

Parenting Now!

resources.parentingnow.org

2020 Resources for Families

BASIC NEEDS

Catholic Community Services ^{SP}

www.CCSLC.org info@CCSLC.org

Community Service Centers

1464 West 6th Ave., Eugene 541-345-3628
1025 G Street, Springfield 541-345-3628

Services include food, energy assistance (as funding is available), personal care items, prescription assistance, ID and birth certificate assistance, day-use bus passes, information and referrals, and immigration services. No cost.

G Street Oasis ^{SP}

gstreet@CCSLC.org 541-214-0260

First Baptist Church, 1175 G St., Springfield
Day program for families experiencing homelessness in Springfield. Access to laundry, showers, case management, and help finding jobs and housing. Call for intake appointment.

Centro Latino Americano ^{SEE FAMILY EDUCATION/SUPPORT}

Cornerstone Community Housing ^{SP}

www.cornerstonecommunityhousing.org
info@cornerstonecommunityhousing.org
1175 Charnelton Street, Eugene 541-683-1751

Quality affordable housing for people living on limited incomes. On-site support services that promote opportunities for personal growth and economic independence.

First Place Family Center ^{SP}

www.FirstPlaceFamilyCenter.org 541-342-7728

1995 Amazon Parkway, Eugene
Day Access Center for families with children under 18. Food, kitchen, laundry, showers, phone, mail service, computers with internet access, emergency shelter and housing services.

Fish

P.O. Box 2412, Eugene 97402 541-689-9750
Volunteers provide food, propane, and limited prescription medication assistance to anyone in need.

Food For Lane County ^{SP}

www.foodforlanecounty.org info@foodforlanecounty.org
770 Bailey Hill Rd., Eugene 541-343-2822

County-wide distribution of emergency food through a network of 157 agencies. Food boxes, meal sites, gardens, nutrition education, job training, children's and senior programs.

Helping Hand Room

First Christian Church, 1166 Oak St., Eugene 541-344-1425

Free baby layettes for newborns and clothing for children and adults. Bedding and kitchen items also available. Open Tuesday, Thursday, noon - 2 p.m.

Homes for Good Housing Agency ^{SP}

www.homesforgood.org 541-682-3755
177 Day Island Rd., Eugene
300 West Fairview Dr., Springfield 541-682-4090

Federal program assists families with rental housing from private landlords and provides rental housing managed by Homes for Good. Visit website for more information.

Hosea Youth Services ^{SP}

www.hoseayouth.org info@hoseayouth.org
834 Monroe St., Eugene 541-344-5583

Hot home-cooked dinners, showers, laundry services, clothing, basic necessities, job and education support, mentorship, and life skills opportunities. Open Monday, Wednesday, Thursday, 4:30 - 6:30 p.m.

NATIONAL POISON CONTROL CENTER
1-800-222-1222

INTERPRETATION KEY

- ASL** ASL interpretation available
- SP** Spanish interpretation available
- SP*** Spanish interpretation available by request

Lane County WIC Program

(Women, Infants and Children Supplemental Food & Nutrition Program) ^{SP}

www.lanecounty.org WIC@co.lane.or.us
151 West 7th Ave., Suite 210, Eugene 541-682-4202

Nutrition and feeding information, breastfeeding support, referrals, and help purchasing healthy foods for pregnant and postpartum women and children (ages birth - 5). Eligibility based on health and income screenings.

Looking Glass Station 7 ~ Project Safe Place ^{SP}

www.lookingglass.us Station7@lookingglass.us
931 West 7th Ave., Eugene Crisis: 1-888-689-3111

Emergency shelter for runaway and homeless youth (ages 11 - 17), 24-hour crisis intervention, emergency transportation, and family reconciliation.

Nutrition Education Program ~ Oregon State University Extension ^{SP}

www.foodhero.org jillian.drewes@oregonstate.edu
996 Jefferson St., Eugene 541-344-0249, ext. 2

Classes on how to prepare quick, tasty, healthy family meals and snacks on a limited budget.

Oregon Department of Human Services

(DHS) ~ Self-Sufficiency Programs (SSP) ^{SP}
www.oregon.gov/dhs

District Office, 2885 Chad Dr., Eugene 541-687-7373
McKenzie Center, 2885 Chad Dr., Eugene 541-686-7878
Springfield Main Street Center, 101 30th St. 541-726-3525
West Eugene Family Center, 2101 West 11th Ave. 541-686-7722
Cottage Grove Family Center, 305 Coop Court 541-942-9186
Florence Central Coast Resource Center, 3180 Hwy. 101N 541-997-8251
Oakridge Center, 48310 East First St. (Mon. & Wed.) 541-782-4217
Employment Related Day Care, Temporary Assistance for Needy Families, Temporary Assistance for Domestic Violence Survivors, and food benefits with training and employment opportunities via our STEP partners.

Positive Community Kitchen ^{SP*}

positivecommunitykitchen.org
info@positivecommunitykitchen.org 541-249-4942, ext. 102
Meals for people experiencing health crises due to cancer or life-threatening illness. Prepared with love by teen volunteers and delivered free.

Salvation Army of Lane County

www.eugene.salvationarmy.org 541-343-3328
640 West 7th Ave., Eugene

Food boxes, limited rental assistance with 72-hour eviction notice. Call for hours.

ShelterCare ~ Homeless Prevention Program ^{SP*}

www.sheltercare.org scadmin@sheltercare.org
499 West 4th Ave., Eugene 541-689-3785

Emergency rent assistance for families with children, the elderly and the disabled who are facing an unusual situation and normally pay rent without assistance.

CHILD ABUSE & NEGLECT DOMESTIC VIOLENCE SEXUAL ABUSE & ASSAULT

CAFA (Christians As Family Advocates)

www.cafaweb.com 541-686-6000
921 Country Club Rd., Suite 222, Eugene

Domestic violence intervention for offenders and victims, parenting classes, supervised visitation services, and individual therapy for adults, children, couples, and families.

CASA (Court Appointed Special Advocates)

of Lane County ^{SP} www.casa-lane.org
174 Deadmond Ferry Rd., Springfield 541-984-3132

CASA volunteers advocate in juvenile dependency court for children (ages birth - 18) who have been abused or neglected.

Jasper Mountain ^{SP*}

www.jaspermountain.org
Crisis Response Program Hotline: 1-888-989-9990

37875 Jasper-Lowell Rd., Jasper Jasper Mountain: 541-747-1235
89124 Marcola Rd., Springfield SAFE Center: 541-741-7402

Intensive mental health treatment for children (ages 4 - 13) includes residential treatment, day treatment school, therapeutic foster care, crisis stabilization, and 24-hour Crisis Response Program (see Helplines).

Kids FIRST ^{SP}

www.kidsfirstcenter.net
299 E 18th Ave., Eugene 541-682-3938

Intervention and advocacy for children who are victims of, or witnesses to crime. Facilitates multidisciplinary child abuse investigations while providing support to children and their families.

Lane County Legal Aid/Oregon Law Center ^{SEE LEGAL}

Options Counseling and Family Services ^{SEE COUNSELING}

Oregon Department of Human Services (DHS)

~ Child Welfare Programs (CWP) ^{SP}

www.oregon.gov/dhs Abuse/Neglect Reports (24/7): 1-855-503-7233
Willamette Street Office, 1899 Willamette St., Eugene 541-686-7555

West Eugene Family Center, 2101 West 11th Ave. 541-686-7722

Gateway Center, 1040 Harlow Rd., Springfield 541-726-6644

Cottage Grove Family Center, 305 Coop Court 541-942-9186

Florence Central Coast Resource Center, 3180 Hwy. 101N 541-997-8251

Safe children and support for families, child protection, foster care and adoptions.

Relief Nursery, Inc. ^{SEE FAMILY EDUCATION & SUPPORT}

Sexual Assault Support Services (SASS) ^{SP}

Crisis/Support Line: 541-343-SASS (7277)
www.sass-lane.org or 1-844-404-7700 (toll-free)

591 West 19th Ave., Eugene (drop-in center) Office: 541-484-9791

Services for survivors of sexual violence and their supporters. 24-hour crisis line, drop-in center, advocacy, support groups, community outreach, counseling and more. Free and confidential. Call for hours.

The Survivors Justice Center ^{SEE LEGAL ~ LANE COUNTY LEGAL AID/OREGON LAW CENTER}

Womenspace ^{SP}

Crisis and Support Line: 541-485-6513 or 1-800-281-2800
www.womenspaceinc.org info@womenspaceinc.org

1577 Pearl St., 2nd Floor, Eugene Office: 541-485-8232

Providing safety, hope, and healing for survivors of domestic violence. Serving people of all genders throughout Lane County. Servicios en Español.

CHILD CARE

211 Info ^{SEE HELPLINES}

American Red Cross ^{SEE MEDICAL • DENTAL}

The Arc Lane County/Jumpstart ^{SP*}

www.arclane.org annie.wahto@arclane.org
4181 E St., Springfield Annie Wahto: 541-343-5256

Skill building, community inclusion, and enrichment programs for children (ages 5 - 18) who experience I/DD. After-school/no-school/Saturday programs available.

Bethel School District Young Mothers and Fathers Program ^{SEE FAMILY SUPPORT/EDUCATION}

City of Eugene Recreation Services ^{SEE RECREATION}

Eugene Family YMCA ^{SEE RECREATION}

Eugene School District 4J

www.4j.lane.edu
200 North Monroe St. 541-790-7700 or ^{SP} 541-790-7707

For community: Child care and preschool programs at North Eugene and South Eugene High Schools.

For students: Teen parent program. Before- and after-school child care programs at many elementary schools.

~ CHILD CARE CONTINUED ON NEXT PAGE

Head Start and Early Head Start of Lane County
SEE FAMILY SUPPORT/EDUCATION

Oregon Department of Human Services SEE BASIC NEEDS

Quality Care Connections **SP**
www.lanecce.edu/ffc 541-463-3954 or 1-800-222-3290
Lane Community College, 4000 East 30th Ave., Bldg. 24, Eugene
Training and technical assistance to early childhood educators and child care providers.

River Road Park and Recreation District
SEE RECREATION

Willamalane Park and Recreation District
SEE RECREATION

COUNSELING

CAFA SEE CHILD ABUSE/NEGLECT • DOMESTIC VIOLENCE
• SEXUAL ABUSE/ASSAULT

Center for Community Counseling
www.cceugene.org info@cceugene.org
1465 Coburg Rd., Eugene 541-344-0620

Low-cost counseling to uninsured and underinsured adults (18 and over). Services include individual counseling, support groups, and classes. Sliding-fee scale, \$5-40.

Center For Family Development **SP***
www.c-f-d.org
261 East 12th Ave., Eugene (walk-in services) 541-342-8437

Outpatient services for mental health and substance use disorders for children, adolescents, and adults. OHP and some commercial insurance accepted. Sliding-fee scale and funding assistance available for some services.

Center for Healthy Relationships **SP***
https://hedclinic.uoregon.edu/services/therapy-individual-and-relational
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene 541-346-0923
Therapy for intimate relationships, families, and individuals provided by UO graduate student interns supervised by faculty and advanced clinicians. Day and evening weekday hours. Sliding-fee scale.

Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT
Child and Family Center http://cfc.uoregon.edu
1600 Millrace Dr., Suite 103, Eugene 541-346-4910

A range of low-cost, family-based services for children and adolescents (ages 2-17). Services include brief and longer-term intervention, assessment, family and child therapy, parenting help, and referrals.

The Child Center www.thechildcenter.org
3995 Marcola Rd., Springfield 541-726-1465

Mental health services for families throughout Lane County, including assessment, outpatient counseling, intensive outpatient counseling, psychiatric day treatment, wellness, parenting classes, ABA autism, and 24-hour Crisis Response Program (see Helplines).

Child Development and Rehabilitation Center
SEE MEDICAL • DENTAL

Direction Service Counseling Center **SP***
www.directionservice.org
576 Olive St., Suite 307, Eugene 541-344-7303

Outpatient counseling and mental health support for adults, children (ages 18 months and older), adolescents, and families. Private insurance and OHP accepted. Call for information about walk-in assessment program.

Laurel Hill Center **SP*** www.laurelhill.org
2145 Centennial Plaza, Eugene 541-485-6340

Services to help people with psychiatric disabilities make choices and acquire skills that increase their self-reliance and ability to live and work in the community.

Looking Glass Community Services **SP**
www.lookingglass.us
260 East 11th Ave., Eugene 541-484-4428

Mental health and teen substance abuse treatment services. Individual and group treatment available in Eugene, Springfield, Junction City, and Cottage Grove. Accept OHP, most insurance, and self pay.

Ophelia's Place **SP**
www.opheliasplace.net info@opheliasplace.net
1577 Pearl St., Suite 100, Eugene 541-284-4333

Support and empowerment center for girl-identified youth (ages 10-18). On-site counseling by appointment, after-school program, resources. Monday - Thursday, 3-6 p.m. Call for orientation information.

U.S. CONSUMER PRODUCT SAFETY COMMISSION
1-800-638-2772

Options Counseling and Family Services **SP**

www.options.org
1255 Pearl St., Suite 102, Eugene 541-687-6983
175 West B St., Building D, Springfield 541-762-1971
Individual and family therapy for children and teens, Circle of Security groups, intensive safety and reunification services, parent-child interaction therapy, intensive children's treatment services.

Oregon Community Programs **SP***
www.oregoncommunityprograms.org info@oregoncp.org
1170 Pearl St., Eugene 541-743-4340

Scientifically-validated support for youth and families with behavioral concerns. Individual, group, and treatment fostering services with extended support for biological, adoptive, and foster families.

Relief Nursery, Inc. SEE FAMILY EDUCATION & SUPPORT

White Bird Crisis Center **SP**
www.whitebirdclinic.org crisis@whitebirdclinic.org
990 West 7th Ave., Eugene 541-687-4000 or 1-800-422-7558
Cahoots (city non-emergency number): 541-682-5111

Lane County 24-hour crisis intervention service. New crisis center with phone and walk-in services in a trauma-informed space. No cost.

Willamette Family, Inc. SEE SUBSTANCE ABUSE/RECOVERY

DISABILITY

The Arc Families Connected **SP**
www.arclane.org nancy.berge@arclane.org
4181 E St., Springfield Nancy Berge: 541-343-5256, ext.100

Peer-led organization helping parents in their journey of raising a child with an intellectual and/or developmental disability. Services include parent support, trainings and advocacy.

The Arc Lane County/Jumpstart SEE CHILD CARE

Child Development and Rehabilitation Center
SEE MEDICAL • DENTAL

Direction Service **SP**
www.directionservice.org info@directionservice.org
1144 Gateway Loop, Suite 200, Springfield 541-686-5060

Planning and support for families who have youth (up to age 23) with disabilities or suspected disability. Information and referral for disability-related resources. No cost.

Early Childhood CARES **SP**
http://earlychildhoodcares.uoregon.edu
eccares@uoregon.edu 541-346-2578 or 1-800-925-8694

1500 West 12th Ave., Eugene **SP** 541-346-0742

Early intervention and early childhood special education for children birth to school-age who have delays in development. Call for a free developmental screening. Free educational services to eligible children.

March of Dimes SEE MEDICAL • DENTAL

Oregon Department of Human Services (DHS)
~Vocational Rehabilitation Services (VRS) **SP*** **ASL**

www.oregon.gov/dhs/employment/VR/Pages/index.aspx
McKenzie Center, 2885 Chad Dr., Eugene 541-684-2450
Springfield Main Street Center, 101 30th St. 541-736-7812

Employment counseling, skills training, and job placement for people with disabilities who meet state criteria.

Oregon Family Support Network SEE FAMILY EDUCATION/SUPPORT

Positive Community Kitchen SEE BASIC NEEDS

Pearl Buck Preschool **SP**
www.pearlbuckcenter.com lise.schellman@pearlbuckcenter.com
3690 West 1st Ave., Eugene 541-484-4666

Specialized services for parents with cognitive limitations: home-based parenting support for qualifying parents and their babies, preschool (ages 2-5), home visits, case management, outreach.

Tamarack Aquatic Center SEE RECREATION

University of Oregon Speech-Language-Hearing Center **SP*** https://hedclinic.uoregon.edu

HEDCO Clinic, 1655 Alder St., Suite 170, Eugene 541-346-0923
Clinical and consultative speech/language services for all ages. Services for speech delays/disorders, cognitive impairments following TBI or stroke, stuttering, voice, etc. Sliding-fee scale available.

FAMILY EDUCATION & SUPPORT

4J Young Parent Program **SP***
http://ecco.4j.lane.edu johnson_ji@4j.lane.edu
200 N Monroe, Eugene 541-790-6860

District-wide program supporting pregnant and parenting students in their education and life goals. Services for young parents include a child care option at ECCO High School.

ACT for Families/Birth Your Way

www.ActForFamilies.org actforfamilies@gmail.com
151 West 7th Ave., Suite 210, Eugene 541-833-0017
Free classes for childbirth and parenting from pregnancy to age 2. Focus on finding confidence and ease during pregnancy, birth and postpartum. Year round.

Adoption Connections of Oregon
www.adoptionconnectionsofOregon.org aco@peak.org

Non-profit organization of families and individuals offers support, education, multi-cultural activities, and friendship to anyone touched by or interested in adoption.

The Arc Families Connected SEE DISABILITY

Bethel School District Young Mothers and Fathers Program

Stella.ganfield@bethel.k12.or.us 541-689-0734, ext. 4119
Willamette High School, 1801 Echo Hollow Rd., Eugene
Teen-parent support program, including high school diploma/GED, parenting education, free onsite child care, and more. Ages up to 21.

CAFA SEE CHILD ABUSE/NEGLECT • DOMESTIC VIOLENCE
• SEXUAL ABUSE/ASSAULT

Catholic Community Services ~ Family Support and Connections **SP**

www.CCSLC.org
fsc@CCSLC.org 541-345-3628, ext. 311

Programs with one-on-one support for families, including home visits with a professional case manager, connections with resources, budgeting, and parenting tools.

Center for Community Counseling SEE COUNSELING

Center for Dialogue and Resolution ~ Parent/Teen Program **SP**

www.lanecdr.org info@lanecdr.org
1400 Cross St., Eugene 541-344-5366

Private, personalized, and balanced opportunities for good communication between teens and parents for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, and more.

Centro Latino Americano **SP**
www.centrolatinoamericano.org
info@centrolatinoamericano.org

944 West 5th Ave., Eugene 541-687-2667

Mental health, alcohol and addiction counseling, case management (e.g., food boxes, employment advocacy, housing) health resource navigation, youth mentoring, and wrap-around services.

Child and Family Center SEE COUNSELING

The Child Center SEE COUNSELING

Eugene Family Resource Network **SP**
longoria@4j.lane.edu 541-790-7230

Support and consultation to Title One schools, including math and literacy events, family fun nights, information and referrals to community resources. Services offered in English and Spanish.

Family Relief Nursery **SP**
www.familyreliefnursery.org crystaln@frncg.org
720 North 14th St., Cottage Grove (office) 541-942-4835

Early childhood preschool classes, parent education classes, referrals, resource library, food pantry, clothes closet, and respite. Serves South Lane and North Douglas counties.

Family Resource Centers of Lane County **SP**

Bethel School District Family Center 541-607-1449
Cottage Grove Family Center: A Primary Connection 541-942-4967
Creswell Family Resource Center 541-895-6175
Crow-Applegate-Lorane Family Resource Center 541-935-2100
Fern Ridge Family Resource Center 541-952-7049
Lowell Family Resource Center dsilver@lowell.k12.or.us
Marcola Family Resource Center 541-933-2411, ext. 1216
McKenzie/Blue River Family Resource Center 541-822-3313
Oakridge-Westfir Family Resource Center 541-782-3281
Pleasant Hill Family Resource Center 541-736-0495
Springfield Family Resource Centers 541-744-6769

Support and activities for families, including parenting classes, play groups, information and referrals, family literacy and math nights, computer access, after school activities, volunteer opportunities.

First Place Family Center SEE BASIC NEEDS

Head Start and Early Head Start of Lane County **SP**

www.hsolc.org mbell@hsolc.org
221 B St., Springfield 541-747-2425

Comprehensive early learning programs for pregnant women and children to age 5 in families with limited income. Health services, social services, advocacy, parenting education.

Healthy Families Lane County ^{SP}

sarah.dosser@co.lane.or.us
151 West 7th Ave., Eugene 541-682-7425

Free parent support program provides parent education to new parents, beginning prenatally or after birth. Family Support Specialists work with parents to strengthen and cultivate a positive parent-child relationship.

Lane County Maternal Child Health Services SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

Lane County Youth Services SEE LEGAL

Lane Kids ^{SP}

www.lanekids.org info@lanekids.org
3171 Gateway Loop, Springfield 541-741-6000

Lane County parenting education and family support hub. Connections for local resources, parenting tools, and family-friendly activities.

Oregon Family Support Network ^{SP}

www.ofsn.org ofsnlane@ofsn.net
72A Centennial Loop, Suite 150, Eugene 541-342-2876

Support for families raising a youth with emotional, behavioral, or mental health challenges (no diagnosis needed). Respite, support group, family events, advocacy, IEP/504 support.

Parenting Now! ^{SP}

86 Centennial Loop, Eugene, OR 97401

www.parentingnow.org info@parentingnow.org
Office: 541-484-5316 Fax: 541-484-1449

Parenting education/support services for parents with infants and young children. Open to all families.

Programs: *Incredible INFANTS*; *Wonderful ONES*; *Terrific TWOS*; *Thrilling THREES*; *Program for Young Parents* (ages 12-25) who are pregnant or already parenting; *Make Parenting A Pleasure* for parents experiencing high levels of stress; *Creecer* for Spanish-speaking families; *Car Seat Inspections*; *Playtime for Parents and Children*; and *Baby Connection* (see Pregnancy • Childbirth • Postnatal Support • Adoption).

Pearl Buck Preschool SEE DISABILITY

Relief Nursery, Inc. ^{SP}

www.reliefnursery.org
1720 West 25th Ave., Eugene 541-343-9706
850 South 42nd St., Springfield 541-485-0007

Strength-based support for families with low income and children under 6. Crisis response, home visiting, therapeutic classrooms, early childhood special education, parenting classes, child counseling, and recovery support. No cost.

Safe Kids West Oregon

www.peacehealth.org/safekids jcole3@peacehealth.org
3333 RiverBend Dr., Springfield 541-222-1787

Preventive education and resources to reduce the incidence and severity of injuries to children up to age 21.

Triple P: Positive Parenting Program ^{SP}

www.lanetriplep.org info@lanekids.org
3171 Gateway Loop, Springfield 541-741-6000

Online education course to help manage common parenting challenges. No cost for families on OHP.

Twins & Beyond

www.twinsandbeyond.org twinsandbeyond@gmail.com

Support group providing encouragement, events, and playdates for families with twins, triplets, and higher-order multiples in the greater Lane County area.

FINANCIAL ASSISTANCE

American Red Cross SEE MEDICAL • DENTAL

Catholic Community Services SEE BASIC NEEDS

Cornerstone Community Housing SEE BASIC NEEDS

Homes For Good Housing Agency SEE BASIC NEEDS

Oregon Department of Human Services SEE BASIC NEEDS

GRIEF & LOSS

The Compassionate Friends

www.eugenecompassionatefriends.org Danelle: 541-525-4857
eugenecompassionatefriends@gmail.com MarDee: 541-870-5427

Personal comfort, hope, and support offered to families experiencing the death of a son or daughter, brother or sister, or grandchild.

Courageous Kids ^{SP}*

www.courageouskidsoregon.org kpfeiffer@peacehealth.org
677 East 12th Ave., Suite N 180, Eugene 458-205-7474

Grief support program for youth (1st-12th grades) and their families, who have experienced the death of a loved one.

First Candle

www.firstcandle.org 1-800-221-7437
info@firstcandle.org

Bereavement support for those affected by the death of a baby.

Hospice of Sacred Heart

www.peacehealth.org
677 East 12th Ave., Suite N 110, Eugene 458-205-7400

Adult grief support groups available, 8-week sessions. Call to register.

WellMama, Inc. SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

HELPLINES

211 Info ^{SP}

www.211info.org Helpline: 211
children@211info.org Text "children" to 898211

Referrals and information for making connections with local resources, including child care, parenting support, foster care support, school readiness. Serving Oregon and SW Washington communities.

Crisis Response Program ^{SP} 1-888-989-9990

24-hour service to families in Lane County by The Child and Adolescent Network, providing telephone and community-based mental health crisis intervention for children and adolescents.

Crisis Text Line

crisistextline.org Text HOME to 741741
24/7 crisis support. Text to reach a trained crisis counselor.

First Candle SEE GRIEF/LOSS

Fussy Baby Network ^{SP}

www.erikson.edu/fussybaby fussybaby@erikson.edu
Facebook: fussybabynetwork 1-888-431-BABY (2229)

Specialists provide support and information to help parents with infant crying, sleeping, and feeding issues. Infant specialist will answer or return calls, and respond to email as soon as possible. No cost.

La Leche League Eugene/Springfield SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

Postpartum Support International (PSI) ^{SP}

www.postpartum.net 1-800-944-4773

Weekly phone forums: every Wednesday for moms, first Monday for dads. Visit website or call for information. For local services, including warm line, see Pregnancy • Childbirth • Postnatal Support • Adoption • WellMama, Inc.

Sexual Assault Support Services SEE CHILD ABUSE/NEGLIGENCE • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

White Bird Crisis Center SEE COUNSELING

Womenspace SEE CHILD ABUSE/NEGLIGENCE • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

LEGAL

CASA of Lane County SEE CHILD ABUSE/NEGLIGENCE • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

Center for Dialogue and Resolution

~Family Program ^{SP}
www.lanecdr.org info@lanecdr.org
1400 Cross St., Eugene 541-344-5366

Family mediators provide opportunities for parents to collaboratively design child custody, parenting plans, or modifications of existing plans. Services include separation or divorce, parent/youth, elder, and other family issues.

Lane County Youth Services ~ Mediation and Restorative Services ^{SP}*

www.lanecounty.org/mediation mediation@co.lane.or.us
2727 Martin Luther King Jr. Blvd., Eugene 541-682-4700

Services include parent education class Focus on Children, custody and parenting time mediation, supervised parenting time, Family Check-Up, Springfield Restorative Justice, and custody evaluations.

Lane County Legal Aid/Oregon Law Center ^{SP} ^{ASL}

http://oregonlawcenter.org
101 East Broadway, Ave., Suite 200, Eugene 541-485-1017

Quality civil legal services at no cost for residents with low income in Lane County. Legal matters include senior law, domestic violence, government benefits, immigration, landlord/tenant issues.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255

Oregon Department of Justice ~ Division of Child Support ^{SP} http://oregonchildsupport.gov

EugeneCustomerService@doj.state.or.us
165 East 7th Ave., Suite 300, Eugene 1-800-850-0228

Assistance locating absent parents; establishing paternity; establishing, modifying, and enforcing child support orders; and receiving and distributing child support payments.

Victim Services Program ^{SP}

www.co.lane.or.us/DA 541-682-4523

District Attorney's Office, 125 East 8th Ave., Suite 400, Eugene
Support for crime victims, criminal-justice education, and ongoing case management/crisis intervention for victims experiencing domestic violence and persons petitioning for Family Abuse Prevention Act restraining orders.

LIBRARIES

The Child Center SEE COUNSELING

Eugene Public Library ^{SP} General: 541-682-5450

www.eugene-or.gov/library Children's Center: 541-682-8316
Downtown Library, 100 West 10th Ave.

Bethel Branch, 1990 Echo Hollow Rd.

Sheldon Branch, 1566 Coburg Rd.

Books, movies, music, technology, online resources and more for children and parents. Free storytimes and family events. Connect on Facebook, Twitter, or Instagram.

Springfield Public Library ^{SP}

www.wheremindsgrow.org library@springfield-or.gov
225 5th St. 541-726-3766

Parent and children's materials for check-out or library use. Free weekly storytimes and programs for all ages. Play and learn center. Internet and meeting rooms.

MEDICAL & DENTAL

American Red Cross ~ Southwest Oregon Chapter

www.redcross.org/local/oregon Voice/TDD: 541-344-5244
440 East Broadway Ave., Suite 200, Eugene

First Aid/CPR/AED training for pediatric and adults, as well as babysitting and other health and safety classes. Free smoke alarm installation. Call or visit website to register.

Bethel Health Center ^{SP}

www.bethelhealth.center
1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430

Comprehensive health care services provided by nurse practitioner for ages 1-19. Mental health counseling. Insurance billed, including OHP. Sliding-fee scale option.

Child Development and Rehabilitation Center ^{SP}*

www.ohsu.edu/doernbecher/child-development-and-rehabilitation-center
901 East 18th Ave., CSB, Eugene

Comprehensive diagnosis, evaluation, and management of various conditions, including developmental delay, autism, speech and language disorders, cerebral palsy, spina bifida, and orthopedic impairments.

Community Health Centers of Lane County

www.lanecounty.org/chc

Brookside Clinic ^{SP}

1680 Chambers St., Suite 103, Eugene 541-682-3550

Primary medical care for families: family planning services, preventive medicine and chronic disease management, among other services.

Charnelton Community Clinic ^{SP}

151 West 7th Ave., Suite 100, Eugene 541-682-3550

Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

Delta Oaks Clinic ^{SP}

1022 Green Acres Rd., Eugene 541-682-3550

Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services. OHP enrollment assistance.

Lane County Behavioral Health Primary Care ^{SP}

2411 Martin Luther King Jr. Blvd., Eugene 541-682-3550

Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services.

RiverStone Clinic ^{SP}

2073 Olympic St., Springfield 541-682-3550

Family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

Springfield Schools Health Center ^{SP}

1050 10th St., Springfield 541-682-3550

Primary medical care to Springfield School District students and families. Well child checks, sports physicals, immunizations, reproductive health care. Sliding-fee scale available for uninsured patients.

pregnancy and childbirth • postnatal support • adoption • recreation

~ MEDICAL & DENTAL, CONTINUED FROM PREVIOUS PAGE

Eugene School District 4J School Based Health Centers ^{SP}

PeaceHealth Pediatrics 541-222-8500
Churchill Health Center
1850 Bailey Hill Rd., Eugene 541-790-5227
North Eugene Health Center
200 Silver Ln., Eugene 541-790-4445
Nurse practitioner and therapist provide medical and mental health services to students and siblings (ages birth-19) enrolled in 4J schools.

Lane County Dental Society

www.lanedentalsociety.org office@lanedentalsociety.org
2300 Oakmont Way, Suite 110, Eugene 541-686-1175
Information on low-cost dental services without specific dental practitioner recommendations.

Lane County Public Health Services ^{SP}

www.lanecounty.org
151 West 7th Ave., Suite 310, Eugene 541-682-4041
Adult and child immunizations, STI testing and treatment. Call for appointment.

March of Dimes

www.marchofdimes.org jrogovoy@marchofdimes.org
<http://nacersano.marchofdimes.org> ^{SP} 971-270-2885
Preconception and prenatal education to improve the health of babies by preventing birth defects, infant mortality, and premature birth. Public health education materials.

Oregon Department of Human Services ^{SEE BASIC NEEDS}

Planned Parenthood of Southwestern Oregon Health Centers www.ppsworegon.org
3579 Franklin Blvd., Eugene ^{SP} 541-344-9411
793 North Danebo Ave., Eugene ^{SP} 541-344-9411

Education Programs

3579 Franklin Blvd., Eugene 541-344-1611
Birth control, reproductive and sexual healthcare by expert providers for adults and teens. Annual exams, pregnancy testing, HPV vaccination, testing/treatment for STIs, HIV testing, abortion, and vasectomy.

Springfield Schools Health Center ^{SEE MEDICAL}

~ COMMUNITY HEALTH CENTERS OF LANE COUNTY

Volunteers In Medicine Clinic (VIM) ^{SP}

www.vim-clinic.org dmeashintubby@vim-clinic.org
2260 Marcola Rd., Springfield 541-685-1800
Free medical care and mental health services to underserved adults in Lane County.

White Bird Community Dental Clinic ^{SP}

www.whitebirdclinic.org
dentalfrontoffice@whitebirdclinic.org
1415 Pearl St., Eugene 541-344-8302
Dental care for families. Emergency clinics. Call for dates and times. Income-based sliding-fee scale. OHP accepted.

White Bird Medical Clinic ^{SP} *

www.whitebirdclinic.org/medical
1400 Mill St., Eugene 541-484-4800
General family medicine (no prenatal), Urgent care clinics (call for dates), OHP and Medicare B. Labs and referrals.

PREGNANCY & CHILDBIRTH POSTNATAL SUPPORT • ADOPTION

Adoption Connections of Oregon ^{SEE FAMILY EDUCATION/SUPPORT}

Baby Connection

www.parentingnow.org/parents/baby-connection
86 Centennial Loop, Eugene 541-484-5316
Fun, free drop-in service located at Parenting Now! Baby weight checks and infant feeding support and education. Opportunity to meet and talk with other parents. Every Wednesday. Sign in 11 a.m.-noon.

Daisy C.H.A.I.N. ~ Creating Healthy Alliances In New-Mothering ^{SP} *

www.daisychainlane.org info@daisychainlane.org
Professional postpartum services from doulas, IBCLCs and peers. Walk-in lactation support and baby music classes open to all, registration unnecessary. Availability/hours on website. No cost.

Doulas of Lane County

www.doulofaneugene.com
A network of birth and postpartum doulas offering information, physical comfort, emotional support, and practical help for childbirth experiences and the early weeks of caring for newborns.

Healthy Families Lane County ^{SEE FAMILY EDUCATION & SUPPORT}

La Leche League of Eugene ^{SP} *

Lalecheleagueoregon.webs.com Helpline: 541-744-6055
Facebook: La Leche League of Eugene msusanscott@gmail.com
Accredited LLL volunteers available for breastfeeding support by warmline, email, text, and Facebook. Contact for meeting times. No cost.

Lane County Maternal Child Health Services ^{SP}

mch.referrals@co.lane.or.us 541-682-8720
151 West 7th Ave., Suite 210, Eugene
Parent Support Programs. **Babies First!**: Subsequent births, children ages 3 and under; **CaCoon**: Children with special health-care needs; **Nurse-Family Partnership**: Women pregnant with their first child; **Oregon Mother's Care**: OHP enrollment for pregnant women.

Lane County WIC Program ^{SEE BASIC NEEDS}

March of Dimes ^{SEE MEDICAL • DENTAL}

McKenzie-Willamette Medical Center

Women's Health, Birth & Children's Center ^{SP} *
www.mckweb.com 541-741-4649
1460 G St., Springfield
Birth Center tours and childbirth classes. Inpatient pediatric services and pediatric hospitalist. Maternity Care Coordinator connects families to community resources as needed. Level II nursery and 24/7 laborist in-house.

McKenzie Midwives and Lactation Services

960 N. 16th Street, Suite 108, Springfield 541-744-8660
Certified Nurse Midwives provide comprehensive prenatal care, birth, postpartum, and well-woman services. Birth attended at hospital.

Open Adoption & Family Services ^{SP}

www.openadopt.org info@openadopt.org
315 West 10th Ave., Eugene 541-343-4825
Private, pro-choice, non-profit adoption agency dedicated to promoting reproductive choices. Free, all-options pregnancy counseling to women and couples. Adoption plans at no cost to birth parents. Lifelong services for clients.

Oregon Department of Human Services ^{SEE CHILD ABUSE/NEGLECT • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT}

PeaceHealth Midwifery Services ^{SP}

Charnelton Community Clinic,
151 West 7th Ave., Suite 310, Eugene 541-682-8777
Certified Nurse Midwives provide comprehensive prenatal care, birth, and postpartum services regardless of ability to pay.

Planned Parenthood ^{SEE MEDICAL • DENTAL}

Postpartum Support International ^{SEE HELPLINES}

WellMama, Inc. ^{SP}

www.wellmamaoregon.org Warm Line: 1-800-896-0410
info@wellmamaoregon.org
150 Shelton McMurry Blvd., Suite 208, Eugene
Maternal mental health support services for women and their families in Lane County struggling with emotions related to pregnancy and postpartum health issues. No cost.

RECREATION

City of Eugene Recreation Services ^{SP} *

www.getrec.org
recreation@eugene-or.gov
100 West 10th Ave., Suite 321, Eugene 541-682-5333
Programs, classes, and activities for all ages, including swimming, camps, sports leagues, outdoor programs, trips, adaptive recreation opportunities, and early learning and after-school enrichment.

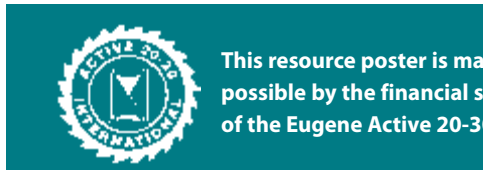
Eugene Family YMCA ^{SP} *

www.eugeneymca.org holly@eugeneymca.org
2055 Patterson St., Eugene 541-686-9622
Certified child care (ages 2½ - 11), swim lessons, family fitness and recreation, youth sports, summer camps, and family events. Child care available while parents work out. Financial assistance available.

Eugene Public Library ^{SEE LIBRARIES}

Eugene School District 4J ^{SEE CHILD CARE}

SAFE KIDS ~ CAR SEAT SAFETY TIPS
www.safekids.org/car-seat



This resource poster is made possible by the financial support of the Eugene Active 20-30 Club.

Family Resource Centers of Lane County ^{SEE FAMILY EDUCATION & SUPPORT}

River Road Park and Recreation District

www.rrpark.org 541-688-4052
1400 Lake Dr., Eugene
Wide variety of preschool and after-school activities in education, recreation, crafts, and aquatics. Family-oriented special events and activity times also offered.

Springfield Public Library ^{SEE LIBRARIES}

Tamarack Aquatic Center ^{SP} *
www.tamarackaquatic.org info@tamarackaquatic.org
3575 Donald St., Suite 300, Eugene 541-686-9290
Swim lessons in warm water for all ages. Baby and family swims, wellness classes, exercise-on-your-own times. Scholarships available.

Willamalane Park and Recreation District ^{SP}

www.willamalane.org 541-736-4544
250 South 32nd St., Springfield 541-736-4544
Bob Keefer Center 541-736-4244
Splash! At Lively Park 541-736-4244
Willamalane Park Swim Center 541-736-4080
Parent-child classes, preschool, after-school care, swim lessons, special events, and more.

SPECIAL NEEDS ^{SEE DISABILITY}

SUBSTANCE ABUSE & RECOVERY

Adolescent and Family Services

www.afsclinc.org afs@oslc.org
Oregon Social Learning Center Building,
10 Shelton McMurry Blvd., Eugene 541-284-7560
Centro Latino Americano Building,
944 West 5th Ave., Eugene ^{SP} 541-687-2667

Evidence-based drug and alcohol treatment for teens. Treatment is provided at no cost to families as part of a research study.

Center For Family Development ^{SEE COUNSELING}

Centro Latino Americano ^{SEE FAMILY EDUCATION/SUPPORT}

Chrysalis ~ A program of White Bird ^{SP} *

350 East 11th Ave., Eugene 541-683-1641
Outpatient drug and alcohol treatment for adults (ages 18 and older). DUI treatment for adults. Evening acupuncture clinic for detox, maintenance, and other medical needs for adults (ages 18 and older), \$10 - \$20/session.

Emergency

Mental Health: 541-741-7107
^{SP} AOD and Gambling: 541-741-7107

2149 Centennial Plaza, Suite 4, Eugene 541-741-7107
1040 Oak St., Eugene 541-342-6987
1461 Oak St., Eugene 541-687-9139
374 Q St., Springfield 541-746-4041
1932 Pine St., Florence 541-997-8509
78B Centennial Loop, Eugene AOD/Administration: 541-687-8820
Outpatient alcohol and drug treatment, gambling treatment, and mental health counseling. OHP accepted for AOD treatment and mental health services.

Looking Glass Community Services ^{SEE COUNSELING}

Nar-Anon Family Eugene-Springfield Group

1-800-477-6291
www.nar-anon.org wso@nar-anon.org
Support group meetings for family members and friends affected by a loved one's drug or alcohol abuse. Call for meeting times and places. No cost.

Relief Nursery, Inc. ^{SEE FAMILY EDUCATION & SUPPORT}

Serenity Lane

www.serenitylane.org admissions@serenitylane.org
Residential Treatment 541-687-1110 or 1-800-543-9905
Outpatient Treatment 541-485-1577
Alcohol/drug treatment in Oregon and Washington for adults 18 and older. Most insurance accepted.

Willamette Family, Inc. ^{SP}

www.wfpts.org info@wfpts.org
Detoxification and Sobering 541-343-6512
Rapid Access Center 541-762-4300
195 West 12th St., Eugene (admissions to all services)
Quality substance abuse treatment, mental health, detoxification, primary medical, on-site child care, and family services. Residential and outpatient settings.