. Main, Cottage Grove	
	895-2338	Cresview Villa, 350 S. 2nd St. Creswell	
	342-3515	Olive Plaza, 1135 Olive St Eugene, Downtown	
	689-8011	Northwest Neighbors, 1221 Jacobs Drive Eugene, West	
	688-4052	River Road Annex, 1055 River Road, Eugene, River Rd	
	997-5673	Florence Senior Center, 1570 Kingwood Florence	
	998-5367	Viking Sal Senior Center, 245 W. 5th St. Junction City	
	782-4318	The Church of the Nazarene 48187 Highway 58, Oakridge	
	736-4408	Willamalane Adult Activity Center 215 W. C St., Springfield	
935-7354	Fern Ridge Service Center 25035 W. Broadway, Veneta		
Meals on Wheels – Eugene	682-4368		Meals delivered to people who are homebound.
Senior Meals Program of Lane County (Senior & Disability Services)	682-3353	1015 Willamette St., Eugene	Meals delivered to people 60 years+ who are homebound & need help with meal preparation.

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FOOD & NUTRITION

Agency	Phone	Address	Spanish	Notes
Food for Lane County	343-2822	770 Bailey Hill Rd, Eug	YES	Provides food for food pantries & meal sites in Lane County. M-F 8am-5pm. List of pantry / meal sites at www.foodforlanecounty.org
Natural Grocers	345-3300	201 Coburg Road, Eug		Free nutrition & cooking classes. Call or see website for current offerings.
Nutrition Education Program	344-0249	996 Jefferson St, Eug	YES	Hands-on cooking, nutrition & physical activity classes for adults in both English & Spanish. Can offer in-home education if that is preferable.
SNAP (food stamps)	800-723-3638	Call for closest office	YES	Apply in person or www.apps.state.or.us/onlineApplication
WIC - (Women, Infants, & Children)	682-4202	151 W 7 th Ave Rm 210 Eug	YES	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.

LAUNDRY ASSISTANCE

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

CAR SEAT CLINIC

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

TRANSPORTATION ASSISTANCE

Agency	Phone	Address	Spanish	Notes
Catholic Community Services	345-3628 x324	1464 W 6 th Eug 1025 G St., Spfd	Interpreter Available	Day bus passes. Call or stop in to find out availability.
LTD Half / Free Fare	687-5555	1080 Willamette, Eug		Half-fare for people with disabilities. FREE fare for adults 65+
RideSource	682-5566	240 Garfield St, Eug		For people who cannot ride LTD buses due to disability / other circumstances

CLOTHING ASSISTANCE

Agency	Phone	Address	Spanish	Notes
4J School District	687-3349	200 N. Monroe, Eug		Call for appointment
Adventist Community Center	746-7071	1546 N 12th, Springfield		Tues 10-12
Catholic Community Services	345-3628	1464 W 6 th Eug 1025 G St., Spfd	Interpreter Available	Eugene: M-F 9am-4:30pm Spfd: M-F 9am-noon
Clothing Room	746-5624	1761 E St, Spfd		T, Th, F 10am-3pm & W 11am-3pm.
Eastside Clothes Closet	N/A	95 Centennial Lp, Spfd		1 st & 3 rd T 1pm-3pm & every last Th 7-8:30pm
Eugene Mission	344-3251	1542 W 1 st Ave, Eug		M-F 10am-4pm. No need to call.
Helping Hand Room 1st Christian Church	344-1425	1166 Oak St.	YES	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	344-5583	834 Monroe, Eug		Youth under 22 yrs. Showers, food, laundry, clothing. M, W, F 3-6:30pm, meal at 5pm
Oregon Family Support Network	342-2876	72 A Centennial Lp, Eug		Clothing closet for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
Relief Nursery Clothing Closet	343-9706 Eug 485-0007 Spfd	1720 W 25 th Ave, Eug 850 S. 42 nd , Spfd	YES	For families receiving Relief Nursery services
St. Vincent de Paul	689-6747	456 Hwy 99 N, Eug		Clothing, furniture & other household goods. Monday, Tuesday, Thursday & Friday from 10-12:30 & 1:30-4.
White Bird Clinic	342-4357	341 E. 12th, Eug		M-F, 8am – 10 pm

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BASIC NEEDS

Agency	Phone	Address	Spanish	Notes
Brattain House	744-6769	1030 G St, Spfd	YES	School Supplies k-12
Catholic Community Services	345-3628	1464 W 6 th , Eug 1025 G St. Spfd	Interpreter Available	Clothing, computers, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
Community Sharing Program	942-2176	1245 Birch Ave, Cottage Grove	YES	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
Emerald Community Services	683-4169	90 Lawrence St, Eug		Clothing, household goods, food boxes, special needs referrals.
F.I.S.H. - St. Mary's Church	688-3269	440 Maxwell Rd, Eug		Emergency food boxes, propane, help paying for medication. Open Monday-Friday,10-2:30. Call to request food box.
HomeMom's Heart	http://homemomsheart.org/			Assistance for stay at home moms.
Home Starter Kit Church of the Resurrection	686-8462	3925 Hilyard, Eug		Household items for homeless people moving into a new home. Print app, complete, & mail / deliver. resurrectioneugene.org/wordpress/wp-content/uploads/wp-pdf/hsk/HSKRequestForm.pdf
Hosea Youth Services	344-5583	834 Monroe, Eug		For youth 22 & under . Showers, food, laundry, hygiene, clothing.
Love, Inc	653-8537 loveinccl@gmail.com	PO Box 23452, Eug		Hands-on assistance such as medical rides, furniture donations, yard work, cleaning, painting.
Sleep in Heavenly Peace	844-432-2337 x5113	Contact Connie & Bryce Jonas		To request a bed or refer a family: www.shpbeds.org/request-bed . Families must have a room large enough to fit one of the beds.
St. Vincent de Paul	689-6747	456 Hwy 99, Eug		Furniture & other household goods
Salvation Army	343-3328 Eug 747-6229 Spfd	640 W. 7th Ave, Eug 1275 Mill St., Spfd		Basic needs, Thanksgiving & Christmas food baskets & meals, Christmas Toy Assistance, assistance with food, utilities, rent, deposits, prescriptions, water & utility bills. I.D. & a document with child's birthdate required. M-Th 8:30-12, 1-3:30, F 8:30-12:30

ID & BIRTH CERTIFICATE ASSISTANCE

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

LOW COST PET SERVICES

Agency	Phone	Address	Notes
Community Veterinary Center	636-3324	470 Hwy. 99, Eug	Exam: \$25-45. Vaccines \$8-15. Proof of income required. No spay / neuter
Greenhill Humane Society	689-1503	88530 Greenhill Rd, Eug	Call for details.
Pro Bone-O	607-8089	http://proboneo.org	Free vet, food & supplies for homeless
S.P.O.T.	485-7768	www.spotspayneuter.org	Financial assistance for Lane Co. residents to spay / neuter their dogs.
Spay & Neuter Clinic	682-3643	3970 W. 1st Ave, Eug	Spay/neuter, vaccines, flea med. Discount with SNAP/disability/unemployment
Willamette Animal Guild	345-3566	3045 Royal Ave, Eug	\$40 - \$90 Spay Neuter Clinic

DENTAL SERVICES

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

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MEDICAL SERVICES

Agency	Phone	Address	Fees	Spanish	Notes
Acupuncture for the People	521-6285	2833 Willamette St Suite B, Eug	1 st appt: \$30-55, then: \$15-40		Licensed acupuncturist servicing anyone who needs a sliding scale.
Bethel Health Center	607-1430	1525 Echo Hollow Rd., Suite A, Eug	OHP, private ins, sliding scale		Health services for ages 1-19 . Mental health counseling.
Community Health Centers of Lane County	682-3550	Call for locations	OHP, private ins, sliding scale	YES	Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in.
Healthy Tomorrows (Peace Health)	687-6242	3333 Riverbend Dr.	Free if not eligible for OHP	YES	Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
HIV Alliance	342-5088	1195 Cityview, Eug	OHP only	YES	HIV/hepatitis test, health/dental, housing support, social events, meals, financial assistance case mngmnt.
Homeless Youth Clinic	686-4310	941 W 7 th Ave, Eug	FREE	YES	STI/HIV testing ages 16-21 (permission required for individuals under age 16).
Lane County Public Health	682-4041	151 W 7th Ave. Room 310, Eug	OHP, Sliding scale, some ins	YES	STD testing, vaccinations by appt. No walk ins.
Occupy Medical	316-5743	8th & Oak, Eug	FREE		Every Sunday 10am-4pm. Sign up by 1 to ensure a spot
Rapid Access Center (Willamette Family)	762-4300	195 W. 12 th , Eug	OHP only		Same-day walk-in medical, behavioral health & addiction services.
Riverstone Health Clinic	682-3550 747-3426	1640 G St, Spfd	OHP, some ins, \$20-60 sliding scale	YES	Child/adult health services, OHP applications, homeless youth health
The SHOP (Sharing Healthcare Options Program)	342-8255	341 E 12 th	FREE	YES	Free info & enrollment assistance for the new health insurance options available through Cover Oregon including OHP. Call to set up an appointment.
Trauma Healing Project	687-9447	1100 Charnelton, Eug	Sliding Scale	YES	Body-centered therapies, wellness classes.
Trillium Member Services	485-2155		FREE		Members can call this number to change physicians.
Volunteers in Medicine	685-1800	2260 Marcola Rd, Spfd	FREE	YES	Medical / mental health / prescription for low-income adults without insurance / with OHP but no provider
White Bird	484-4800	1400 Mill St., Eug	OHP, sliding scale	Sometimes	Medical walk-in clinic.
Ask-a-Nurse	686-7000	Call 24 hrs a day for free, confidential health-care information & referrals.			
Poison Control Hotline	800-222-1222	24/7 hotline for questions / emergencies regarding poisons.			

VISION CARE

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

PRESCRIPTION ASSISTANCE

Agency	Phone	Address	Notes
Catholic Community Services	345-3628	1464 W 6 th , Eug 1025 G St Spfd	\$50.00 / year if funds are available (not controlled substances).
F.I.S.H. - St. Mary's Church	689-9750	440 Maxwell Rd, Eug	Food, propane, prescriptions.
OR Prescription Discount Prgm	800-913-4146	apply online / by phone	www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx 20-50% off
Volunteers in Medicine	685-1800	2260 Marcola Rd, Spfd	For people with moderate income who are uninsured.
Community Sharing Program	942-7933	1440 Birch Ave, Cottage Grove	Prescription assistance, utility assistance, food boxes, firewood, showers, laundry, & propane. Help to avoid eviction / foreclosure. https://communitysharing.org

SMOKING CESSATION

Agency	Phone	Address	Fees	Spanish	Notes
Emergence	393-0777	78 A Centennial Lp	OHP, sliding scale	YES	12-week intensive outpatient smoking cessation
Options Tobacco Cessation	222-7442	3311 Riverbend Dr, Eug	\$60		Evaluation, therapy after quitting smoking.
Oregon Tobacco Quit Line	800-784-8669	Talk or chat online with an expert Quit Coach. www.quitnow.net/oregon			

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HOME SCHOOLING

Agency	Phone	Address	Notes
Strive Academy	321-9945	375 Holly Street, Junction City www.thestriveacademy.com	Classroom setting for homeschoolers grades 4-12. 4 days / week (Mon-Thur). Educational Coaches, Tae Kwon Do & enrichment programs included.
Teach Northwest	952-1381	www.marcola.k12.or.us/teach-nw/	K-12 Virtual STEAM & Homeschool Academy.
Oregon Connections Academy	800-382-6010	www.connectionsacademy.com/oregon-online-school	K-12 free online public charter school.
Cascadia Learning Cooperative	357-8892	www.cascadilearning.com/	Secular, choice-based homeschool education cooperative with enrichment classes taught by parents & community members
Oregon Home Education Network	503-321-5166	www.ohen.org	
Oregon Christian Education Association Network	503-288-1285	www.oceanetwork.org	
LDS Oregon Home Educators Association	866-617-3819	www.lds-ohesa.org	
Home School Legal Defense Association	540-338-5600	www.hslda.org	Advice / legal support regarding homeschooling.
Barnraisers		https://groups.yahoo.com/neo/groups/Barnraisers/info	Group of homeschooling families that meets regularly for field trips, classes, & activities.

ALTERNATIVE EDUCATION

Agency	Phone	Address	Fees	Spanish	Notes
Bridgeway House	345-0805	555 E 15 th , Eug	OHP / private Ins	No	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, advocacy, social events & a full-time school .
Center Point School (Looking Glass)	868-0661	1790 W 11th Ave, Eugene	FREE	No	Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy & transition services.
Child Center	726-1465	3995 Marcola Rd, Spfd	OHP / private Ins	Some Services	Psychiatric day treatment school for children between the ages of 3 & 12.
Jasper Mountain	747-1235	37875 Jasper-Lowell Rd, Jasper	OHP / private Ins	YES	Intensive residential mental health day treatment school . Age 3-13.
Lane School	463-8500	1717 City View at the Lane ESD Westmoreland Campus.	FREE	No	Short-term behavioral & academic day school for K-8 students experiencing Emotional Disturbance or Autism Spectrum Disorder. Students are referred by school district.
Martin Luther King Jr Education Center	682-4715	2515 Martin Luther King Jr. Blvd, Eugene	FREE		Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, & employment support.
New Roads School (Looking Glass)	302-2551	945 W 7th Ave, Eugene	FREE	No	Alternative educational program for runaway / homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, & recreational activities.
Riverfront School (Looking Glass)	302-2554	1666 W 12th Ave, Eugene	FREE	No	Education & vocational training for at-risk youth 11-21, diploma / GED, job placement, assistance with transportation, clothing, child care, independent living for youth in foster care.
Inclusive Partners	866-837-0250 Email: inclusivepartners@state.or.us Website: www.inclusivepartners.org		FREE		FREE consultation, individualized planning, financial supplements for schools / preschools to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors.

SCHOOL DISTRICTS in LANE COUNTY

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

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ACTIVITIES FOR CHILDREN

Agency	Phone	Address	Notes
Adventure Children's Museum	653-9629	490 Valley River Center, Eug	10 am – 6 pm Weekdays. 11 am – 6 pm Weekends. \$4 / person, free for 2 or younger
Amazon Community Center	682-5373	2700 Hilyard St., Eug	Fitness, family art classes, outdoor concerts, summer camps, pre-school program
Amazon Pool	682-5350	2600 Hilyard St., Eug	Lap & rec swims, lessons, & water-based fitness classes.
Brattain House Play Groups	744-6769	1030 G St, Spfd	Drop in play group for parents & kids 0-5. Call for times.
Bounce Gymnastics	343-4222	329 W 3rd Ave, Eug	Gymnastics & Circus Arts Center with classes for all ages.
Cascades Raptor Center	485-1320	32275 Fox Hollow Rd Eug	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under age 12. Free family passes can be checked out at Lane County libraries (up to \$30)
Defy Extreme Air Sports	246-9989	85 Division Ave, Eug	\$15 / hour. \$11 / hour for 6 & younger. Trampolines, obstacle course, zipline.
Echo Hollow Pool	682-5525	1655 Echo Hollow Rd, Eug	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
Eugene Parks & Rec	682-5333	Various locations www.getrec.org	Fitness & enrichment classes for people of all ages, camps, child care, adaptive programs. Recreation Guide: https://secure.rec1.com/OR/city-of-eugene-or/
Eugene Public Library	682-8316	100 W. 10th 1990 Echo Hollow Rd 1566 Coburg Rd	Story time, activities for children & families. See website for current information. Click on Kids then Events. www.eugene-or.gov/130/Eugene-Public-Library Free for City of Eugene residents. Can purchase pass if outside Eugene.
Get Air	827-1016	4211 W 11th Ave, Eugene	Trampoline park, ninja course, foam pit, dodge ball, toddler area. Prices range from \$7.99-\$11.99 / hour depending on height of the child.
Go Mom Go	www.gomomgoeugene.com/		Online calendar of local classes, activities, events for children in Lane County.
Greenhill Youth Volunteer Program	844-1777	88530 Green Hill Rd, Eug	For youth age 12-15. Must commit to 2 hours / week for 3-6 months. Youth must be supervised by a guardian over the age of 18 at all times.
Hilyard Community Center	682-5311	2580 Hilyard St., Eug	Camps, trips, drama, music, fitness, support groups, sports, Paralympic sports, veteran programs, adaptive equipment rentals.
Kidsports	683-2374	2190 Polk St, Eug www.kidsports.org	Positive youth team sports experiences. Equipment Room open M-F 7:30-5:30
LaneKids	www.lanekids.org/events/		Calendar of local events for children in Lane County.
Little Hands Can	http://littlehandscan.org		Local volunteer opportunities for children.
Peterson Barns	682-5521	870 Bertzen Rd Eug	Programs for youth, families & seniors including pre-school & afterschool programs
Reading with Cats Program (Greenhill Humane Society)	844-1777	88530 Green Hill Rd, Eug	For children age 6-12 . Sign up 24 hours ahead of time at: www.green-hill.org/reading-program/
River Road Parks & Rec	688-4052	1400 Lake Dr, Eug	Fitness & enrichment opportunities for youth & adults.
Science Factory	682-7888	2300 Leo Harris Pkwy	Reduced rates with EBT card: Exhibit Hall & Stargazing shows - \$1/ person
Sheldon Community Center	682-5312	2445 Willakenzie Rd, Eug	Preschool, after school programs, camps, fitness center. Pool - lap & rec swim, lessons, water-based fitness classes.
Springfield Public Library	726-3766	225 N 5th St, Spfd	Storytime, events for families. Check the website for a current calendar. Free for City of Spfd residents
Tamarack Aquatic Center	686-9290	3575 Donald St, #300, Eug	Warm water swim lessons & swim times for ages 6 months & up.
Willamalane Parks & Rec	736-4544	250 S. 32 nd , Spfd	Fitness & enrichment classes, camps & preschool & afterschool programs. Scholarships available.
YMCA	686-9622	2055 Patterson, Eug	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.

RESOURCE REFERRALS

Agency	Notes
LANE 211	Referrals to over 50,000 programs in Oregon. Access online at 211info.org . Or call / text 211. Phone app available.
Parenting Now Resource Guide	Resources for families. Online: https://resources.parentingnow.org/ Printable in English & Spanish: https://parentingnow.org/resources-for-families/
The HELP Book	Over 700 human service resources in Lane County. Maintained by Whitebird Clinic. Order at: https://whitebirdclinic.org/helpbook
The Lane Senior Guide	Comprehensive online directory of services for seniors , including health-care providers, residential & assisted-living communities, community & government services, treatment centers & more. www.laneseniorservices.org/

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FLORENCE & WESTERN LANE COUNTY SERVICES

Agency	Phone	Address	Notes
Self Sufficiency Program (DHS)	997-8251	3180 Hwy 101 N, Florence	Food benefits (SNAP), financial assistance for families (TANF), child care assistance, refugee services. FREE
Alanon / Alateen	Websites with updated list of AA meetings & other events: https://alanonlaneor.us/find-a-meeting/ & www.oregonal-anon.org/Districtpages/district6.html		Confidential 12-step support for families / friends of people experiencing addiction to alcohol. Call for meeting times. FREE
Alcoholics Anonymous	Hotline: 469-2440	http://district8or.wixsite.com/district8or	Confidential 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up to date list of meetings & events.
Boys & Girls Club	902-0304	1501 Airport Rd., Florence	Tutoring / homework help, sports, hot meals for elementary children & teens. Scholarships available. During the school year, a hot meal is served each day. During the summer, two hot meals & a snack are served.
Early Childhood CARES	997-1513	2325 Oak St, Florence	Early intervention for children birth to school age. Preschool, autism, speech, hearing, vision, occupational/physical therapy, home consultations. FREE
Emergence	997-8509	1932 Pine St, Florence	Counseling for chemical dependency / gambling for adolescents/teens, family dynamics. OHP, sliding scale, pymnt plans
Florence Area Community Coalition	999-2927	Online resource directory at: www.florenceareacc.org/service_directory.aspx	
Florence Emergency Cold Weather Shelter	Shelter is open when wind-chill is 32 deg or lower. Separate areas for men & women. Crates for pets out of the rain. FREE www.coldshelter.org/		
Florence United Methodist Church	997-6025	333 Kingwood Street, Florence	FREE lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
Head Start, West Lane County	997-9176	2325 Oak St, Florence	Home visiting & parenting support for qualifying parents. Screening for vision & hearing, social service support, partnering with families. Breakfast & lunch for children. Interpreter available as needed. FREE .
Helping Hands Coalition	997-5057	1790 US-101, Florence	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance. Mailing address.
Mina Dickson, Counseling Services	999-6809	1535 12th Street, Suite 4A , Florence	Child, individual, family therapy. Energy psychology; chronic pain & disease; Art therapy; Crime Victims Assistance. Sliding scale, some insurance
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. Baptism, funerals, weddings, spiritual counseling, & faith-based recovery class. FREE MinisterEventServices@gmail.com		
NAMI (National Alliance on Mental Illness)	343-7688	888 Western Way Florence	Classes & support groups for people living with a mental health condition & for their families. FREE
Oregon Family Support Network	901-1175 jodiep@ofsn.net	Main office is in Eugene. Services are available throughout Lane County.	Support for caregivers raising a child with mental health challenges, support group, IEP support, resource referrals, trainings. FREE
Options Counseling & Family Services	997-6261	1445 8th St, Florence	Family / individual counseling for adults & children. OHP, private pay, some insurance. Fees vary.
Parent Child Play Group	997-1513	2325 Oak St, Florence	A variety of toys & crafts are made available every Friday from 10-noon for parents with children 0-5 yrs. Drop in. FREE
Peace Health Counseling Services	902-6085	1525 12th St, Florence	
PFLAG (Parents & Friends of Lesbians & Gays)	991-8550	pflagflo@gmail.com	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies. FREE
Reconnections Counseling	997-1697	1720 34th St, Florence	Addictions & Mental Health Counseling within a private setting focusing on client's needs. Sliding scale, insurance.
Siuslaw Batterers Intervention Program	335-1457	1525 12th St, Suite 20, Florence	52 week batterers intervention program & a 12 week anger management program for both males & females.
Siuslaw Outreach Services	997-2816 office 997-4444 hotline	1576 W. 12th Street, Florence	Advocacy for victims of domestic violence/ sexual assault. Safe house. Protective orders assistance. Women's empowerment group. Vouchers for basic needs, housing, energy. Financial & parenting classes.
Siuslaw Public Library	997-3132	1460 9th St, Florence	Story times & activities for children. Computer lab. Library cards are free to residents, \$15 for nonresidents.
	268-4033	88148 Riverview Ave, Mapleton	

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OAKRIDGE & WESTFIR SERVICES

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

OAKRIDGE & WESTFIR SCHOOLS

Agency	Phone	Address
School District Office	782-2813	
Early Childhood Cares	782-3221	48119 E 1st St, Oakridge
Head Start	782-3294	48119 E 1st St, Oakridge
Oakridge Elementary	782-3226	48119 E 1st St
Oakridge Jr. /Sr. High	782-2231	47997 W 1st St
Westridge Middle School	782-2731	46433 Westfir Rd, Westfir
Westridge Alternative	782-3101	GED program, web- based distance education program & an alternative school.

OAKRIDGE & WESTFIR CHURCHES

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

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VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Phone	Address	Spanish	Notes
Emergency Assistance	935-0948	25035 W Broadway Ave, Veneta (Fern Ridge Service Center)		Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
Fern Ridge Library	935-7512	88026 Territorial Rd., Veneta		Hours: Tuesday - Thursday 10-8 / Friday 10-6 / Saturday 10-5
Fern Ridge Family Resource Center	935-8225 ext. 418	Veneta Elementary School 88131 Territorial Road, Veneta		Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center	935-2262	25035 W Broadway Ave, Veneta		Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, 60 & over . Lunch served weekdays.
Love Project Food Pantry & Gleaners	935-4555 x104	25035 W Broadway Ave, Veneta (Fern Ridge Service Center)		Open Mon-Wed-Fri 10:00-11:30 a.m. & again from 12:30-2:00 p.m. We are also open on Wednesday evenings from 6-7:30.
Mid Lane Cares	935-0948	25035 W Broadway Ave, Veneta https://midlanecares.com/		
Olivet Baptist Church Lillie's of the Field	935-1988	25027 Dunham Ave, Veneta		Provides family clothing & housewares for those in Fern Ridge Area, Tu/Th 2:00-4:00pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	556-4923	Valley United Methodist Church in Veneta Olivet Baptist Church in May & Nov (see notes)		Free medical clinic on the 2 nd Sunday of each month at the Valley United Methodist Church in Veneta. The 2 nd Saturday in May & November we hold Project Community Connect at Veneta's Olivet Baptist Church, with free medical, dental, foot care, blood pressure checks, childcare & representatives of various health services.
S.A.N.T.A. (Sharing Among Neighbors Toy Appeal)		Veneta Elementary 88131 Territorial Rd, Veneta		Winter holiday gift giving: children receive a new coat, 2 books, & two new toys selected by their parents. This takes place the last Saturday before Christmas. There is no application for this program. First come first served. Bring proof of residency in the Fern Ridge area & proof of each child's age.
Silver Tree	935-4141	Delivery of donated Christmas gifts to home-bound seniors.		
Jim Petty Scholarship Fund	935-0948	Provides scholarship assistance to youth in the Fern Ridge area. Including the Territorial Sports Program, Veneta pool, & Applegate Art Guild.		

VENETA, ELMIRA & FERN RIDGE SCHOOLS

Agency	Phone	Address
Fern Ridge School District	935-2253	88834 Territorial Hwy, Elmira
Elmira High School	935-8200	24936 Fir Grove Ln, Elmira
Fern Ridge Middle School	935-8230	88831 Territorial Road, Elmira
Elmira Elementary School	935-8214	88831 Territorial Road, Elmira
Veneta Elementary School	935-8225	88131 Territorial Road, Veneta
West Lane Tech Charter	935-2101	24967 Highway 126, Veneta

PLEASANT HILL SERVICES

Agency	Phone	Address	Notes
Pleasant Hill Education Foundation	736-0759	For the quickest response please make contact via email. janderson@phillfoundation.org	Provides scholarships to inspire learning, enhance teaching, & create opportunities students.
Reaching Out Mentoring Program (ROMP)	736-0495	lhammondmendez@pleasanthill.k12.or.us	One-to-one trained adult mentors for identified middle school students. Secondary school mentors are paired with younger students.
Pleasant Hill Family Resource Center	746-9646	lhammondmendez@pleasanthill.k12.or.us	Clothes closet, parenting classes, parent/child activities, computer/internet use, referrals to local resources, connection with other families.

PLEASANT HILL SCHOOLS

Agency	Phone	Address
Pleasant Hill School District	746-9646	36386 Highway 58, Pleasant Hill
Pleasant Hill Elementary School	736-0400	36386 Highway 58, Pleasant Hill
Pleasant Hill High School	747-4541	36386 Highway 58, Pleasant Hill

To be added to the email distribution list for this document or to submit corrections, contact Jessie at jessiec@ofsn.net.
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COTTAGE GROVE & CRESWELL SERVICES

Agency	Phone	Address	Notes
A Primary Connection/South Lane Family Resource Center	942-4967	South Lane School District Early Learning Center. 1310 S. 8th Street (Corner of 8th & Taylor)	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays 8:30am - 4:30pm.
Alcoholics Anonymous (Cottage Grove / Creswell)	342-4113	Call for days & locations	Confidential 12-step programs for people experiencing addiction to alcohol. Call for list of meetings & events.
Bereavement Group	942-4712	Our Lady of Perpetual Help Church 1025 N. 19th Ave., Cottage Grove	Second & fourth Monday of each month, 7:00 pm
Boots & Sandals Square Dancing	942-7777	10th St. & Jefferson	
Brain Injury Support Group	767-0845	700 E. Gibbs Ave, Cottage Grove	
Breast Cancer Support	942-4538 942-7555	Bunny's Hangout & Cafe 1645 W. Main St., Cottage Grove	Second Tuesday of each month @ 1:00 pm
CARES – Anger Management South Lane Mental Health	767-4173	Cottage Grove	For clients of SLMH. Ongoing weekly anger management classes. OHP / sliding scale.
Community Meal Sites		Trinity Lutheran Church, 675 S. 7th St., Cottage Grove. Church of the Nazarene. 152 S. M Street.	Tuesdays & Thursdays at 5:00 pm Wednesdays at 6:00 pm
Community Sharing Program of Cottage Grove	942-7933	1440 Birch Ave. Cottage Grove	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane. https://communitysharing.org
Cottage Grove Community Center	942-1185	700 E. Gibbs Ave, Cottage Grove	Yoga, marital arts, kick boxing, aquatic exercise, therapy pool.
Cottage Grove Counseling Clinic	942-8060	411 Washington St., Cottage Grove	Children, adolescents, adults. Medicare.
Cottage Grove Library	942-3828	700 E. Gibbs Avenue, Cottage Grove	
Cottage Grove Recreation	942-3079	8th St. & Taylor, Cottage Grove	Kid's Sports, Adult Softball
Cottage Grove Senior Center	942-8751	700 E. Gibbs Ave, Cottage Grove	Recreational Activities, Classes, Blood Pressure Checks, Exercise, Hearing Tests, Foot Care
Creswell YMCA	686-9622	996 W. A Street, Creswell	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services – Cottage Grove	942-9186	305 Coop Court, Cottage Grove	
Diabetic Education Classes (Cottage Grove Hospital)	942-6612	1515 Village Drive, Cottage Grove	
Family Relief Nursery	942-4835	720 N. 14th Street, Cottage Grove	
Meals On Wheels	682-7804		
Northwinds School of Gymnastics	767-2522	Cottage Grove Armory. 625 Washington Ave.	
Parent Partnership	942-2104	1310 S. 8th St., Cottage Grove	
Senior Nutrition Sites	942-9261	Riverview Terrace, 925 W. Main St., Cottage Grove	
South Lane Mental Health	942-2850	410 N. 9th St., Cottage Grove	Children, adolescents, adults. Oregon Health Plan
Warren H. Daugherty Aquatic Center	942-5533	1000 Taylor Ave., Cottage Grove	
Weight Watchers	342-5386	Church of the Nazarene 152 S. M St., Cottage Grove	
WINS (Women's Information Networking Service)	767-3330	913 S. 6th St., Cottage Grove	
Womenspace (Cottage Grove / Creswell)	485-8232	Support for survivors of domestic violence	