



Updated April 2022

Relief Nursery

Community Resource Guide

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

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

Relief Nursery Inc.

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(541) 343-9706

850 South 42nd Street, Springfield
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Strengthening families and
keeping children safe.



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Relief Nursery Diversity, Equity and Inclusion Statement

Relief Nursery recognizes barriers to opportunity and resources that have historically excluded communities from accessing family services, early childhood intervention, and parenting support. We work to address those barriers through open discussion, thoughtful reflection, and informed design and implementation of programs and policies. We are focused on the needs and concerns of the families we serve, our staff, and the community at large. We are committed to ongoing education, growth and improvement, and to upholding the values of social justice, diversity, equity and inclusion in everything we do at Relief Nursery.





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CRISIS SUPPORT SERVICES and SUICIDE PREVENTION

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

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

Agency	Contact	Notes
CAHOOTS – Eugene	541-682-5111 Crisis Line	Crisis Assistance Helping Out on the Streets. EMT staffed crisis response and transportation to social services. Not for violent or life-threatening emergencies.
CAHOOTS – Springfield	541-726-3714 Crisis Line	
Child / Adolescent Mental Health Crisis Line	888-989-9990 Crisis Line	Support for caregivers of youth, up to age 17, experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist over the phone and, if necessary, send a 2-person response team to the home.
Confederated Tribes of Siletz Indians – CARE Program	541-994-5959 (24-hour Hotline) 541-444-9680 (office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals to services.
Looking Glass Youth & Family Crisis Line	541-689-3111 Crisis Line	For parents of children up to 18 when their child is having an immediate mental health, emotional, or behavioral crisis.
Whitebird Clinic Crisis Services	541-687-4000 Crisis Line 990 W 7 th Ave, Eugene	24/7 crisis line and walk-in crisis intervention for people with mental health-related disabilities.
The Trevor Project Lifeline	1-866-4-U-Trevor or Text START to 678-678	24/7 lifeline for LGBTQ youth age 24 and under who are crisis, feeling suicidal, or in need of a safe, judgment-free place to talk. Online chat available at www.thetrevorproject.org
Crisis Text Line	741-741 (text “CONNECT”)	24/7 text-based crisis support
American Foundation for the Prevention of Suicide	https://afsp.org/	Education, advocacy and support related to suicide prevention. Volunteer peer support for survivors of suicide loss.
Lane County Suicide Prevention Program	541-682-8731 Roger.Brubaker@lanecountyor.gov	Coordinates Lane County’s suicide prevention and postvention efforts. Call for information & opportunities to get involved.
Mobile Crisis Response Team	2625 Highway 101, Florence 541-997-3212 cst@wlfea.org	Support for community members faced with unexpected traumatic situations and/or mental health crises.
One Thing You Can Do	https://onethingtodo.org	Information about Extreme Risk Protection Orders - a court order that temporarily restricts a person’s access to guns if they present a risk to themselves or others.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	Bilingual, strengths-based, trauma informed, social justice focused individual and relational .therapy services for children age 3 and up as well as adults
Oregon Alliance to Prevent Suicide	877-968-8491 amarcus@aocmhp.org	Appointed by the Oregon Health Authority to develop a public policy agenda for suicide prevention to reduce youth suicides across the state.
Veterans Crisis Hotline	1-800-273-8255, Press #1 or Text: 838255	Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, their family members & friends.
National Suicide Prevention Lifeline	1-800-273-TALK Para español, llame: 1-888-628-9454 For TTY Users: Use preferred relay service or dial 711 then 1-800-273-8255	Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. https://suicidepreventionlifeline.org/





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CHILD & YOUTH MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
4J Health Center Churchill High School	1850 Bailey Hill, Eugene 541-790-5227	OHP / FREE	Translator available	Counseling for depression, anxiety, anger, attention and focusing challenges, family stress, and referrals for substance abuse. For 4J students age 19 and under.
4J Health Center North Eugene High	200 Silver Lane, Eugene 541-790-4445	OHP / FREE	Translator available	
Bethel Health Center	1525 Echo Hollow Rd, #A, Eugene 541-607-1430	OHP, private ins, sliding scale	NO	Comprehensive health and mental health services for students of Bethel School District age 1-19.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Individual, couples, neurofeedback, play therapy, DV intervention, Parenting After Crisis 15-week class.
Center for Family Development	261 E. 12 th Ave, Eugene 541-342-8437	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	134 E 13th Ave, #2B, Eugene 541-505-9398	Most insurance, including OHP		Communication, social, adaptive & behavioral management skills.
Centro Latino Americano	944 W 5th Ave, Eugene 541-687-2667	\$15-25 sliding scale / OHP	YES	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
Child & Family Center	1600 Millrace Dr # 106, Eugene 541-346-4910	Sliding scale	NO	Family assessment, counseling, parenting support for families with children ages 2-17.
The Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP	No	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575	OHP / private insurance	Yes	Services for children with special health care needs and developmental disabilities.
Child / Adolescent Mental Health Crisis Response Program	888-989-9990 Crisis Line	FREE	Yes	Support for caregivers of youth, up to age 17, experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist over the phone and, if necessary, send a 2-person response team to the home.
Community Health Centers	Call for locations 541-682-3550	OHP / Low cost / FREE	Yes	Behavioral health services, medical care, immunizations. Call for hours.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	OHP / private insurance	Some services	Provides a full range of mental health services for children, adolescents, families and adults of all ages.
Early Assessment & Support Alliance	1200 Hilyard St, #570, Eugene 541-682-7583	OHP / private ins / no ins	Yes	Counseling, case management, mentors, employment and educational support, for youth ages 12-25 experiencing psychosis.
Elrod Center	105 E Hilliard Ln, Eugene 541-294-1010	\$5 suggested donation. Free for families involved with DHS	No	Therapeutic services for youth ages 2-24. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy for teens, psychoeducation, resources for families.
Embody Play Therapeutics	541-852-2799	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Eugene Therapy	401 East 10th Avenue, # 330, Eugene 541-868-2004 info@eugenetherapy.com	Private Insurance / sliding scale		Individual, couples, family, and child therapy. Autism Spectrum Conditions. ADHD assessments. Grief, eating disorders, depression, anxiety, insomnia, trauma PTSD.
Fostering Strides	31830 Nichols Ln, Cottage Grove 541-999-5428	Sliding Scale, scholarship	No Spanish ASL available	Traditional and distance counseling, equine-assisted therapies, art therapy, play therapy for children, teens, and adults.
Jasper Mountain	37875 Jasper-Lowell Rd, Jasper 541-747-1235	OHP / private insurance	Yes	Intensive residential mental health treatment for children and youth ages 3-13.
Lane County Behavioral Health	2411 Martin Luther King Blvd, Eugene 541-682-1915	OHP	Yes	Walk-in assessment, counseling and groups for adults and youth. Psychiatry, medication management.
Looking Glass Counseling	260 E 11 th Ave, Eugene 541-484-4428	OHP	Yes	Residential, outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth. Alternative school.

See next page for more Child & Youth Mental Health Services



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CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Madrone Mental Health	150 Shelton McMurphey Blvd, Eugene 541-210-8090	Trillium / OHP IHN/Samaritan Pacific Source	Yes	Intensive Outpatient Eating Disorder Program for youth age 12-18. Outpatient mental health services (English and Spanish). Adult day Tx eating disorder program.
Monte Nido Eating Disorder Center	888-826-2320	Private insurance		Day treatment services for adults of all genders, evening intensive outpatient program, adolescent day treatment.
Ophelia's Place	1577 Pearl St. #100, Eugene 541-284-4333	FREE / sliding scale	Yes	Skill-building classes, groups and strength-based therapy services for girls ages 10-18. After school drop in
Options Counseling	1255 Pearl, Eugene 541-687-6983 175 W. B, Bldg D, Springfield 541-762-1971	OHP	Yes	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Oregon Community Programs	1170 Pearl St, Eugene 541-743-4340	OHP / Trillium	Yes	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE	Yes	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	No insurance. \$90 / session Sliding scale	Yes	Bilingual, strengths-based, trauma informed, social justice focused individual and relational .therapy services.
Oregon YouthLine	877-968-8491 Text 'teen2teen' to 839863 Email YouthL@Linesforlife.org	FREE		Free, confidential teen-to-teen crisis and help line. No problem is too big or too small for the YouthLine! https://oregonyouthline.org/
Rapid Access Center (Willamette Family)	195 W. 12th, Eugene 541-762-4300	OHP, other ins, sliding scale	No	Same-day walk-in medical and behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults / teens.
Relief Nursery	1720 W. 25th Ave, Eugene 541-343-9706 850 S. 42nd, Springfield 541-343-9706	OHP	Yes	Therapeutic preschool. Mental health assessments, play therapy, family therapy, individual and group skills development, in-home therapeutic services, parent-child attachment therapy. Circle of Security.
Shangri-La	398 High St, Eugene 541-344-1121	OHP	Interpreter	Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Age 14+
Safe Center	89124 Marcola Rd, Springfield 541-741-7402	FREE		Residential treatment for children ages 3-13. A typical stay lasts 3-90 days but can last longer if appropriate.
Springfield Schools Health Center	1050 10th St., Springfield 541-682-3550	Sliding scale / Free		Health and mental health services for Springfield District students and their families.
SWIFT Program (Students with Involved Families and Teachers)	10 Shelton McMurphey Blvd, Eugene 541-485-2711 swift@oslc.org	OHP	No	A strength-based program that provides behavioral health services to students and their families in school, home, and community settings.
Trillium Behavioral Health Member Services	541-485-2155 Para información en español, llama al 541-485-2155	OHP	Yes	Our staff can assist Trillium members in finding mental health counseling or treatment services and help coordinate care.
Thrive Behavioral Health	995 Willagillespie Rd, #200, Eugene 541-246-7263	Most ins. No Trillium for psychiatrist	No	Treatment for children and adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
Vista Counseling	1551 Pearl St, Eugene Call 541-517-9733 Text 541-525-0023 welcomes@vistapsych.com	private insurance and cash pay	No	Therapy for children, teens, adults, families, and couples for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. Comprehensive ADHD evaluations.
Young Adult Hub	1200 Hilyard St, #570, Eugene 541-682-7583	OHP, private insurance, no insurance	Yes	Education and job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
Youth ERA	Eugene Drop 965 Oak Alley, Eugene 971-334-9295	FREE		A safe, welcoming, inclusive space where youth can receive peer support, gain leadership and advocacy skills, meet new people, and achieve their goals.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at jessieca@reliefnursery.org
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ADULT MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	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	541-682-5111 Eugene 541-726-3714 Springfield	FREE	Yes	EMT staffed crisis response & transportation to social services (not violent or life-threatening emergencies).
Center for Autism & Related Disorders	134 E 13th Ave Ste 2B, Eugene 541-505-9398	OHP, other insurance		Communication, social, adaptive therapies and for children and adults.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	\$5-40 sliding scale	No	Counseling, support groups, classes. Mindful Parenting Group. Men's group. Grandparent's group.
Center for Family Development	261 E. 12th St, Eugene 541-342-8437	Sliding scale, OHP, other ins	Yes	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
Centro Latino Americano	944 W 5th, Eugene 541-687-2667	\$10-25 sliding scale, OHP	Yes	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation.
Community Health Centers of Lane County	Various. Call for locations 682-3550	OHP, Low cost, FREE	Yes	Behavioral health services, medical care, immunizations. Call for hours.
David Romprey Oregon Warmline	800-698-2392 Warm Line Not a crisis line	FREE		Peer Support Warm Line: people who have had mental health challenges support others who are struggling. 7 days a week, 9am – 11pm.
Depression Bipolar Support Alliance	510-757-9522 moonlightsea@me.com	FREE		Online and in-person peer support for people who experience depression or bipolar disorder.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	OHP / private insurance	No	Provides a full range of mental health services for children, adolescents, families, and adults of all ages.
Embody Play Therapeutics	541-852-2799	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Eugene Therapy	401 East 10th Avenue, # 330, Eugene 541-868-2004 info@eugenetherapy.com	Private Insurance / sliding scale		Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
Fostering Strides	31830 Nichols Ln, Cottage Grove 541-999-5428	Sliding Scale, scholarship	No Spanish ASL available	Traditional and distance counseling, equine-assisted therapies, art therapy, play therapy for children, teens, and adults.
HEDCO Clinic University of Oregon	1655 Alder St., Suite 170, Eugene 541-346-0923	Sliding Scale	Yes	Individual, couples & family therapy by supervised graduate students. Day, evening and weekend hours.
HIV Alliance (Alliance for Community Wellness)	1195 City View Street Eugene 541-556-1409	OHP, sliding scale for people without insurance		Mental health counseling services for families and individuals. Before referring clients, please make sure there are spots available. Refer clients for intake process to Jordan Chin (manager).
Hourglass Community Crisis Center	71 Centennial Loop, Eugene 541-505-8426	FREE	Yes	Walk-in adult short-term mental health crisis assessment and stabilization. Open 24-hours a day.
Lane County Behavioral Health	2411 Martin Luther King, Jr. Blvd, Eugene 541-682-3608	OHP	Yes	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.
Laurel Hill Center	2145 Centennial Plaza, Eugene 541-485-6340	OHP, Medicaid, Trillium	Yes	Supported housing and counseling services for people with psychiatric disabilities.
Madrone Mental Health	150 Shelton McMurfhey Blvd, Eugene 541-210-8090	OHP / private insurance	Yes	Outpatient mental health services. Adult day treatment eating disorder program.
Monte Nido Eating Disorder Center of Eugene	888-826-2320	Private insurance		Day treatment for adults of all genders, intensive outpatient program, adolescent day treatment.
NAMI Lane County	129 9th St, Springfield 541-343-7688 HELPLINE: 1-800-273-8255	All groups are free of cost	Yes	Peer support for adults living with mental illness and their families. Open Monday-Thursday 10am-2pm. Check https://namilane.org/programs/ for current groups.

See next page for more Adult Mental Health Services



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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Bushnell University Counseling	755 E 11th Ave, Eugene 541-349-7471	\$10 / session, Free for students		Counseling sessions with graduate level counseling students supervised by faculty. For adults 18+.
Odyssey Community Counseling (Emergence)	2149 Centennial Plaza, #4, Eugene 541-741-7107	OHP, Private Ins., no Medicare	Yes	Individual / group counseling. Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, EMDR, ACT. Problem gambling and smoking cessation services.
Options Counseling	1255 Pearl, Eugene 541-687-6983 175 W. B, Bldg D, Spfld 541-762-1971	OHP	Yes	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	No insurance. \$90 / session Sliding scale	Yes	Strengths-based, trauma informed, social justice focused individual and relational .therapy services.
Shangri-La	398 High St, Eugene 541-344-1121	OHP	With interpreter	Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+
Shine Counseling	info@edifytherapy.com 541-357-7650	Sliding Scale		Counseling for individuals, couples and families dealing with trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.
Trauma Healing Project	631 E 19 th Ave, Building B, Eugene 541-687-9447 info@healingattention.org	Sliding Scale	Yes	Body-centered therapies such as yoga and acupuncture. Wellness classes.
University of Oregon Psychology Clinic	15th & Onyx, Eugene 541-346-4954	Sliding scale	No	Low-cost, high-quality, evidence-based therapy services to adults, children, and adolescents from the Eugene-Springfield area as well as UO faculty, staff, and students. Individual therapy, marriage and couple counseling, and DBT skills groups
Vista Counseling	1551 Pearl St, Eugene Call 541-517-9733 Text 541-525-0023 welcome@vistapsych.com	private insurance and cash pay	No	Therapy for children, teens, adults, families, and couples for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. ADHD evaluations.
Whitebird Clinic	990 W 7 th Ave, Eugene 541-342-8255 Office 541-687-4000 Crisis Line	OHP	Yes	Individual, couples & family counseling. Phone and walk-in crisis intervention.
Rapid Access Center (Willamette Family)	195 W. 12th, Eugene 541-762-4300	Sliding scale, OHP, other ins	No	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8 a.m.-6 p.m.
Willamette Valley Counseling	180 W 12th Ave, Eugene 541-636-0885	Sliding scale		Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

ANGER MANAGEMENT SERVICES

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



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GRIEF SUPPORT

Agency	Contact	Fees	Spanish	Notes
Cascade Hospice Bereavement	2650 Suzanne Way #200, Eugene 541-228-3083 dwolfe@cascadehealth.org	FREE	Yes	Individual / Family Counseling for those adjusting to death, loss and grief. <u>Grief Support Groups</u> meet weekly by Zoom for 10 weeks. <u>Resources</u> : Articles on grief and loss mailed to bereaved family members upon request. <u>Lending Library</u> : Books and pamphlets focused on grief and loss.
Compassionate Friends	541-689-0824	FREE		Support for families grieving the death of a child or grandchild of any age.
Courageous Kids	677 E 12 Ave, # N180, Eugene 458-205-7474 kpfeiffer@peacehealth.org	FREE	No	Grief support for children ages 6-17 who have experienced the death of a loved one. Weekly support groups with age-appropriate, arts-based activities. Adult support groups provide peer support and education about children's grief for caregivers. Student support groups are available for in-school settings.
Elrod Center	105 E Hilliard Ln, Eugene 541-294-1010	\$10 donation. Free for families involved with DHS	No	Therapeutic services for youth ages 2-22 including traumatic grief and loss. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class, psychoeducation.
GriefShare	Grief recovery support groups meeting weekly in Eugene. See website for locations, dates and times. www.griefshare.org/countries/us/states/or/cities/eugene			
McKenzie Willamette Bereavement Group	541-726-4478	FREE		Weekly general bereavement support group. Call for location.
MISS Foundation	888-455-6477	FREE	Yes	Online support forums and peer support for parents and grandparents who have lost a child of any age.
Parents of Murdered Children	888-818-7662	FREE	Yes	Support and referrals for family members who have suffered the murder of a child.
Peace Health Bereavement Groups	677 E. 12th Ave., Eugene 458-205-7400	FREE		8-week support groups for any adult grieving the recent death of a loved one. Daytime and evening meetings.
Suicide Bereavement Group	darlene@jenniferbakerfund.org	FREE	No	Support group for survivors of suicide loss; peer-support setting for people to share their pain with others.
Healing Conversations American Foundation for Suicide Prevention	survivingsuicideloss@afsp.org	FREE		Peer support for survivors of suicide loss.
WellMama Pregnancy & Infant Loss Support	150 Shelton McMurphy Blvd, #208, Eugene Call or text SUPPORT to 541-525-0495 to connect with a peer support volunteer.	FREE		Support for parents who have experienced pregnancy loss or the loss of a child. Pregnancy and Postpartum Depression Support Groups.



The Compassionate Friends
Supporting Family After a Child Dies





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CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funding through DD Services	Yes	After school program, events, family support, skill building, in-home respite care for children with intellectual and developmental disabilities, age 2-21.
The Arc Families Connected	4181 E St., Springfield 541-343-5256	FREE	Yes	Parent-led organization that helps families raising a child with intellectual / developmental disabilities.
Autism Society of Oregon	541-689-2228	FREE	No	Resource referrals for individuals with autism spectrum disorder & their families.
Bridgeway House	555 E 15 th , Eugene 541-345-0805	Varies	Yes	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, events, & school.
The Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP	No	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575	OHP / private insurance	No	Services for children with special healthcare needs & developmental disabilities. Feeding clinic.
Connect the Dots	84 Centennial Loop, Eugene 541-255-2681	OHP / private insurance	No	Speech, physical & occupational therapy. Sensory integration, developmental delays, Autism, ADD.
Creating Opportunities	462 17th St NE, Salem 503-559-3674	Free if eligible to hire PSW's DD/mental health	Interpreter Available	Equips people with developmental disabilities or their family or representatives to find & manage Personal Support Workers.
DanceAbility International	576 Olive Street Ste 208, Eugene 541-357-4982	Varies		Classes for adults and children, performances for people with & without disabilities to dance together
Developmental Disabilities Services	125 E. 8th Ave, Eugene 541-682-6564	FREE		Case management, in-home support, equipment for children with developmental disabilities.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	OHP / private insurance	Yes	Support and planning for youth with disabilities (ages 0-23) and their families. IEP support.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578	FREE	Yes	Early intervention and early childhood special education services, parent consultation, parent-toddler groups, specialized preschools, consultation to children in community preschools, and speech, physical or occupational therapy.
Early Education Program (EEP)	99 W. 10th Avenue Suite 340, Eugene 541-485-0368	Varies. FREE for children with delays	Yes	Classrooms designed for children with special needs as well as typically developing children age 3-5 .
Embody Play Therapeutics	leticia@leticia-garcia.com www.embodyplaytherapeutics.com	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Eugene Adaptive Recreation Hilyard Community Center	2580 Hilyard Street, Eugene 541-682-5311	Varies. Scholarships available.		Year-round, community-based recreational, social and educational programs for Eugene area children, teens and adults with disabilities. Adaptive recreation equipment rentals.
FACT Oregon	888-988-3228 support@factoregon.org	FREE	Yes	Support for families navigating special education, early Intervention, IEP's, Transition to Adulthood.
KindTree: Autism Rocks	541-780-6950	Varies	No	Groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane County Public Health CaCoon	151 W 7th Ave, Eugene 541-682-8720	FREE		Helps families access needed services to support children that have special health care needs.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE for most services	Yes	Peer support for caregivers raising a child with mental health challenges.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	Funded through DD Services	Yes	In-home support for adults and children with disabilities. Group homes. Supported living.
Youth Transition Program (University of Oregon)	mericks2@uoregon.edu	Funded by Vocational Rehabilitation	No	Prepares students with disabilities for employment, education or training through an array of transition services and supports

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ADULTS WITH DISABILITIES

Agency	Contact	Fees	Notes
AbleFind	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. www.ablefind.org		
Allies, LLC	131 E. 11th Ave, Eugene 458-210-2837	Paid for by DD Services	Attendant care, transportation, self-expressions program for adults with intellectual / developmental disabilities.
Alternative Work Concepts	541-345-3043 awc@efn.com		Individualized employment opportunities in the community for adults with multiple disabilities.
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Paid for by DD Services	Events, family support. In-home respite for children with intellectual / developmental disabilities, age 2-21. Financial / employment skill building.
Bus Buddy Program (LTD)	1080 Willamette St, Eugene 541-345-3043	FREE	Introduction to LTD transit system with assistance of trained volunteers. Gain the tools and confidence to travel safely in and around town.
DanceAbility International	576 Olive Street Ste 208, Eugene 541-357-4982	Varies	Classes for adults and children, performances for people with & without disabilities to dance together
Disability Rights Oregon	503-243-2081 welcome@droregon.org		Legal representation and advice, confidential advocacy, safety planning, and referrals to other services
Eugene Adaptive Recreation Hilyard Community Center	2580 Hilyard Street, Eugene 541-682-5311	Varies. Scholarships available.	Year-round, community-based recreational, social and educational programs for Eugene area children, teens and adults with disabilities. Adaptive recreation equipment rentals.
Full Access Brokerage	1240 Charnelton, Eugene 541-284-5070		Referred by DD services. For adults with intellectual / developmental disabilities. Attendant care, home modifications, person-centered behavior support, assistive technology, employment support.
	1450 Birch, Cottage Grove 541-513-8548		
Goodwill Employment and Training Services	855 Seneca Rd, Eugene 541-431-3309	FREE	Adults 21 years or older who have an Intellectual or Developmental Disabilities can receive assistance in learning basic skills necessary to maintain employment and gain work independence through paid work experience and training.
Inner Potential	innerpotential1@gmail.com 503-539-8330	Funded by K Plan	Partnering with individuals age 18+ experiencing intellectual or developmental disabilities in achieving a healthy, fulfilling life.
KindTree	PO Box 40847, Eugene 541-780-6950		Support groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane Co. Developmental Disabilities Services	125 E. 8th Ave, Eugene 541-682-3695	FREE	Support services for children & adults who experience developmental disabilities
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020	FREE	Independent living skills classes, service navigation, counseling, support groups, club house & more.
Lane WorkForce Partnership	2510 Oakmont Way, Eugene 541-505-8674		Employment support for adults living with disabilities.
Oregon Supported Living Program	1250 Charnelton Street, Eugene 541-343-4196		Residential, supported living, employment, arts & culture for adults with developmental disabilities.
Pearl Buck Center	115 W 8th Ave, #280, Eugene 541-780-6404	FREE	Job coaches, support finding housing & employment for adults with developmental disabilities.
Resource Connections of Oregon	1600 Valley River Dr, #130, Eugene 541-799-0545	FREE	Case management and resource coordination for individuals who are over 18 and live with intellectual or developmental disabilities.
RideSource	240 Garfield St, Eugene 541-682-5566		Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living.
SAIL – Supporting Access to Independent Living	www.sailhousing.org/		Advocates for and promotes sustainable housing for persons with developmental disabilities.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038	FREE	Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
	3180 Highway 101, Florence 541-902-9430		

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ADULTS WITH DISABILITIES (continued)

Agency	Contact	Fees	Notes
SLLEA - (Smart Living, Learning, & Earning with Autism)	541-554-8170		Promote quality housing & support adults with Autism & related disorders.
Social Security Administration	2504 Oakmont Wy, Eugene 800-772-1213	FREE	Social Security pays disability benefits to people who can't work due to a serious medical condition.
Supported Employment Services	711 Country Club Rd, #1-A, Eugene 541-687-0687	FREE	Job placement, coaching, supported employment for adults with disabilities. Referrals through Voc. Rehab.
Trips, Inc.	PO Box 10885 Eugene 541-686-1013	Varies	Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
Vocational Rehab	2885 Chad Dr, Eugene 541-686-7878 101 30 th Ave, Springfield 541-726-3525	FREE	Skills training / job placement for adults with disabilities.

DEAF and HARD OF HEARING RESOURCES

Agency	Contact	Notes
Hearing Loss Association of America (Lane County chapter)	541-510-2094 clarkoa@msn.com	Monthly newsletter and monthly meetings (virtual and/or in-person depending of health risk). Check website: www.hearinglosslane.org
Lions Clubs Hearing Aid Project	971-270-0203 lionsclubsreferrals@olshf.org	Covers the cost of hearing aids, hearing test, ear impressions, and fitting of the aid(s) for people below 200% of federal poverty line.
Love is Respect	Deaf Advocates Available Video phone: 855.812.1001 nationaldeafhotline@adwas.org	Confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to dating, healthy relationships, boundaries, personal safety, interactive safety planning
National Deaf Domestic Violence Hotline	1-855-812-1001 (Voice/VP). Email: hotline@adwas.org	24/7 advocates provide crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.
Oregon Association of the Deaf	oad1921@gmail.com	Advocating the rights of Deaf and Hard of Hearing citizens in Oregon.
Oregon Deaf and Hard of Hearing Service Program	503-945-5600 TTY: 503-945-6214	A resource to improve quality of life for Deaf and Hard of Hearing people and their families.
Oregon Deafblind Project	503-838-8328 rhoadsc@wou.edu	Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.
Oregon Deaf Empowerment & Advocacy for Families	Online contact form on website: http://lanecounty.us/odeaf/	Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.
Oregon Registry of Interpreters for the Deaf	https://www.orid.org/	Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.
Oregon School for the Deaf	999 Locust Street NE, Salem info@osd.k12.or.us Phone: 503-378-3825 Videophone: 503-400-6180	K-12 school for children who are eligible for special education in Oregon because of a hearing impairment. There is no tuition cost to families. Transportation may be provided by the child's school district. Residential program available.

BLINDNESS and VISION IMPAIRMENT RESOURCES

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

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PARENTING EDUCATION & FAMILY SUPPORT

Agency	Contact	Fees	Spanish	Notes
A Family for Every Child	1675 W 11 th Eugene 541-343-2856	FREE	No	Mentors for youth ages 5-18 . 10 hours+ /mo. Parent mentor for families at risk for DHS involvement.
ACT for Families	WIC office, 7 th & Charnelton, Eugene 541-833-0017	FREE if OHP / WIC eligible	No	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funded by DD Services	Yes	After school program, community events, family support. Respite for children with developmental disabilities, age 2-21 . Financial planning, budgeting assistance, job skills and job placement.
The Arc Families Connected	4181 E St., Springfield 541-343-5256	No fees	Yes	Parent-led organization that supports families raising a child with intellectual / developmental disabilities.
African American/Black Student Success Project	Contact Ayanna Moriguchi 541-357-5719 amoriguchi@unitedwaylane.org	FREE		For families with Black / African American children age 0-6 - home visits, development screenings, resource referrals, monthly gathering.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Parenting After Crisis class, Domestic Violence Intervention, True Insights Parent Strategies.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	\$5-40 sliding scale	No	Counseling, support groups, classes. Changing Anger for Parents class. Grandparent’s group. Mindful Parenting Group. Men’s group.
Center for Dialogue & Resolution (Parent/Teen Program)	93 Van Buren St, Eugene 541-344-5366	Varies	Sometimes available	Support for communication between parents & teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, etc.
The Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP, private insurance	No	Collaborative Problem-Solving classes. Psychiatric day treatment school. Assessment, counseling.
Direction Service	1144 Gateway Lp, #200, Springfield 541-686-5060	OHP, private insurance	Yes	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
ECCO 4J Young Parent Program	200 N Monroe Ave. Eugene 541-790-6860	FREE	Interpreter available	Supports pregnant / parenting students in their education and life goals. Childcare may be available.
Embody Play Therapeutics	541-852-2799	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
FACT Oregon	2475 SE Ladd Ave, Portland 888-988-3228	FREE	Yes	Support for families navigating special education, early Intervention, IEP’s, transition to adulthood
Family Check Up (Lane County Youth Services)	2727 Martin Luther King Jr Blvd, Eugene 541-682-7936	OHP	Yes	Strengths-based program that helps parents set parenting goals.
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835	FREE	Yes	Therapeutic early childhood program, home visiting, parenting support, developmental screenings, respite, parenting classes for qualifying families with children under age 6.
	Creslane Elementary: 996 A St., Modular 3, Creswell 541-942-4835			
Family Support & Connections (CCS)	1025 G St Springfield 541-345-3628 x311	FREE	Yes	Home visiting for parents of children under 18, help connecting with resources, goal planning
Focus on Children	541-682-2070	\$60/ parent, ½ price if on SNAP		Parenting class required for parents who are getting divorced.
FAIR - Families Actively Improving Relationships	10 Shelton McMurphey Blvd, Eugene 541-485-2711	OHP	Yes	Intensive outpatient program for parents experiencing challenges with parenting, addiction, mental health.
KEEP (Oregon Community Programs)	1170 Pearl Street, Eugene 541-743-4342	Paid incentive – receive \$20 each week	No	16 weekly, 90-minute sessions building support and skills for foster and kinship parents of children ages 4-12. Childcare and refreshments provided.
LaneKids (United Way)	Website with information on parenting classes and workshops- including online options, a parenting blog, community activity calendar, and many other resources for Lane County parents. www.lanekids.org			
Maternal/Child Health (Lane County Public Health) 541-682-8720 MCH.Referrals@co.lane.or.us Spanish interpretation available Serving all of Lane County Provided at no cost to families	MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs Babies First; CaCoon; Healthy Families; Nurse Family Partnership all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs.			
	Eligibility: If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs. Oregon Mother’s Care: Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother’s Care Insurance Assistance Services call Kristi Wedmore at 541-682-3926 .			

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PARENTING EDUCATION & SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
Nurturely	541-579-8941 info@nurturely.org		Yes	Preventative health programs that work to reduce disparities in perinatal healthcare. In person and virtual prenatal education and postpartum social connections.
Nurturing B.L.A.C.K. (Nurturely)	541-579-8941 info@nurturely.org https://nurturely.org/nurturing			Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. 4-week virtual group to learn skills and connect with other parents.
Options Counseling Circle of Security group	1255 Pearl, Eugene 541-687-6983	OHP	No	Attachment-focused parenting group for parents with children age 9 and younger.
Oregon Community Programs	1170 Pearl St Eugene 541-743-4340	OHP	Yes	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Oregon Family Support Network	72 A Centennial Lp #150 Eugene 541-342-2876	FREE	Yes	Peer support for caregivers raising a child with mental health challenges.
Parent Helpline	211 x5	FREE	Yes	Child development specialist will answer questions from parents with children 0-8
Parenting Now	86 Centennial Loop, Eugene 541-484-5316	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)	631 E 19 th Ave, Building B, Eugene 541-687-9447 info@healingattention.org	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule.
Pearl Buck Preschool and Family Supports	3690 W 1st Ave, Eugene 541-484-4666	FREE	Yes	Support for parents who experience cognitive limitations & have children age 2-5.
Pregnancy & Parenting Center	1525 12th Street, Suite G, Florence 541-902-2273	FREE	Yes	Parent education, parent/child playgroup for 0-5 year olds, diapers, baby clothes, supplies.
Relief Nursery	1720 W. 25 th Eugene 541-343-9706	FREE	Yes	Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery. Therapeutic early childhood program, respite. For qualifying families with children age 2-6.
	850 S. 42 nd , Springfield 541-485-0007			
Safe Families for Kids	921 Country Club Rd. Suite 222 Eugene 541-515-7233	FREE		An alternative to foster care, SFFK temporarily hosts children and provides support to families in crisis.
Family Resource Centers Free drop-in services for families, children, youth & teens. Access to community resource information. Basic needs resources available. Spanish services available at some locations.	Bethel Family Resource Center	Fairfield Elementary Annex, 3455 Royal Ave, Eugene 541-607-1449 Anne.Diaz@bethel.k12.or.us		
	Creswell Family Resource Center	Creslane Elementary School, 996 West A St, Creswell 541-895-6175 kdumas@creswell.k12.or.us		
	Cottage Grove Family Resource Center	Harrison Elementary School, 1310 S. 8th St, Cottage Grove 541-942-4967 anamaria.dudley@slane.k12.or.us		
	Eugene Family Resource Centers	El Camino del Rio/River Road Elementary, 120 W Hilliard Ln, Eugene 541-790-7230 longoria@4j.lane.edu		
	Fern Ridge Family Resource Center	Fern Ridge Middle School, 88831 Territorial Hwy, Elmira 541-952-7049 frc@fernridge.k12.or.us		
	Lowell Family Resource Center	Lundy Elementary School 45 S Moss St, Lowell dsilver@lowell.k12.or.us		
	Marcola Family Resource Center	Marcola Elementary School, 38300 Wendling Rd, Marcola 541-933-2512 shockema@marcola.k12.or.us		
	McKenzie/Blue River Family Resource Center	McKenzie High School, 51187 Blue River Dr., Finn Rock 541-822-1110 cricket.clarke@mckenziesd.org		
	Oakridge Family Resource Center	76499 Rose St, Oakridge 541-782-3281 kcamerer@oakridge.k12.or.us		
	Pleasant Hill Family Resource Center	TEMPORARILY CLOSED		
	Springfield Family Resource Center	Services by appointment only. 541-744-6769 1084 G Street #20, Springfield silvia.ceja@springfield.k12.or.us		

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PRENATAL / POST-PARTUM SUPPORT / DOULAS

Agency	Contact	Fees	Spanish	Notes
ACT for Families	1776 Millrace Dr info@actforfamilies.org 541-434-1621	FREE if OHP / WIC eligible	No	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
Baby Connection (Parenting Now)	86 Centennial Loop, Eugene 541-484-5316	FREE	Yes	Offered every Wednesday from 11 am to 12 pm for families with infants to 1-year old. Receive infant feeding support, connect with professional parenting educators, and meet new parents.
Daisy Chain	executivedirector@daisychainlane.org 541-505-1139	FREE	Yes	Home visits from postpartum doulas, lactation support, workshops, baby classes.
Doulas of Lane County	http://doulasoflanecounty.com/	Varies	Yes	Listing of professionally trained birth & postpartum doulas.
La Leche League	541-744-6055 (help line)	FREE	Yes	Breastfeeding support line.
Maternal/Child Health (Lane County Public Health) 541-682-8720 MCH.Referrals@co.lane.or.us Spanish interpretation available Serving all of Lane County Provided at no cost to families	MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs Babies First; CaCoon; Healthy Families; Nurse Family Partnership all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs. Eligibility: If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs.			
	Oregon Mother's Care: Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother's Care Insurance Assistance call Kristi Wedmore at 541-682-3926 .			
McKenzie Willamette Women's Health	1460 G St, Springfield 541-726-4400	Varies		Birthing / breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
Nursing Mothers Council of Oregon	info@nursingmotherscounsel.org 503-282-3338			Lactation support, pump assistance, peer support.
Nurturely	541-579-8941 info@nurturely.org		Yes	Preventative health programs that work to reduce disparities in perinatal healthcare. In person and virtual prenatal education and postpartum social connections.
Parent Well-being Program (Trauma Healing Project)	631 E 19 th Ave, Building B, Eugene 541-687-9447 info@healingattention.org	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session.
Post-Partum Support International	support@postpartum.net 800-944-4773	FREE	Yes	Email / phone support, referrals for post-partum services.
Pregnancy & Parenting Center	541-902-2273 1525 12th Street, Suite G, Florence	FREE	Yes	Individualized Prenatal Education, Stork Boutique (diapers, maternity clothes, baby clothes / supplies)
Rainbow Bridge Doula Services	Facebook: Rainbow Bridge Doula Services 541-914-9975	Sliding Scale	Yes	Prenatal, birth & postpartum support.
Sacred Heart Pregnancy & Parenting Education	3333 Riverbend Dr, Springfield 541-222-7074	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga, breastfeeding, birth center tours, new infant care
Well Mama	150 Shelton McMurphy Blvd, #208, Eugene 800-896-0410	FREE	Yes	Mama to mama peer support & groups
Women, Infants, & Children (WIC)	151 W 7th Ave, #210, Eugene 541-682-4202	FREE	Yes	Breastfeeding / nutrition support. Breast pumps.

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DIAPER ASSISTANCE

Agency	Contact	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St. Springfield	<u>FREE</u> diapers. Stop by to check on availability.
First Place Family Center St. Vincent de Paul	1995 Amazon Parkway Eugene 541-342-7728	Accepts walk-in diaper requests. Call in advance to ensure diapers are stocked in needed size.
Lane County Diaper Bank	teresa@lcdiaperbank.org 541-213-0706	<u>FREE</u> diapers for low income families in Eugene, Springfield, and surrounding areas. Distributed through partner agencies. See website.

FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Fees	Spanish	Notes
Open Adoption & Family Services	315 W. 10 th Ave., Eugene 541-343-4825	FREE		All-options pregnancy counseling for pregnant and parenting women & partners. Arranges open adoptions. Adoption counseling.
Planned Parenthood	3579 Franklin Blv., Springfield 541-344-6519 793 N. Danebo Dr., Eugene 541-344-6519	OHP, sliding scale, some insurance	Interpreter by request	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, men's and women's health care, emergency contraception, abortion services.
Pregnancy & Parenting Center	1525 12 th Street, Suite G, Florence 541-902-2273 Cell: 541-999-2427	FREE	Yes	Pregnancy tests, pregnancy options info, teen pregnancy support.

FOSTER PARENT & ADOPTION SUPPORT

Agency	Contact	Fees	Spanish	Notes
A Family for Every Child	1675 W 11 th Eugene 541-343-2856	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 Oregon	aco@peak.org 541-554-1201	FREE		Support, education, multicultural activities and friendship for anyone touched by or interested in adoption.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Specialized TIPS (True Insights) Parenting Classes for Foster Parents
Foster & Adoptive Parent Association of Lane County	541-515-9951	FREE		Facebook page, monthly support group, family events, peer support for foster & adoptive families.
Holt International	250 Country Club Rd Eugene 1-888-355-4658 Info@holtinternational.org			International and U.S. adoption service. Free informational sessions. Post-adoption support including coaching and education, birth parent search, and citizenship advice.
Open Adoption & Family Services	315 W. 10 th Ave, Eugene info@openadopt.org 541-343-4825	FREE		Free, all-options pregnancy counseling for women & couples. Adoption plans. Lifelong services.
Oregon Foster Parent Association	410 Mill #366, Salem 888-544-3402 Email: office@ofpa.com			A statewide association operating within the foster, relative, and adoptive community in Oregon.
Relatives as Parents Program	1015 Willamette, Eugene 682-3353	FREE	Interpreter available	Financial assistance for relatives 55+ raising a child. Help with purchase of clothes, beds and other essential needs. Adoption/ guardianship not required.





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SCHOOL DISTRICTS in LANE COUNTY

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

How do I contact the Lane ESD Superintendent?

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

Email: supt-office@lesd.k12.or.us or call: 541-790-7707

EDUCATIONAL ADVOCACY

Agency	Contact	Fees	Spanish	Notes
CADRE - Center for Appropriate Dispute Resolution in Special Education	576 Olive St, Suite 300 Eugene 541-359-4210 cadre@directionservice.org	Varies	Yes	Technical assistance, trainings, workshops, presentations, and other products and services that are useful for dispute resolution in special education and early intervention.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	OHP / private insurance	Yes	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
Education Justice Action Team	mica@calclane.org 541-485-1755	FREE	Yes	Community Advocate Program connects parents/caregivers with trained advocates who can assist after incidents of bias, harassment, and discrimination in school district 4J. Advocates are also available to act as witnesses and accompany parents to meetings and conferences. They may also be called upon to assist when a problem is at a standstill.
Inclusive Partners	inclusivepartners@state.or.us 866-837-0250	FREE	Yes	FREE consultation and individualized planning to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors. www.inclusivepartners.org
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE	Yes	Support for caregivers raising a child with emotional, behavioral, or mental health challenges, Collaborative Problem Solving class, support group, family events, respite, IEP support.
Stopbullying.gov	A website dedicated to resources and information about preventing and responding to bullying.			



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HOME SCHOOLING and DISTANCE LEARNING OPTIONS

Agency	Contact	Notes
Baker Web Academy	541-524-2300	Free K-12 home-based public charter school. Online and textbook-based classes with teacher support. Early College Program offers students a chance to attend local community college to earn college and high school credit at the same time.
Barnraisers	Facebook link	Group of Eugene-area homeschooling families that meets regularly for field trips, classes, & activities.
Bridge Charter Academy	60 South Pioneer St, Lowell 541-937-5200 jvondo@bridgecharter.com	Free partial-day classroom setting serving home-based K-12 students. Accredited online curriculum options. Weekly 3-hour in-person sessions on the school campus.
Cascadia Learning Cooperative	3495 W. 18th Ave., Eugene 541-357-8892 info@cascadiainlearning.com	Secular, choice-based homeschool cooperative offering enrichment classes taught by parents and community members as a supplement to a full homeschool curriculum.
Fossil Distance Learning Program	centraloffice@fossildlp.com 971-367-2093	Free customized distance learning for K-8 students. A credentialed teacher provides ongoing support to students and their families. Each student is allocated instructional funds to purchase curriculum, supplies, lessons, and classes.
Home School Legal Defense Association	540-338-5600	Advice / legal support regarding homeschooling.
Learn at Home Oregon	301 South 3rd Street, Alsea 541-209-2431 erin.wills@alsea.k12.or.us	K-8 home-based distance education program. Learning materials and technology delivered directly to the child's home. Designed to provide a hands-on learning experience. Free for all students in Oregon
Navigators Homeschool Group	800-382-6010	Homeschool classes, activities, events, field trips, and theater opportunities on Fridays starting in October and finishing in May. \$450 / year. Additional fees may apply.
Oregon Christian Education Association Network	503-288-1285	A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
Oregon Charter Academy (ORCA)	503-897-2272 info@oregoncharter.org	Free K-12 online public charter school with certified teachers.
Oregon Connections Academy	1-800-382-6010 info@oregoncharter.org	Tuition-free online public school that allows students to learn from home or anywhere there's an internet connection. State certified and open to students throughout Oregon.
Oregon Home Education Network	503-321-5166	A statewide nonprofit that provides information about homeschooling, promotes connection among homeschoolers, and supports homeschool families in Oregon.
Oregon Virtual Academy	541-751-8060	Tuition-free statewide online K-12 public education. Experienced, Oregon-licensed teachers, who are available online and by phone.
Teach Northwest	541-952-1381	K-12 Virtual STEAM and Homeschool Academy that allows parents to select from a wide range of traditional homeschool and/or online school options.
Willamette Connections Academy	1-888-478-9474	Tuition-Free Online K-12 Public School that students attend from home.



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ALTERNATIVE EDUCATIONAL SETTINGS


Agency	Contact	Fees	Spanish	Notes
Bridgeway House	541-345-0805 555 E 15 th , Eugene	OHP / private Insurance	No	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, social events and a full-time school.
The Child Center	541-726-1465 3995 Marcola Rd, Springfield	OHP / private Insurance	Some Services	Integrated treatment and education program for children age 4-12 with severe emotional and behavioral issues. Individual therapy, group therapy, and family therapy are provided. High school program for youth, 14-19, is on the campus of Springfield High School.
ECCO High School	200 N Monroe Ave, Eugene 541-790-6860	FREE	Interpreter available	Alternative high school offering credit recovery and GED options.
Gateways High School	425 10th Street Springfield 541-744-8862	FREE		High school option for students who need help with basic academic skills (2-4 grade levels behind), are behind in course credits, need extra support, or are pregnant or parenting. Traditional diploma, modified diploma, and GED options.
Jasper Mountain School	541-747-1235 37875 Jasper-Lowell Rd, Jasper	OHP / private Insurance	Yes	Intensive residential educational program as well as the Academic Day Treatment Program for children who have significant psychiatric and psychological disorders from kindergarten through eighth grade. Treatment and educational processes are fully integrated into the classroom setting.
JC Options	541-998-6311 325 Maple St, Junction City rsmith@junctioncity.k12.or.us	FREE		K-12 alternative educational program. Students may be home-based, work at the local Learning Center, or a combination of settings. Families can opt for all JC Options classes or dual enrollment in their neighborhood school.
Lane School	541-463-8500 1717 City View, Eugene Lane ESD Westmoreland Campus	FREE	No	Short-term behavioral & academic day school for K-8 students experiencing Emotional Disturbance or Autism Spectrum Disorder.
Looking Glass Educational and Vocational Services	Center Point School	541-868-0661 1790 W 11th Ave, Eugene	Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy & transition services. Free.	
	New Roads School	541-302-2551 945 W 7th Ave, Eugene	Alternative educational program for runaway / homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, & recreational activities. Free.	
	Riverfront School	541-302-2554 1666 W 12th Ave, Eugene	Education & vocational training for at-risk youth 11-21, diploma / GED, help with transportation, clothing, childcare, employment. Free.	
	Riverfront Career Center	541-302-2554 1666 W 12th Ave, Eugene	Job Training program that prepares youth age 14-24 for success in the workforce by addressing work expectations, promoting higher education, and providing on-the-job skills training.	
	Independent Living Program	541-302-2554 1666 W 12th Ave, Eugene	Assists current and former foster youth ages 16 – 21 to gain skills to transition into independent living. Supports youth to create goals toward education, housing, employment, financial literacy, and more.	
Martin Luther King Jr Education Center	541-682-4715 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.	



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EARLY EDUCATION and CHILD CARE

Agency	Contact	Fees	Spanish	Notes
Find Child Care Oregon	Search: www.findchildcareoregon.org Call 211, or Text "children" to 898211	FREE	Yes	Call, text, email or check their website for referrals to local childcare providers.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578	Monthly Tuition	Yes	Specially designed classrooms throughout Lane County for children ages 3-5 with developmental delays. Typically developing community peers can register as space allows. Classes are generally Monday-Thursday 9:15-12:15 or 1:15-4:15 and follow the Early Childhood CARES service calendar.
Early Education Program (EEP)	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene 541-485-0368 office@earlyeducationprogram.org	Varies. FREE for children with delays	Yes	Classrooms for children with special needs as well as typically developing children age 3-5 . Morning (9:15-12:15) or afternoon sessions (1:15-4:15), Monday - Thursday or Tuesday - Friday.
Family Relief Nursery	1720 N. 14 th , Cottage Grove & 996 West A St., Creswell 541-942-4835	FREE	Yes	Therapeutic early childhood program, family support, parenting classes, respite, Latino outreach.
Head Start	Various locations. Main office: 221 B St, Springfield 541-747-2425	FREE	Yes	High quality preschool education services & home-based programs for to eligible Lane County children birth to age 5 and pregnant women.
Jump Start	The ARC of Lane County 4181 E St, Springfield Annie Wahto: 541-914-4232	ERDC / Private Pay	Yes	Inclusive preschool program where children of all abilities can feel safe, nurtured and included. Monday – Friday, 7:30 a.m. - 6 p.m. Full day program for children age 6-13 attending virtual school. After school program.
Kids in Transition to School (KITS)	10 Shelton McMurphy Blvd, Eugene 541-485-2711	FREE	Yes	School readiness program that provides a boost to children's literacy, self-regulation, and social skills. Includes a 12-session workshop for parents.
Pearl Buck Preschool and Family Supports	3690 W 1 st Ave, Eugene 541-484-4666	FREE	Yes	Specialized, year-round preschool for children age 2-5 whose parents have cognitive challenges. Parenting support and education adapted for adults with diverse learning abilities, home visits, case management.
Preschool Promise	Various classroom locations. Apply at United Way: 3171 Gateway Loop, Springfield 541-741-6000	FREE	Yes	Free high-quality preschool for qualifying children, if slots are available. www.lanekids.org/preschool-promise/
Relief Nursery 	1720 W. 25th Eugene 541-343-9706	FREE services in English and Spanish for qualifying families with children age 2-6. <ul style="list-style-type: none"> • Home visiting and parenting support • Therapeutic Early Childhood Program • Peer Support and support group for parents in recovery • Native American Program • Parenting classes and Circle of Security (English and Spanish) • Developmental screenings for children 		
	850 S. 42nd, Springfield 541-485-0007			



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PROFESSIONAL DEVELOPMENT for SOCIAL SERVICE PROVIDERS and EARLY EDUCATORS

Agency	Contact	Notes
HIV Alliance	1195 City View Street, Eugene 541-556-1409 For more information about HIV Alliance's educational programs, or to schedule a presentation, please contact the Education Coordinator at education@allianceor.org	Trainings and education available for the community and agencies interested in prevention services, and safe sex education practices. Topics include: Blood-borne pathogens: HIV, Hepatitis, STI's Free Naloxone and Opiate Overdose Awareness Training Harm Reduction Philosophy and its practice in agencies like HIV Alliance HIV Alliance Agency's Purpose, Programs and Goals
Oregon Parenting Education Collaborative	shauna.tominey@oregonstate.edu 541.737.1013	Free, self-paced, set one trainings related to parenting education professional practice.
Oregon Registry Online	1-877-725-8535 orohelp@pdx.edu	A free statewide professional recognition program that records and recognizes the growth and achievements of early childhood care and education professionals. Create an account at: https://my.oregonregistryonline.org/accounts/create/step1/ Find trainings at: https://calendar.oregonregistryonline.org/
Quality Care Connections	4000 E 30 th Bldg. 24 Eugene 541-463-3954	Training and assistance for childcare providers. Cost varies. Typically trainings are \$0-30. See website for current classes and registration. www.lanecce.edu/qcc
Possibilities ECE	possibilitiesece@gmail.com	High quality, online, self-paced trainings, including some Set 2. You must create an account to access these trainings. Certificates provided. Cost varies.
EdWeb	help@edweb.net	Free, live and pre-recorded webinars on topics related to teaching preschool through high school. Certificates provided.
NAEYC — National Association for the Education of Young Children	info@naeyc.org	Online learning, in-person trainings, videos, and articles on topics related to the highest quality, researched-based practices in early education. Membership is required to access some materials.
OAEYC — Oregon Association for the Education of Young Children	503-496-3991 sara@oregonaeYC.org	Oregon's NAEYC chapter that offers an annual conference, workshops, and other professional development opportunities.
Start Early	Free, high quality, online, self-paced trainings including: <ul style="list-style-type: none"> - Ages and Stages Questionnaire Best Practices - Basics of Home Visiting - Building Engaging and Collaborative Relationships with Families - Substance Abuse in Home Visiting - Domestic Violence in Home Visiting - Foundations of Infant Mental Health Practice in Home Visiting - The Impact of Trauma in Home Visiting - Supervising Home Visitors - The Impact of Trauma in Supervising Home Visitors https://startearly.csod.com/default.aspx?c=ehv_or_custom Please use this link instead of searching for "Start Early." This link will take you to a special login page that will give you access all of the trainings for free because the cost is covered by OHA. If you log into the normal Start Early page, the trainings are \$90. You must create an account to access these trainings.	





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ACTIVITIES FOR CHILDREN and YOUTH

Agency	Contact	Notes
4-H Youth Development	541-344-5043 LaneCounty4H@oregonstate.edu	Empowers young people with hands-on learning experiences to help them grow and thrive. Plant and animal sciences, outdoor education, school enrichment, civic engagement, social skills and life skills, STEM. Fees vary.
Adventure Children's Museum	541-653-9629 490 Valley River Center, Eugene	10 am – 6 pm Weekdays. 11 am – 6 pm Weekends. \$5 / person, free for 2 or younger. Reduced admission for EBT cardholders.
Amazon Community Center	541-682-5373 2700 Hilyard St., Eugene	Fitness, family art classes, outdoor concerts, summer camps, pre-school program. Scholarships available.
Amazon Pool	541-682-5350 2600 Hilyard St., Eugene	Outdoor pool is open May – October, featuring 3 pools with 2 water slides, a diving platform, hot tub, a sandbox. Lap & rec swims, lessons, & water-based fitness classes.
Boy Scouts of America (BSA)	https://www.scouting.org/about/local-council-locator/	For youth of all genders in the fifth grade through high school. Service, community engagement, and leadership development, camping, skill building, and connection.
Bounce Gymnastics	541-343-4222 329 W 3rd Ave, Eugene	Gymnastics & Circus Arts classes and camps for all ages. Aerial arts, ninja zone, cheer camps. No open gym times or birthday parties due to Covid.
Cascades Raptor Center	541-485-1320 32275 Fox Hollow Rd, Eugene	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	541-246-9989 85 Division Ave, Eugene	\$13-\$17 / hour, depending on age. 2 and younger are free with another paid jumper. Trampolines, obstacle course, zip line. Jump socks required (\$3).
Echo Hollow Pool	541-682-5525 1655 Echo Hollow Rd, Eugene	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
Eugene Family YMCA	541-686-9622 2055 Patterson, Eugene	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.
Eugene Parks & Rec	541-682-5333 Various locations	Fitness & enrichment classes for people of all ages, camps, childcare, adaptive programs. Recreation Guide: https://secure.rec1.com/OR/city-of-eugene-or/
Eugene Public Library	Downtown Branch - 100 W. 10th - 541-682-8316	Story time, activities for children & families. See website for current information. Free for City of Eugene residents. Can purchase pass if outside Eugene.
	Bethel Branch - 1990 Echo Hollow Rd - 541-682-5450	
	Sheldon Branch - 1566 Coburg Rd - 541-682-5450	
Eugene Science Center	541-682-7887 2300 Leo Harris Pkwy, Eugene	Science exhibits, planetarium, camps. Reduced rates with EBT card.
Get Air	541-827-1016 4211 W 11th Ave, Eugene	Trampoline park, ninja course, foam pit, dodge ball, toddler area. Prices are \$10-15 / hour, depending on height of the child. Jump socks are required (\$3 / pair).
Girl Scouts of Oregon and Southwest Washington	541-485-5911 72 Centennial Loop #300, Eugene	Engaging, challenging, fun activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects.
Go Mom Go	www.gomomgoeugene.com/	Online calendar of local classes, activities, events for children in Lane County.
Greenhill Youth Volunteer Program	541-844-1777 88530 Green Hill Rd, Eugene	For youth age 12-15. Must commit to 2 hours / week for 3-6 months. Youth must be supervised by a guardian over the age of 18 at all times.
Hilyard Community Center	541-682-5311 2580 Hilyard St., Eugene	Camps, trips, drama, music, fitness, support groups, sports, Paralympic sports, veteran programs, adaptive equipment rentals.
Kidsports	541-683-2374 2190 Polk St, Eug	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.
Museum of Natural and Cultural History (U of O)	541-346-3024 mnc@uoregon.edu 1680 East 15th Avenue, Eugene	Online and in person visits. Open Wed – Sun, 10 a.m. to 5 p.m., Thursdays until 8 p.m. General admission: \$6. Seniors and youth (3-18): \$4. Families (2 adults, 2 youth): \$12. Children under 2, UO students / staff, veterans / active duty military personnel: FREE.
National Academy of Artistic Gymnastics	541-344-2002 1205 Oak Patch Rd., Eugene	Classes and camps for all ages. No open gym times or birthday parties due to Covid.
Peterson Barn	870 Bertzen Rd, Eugene 541-682-5521	Programs for youth, families & seniors including pre-school & afterschool programs
Reading with Cats Program	541-844-1777 88530 Green Hill Rd, Eugene	For children age 6-12 . Sign up 24 hours ahead of time online. THIS PROGRAM IS NOT ACTIVE DUE TO COVID
River Road Parks & Rec	541-688-4052 1400 Lake Dr, Eugene	Fitness & enrichment opportunities for youth & adults. Gymnastics program, swim lessons, camps.
Roaring Rapids Pizza	541-988-9819 4006 Franklin Blvd	Pizza place with a working carousel.
Sheldon Community Center	541-682-5312 2445 Willakenzie Rd, Eugene	Preschool, after school programs, camps, fitness center. Pool - lap & rec swim, lessons, water-based fitness classes.
Springfield Public Library	541-726-3766 225 N 5th St, Springfield	Story time, events for families. Check the website for a current calendar. Free for City of Springfield residents
Willamalane Parks & Recreation	541-736-4544 250 S. 32 nd , Springfield	Fitness & enrichment classes, camps & preschool & afterschool programs. Scholarships available.

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NATURE, OUTDOOR RECREATION, and GARDENING RESOURCES

Agency	Contact	Notes
4-H Youth Development	541-344-5043 LaneCounty4H@oregonstate.edu	Empowers young people with hands-on learning experiences to help them grow and thrive. Plant and animal sciences, outdoor education, school enrichment, civic engagement, social skills and life skills, STEM. Fees vary.
Annie Mims Community Garden	255 Maxwell, Eugene	This community garden is a place for community to gather, grow and garden. It is sponsored by the NAACP and hosted by Our Redeemer Lutheran Church.
Nearby Nature	541-687-9699 622 Day Island Road, Eugene	Register online for in-person Nearby Nature School, summer day camps, Green Start Play Days, Nature Quests, Haunted Hike, and Citizen Science Saturdays.
Whole Earth Nature School	541-937-5437	Unique nature connection programs, utilizing an approach rooted in ancient knowledge, filled with real-life experience, and sprinkled with a touch of mystery. Outdoor school, distance learning, afterschool programs, camps,
Eugene Parks and Nature Areas	1820 Roosevelt Blvd., Eugene 541-682-4800	For a comprehensive list of parks and natural areas in Eugene, take a look at this website: https://www.eugene-or.gov/632/Parks-and-Natural-Areas-A-Z
City of Eugene Community Garden Plots	1820 Roosevelt Blvd., Eugene 541-682-4831	Six community gardens throughout Eugene with more than 340 plots. Low-income gardeners may submit a Scholarship Application to receive a plot fee discount. Community Organizations may submit a Community Garden Partnership Application to have the plot fee waived.
Huerto de la Familia	944 W. 5th Ave., Eugene 541-505-9569	Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias. We increase the health and economic security of Latinos in Lane County, Oregon by providing opportunities and training in organic agriculture and business creation to families.
FFLC Gardens and Farm	770 Bailey Hill Road, Eugene 541-343-2822	The GrassRoots Garden and the Youth Farm grow fresh nutritious food for distribution while providing opportunities for youth and adults to grow, learn and contribute to their community. Seed to Supper™ is a free beginning vegetable gardening course that teaches participants how to garden on a budget.
Locally Grown Guide	info@willamettefarmandfood.org 541-658-0715	A free guide to Lane County farmer's markets, farm stands, U-Picks, CSAs, and more.
Lane County Master Gardeners (OSU Extension Service)	996 Jefferson Street, Eugene lane.extension@oregonstate.edu <ul style="list-style-type: none"> Office : 541-344-5859 Master Gardeners: 541-344-0265 Master Food Preservers: 541-344-4885 4-H Youth: 541-344-5043 Nutrition Education: 541-344-0249 	Affordable / free educational opportunities, gardening advice, classes, and activities. <div style="display: flex; justify-content: space-between;"> <div> 4-H Youth Development Food Safety & Preservation Home Gardening Well Water </div> <div> Nutrition Education Farming Forestry & Natural Resources Livestock & Forages </div> </div>
Parker Learning Gardens	31241 Lanes Turn Road, Eugene info@parkerlearninggardens.com	Our gardens offer creative environments for garden-based education. Planting, cultivating and harvesting in a garden enables tangible, real-life involvement that provides sensory and exploratory learning for a multitude of ages and audiences.
School Garden Project of Lane County	454 Willamette Street, Room 205 (Grower's Market Building) 541-284-1001	We help Lane County schools develop onsite vegetable gardens where we teach children the basics of growing food. We also provide material and curriculum resources; professional development for educators; volunteer recruiting and training; and maintenance support to sustain and expand gardens.
Seed Library (Eugene Public Library)	Downtown Branch - 100 W. 10th 541-682-8316 Bethel Branch - 1990 Echo Hollow Rd - 541-682-5450 Sheldon Branch - 1566 Coburg Rd 541-682-5450	Get seeds: Choose seeds by self-service at any library location. At the Downtown Library, find the Seed Library on the 2nd floor in one of our vintage card catalogs. Seeds are also available in smaller collections at our Bethel and Sheldon branches. Donate seeds: Seed donations can be dropped off at the Seed Library box on the Information Desk at the Downtown Library, or given to staff at Bethel and Sheldon branches. You can donate seeds you have purchased, even if the packet has been opened or partially used. We also accept locally grown and harvested seeds if they are clean, dry, and stored in a labeled container. Download and print a donation form to attach to the seeds.





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SENIOR & AGING SERVICES

Agency	Contact	Notes
AARP Driver Safety Class	503-780-3454	Class on driving safety & preventive measures. Completion may make you eligible for insurance discounts. Class is \$14. \$12 for AARP members
Aging & Disability Resource Connection	ADRCLane@lcog.org 541-682-3353	Online searchable resource aging & disability database.
Campbell Community Center	155 High Street, Eugene 541-682-5318	Classes, activities, social & support groups, special events for 50+
CareWorks of Lane County	688 Charnelton St Eugene 541-600-5754 essn@solidaritynetwork.org	An advocacy group that supports caregivers, care-receivers and their families with resources and support to properly care for the elderly and disabled population.
Comfort Keepers	1310 Coburg Rd, Ste 10 Eugene 541-214-4788	In-home care services. Personal care, medication management, nursing, companionship and transportation.
Driving Solutions	492 E 13th Ave, Ste 101 Eugene 541-686-3524	Individualized driver evaluation & training for older drivers / people with a disability, including those experiencing physical or cognitive changes, memory loss, vision changes, slowed reaction times, or need for adaptive vehicle modifications.
Family Caregiver Program - Senior & Disability Services	1015 Willamette St Eugene 541-682-3353 ; 855-673-2372	Offers respite, training and support to unpaid caregivers who are: 1) caring for a person aged 60 or older, 2) a person with dementia or 3) aged 55 or older and are caring for a related child under the age of 18.
Institute on Aging – Friendship Line	Crisis warmline and hotline: 1-800-971-0016	24-hour Friendship Line for people aged 60 years and older, and adults living with disabilities. Crisis intervention as well as a “warm” line for emotional support, medication reminders and well-being check-ins.
Lane Senior Support Coalition	859 Willamette St, #500, Eugene 541-525-1474	Assistance to low income seniors. Meals on Wheels, senior meal sites & emergency support funds.
Lane Senior Guide	541-302-9508	Free, comprehensive online directory of services for seniors. www.laneseniorservices.org/
Lifeline: Personal Emergency Response System	2650 Suzanne Way, Ste 200 Eugene 855-332-7799	In the event of a fall or emergency, help is available at the push of a button for medical service, 7 days/week. Auto Alert will initiate a call for help if a fall is detected.
Long-Term Care Ombudsman	541-345-2846	Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
Nursing Facility Complaint Unit	1-877-280-4555	Call this number if you suspect a nursing facility resident was neglected or abused.
Oregon Elder Abuse Hotline	1-855-503-7233	Call this number to report abuse, neglect or financial exploitation of an elderly person, a person with physical or developmental disabilities, or a person with a mental illness.
Osher Lifelong Learning Institute - University of Oregon	Baker Downtown Center, 975 High St, Ste 110 Eugene 541-346-0697	This non-credit program is designed for adults 50 plus, providing a varied year-round schedule of lectures, courses, study groups and other activities. Annual or six-month registration options available.
Retired Senior Providers of Lane County	Sheldon Oaks Retirement, 2525 Cal Young Rd Eugene 541-342-1983	Our goal is to promote successful aging, engage in social and educational activities and learn about services and resources that benefit the lives of older adults.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038 3180 Highway 101, Florence 541-902-9430	Service coordination & advocacy for seniors in Lane County.
Senior Companion Program	www.lanecce.edu/scp 541-463-6260	Volunteer companions age 55+ help frail senior & disabled adults overcome loneliness & retain independence through 1:1 visits. Volunteers assist with friendly visiting, simple household tasks, transportation for grocery shopping, errands and appointments.
Senior Community Service Employment Program – Easterseals	2510 Oakmont Way, Eugene 541-349-4130 or 541-687-7393	Short-term training for unemployed individuals 55 or older who qualify.
Senior Health Insurance Benefit Assistance (SHIBA)	Campbell Senior Center, 155 High St, Eugene 541-682-5318	Certified SHIBA counselors provide assistance with Medicare. Free counseling, unbiased and private. SHIBA is available year-round to assist with any Medicare insurance questions, especially during Annual Enrollment Period.
Senior Living Options of Oregon	541-510-5095	Specializes in assisting clients through the process of selecting a senior living community that is right for them. Free Personalized Services.
Senior Resource Advisors, Inc	2295 Coburg Rd, Ste 102 Eugene 541-968-9380	A professional Care Management organization that specializes in medical and emotional support services for families and individuals making difficult care decisions. Consultation and patient advocacy services for at risk seniors and the disabled. Can provide assistance with financial support and understanding complicated Long Term Care insurance benefits.
Social Security Administration	2504 Oakmont Wy, Eugene 800-772-1213	Stop in or apply online for benefits.

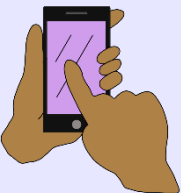
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SERVICE MEMBERS, VETERANS & THEIR FAMILIES

Agency	Contact	Notes
Eugene Community Based Outpatient Clinic	3355 Chad Dr, Eugene 541-607-0897	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	190 East 11 th , Eugene 541-465-6918	Readjustment counseling services for Veterans of combat theaters.
Family Assistance Specialist	541-736-4601 x4601 lacy.j.cromwell.ctr@mail.mil	Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
Helping Hands for Freedom	www.helpinghandsforfreedom.org/life-needsfinancial-assistance	Emergency financial assistance to Military/Wounded Veteran families and Gold Star families with a child 18 or under currently in the home. Payments can include lease, mortgage, insurance, car payments, utility bills, and some travel expenses.
LCC Maxwell Student Veteran Center	LCC Main Campus, Bldg. 19, Rm 233 541-463-5663 vaedbenefits@lanecc.edu	A safe, welcoming, and inclusive space for veterans to study, relax, chat with other veterans, and obtain veteran resources. Student Veterans of America chapter.
Lane County Veteran Services	151 W. 7 th , #460, Eugene 541-682-4191 veterans@lanecountyor.gov	Assists vets & their families to determine eligibility for benefits based on military service. <ul style="list-style-type: none"> Filing for disability claims (service-connected and non service-connected) Obtaining military records Applying for VA Health Care Applying for VA Education Benefits Applying for Surviving Spouse Benefits
Oregon Department of Veteran's Affairs	700 Summer St NE, Salem 800-692-9666	Information about applying for a wide range of benefits including employment, education, home loans, healthcare, pensions and more.
State Youth Outreach Coordinator	503-584-2390	Subsidized childcare for active duty service members with 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)	2890 Chad Drive, Eugene. For an intake leave a message: 541-743-7107	Homeless prevention, case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility, auto repair, bus pass, childcare, etc.).
Trauma Healing Project	631 E 19 th Ave, Building B, Eugene 541-687-9447 info@healingattention.org	Women veteran's support group. Thursdays 12-1. Sliding scale fee (\$2-10).
Veterans Administration Legal & Housing Services	211 E. 7 th Ave, Eugene 541-242-0445	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
University of Oregon Veterans Affairs Office	244 Oregon Hall 541-346-3201	For students seeking assistance with VA educational benefits.
University of Oregon Student Veterans Center	215 Oregon Hall, Eugene 541-346-1160	Study and meeting space, computer and printing stations, staff to assist you with personal and academic needs, community veteran service providers.
VA Behavioral Health, Recovery & Reintegration	211 E. 7 th Ave, Eugene 541-242-0440	Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance. Drop in services M-F @ 2:00 pm
Veteran's Connections, Homeless Veterans Reintegration Program (Goodwill)	855 Seneca Rd, Eugene (541) 431-3339	For veterans who are unstably housed or at risk of homelessness and seeking to become employment ready. We assist veterans to become skilled and/or trained/re-trained to do tasks, obtain equipment for work (within limits), obtain schooling, and connect with community resources. Spanish translation available
Hotlines 	Homeless Veteran Hotline 1-877-424-3838 Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can call or chat online confidentially with trained VA counselors 24 hours a day, 7 days a week. Get information about VA homeless programs, health care and other services in your area.	
	Veterans Crisis Hotline 1-800-273-8255, Press #1 or Text: 838255 <i>For TTY users: Use your preferred relay service, or dial 711 then 1-800-273-8255</i> Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, and their family members and friends.	

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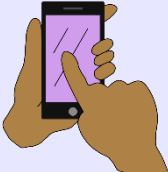


Community Resource Guide

Updated March 2022

LGBTQIA+ SERVICES -

Thank you to Relief Nursery intern, Noa Rehrging for updating this section of the guide!

Agency	Contact	Notes			
Basic Rights Oregon	503-222-6151	Working for policies to support the LGBTQA community			
Eugene/Springfield Pride	Email: event@eugene-pride.org 541-321-0356	Sponsors pride events.			
Family Acceptance Project	fap@sfsu.edu	Resources to help families support LGBT children and teens.			
HIV Alliance	1195 Cityview, Eugene 541-342-5088	Free testing, syringe exchange, education, sexual health clinic and counseling services. Free drop-in telehealth counseling. Peer support. Culturally responsive services for LGBTQ+.			
Interweave	541-225-8696	LGBTQI / allies. Monthly film & potluck.			
It Gets Better Project	info@itgetsbetter.org	Uplifting, empowering, and connecting lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe			
Lane Community College Gender Equity Center	GenderEquityCenter@lanecc.edu LCC Campus Bldg #1, Rm 202 541-463-5353	Support, advocacy, resources & community for LGBTQ+ students, staff, allies.			
LGBTQA3 Alliance	lgbtqa3@gmail.com Erb Memorial Union, U of O #22	A student-run organization for LGBTQIA+ students to socialize, do homework, and connect to resources. LGBTQIA+ library. Safer sex supplies available. 9am-5pm weekdays during the term.			
LGBTQIA+ Support Group	541-484-9791 supportgroup@sass-lane.org	Call or email to schedule. 18 years+. FREE			
Odyssey Community Counseling	2149 Centennial Plaza #4, Eugene 541-741-7107	Therapists trained in LGBTQ issues, including writing letters of support for medical transition; accepts OHP; some services available in Spanish (Gambling and Substance Abuse)			
OGALLA: LGBT Bar Association of Oregon	Email: info@ogalla.org	A statewide organization to support the needs of lesbians, gay men, and other sexual minorities in the legal profession.			
LGBTQ Groups in Lane County		Psychology Today listing of LGBTQ support groups. https://www.psychologytoday.com/us/groups/gay/or/eugene			
LGBTQ Therapists in Lane County		Psychology Today listing of LGBTQ couples counseling and individual counseling. https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909			
Stopbullying.gov	LGBTQ youth and those perceived as LGBTQ are at an increased risk of being bullied. Website with info and resources about creating a safe environment for LGBTQ youth.				
Trans*Parent Family Support Group	info@transponder.community	A monthly Lane County parent support group for Lane County caregivers with gender diverse children.			
TransPonder	541 Willamette St, #310, Eugene info@transponder.community 508-443-6337	Monthly meetings, support groups, special events for trans/gender diverse folks and allies, trainings and consultation for businesses. Online resource guide. Staff to help with resource navigation.			
Transponder Resource Directory	https://transponder.community/resource-directory/	This online directory has a list of trans / gender diverse friendly resources including mental health, medical/surgical, bodywork, faith centers, and more.			
University of Oregon OUTLaws	www.facebook.com/outlawsUO/	LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.			
Youth LGBTQIA+ Group Amazon Community Center	2700 Hilyard St, Eugene 541-682-5373	Weekly drop-in group that offers support and referral for ages 13-18 in Eugene. Free, confidential, and adult-facilitated.			
<div>Talk Lines and Hotlines</div> <div></div>	LGBT Youth Talkline 800-246-7743 A peer talk line for LGBTQ youth 25 & under. Mon-Fri 1pm-9pm Saturday 9am-2pm	LGBT National Hotline 888-843-4564 Online peer support chat at www.glbtnationalhelpcenter.org Mon-Fri 4pm-12am Saturday 12pm-5pm	Lambda Legal Help Desk 213-382-7600 Resources related to discrimination based on sexual orientation, gender identity, gender expression, and HIV status.	The Trevor Project 866-488-7386 24/7 hotline for LGBTQ youth 24 & under. Text "Trevor" to 678-678. Chat: www.thetrevorproject.org/chat Protected online community www.trevorspace.org	Trans Lifeline 877-565-8860 Peer support hotline run by and for trans people. 7am-10pm daily. Micro-grants for trans people and an online resource library.

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NATIVE AMERICAN and INDIGENOUS RESOURCES

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



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

NINE FEDERALLY RECOGNIZED TRIBES IN THE STATE OF OREGON

Burns Paiute of Harney County		541-573-2088 Email: info@burnspaiute-nsn.gov
Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians		541-744-1334 (Eugene), 541-997-6685 (Florence) 541-888-9577 (Government office)
Confederated Tribes of Grand Ronde		503-879-5211 Email: info@grandronde.org
Confederated Tribes of Siletz		541-444-2532
Confederated Tribes of Umatilla Reservation		541-276-3165
Confederated Tribes of Warm Springs		541-553-1161
Cow Creek Band of Umpqua Indians		541-672-9405
Coquille Indian Tribe		541-756-0904 https://www.coquilletribe.org/
Klamath Tribes		541-783-2219
Agency	Contact	Notes
Bethel School District Native American Education Program	Provides programs to increase the knowledge and awareness of cultural values, traditions and contemporary issues, encourage and support post-secondary education, provide scholarship and financial aid information, instill student pride in their Native American heritage, and encourage parent involvement in school activities. https://www.facebook.com/BethelSD.NativeEd.Program/	
Center For Multicultural Academic Excellence	541-346-3479 cmae@uoregon.edu	Develops and implementing programs and services that support retention, academic excellence, and success at the UO and beyond.
Chifin Native Youth Center	1084 G Street, Springfield 541-726-4301	A central location for Indian Education students across the Springfield School District to help Native students develop their tribal identity while interacting with mentors, community leaders and other students.
Confederated Tribes of Siletz Indians – CARE Program	541-994-5959 (24-hour Hotline) 541-444-9680 (office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals to services.
LCC Longhouse Lane Community College	4000 East 30th Avenue, Eugene 541-463-5238 longhouse@lanecc.edu	A sovereign space where Native American students and the community can share their values and cultures to create mutual learning relationships. It is a multi-use facility available to all students and provides program and classroom space for culturally appropriate activities.
Many Nations Longhouse University of Oregon	541-346-3036 jyunker@uoregon.edu	A place of community, welcome, peace, harmony, cultural exchange, and of individual support, respecting the diversity of numerous American Indian cultures and beliefs.
National Indian Child Welfare Association	5100 S Macadam Ave. Suite 300, Portland 503-222-4044 info@nicwa.org	Supports the safety, health, and spiritual strength of American Indian and Alaska Native children by helping tribes build the capacity to prevent child abuse and neglect through positive systems change.
Native American Student Association	4000 East 30th Avenue, Eugene 541-463-5238 tapahonsol@lanecc.edu	Assists American Indian, Alaskan Natives, and Indigenous peoples in maintaining cultural values while pursuing their educational goals.

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NATIVE AMERICAN and INDIGENOUS RESOURCES (continued)

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

ASIAN AMERICAN and PACIFIC ISLANDER RESOURCES

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

JEWISH RESOURCES

Agency	Contact	Notes
Jewish Federation of Lane County	PO Box 5924, Eugene, 97405 jewishfederationlc@gmail.com 541-484-2541	Promoting the social, cultural, educational, and philanthropic needs of Jews in Lane County, globally, and in Israel.
Temple Beth Israel Center for Jewish Life	1175 E. 29th Ave., Eugene 541-485-7218	Promoting the spiritual, educational and social well-being of our members, the Jewish people of Lane County, and the larger community.

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BLACK and AFRICAN AMERICAN RESOURCES

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

BLACK OWNED BUSINESSES

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



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EQUITY and SOCIAL JUSTICE ADVOCACY

Agency	Contact	Notes
Black Lives Matter	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon. https://www.facebook.com/groups/283681563038502/about	
Black Girl from Eugene	Ayisha Elliott provides anti-racism trainings, consultation and facilitated group conversations.	
Eugene BIPOC Art Collective	Highlighting the voices and visions of local BIPOC artists through connecting them to spaces, funds, and other resources in the Eugene area. [White allies and artists are encouraged to get involved—not to pursue their own art projects or visions, but rather to support the efforts of BIPOC artists telling their own stories]. https://www.facebook.com/groups/296551804716104/	
CALC (Community Alliance of Lane County)	458 Blair Blvd, Eugene info@calclane.org 541-485-1755	Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people.
Communities of Color & Allies Network	Carol Knobbe 541-461-8213	First Fridays Communities of Color and Allies Network's goal is to create a safe space that fosters friendships and networks for people of color, social justice allies, and equity workers in the local area. Due to COVID, in-person First Fridays are currently cancelled.
Equity, Access and Inclusion (Lane County)	125 E 8th Ave, Eugene 541-682-3725 Mo.Young@lanecountyor.gov	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
Equity Community Consortium		An information and resource sharing and coordination forum for agencies and jurisdictions that provide governmental and public services in the Eugene-Springfield area.
Eugene Human Rights Commission	101 W 10th Ave. 2nd floor, Eugene amccuskey.hrc@gmail.com	Promoting the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
Fair Shot for All	http://www.fairshotoregon.org/ 503-383-9766	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; holds legislators accountable.
HONEY (Honoring Our New Ethnic Youth)	Support and advocacy for the enhancement and acceptance of multiracial persons and their families. https://www.facebook.com/groups/681640111932023/	
Human Rights and Neighborhood Involvement (Eugene)	101 W 10th Ave. 1st floor, Eugene hrni@ci.or.us 541-682-5177	Supports victims of hate and bias activity, coordinates accessibility for events, facilities, and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
NAACP Eugene Springfield	https://naacplanecounty.org/contact/	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
Nurturely	541-579-8941 info@nuturely.org	Preventative health programs that work to reduce disparities in perinatal healthcare. In person and virtual prenatal education and postpartum social connections.
One Oregon	joel@causaoregon.org	Statewide coalition that defends against anti-immigrant and anti-Muslim policies and works to ensure that all Oregonians are treated with dignity and respect.
Rural Organizing Project	PO Box 664, Cottage Grove office@rop.org 503-543-8417	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
Showing Up for Racial Justice - SURJ	info@surjaction.org	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
Solidarity Network / Jobs With Justice	PO Box 10272, Eugene 541-632-3265 essn@solidaritynetwork.org	Supports civil and economic rights of all working people – especially the right to a decent standard of living, the right to a stable job, and the right to organize.
Springfield Alliance for Equity and Respect	safer1214@gmail.com 541-485-1755	Promoting human rights, responding when abuses of human dignity occur, and urging public institutions to address social justice concerns. SAfER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
Unite Oregon	https://www.uniteoregon.org/contact	Led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for justice.

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LATINX / HISPANIC RESOURCES

Agency	Contact	Notes
Causa Oregon	700 Marion St. NE, Salem causa@causa.org 503-409-2473	Works to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
Citywide Unión de Activistas	458 Blair Boulevard, Eugene 541-485-1755	Helps Latinx youth develop cultural identity; understand the cultural, colonial and resistance histories of their ancestors; and develop political knowledge and advocacy skills. Youth mentorship, tutoring, professional skill development, and leadership development.
Downtown Languages	532 C St, Springfield 541-686-8483	English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.
Grupo Latino de Acción Directa	313 E 8th Ave, Eugene 541-525-0507 gladoflanecounty@gmail.com	An independent, non-partisan gathering of Latino members and allies working to increase participation and visibility of Latinx communities in conversations and decisions that affect them. On Facebook: https://www.facebook.com/grupolatinodeacciindirecta/
HIV Alliance (Prevention Program)	1195 City View St, Eugene 541-556-1409	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs.
Huerto de la Familia (The Family Garden)	944 W 5th Ave., Eugene info@huertodelafamilia.org 541-505-9569	<i>Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias.</i> Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.
Centro Latino Americano	944 W 5th Ave, Eugene 541-687-2667	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
Latinx Male and Allies Alliance	Please email latinxmalealliance@uoregon.edu for additional information.	A student organization that supports male Latinx students in their UO college experience. The Alliance provides academic, cultural, social, leadership development, and personal support to UO undergraduate students.
LatinX Network	541-701-4630	La Red de Apoyo esta compuesta por diferentes organizaciones de servicios sociales en la area de Lane County que provee apoyo, servicios, asesoria.
League of United Latin American Citizens (LULAC of Lane County)	541-337-6294	The largest and oldest Hispanic organization in the United States, LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs.
Integration Network for Immigrants of Lane County	www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/	IN is a group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County.
Amigos Multicultural Youth Center	503-289-1517 info@mrfgf.org	Amigos Multicultural Services Center promotes respect for Latin American immigrants whose dignity and livelihood have been challenged by poverty, discrimination, and social exclusion.
Center for Latino/a and Latin American Studies (U of O)	541-346-5286 clas@uoregon.edu	A hub for interdisciplinary and collaborative research and creative work focusing on the study of Latin America and U.S. Latino/a populations.
Oregon Healing Collective	info@oregonhealingcollective.com 541-968-4325	Bilingual, strengths-based, trauma informed, social justice focused individual and relational .therapy services.
SASS LatinX Connection	Contact the Latinx Connection Coordinator at 541-603-8177 o latinx@sass-lane.org	Crisis intervention and advocacy services to Latinx survivors of sexual violence. Outreach to organizations and community groups. Linguistically- and culturally-specific information about sexual violence and SASS services. A weekly support group for self-identified Latina women, facilitated in Spanish. This group is held twice a year, usually in the Spring and Fall. Food and childcare is provided.

ENGLISH AS A SECOND LANGUAGE

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

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IMMIGRATION & MIGRANT SERVICES

Agency	Contact	Spanish	Notes
Oregon Law Center (Legal Aid)	101 E Broadway Ave, Suite 200, Eugene 541-485-1017	Yes for intake or callback	Help completing forms, filing with USCIS, Representation at Asylum Interviews, Immigration Court, Immigration Appeals. Services focused on survivors of domestic violence and sexual assault. Apply by phone
Migrant Education Program (MEP)	541-461-8382 mep@lesd.k12.or.us	Yes	Services for youth in school, under 22 & have moved across school district boundaries within the last 3 years to seek work in agriculture, forestry or fishing.
Causa	503-409-2473 causa@causaoregon.org	Yes	Works to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
Refugee and Immigrant Services Program (RISP)	1025 G Street, Springfield 541-345-3628 x303 RISP@ccslc.org	Yes	Discounted / free legal assistance for DACA, family-based petitions, victims of violence, abuse, DV, crime or trafficking, citizenship. Assistance for refugees and asylum seekers in accessing housing, employment, physical/mental health services, ESL classes, case management, etc.
American Immigration Lawyers Association	www.aialawyer.com	Yes	Find a qualified immigration lawyer in your community.
U.S. Citizenship and Immigration Services	800-375-5283	Yes	Information about becoming a permanent U.S. resident, getting refugee or asylum seeker status, getting proof of U.S. citizenship, etc. is available on their website.

LEGAL SUPPORT

Agency	Contact	Fees	Spanish	Notes
Child Support- Oregon Department of Justice	541-686-7833 Eugene	FREE		Child Support services for families who have received TANF. Call for nearest location
	541-726-3525 Springfield			
Family Court Assistance	125 E 8 th , 2 nd floor Eugene 541-682-4302	Review is FREE. Document costs vary.		Review documents regarding divorce & custody. Drop in M-F 8:30-11:30 am or call for appointment.
Lane County Youth Services	2727 Martin Luther King Jr Blvd, Eugene 541-682-3962	Varies		Restorative justice, custody & parenting time mediation, supervised parenting time, parenting classes.
Lawyer Referral Service	800-452-7636	\$35 for first visit		Refers clients to attorneys for an office consultation. No telephone consultations
Oregon Law Center (Legal Aid)	101 E Broadway Ave, Suite 200, Eugene 541-485-1017	FREE	Yes for intake or callback	Free legal help to people struggling to make ends meet on matters related to their homes, livelihoods, medical care and physical safety against domestic violence. Apply by phone.
Legal Clinic at Sponsors	338 Hwy 99 N, Eugene 541-505-5690	FREE	Spanish by arrangement	Support for past / present criminal legal issues. Call for dates and to register.
Modest Means	800-452-7636	\$35 for consult, \$60-100 / hr		Initial consultation, up to 30 minutes.



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VOTER REGISTRATION



Registering to vote is easy at:

<https://secure.sos.state.or.us/orestar/vr/register.do>

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

VICTIMS OF CRIME SERVICES

Agency	Contact	Fees	Spanish	Notes
Crime Victim and Survivor Services	503-378-5348 Email: CVSSD@doj.state.or.us	FREE		Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.
Crime Victim's Assistance	99 W 10 th #310, Eugene 541-682-8401	FREE	NO	Assists victims in misdemeanor cases handled by City Prosecutor's office.
Lane County Victim Services Division	125 E 8 th Ave, Room 400, Eugene 541-682-4523	FREE	Yes	Information and assistance for crime victims. Apply for a restraining order or stalking order. Victims of crime may qualify financial assistance for medical, mental health, rehabilitation, funeral, loss of income.

MEDIATION and RESTORATIVE JUSTICE SERVICES

Agency	Contact	Fees	Spanish	Notes
Center for Dialogue & Resolution	93 Van Buren St, Eugene 541-344-5366	Varies	Sometimes available	Mediation for tenant disputes, family issues, foreclosures, teen parents. Restorative Justice program and training.
Eugene Mediators	This website lists professional mediators in the Eugene area, their qualifications, and contact info. https://www.mediate.com/EugeneMediators/index.cfm			
Lane County Family Mediation	151 W. 7 th , Suite 360, Eugene 541-682-3962	FREE 1 st session. Discount if on SNAP	Yes	Custody, parenting time, & financial mediation.
Resolutions Northwest	503-595-4890 info@resolutionsnorthwest.org	Call for details	Yes	Equity Informed Mediation and Mediator training.
Resolve Youth Restorative Justice (formerly Teen Court)	Petersen Barn Center 870 Berntzen Rd., Eugene 541-285-8901		Sometimes available	A restorative justice program that allows youth who have committed non-violent crimes an opportunity to repair harm. Volunteer opportunities available.
University of Oregon Student Conflict Resolution Center	1691 Columbia Alley, Eugene 541-346-0617 scrc@uoregon.edu	FREE	No	Conflict resolution support for U of O students and student organizations. Consultation, coaching, and facilitation of difficult conversations.

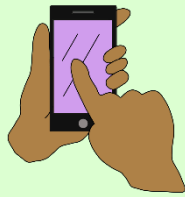




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DOMESTIC VIOLENCE & SEXUAL ASSAULT



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

If someone is in immediate danger, call 911.

Agency	Contact	Fees	Spanish	Notes
Hope and Safety Alliance (formerly Womenspace)	1557 Pearl St., Suite 400, Eugene 800-281-2800 (24-hour crisis line) 541-485-6513 (office)	FREE	Yes	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, safe house, support groups, Latina bilingual advocacy.
SASS - Sexual Assault Support Services	591 West 19th Ave, Eugene 541-343-7277 (24-hour Hotline) 541-484-9791 (office)	FREE	Yes	Medical / legal advocacy, peer counseling, support groups. Can accompany victim to doctor/hospital.
CAFA - Christians As Family Advocates	921 Country Club, #222, Eugene 541-686-6000	OHP (Trillium)	NO	Domestic violence classes for survivors. 36-week class for perpetrators.
Confederated Tribes of Siletz Indians – CARE Program	541-994-5959 (24-hour Hotline) 541-444-9680 (office)	FREE	NO	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals to services.
Domestic Violence Advocate at DHS	2885 Chad Dr, Eugene 541-686-7878	FREE	Yes	Womenspace advocates at the Department of Human Services (DHS). Help with restraining orders, court appearances. Referral made by caseworker. No cost.
	2101 W 11th Ave, West Eugene 541-686-7722			
	101 30 th St. Springfield 541-726-3525			
	305 Coop Court, Cottage Grove 541-942-9186			
	3180 Highway 101 N, Florence 541-997-8251			
Love is Respect	Call 1-866-331-9474 Text: LOVEIS to 22522 Or chat live on their website Deaf Advocates Available Video phone: 855.812.1001 nationaldeafhotline@adwas.org	FREE	Yes	Free, confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to dating, healthy relationships, boundaries, personal safety, interactive safety planning.
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence www.florencesos.org	FREE	Yes	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance.
Strong Hearts Native Helpline	1-844-7NATIVE (762-8483)	FREE		24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives . Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
Lane County Victim Services Division	125 E 8 th Ave, Room 400, Eugene 541-682-4523	FREE	Yes	Information and assistance for crime victims. Apply for a restraining order or stalking order. Victims of crime may qualify financial assistance for medical, mental health, rehabilitation, funeral, loss of income.
National Domestic Violence Hotline	800-799-7233 (24/7) Email: www.thehotline.org/get-help/			
National Deaf Domestic Violence Hotline	1-855-812-1001 (Voice/VP) . Email: hotline@adwas.org 24/7 advocates provide crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.			
National Sexual Assault Hotline	800-656-HOPE 800-810-7440 (TTY) Connect with a trained staff member from a sexual assault service provider in your area. English and Spanish.			

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BATTERER & SEX OFFENDER INTERVENTION

Agency	Contact	Fees	Spanish	Notes
Bridges 2 Safety	3831 Main Street Suites 103 & 104 Springfield 1-847-235-9516, ext. 2; admin@bridges2safety.com	Prices for services vary. Call for information.	No	Evidence-based, trauma-informed intervention services, utilizing a combination of cognitive and dialectical behavioral therapies, motivational interviewing, accountability, and skill building.
CAFA - Christians As Family Advocates	921 Country Club Rd, # 222, Eugene 541-686-6000	OHP. Intake \$65. \$35/ class	Front desk	Oregon approved 26 to 48-week program for men & women who use anger and control abusively in relationships and desire to change. Voluntary or mandated.
McKenzie Counseling	1705 Centennial Blvd, Suite #1, Springfield 503-880-1664	\$350-\$800 intake, \$300/ month	No	Outpatient sex-offense specific treatment program for adult & juvenile males & females.
Siuslaw Batterers Intervention Program	1525 12th St, #20, Florence 541-335-1457	52-week batterer's intervention program and a 12-week anger management program.		

CHILD ABUSE & NEGLECT



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

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

If a child is in immediate danger, call 911.

Agency	Contact	Fees	Spanish	Notes
90x30	1244 Walnut Street, Eugene friends@90by30.com	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
CAFA - Christians As Family Advocates	921 Country Club Rd #222 Eugene 541-686-6000	No OHP		Supervision of DHS parent-child visits for a fee. Counseling, domestic violence class, parenting class.
CASA – Court Appointed Special Advocates	174 Deadmond Ferry Rd, Springfield 541-984-3132	FREE	Yes	Volunteers are trained to advocate in court for a children involved in the child welfare system.
Kids FIRST Child Advocacy Center	2675 Martin Luther King Blvd, Eugene 541-682-3938	FREE	Yes	Medical exams, child interviews regarding abuse. Must be referred by DHS or law enforcement.
National Child Abuse Hotline	800-422-4453 Professional crisis counselors, 24/7. Crisis intervention, information, referrals to resources. All calls are confidential.			



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FOOD BOXES & PANTRIES

Thank you to our partners at Food for Lane County for maintaining an updated list of food pantries and meal sites. Call the individual pantry site or check the Food for Lane County website for days and times of operation. <https://foodforlanecounty.org/find-a-food-pantry/>



EUGENE			
Bethel Food Pantry	4445 Royal Ave 541-688-9085	Larry Collins Memorial Pantry	255 Maxwell Rd. 541-688-2027
Casa de Luz (se habla español)	1295 Taney St. 541-521-7437	Oregon Family Support Network	72 A Centennial Loop 541-342-2876
Catholic Community Services	1464 W. 6th Ave. 541-345-3628	Pray BiG! St. Matthew's Church	4110 River Rd. 541-689-4010
Coburg Food Pantry	32695 E Pearl St. 831-345-3866	Salvation Army - Eugene	640 W. 7th Ave. 541-343-3328
Daily Bread	89780 N Game Farm Rd 541-344-3380 x32	St Vincent de Paul Food Room	456 Hwy. 99 N. 541-689-6747 Nearby LTD Bus Routes: 40 & 41
Eugene Faith Center Pantry	1410 W 13th Ave 541-686-9244		

SPRINGFIELD			
Catholic Community Services	1025 G St 541-345-3628	The Shepherd's Table at St. John's	2537 Game Farm Rd 541-746-3322
Waypoint Church	332 58th St. - 541-345-3628	The Arc of Lane County	4181 E Street 541-343-5256
Springfield Seventh-day Adventist Community Service Center	1546 N. 12th, Springfield, (corner of N and 12 St.) 541-337-5101	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency. Open the 1st & 3rd Tuesday from 10a.m. to 1 p.m., 2nd & 4th Tuesday from 4 p.m. top 7 p.m.	

RURAL LANE COUNTY			
Coburg Food Pantry	541-221-5055 32695 E Pearl St, Coburg	Junction City Local Aid	541-998-3992 210 E. 6th Avenue, Junction City
Community Food for Creswell	541-246-9117 64 Cobalt Lane, Creswell	Leaburg Community Cupboard	541-896-3857 45061 McKenzie Hwy, Leaburg
Community Sharing Project	541-942-2176 1440 Birch Ave, Cottage Grove	Lowell Food Pantry	541-603-5043 4 E. Lakeview St, Lowell
Dexter Food Pantry	541-937-4229 38925 Dexter Rd, Dexter	Mapleton Food Share	541-268-2919 10718 Highway 126, Mapleton
Florence Food Share	541-997-9110 2190 Spruce St., Florence	McKenzie River Food Pantry	541-822-3249 51187 Blue River Dr, Blue River
God's Food Box	541-688-8884 27373 8th St, Alvadore	Mid Lane Love Project	541-935-4555 x104 25035 W. Broadway, Veneta
God's Storehouse	541-995-8403 180 Smith St., Harrisburg	Noti Food Pantry	541-935-0324 22540 Fir St, Noti
Goldson Grange	541-998-1539 23479 Hwy 36, Cheshire	Oakridge Food Pantry	541-782-2192 47674 School St., Oakridge
Helping Hand	541-933-2575 92170 Marcola Rd, Marcola	Up River Pantry	541-946-1606 37895 Row River Rd, Dorena
Hilltop Pantry	541-935-1331 25735 Crow Rd	Triangle Food Box	541-925-3090 20280 Blachly Grange Rd, Blachly
Valley United Methodist Church	25133 E Broadway Ave, Veneta		



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MEAL SITES

Agency	Contact	Notes
Crossfire Food Ministry	942 28th St, Springfield 541-686-3473	Drive through food boxes on Thursdays.
Ebert Memorial Methodist Church	532 C St, Springfield. Passing out to-go meals.	Monday 8:30-10:30AM, Tuesday/Thursday 8:00-11:15AM
Eugene Catholic Worker	5th & Washington 541-735-3823	Call for mealtimes
Eugene Mission	1542 W 1 st St, Eugene 541-344-3251	Call for mealtimes
Eugene Service Station (CCS)	450 B Hwy 99 N, Eugene 541-461-8688	Call for mealtimes
First Christian Church (Eugene)	1166 Oak St, Eugene 541-344-1425	Call for mealtimes
Food Not Bombs	8th & W Park street, Eugene	Friday, 2pm. eugenefoodnotbombs@gmail.com
Free People	Sunday Breakfast at Washington-Jefferson Park, 9:15-9:45AM Sunday Dinner at the 19 tables across from Lamb's Cottage, 5:00-5:30PM	
Hearth and Table	Free meals for local college students once a week Tuesdays, 5:00PM-6:00PM. Central Lutheran Church, 1857 Potter St. Use the entrance in the back off the parking lot. Meals are packaged for reheating, plant-based. Recipes provided.	
Hosea	834 Monroe, Eugene	Monday, Wed, Fri, 5:00 pm - 7:00 pm (13-23-year olds)
Liberation Street Church	Corner of Royal & 99 503-803-2921	Call for mealtimes
Looking Glass, New Roads	941 W 7 th Ave Eugene 541-686-4310	For homeless youth. Tues, Thurs - 5:30 pm - 6:30 pm (11-21 year olds)
Shepherd's Hand	653 3rd St, Junction City 541-255-2331	Call for mealtimes
St Mary's Episcopal Church	13 th & Pearl, Eugene 541-343-9253	Call for mealtimes
St. Vincent de Paul	450 B Hwy 99 N, Eugene. 18+ only. Limited number of guests in the building. M-F 8:30 AM-5:00 PM. Breakfast – 8:30 am, Lunch – 12:00 pm (Wednesdays 11:00 am), Showers and Laundry – 8:30 am to 12:00 pm, 2:00 pm to 5:00 pm	
The Dining Room	270 W 8 th Ave, Eugene 541-343-2822 . Call for mealtimes. Youth must be with legal guardian	
Trinity Lutheran Church	657 S 7th, Cottage Grove 541-942-2373	Call for mealtimes
Valley United Methodist Church	25133 E Broadway, Veneta 541-935-1614	Call for mealtimes

MEALS for SENIORS

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

NUTRITION RESOURCES

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

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CLOTHING ASSISTANCE

Agency	Contact	Notes
4J School District	200 N. Monroe, Eugene 541-687-3349	For 4J families. Call for appointment
Adventist Community Center	1546 N 12th, Springfield 541-746-7071	Tuesday 10-12
Catholic Community Services	1464 W 6 th Eugene 541-345-3628 1025 G St., Springfield	Eugene: Monday-Friday 9am-4:30pm (Children's clothing only) Springfield: Tuesday through Saturday, 9am-12pm
Clothing Room	1761 E St, Springfield 541-746-5624	CLOSED DUE TO COVID
Eastside Clothes Closet	95 Centennial Loop, Springfield	1 st & 3 rd Tuesday 1pm-3pm & every last Thursday 7-8:30pm
Eugene Mission	1542 W 1 st Ave, Eugene 541-344-3251	Monday-Friday 10am-4pm. No need to call.
Helping Hand Room 1st Christian Church	1166 Oak St., Eugene 541-344-1425	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	834 Monroe, Eugene 541-344-5583	Youth under 22 yrs. Showers, food, laundry, clothing. M, W, F 3-6:30pm
Oregon Family Support Network	72 A Centennial Loop, Eugene 541-342-2876	Clothing closet for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
Relief Nursery	1720 W 25 th Ave, Eugene 541-343-9706 850 S. 42 nd , Springfield 541-485-0007	For families receiving Relief Nursery services.
Springfield Seventh-day Adventist Community Service Center	1546 N. 12th, Springfield, (corner of N and 12 St.) 541-337-5101	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency. Open the 1st & 3rd Tuesday from 10a.m. to 1 p.m., 2nd & 4th Tuesday from 4 p.m. to 7 p.m.
St. Vincent de Paul	456 Hwy 99 N, Eugene 541-689-6747	Clothing, furniture & other household goods.
The Stash (Lane Community College)	LCC Main Campus, Center Building, Basement, Room 006	Free thrift store for current, registered students of Lane Community College.
White Bird Clinic	341 E. 12th, Eugene 541-342-4357	Monday-Friday, 8am – 10pm.

LAUNDRY ASSISTANCE

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

CAR SEAT CLINIC

Agency	Contact	Notes
Peace Health Car Seat Check Temporarily closed.	Monthly at Fire Station #2 1705 W 2 nd Ave, Eugene Quarterly at PeaceHealth RiverBend 3311 RiverBend Dr. Springfield	A certified child passenger safety technician (CPST) will check your child's seat/booster for proper installation, check for recalls and educate caregivers on safe installation and maintenance of seat/booster, and answer your child passenger safety questions. FREE. No registration required. See website for dates and times: https://www.peacehealth.org/2021-child-car-seat-clinics
Parenting Now! Car Seat Program	541-484-5316 X319 heatherg@parentingnow.org	Car seat checks via video chat.
Child Car Seat Program	Cottage Grove Police Department 541-942-9145 x264	Car seat installation inspections. Call for an appointment.

TRANSPORTATION ASSISTANCE

Agency	Contact	Spanish	Notes
Catholic Community Services	1464 W 6 th Eugene AND 1025 G St., Springfield 541-345-3628	Yes	Free bus day passes (for verified appointments only). Call or stop in to find out availability.
Job Connections (Goodwill)	1010 Green Acres, Eugene 541-345-1801 (Temporarily closed) 855 Seneca Rd, Eugene 541-431-3309 102 30th Street, Springfield 458-205-8157 1205 Hwy 99 N, Cottage Grove 541-942-9057 (Temporarily closed) 1310 Hwy 101, Florence 541-590-3541	Spanish translation available	Free bus Passes for Job Seeking STEP participants
Lane Transit District (LTD)	1080 Willamette, Eugene 541-687-5555		Half-fare for people with disabilities. FREE fare for adults 65+
RideSource	240 Garfield St, Eugene 541-682-5566		Free transportation for people who cannot ride LTD buses due to disability / other circumstances

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BASIC NEEDS

Agency	Contact	Notes
15th Night	Call or text 24/7- 541-246-4046 info@15thNight.org	Support homeless youth in accessing resources and services (clothing/shoes, personal care products, backpacks, food, housing specialist, transportation, doctor's appointments, counseling, mentors/peer support, youth advocate, application assistance, library cards, etc.
Carry It Forward	541-654-0139 info@carryitforward.net	Serves unhoused people in Lane County through advocacy, outreach, urgent response, public shower service, a continuum of shelter options, and workforce development.
Catholic Community Services	541-345-3628 1464 W 6 th , Eugene	Clothing, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
Community Sharing Program	541-942-2176 1245 Birch Ave, Cottage Grove	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
Emerald Community Services	541-683-4169 90 Lawrence St, Eugene	Clothing, household goods, food boxes, special needs referrals.
F.I.S.H. - St. Mary's Church	541-688-3269 440 Maxwell Rd, Eugene	Emergency food boxes, propane, help paying for medication. Open Monday-Friday, 10-2:30. Call to request food box.
Home Starter Kit Church of the Resurrection	541-686-8462 3925 Hilyard, Eugene	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
Hope to Dream	www.ahopetodream.com/	Supported by Ashley HomeStores, Hope to Dream provides a twin mattress, bed frame, bedding and pillow. Nominate a child on their website.
Hosea Youth Services	541-344-5583 834 Monroe, Eugene	For youth 22 & under . Showers, food, laundry, hygiene, clothing.
Love, Inc	541-653-8537 loveinccllc@gmail.com	Hands-on assistance such as medical rides, furniture donations, yard work, cleaning, painting. Eugene / Springfield area only.
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.
7th-day Adventist Community Service Center	541-337-5101 1546 N. 12th, Springfield	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency. \
St. Vincent de Paul	541-689-6747 456 Hwy 99, Eugene	Furniture & other household goods. CLOSED DUE TO COVID
The Hope Project	www.hopeprojecthelps.com/ask	Online application for needs falling through the cracks of traditional systems. Give as much detail as you can. No ask is too big or too small!

LOW COST PET SERVICES

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



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ID & BIRTH CERTIFICATE ASSISTANCE

Thank you to 15th Night for contributions to this section!

Agency	Notes	
15th Night	Call or text 541-246-4046	Technical & financial assistance with obtaining a birth certificate or a state-issued I.D. Cost is covered. For youth under 21.
Catholic Community Services	1464 W 6 th Eugene 541-345-3628	The 2nd and last Thursday of every month at 9:00am (show up 5 minutes before). Staff will randomly choose 8 names to receive assistance with their birth certificate or state ID. Age 18+
Eugene Mission	1542 W 1 st , Eugene 541-344-3251	Assists overnight guests who are in case management with obtaining ID's. Most birth certificates are \$20-30 & a new state ID card is \$44.50
Job Connections (Goodwill)	1010 Green Acres, Eugene 541-345-1801 (Temporarily closed)	Assistance with birth certificates and IDs for Job Seeking STEP participants.
	855 Seneca Rd, Eugene 541-431-3309	
	102 30th Street, Springfield 458-205-8157	
	1205 Hwy 99 N, Cottage Grove 541-942-9057 (Temporarily closed)	
	1310 Hwy 101, Florence 541-590-3541	
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020	Independent living skills classes, service navigation, counseling, support groups, clubhouse, ID assistance.
Looking Glass New Roads	941 W 7th Avenue, Eugene 541-302-2551	Technical assistance with obtaining a state issued I.D. Cost may be covered depending on funds. For youth, age 16-21.
Social Security Office	2504 Oakmont Way, Eugene 1-800-772-1213	It is free to get a new social security card! Visit the Social Security office in person or mail your application in with a valid state issued I.D. Monday-Friday 9am-4pm. Wednesday closes at noon
Whitebird Clinic	323 E 12th Ave, Eugene 541-342-1295	Walk in times are available Monday-Thursday from 12-2. Staff can assist with technical and financial assistance with obtaining a birth certificate. Cost is covered. All ages.

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

Full list of locations: www.oregon.gov/odot/dmv/pages/offices/index.aspx

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

What you need to apply for a state issued ID:

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





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MEDICAL SERVICES

Agency	Contact	Fees	Spanish	Notes
Acupuncture for the People	2833 Willamette St Suite B, Eugene 541-521-6285	1 st appt: \$30-55, then: \$15-40		Licensed acupuncturist servicing anyone who needs a sliding scale.
Bethel Health Center	1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430	OHP, sliding scale, some insurance		Health services for ages 1-19. Mental health counseling.
Community Health Centers of Lane County 541-682-3550 Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in. Call for hours. OHP, private insurance, sliding scale	RiverStone Clinic			2073 Olympic St, Springfield
	Charnelton Community Clinic			151 W 7th Ave Suite 100, Eugene
	Prenatal Clinic			151 W 7th Ave # 310, Eugene
	Springfield Schools Health Center			1050 10th St, Springfield
	LCBH Primary Care			2411 Martin Luther King Jr. Blvd, Eugene
	Brookside Clinic			1680 Chambers St #103, Eugene
	Delta Oaks Clinic			1022 Green Acres Rd, Eugene
Healthy Tomorrows (Peace Health)	3333 Riverbend Dr., Springfield 541-687-6242	Free if not eligible for OHP	Yes	Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
HIV Alliance (Alliance for Community Wellness) OHP or sliding scale for individuals without insurance	1195 Cityview, Eugene 541-342-5088	Medical Clinic - PREP medication, STI's testing, HIV testing, Hepatitis C and Syphilis testing, case management, treatment for opioid use disorder and health focused street outreach.		
		Oaks Housing Program - Wraparound services for individuals with immune compromised systems, including housing navigation, and case management with a care team.		
		Hepatitis (HCV) Community Health Program – Designed to help people living with HCV in Lane County to stabilize and maintain their health through support, advocacy, referral services, and emergency financial assistance. Clients struggling to meet basic needs can work with our HCV Case Manager to access transportation, nutrition assistance, and community resources.		
Homeless Youth Clinic	541-686-4310 941 W 7 th Ave, Eugene	FREE	Yes	STI/HIV testing ages 16-21 (permission required for individuals under age 16).
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene ko-kwel.eug@coquilletribe.org			Primary outpatient medical care providing culturally appropriate care for Native Americans and Alaska Natives around Eugene.
Lane County Public Health	151 W 7th Ave., Room 310, Eugene 541-682-4041	OHP, sliding scale, some insurance	Yes	STD testing, vaccinations by appt. No walk ins.
Occupy Medical	541-316-5743 1717 Centennial Blvd, Springfield	FREE	Yes	Every Sunday. Food served noon-3:30pm (Suite 4), medical services starting at 11:45 (Suite 7). Arrive before 2:30 for medical services. www.Occupy-Medical.org
Rapid Access Center (Willamette Family)	541-762-4300 195 W. 12 th , Eugene	OHP only		Same-day walk-in medical, behavioral health & addiction services.
The SHOP (Sharing Healthcare Options Program)	541-342-8255 341 E 12 th , Eugene	FREE	Yes	Enrollment assistance for health insurance through Cover Oregon including OHP. Call for appointment.
Trauma Healing Project	541-687-9447 1100 Charnelton, Eugene	Sliding Scale	Yes	Body-centered therapies, wellness classes.
Trillium Behavioral Health Member Services	541-485-2155	FREE		Members can call this number to change physicians.
Volunteers in Medicine	541-685-1800 2260 Marcola Rd, Springfield	FREE	Yes	Medical, mental health, prescription for low-income adults without insurance / with OHP but no provider
White Bird	541-484-4800 1400 Mill St., Eugene	OHP, sliding scale	Sometimes	Medical walk-in clinic.
Ask-a-Nurse	541-686-7000	Call 24 hours a day for free, confidential health-care information & referrals.		
Poison Control Hotline	800-222-1222	24/7 hotline for questions / emergencies regarding poisons.		

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VISION CARE

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

DENTAL SERVICES

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

PRESCRIPTION ASSISTANCE

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

SMOKING CESSATION

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

GAMBLING ADDICTION TREATMENT

Agency	Contact	Fees	Spanish	Notes
Meridian Gambling Program (Emergence)	2149 Centennial Plaza Suite 4, Eugene 541-741-7107		Yes	Outpatient gambling treatment.
National Problem Gambling Hotline	800-522-4700 Call or text	FREE	Interpreter	Resource referrals for every state. 24/7, 100% confidential.
Problem Gambling Hotline (Oregon)	877-MyLimit Call or text	FREE	Yes	Free, confidential help. Referrals to gambling treatment services.

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ADDICTION RECOVERY SUPPORT

Agency	Contact	Fees	Spanish	Notes
Al-Anon & Alateen	https://alanonlaneor.us/find-a-meeting/ 541-741-2841	Free support for families / friends of people experiencing addiction to alcohol. Call or check website for meeting times.		
Alcoholics Anonymous	http://www.eviaa.org/ 541-342-4113	Free support for people experiencing addiction to alcohol. Call or check website for location / meeting times.		
Buckley Detoxification Center	605 W 4th Ave, Eugene 541-343-6512	OHP, sliding scale, other insurance		Community response for intoxicated individuals; support for substance users who need to withdraw safely from substances & achieve sobriety in a caring environment
Center for Family Development	146 E 12 th Eugene 541-342-4189	OHP, sliding scale, other insurance	Yes	Counseling, recovery programs, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	\$10-25 sliding scale, OHP	Yes	Addiction support for Spanish speaking adults and teens. Youth mentoring age 7-16.
Chrysalis (Whitebird)	990 W 7 th Ave, Eugene 541-683-1641	OHP, sliding scale	No	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
Emergence	78 A Centennial Loop, Eugene 541-393-0777	OHP, sliding scale, other insurance	Yes	Outpatient services. Specialize in drug court, corrections, DUI, gambling, mental health, smoking cessation.
HIV Alliance Prime Peer Program	1195 City View Street, Eugene <i>For any questions or referrals:</i> *Jonathan Duncan - 541-359-7897 *Erika Houska - 541-799-5004 *Sam Marcus - 541-554-2327	OHP, sliding scale for individuals without insurance		Peer trained professionals assist others dealing with substance disorder. Help accessing services, enrollment with insurance, harm reduction supplies, and practical advice regarding treatment and safer injection practices.
Integrated Health Clinics of Eugene	715 Lincoln St, Eugene 541-344-3574	OHP, sliding scale, other insurance	No	Outpatient treatment for opioid addiction. Group / individual counseling.
JESCO Club	340 Blair Blvd, Eugene 541-686-0538	FREE		Addiction Services, meetings
Narcotics Anonymous	http://lanecountyarea-na.org/meetings/ 541-729-0080 24-hour helpline	FREE		12-step meetings. "Recovering addicts who meet regularly to help each other stay clean."
Looking Glass Counseling	260 E 11th Ave, Eugene 541-84-4428	OHP / other insurance	Yes	Addiction counseling for youth under 21.
Methadone Treatment Lab	151 W 7th Ave Rm 163, Eugene 541-682-4464	OHP, other insurance or self-pay	No	Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.
Families Actively Improving Relationships (FAIR)	10 Shelton McMurphey Blvd, Eugene 541-485-2711	OHP	Yes	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
ODI Clinic	10 Shelton McMurphey Blvd, Eugene 541-284-7560 Centro Latino 541-687-2667	OHP & Grant funding	Yes	Outpatient counseling services for teens with alcohol or drug problems.
Relief Nursery	1720 W. 25 th Ave, Eugene 541-343-9706 850 S 42 nd Ave, Springfield 541-485-0007	FREE	No	Parents for Recovery: Support group for parents in recovery for drug & alcohol addiction. Peer Support for parents participating in other Relief Nursery programs or referred by DHS.
Serenity Lane	541-485-1577 out-patient 4211 W 11 th Ave, Eugene 91150 Coburg Industrial Way 541-687-1110 in-patient	Private insurance, private pay, some OHP	No	In-patient & outpatient treatment. Able to treat clients with dual diagnoses.
Veterans Affairs	3355 Chad Dr, Eugene 541-607-0897			Mental health services, outpatient alcohol treatment & aftercare.
Willamette Family (Rapid Access Center)	195 W. 12 th , Eugene 541-762-4300	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			
www.Addicted.org	A comprehensive, free directory and referral service for drug and alcohol rehabilitation services in the US. Check out the website or call for confidential referrals: 1-800-304-2219			

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NEEDLE EXCHANGE / DISPOSAL

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

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

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

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



HIVAlliance



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RECOVERY HOUSES - Thank you to the Relief Nursery Accessing Success team for updating this section!

WOMEN		
Ashes to Beauty	541-654-5652 4736 Royal Ave #112, Eugene	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 .
Gratitude House	541-221-2707	Private Rooms, 30 days clean & sober. Random UA's. Mandatory Meetings.
Haven Of Angels	541-514-8160 721 Skipper Ave. Eugene	
Clean and Sober Housing	541-543-8957	
Sponsor's	541-485-6738 767 W. 8th Ave, Eugene	30 days clean & sober. Random UA's. Mandatory Meetings.
Women's Oxford Houses	Baker	541-246-8858 1826 N Danebo Ave. Eugene
	Beverly	458-201-7762 2406 Beverly St. Springfield
	Brilliance	541-653-9440 2049 Wisconsin St. Eugene
	Clarity	541-600-8794 2162 Loch Dr. Springfield
	Dalton	541-505-8517 1740 Dalton Dr. Eugene
	Dillard	541-357-4965 3990 Dillard Ave. Eugene
	Resilience	458-215-4935 137 51 st St. Springfield
	Riverbend	541-344-9191 5117 Innsbrook Way, Eugene
	Spencer Butte	541-653-8236 3230 Portland St. Eugene
	Westmoreland	541-844-1950 1895 Polk St. Eugene

MEN		
Clean & Sober Housing	541-543-8957	Two weeks clean & sober.
Housing Our Veterans	541-606-9220 345 W 13 th St. #5 Eugene	
Last Resort	541-461-9674 1511 Copping St, Eugene	
Phoenix House	541-607-5869 675 Hughes St, Eugene	30 days clean. 6-month commitment. Mandatory meetings. Random UA's
Safe Haven	541-514-8160 325 S. 37th St, Springfield	Mandatory support groups. Random UA's.
Sponsor's	541-485-8341 338 Hwy 99 North, Eugene	Random UA's. 30 days clean & sober. Mandatory support groups
Uncle John's	541-221-2707 313 49th St, Springfield	30 days clean & sober. Random UA's. Mandatory Meetings.
Wilkie Street House	541-221-2707	Private Rooms, 30 days clean & sober. Random UA's. Mandatory Meetings.
Men's Oxford Houses	Autzen	541-654-8874 1240 River Rd. Eugene
	Balcom	541-636-4260 30001 Kelso St. Eugene
	Boondock	541-654-0744 845 Elm Dr. Eugene
	C. Roman House	541-393-6669 3740 Emerald St. Eugene
	Crenshaw	541-653-9381 1257 Crenshaw Ave. Eugene
	Crescent	541-636-4279 2475 Crescent Ave. Eugene
	Echo Hollow	541-246-8268 4160 Avalon St. Eugene
	Emerald Valley	541-636-3070 4087 Concord St. Eugene
	Glory	541-505-9311 875 Glory Dr. Eugene
	Hayden Bridge	541-515-6535 1017 Hayden Bridge Rd. Springfield
	Mohawk	541-505-7057 1923 Centennial Blvd. Springfield
	Nighthawk	541-505-9286 33 E. 20 th Ave. Eugene
	West Howard	541-654-4332 133 Howard Ave. Eugene

CO-ED		
Clean & Sober Housing	541-543-8957	Two weeks clean & sober.
First Place Family Center St. Vincent de Paul	541-342-7728 1995 Amazon Pkwy, Eugene	
Genesis House	541-302-6338 22882 Four Oaks Grange Rd. Eugene	

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

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HOUSING ASSISTANCE

Agency	Contact	Spanish	Notes
Affordable Housing Online	https://affordablehousingonline.com/housing-search/Oregon/Lane-County		
Catholic Community Services	541-345-3628 1464 W 6 th Eugene / 1025 G St, Springfield	Yes	There is a lottery for housing counseling. Call or inquire at the front desk about the next lottery day.
Community Sharing Program of Cottage Grove	541-942-7933 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.
Cornerstone Community Housing	541-683-1751 Multiple locations. Call or see website.	No	High quality affordable housing, onsite services that promote personal growth & economic independence. www.cornerstonecommunityhousing.org
DevNW	212 Main St, Springfield 541-345-7106	Yes	Affordable rentals. 1 st time homebuyer & financial literacy class. Foreclosure counseling. Student loan counseling. \$75 annual membership.
Homes for Good	177 Day Island Rd, Eugene 541-682-3755 300 W Fairview, Springfield 541-682-4090	Yes	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. www.homesforgood.org/
HUD (Section 8)	Apply online at: www.applysectioneight.com/apply_select_state	Section 8 Housing Choice Voucher program offers a subsidy to help pay for rent. Anyone who is living in Oregon, is a US citizen or permanent resident, and over 18 can apply for Section 8. Eligibility is primarily determined by income.	
New Roads (Looking Glass)	941 W 7 th Ave Eugene 541-686-4310	No	Support finding housing for homeless youth, 16-21 yrs.
ShelterCare	969 Hwy 99 N Eugene 541-689-7156	Yes	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
Springfield Housing Programs	541-736-1039 225 5 th St, Springfield	On request	
St. Vincent de Paul Assistance getting on the centralized wait list for affordable housing,	First Place Family Center	541-342-7728 1995 Amazon Parkway Eugene	
	Lindholm Center	541-607-0439 450 Hwy 99 N, Eugene	
	Veteran Families	541-743-7185 2890 Chad Drive, Eugene	
SquareOne Villages 541-606-4455	OPPORTUNITY VILLAGE 111 N Garfield St, Eugene	Self-managed community of cost-effective tiny homes for people in need of housing. \$35 / month for unsheltered singles and couples.	
	EMERALD VILLAGE EUGENE 25 N. Polk St, Eugene	22 permanent dwellings and a Community Clubhouse, community kitchen, laundry, restroom, and storage of common resources like tools and other appliances. \$204-306/month.	
	COTTAGE VILLAGE 1430 E. Madison Ave, Cottage Grove	The first permanently affordable tiny home co-op in a rural community. 13 units. \$350-500/month	
	C STREET CO-OP 1430 C St, Springfield	\$788/month. Permanently Affordable for: 80% area median income or under	

HOUSING COMPLAINTS

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

HOME REPAIRS and IMPROVEMENT

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

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DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Fees	Spanish	Notes
Community Supported Shelters	1160 Grant, Eugene 541-683-0836	FREE	NO	Conestoga huts & tent communities for the unhoused. Plan advisors & peer support.
Dusk to Dawn (St. Vincent de Paul)	456 Hwy 99, Eugene 541-687-5820	FREE	Yes	Homeless day shelter for adults, food boxes, employment support for homeless veterans, 2nd chance rehabilitation program, social service office.
Egan Warming Center	9 locations. Call or see website. 541-689-6747	FREE	NO	Open 7pm to 8am, Nov 15 th - March 31 st on nights when average temperature is 29 degrees or below.
Eugene Mission	1420 W 1 st , Eugene - women 1542 W 1 st , Eugene - men 541-344-3251	3 nights free, then chores	Spanish translator	Shelter. Meals. Faith based A&D 12 step. Residential life skills program. GED classes.
Eugene Service Station St. Vincent de Paul	450 Hwy 99, Eugene 541-461-8688	FREE		Day shelter, food, clothing, laundry, showers, phone, computer access.
First Place Family Center St. Vincent de Paul	1995 Amazon Pkwy, Eugene 541-342-7728	FREE	Yes	Day center, showers, laundry, food, internet, respite (age 5 & under). Night shelter & overnight parking (year round).
Station 7 (Looking Glass)	931 W. 7 th , Eugene 888-689-3111 - 24-hour crisis line	FREE	Yes	Emergency shelter for runaway / homeless youth ages 11-17 yrs.
ShelterCare	969 Hwy 99 N, Eugene 541-689-7156	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.
Womenspace	541-485-6513 24 -hour Crisis line 541-485-8232 office 1557 Pearl St., Suite 200, Eugene	FREE	Yes	Serving all survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, and Latina bilingual advocacy.

HOMELESSNESS PREVENTION and ADVOCACY

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

HOME OWNERSHIP

Agency	Contact	Fees	Notes
A Brush with Kindness	541-741-1707	<i>Cost of project must be between \$500-\$2500</i>	Zero-interest loans for low-income homeowners for minor exterior home repairs such as painting, ramps, gutter, fence, deck or stair repair, and overgrown brush removal. See website for eligibility details: https://habitatlane.org/home-repair/
Homebuyers Assistance (City of Eugene)	541-682-5446	Free	Down-payment assistance for qualifying families who can secure loan & pay mortgage.
Home Ownership Program (Springfield)	541-726-2358	Free	Up to \$7000 interest-free loan toward down payment for qualified home.
DevNW	212 Main St, Springfield 541-345-7106	\$75 annual membership	Free 1 st time homebuyer & financial literacy class. Foreclosure counseling. Affordable rentals. Student loan counseling.

FINANCIAL ASSISTANCE

Agency	Contact	Spanish	Notes
DHS-Self Sufficiency	2885 Chad Dr, Eugene 541-686-7878	YES	SNAP (food stamps), TANF (Temporary Assistance for Needy Families), ERDC (Employment Related Daycare), Domestic Violence Grant. Must qualify by income.
	2101 W 11th Ave, West Eugene 541-686-7722		
	101 30 th St. Springfield 541-726-3525		
	305 Coop Court, Cottage Grove 541-942-9186		
	3180 Highway 101 N, Florence 541-997-8251		

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TELEPHONE ASSISTANCE

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

ENERGY ASSISTANCE

Agency	Contact	Notes
Ebbert Memorial Methodist Church	532 C St, Springfield 541-746-3513	With shut-off notice, can offer \$25, if client can pay balance. SUB only.
Community Sharing Program	1440 Birch Ave, Cottage Grove 541-942-7933	Utility assistance, Food boxes, firewood, prescription assistance, showers, laundry, & propane. Help to avoid eviction / foreclosure.
Springfield Utility Board Project Share	Email projectshare@ccslc.org , call 541-746-9852 , or walk in at Springfield Community Service Center, 1025 G St.	
Emerald Rate Assistance Program (ERAP)	For EPUD households with a member who has a permanent disability, and/or age 60+, or with children under 6 years old who meet the income qualification. Participants receive \$200 credit to their EPUD account over 4-months. Program starts in spring. Call Lane County Energy Programs at 541-682-3378	
EWEB Customer Care	Up to \$280 credit for qualifying customers. Applications open on the first business day of each month and funds are available on a first-come, first-served basis. Social security number / legal status not required. Call EWEB at 541-685-7000 M-F 9 a.m. - 6:30 p.m. or apply online: http://www.eweb.org/residential-customers/income-based-assistance/customer-care-application	
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. 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, 541-747-8349 , opens @ 9:00 am Cottage Grove Community Sharing, 541-942-6492 , opens @ 11:00 am	
Pacific Power –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, 541-747-8349 , opens @ 9:00 am Cottage Grove Community Sharing, 541-942-6492 , opens @ 11:00 am	

BUDGETING & MONEY MANAGEMENT

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



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EMPLOYMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
Alternative Work Concepts	541-345-3043 Email: awc@efn.com			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	FREE	Yes	Employment & resume support.
Job Connections (Goodwill)	1010 Green Acres, Eugene 541-431-3309	FREE	Spanish translation available	Job search, work experience opportunities, resume assistance, workshops and career counseling. For Job Seeking STEP participants: Assistance with birth certificates and IDs, bus passes, short-term training, employment supports.
	855 Seneca Rd, Eugene 541-431-3309			
	102 30th Street, Springfield 458-205-8157			
Lane Small Business Development Center	101 W 10th Ave, #304, Eugene 541-463-6200	Varies	Interpreter Available	Support services for small businesses, workshops and free business advising.
Lane WorkForce Partnership	541-505-8674 1401 Willamette Street	FREE	Yes	Skill assessment, job search, on the job training
Northwest Youth Corps	2621 Augusta Street, Eugene 541-349-5055	See notes	Some programs	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
Pearl Buck Center	115 W 8 th Ave, #280, Eugene 541-780-6404	FREE	No	Support finding housing / employment for adults with developmental disabilities
Quality Care Connections	Lane Community College campus 4000 E 30 th Bldg. 24, Eugene 541-463-3954	Class prices vary from free to \$60	Yes	Training / business assistance for childcare providers
Re-entry Resource Center at Sponsors	338 Hwy 99 N, Eugene 541-505-5690	FREE	Some classes	Resume, interviews, jobs search, clothes for those who have been incarcerated
Supported Employment Services	711 Country Club Rd, #1-A, Eugene 541-687-0687	FREE	No	Job placement, coaching, supported employment for adults with disabilities. Referrals must come from Voc. Rehab.
Vocational Rehabilitation (DHS-Self Sufficiency)	2885 Chad Dr, Eugene 541-684-2450	FREE	Yes	Training / job placement for adults with disabilities.
	101 30 th Ave, Springfield 541-726-3525			
WorkSource Oregon	2510 Oakmont Wy, Eugene 541-686-7601	FREE	Yes	Career coaching, free educational workshops, one-on-one support, customized services based on the individual's needs and goals. Resume, interviewing, and job search support.

WORKER'S COMPENSATION

Agency	Contact	Spanish	Notes
Worker's Compensation	800-452-0288	YES	Call regarding worker's comp. claims.

ADULT EDUCATION

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

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OTHER RESOURCE GUIDES

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

Agency	Notes
AbleFind	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. www.ablefind.org
LANE 211	Referrals to over 50,000 programs in Oregon. www.211info.org or call / text 211. Phone app available.
LaneKids	Calendar of local events for children in Lane County. www.lanekids.org/events/
Parenting Now Resource Guide	Resources for families. Online: https://parentingnow.org/parents/parenting-resources/
South Lane County Resource Guide	A directory of resources for people living in South Lane County . Available in print format at the Community Center and online at https://www.cottagegrove.org/community/page/south-lane-county-resource-guide . To add a resource to the guide or to submit a correction, contact 541-942-1185 or email comcenter@cottagegrove.org .
The HELP Book (Whitebird Clinic)	Over 700 human service resources in Lane County. Order at: https://whitebirdclinic.org/help
The Lane Senior Guide	Comprehensive online directory of services for seniors , including health-care, residential & assisted-living communities, community services, treatment centers & more. www.laneseniorservices.org/

RURAL LANE COUNTY

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

Email comcenter@cottagegrove.org to receive the South Lane Resource Guide, a more comprehensive list of South Lane services.

Agency	Contact	Notes
Alcoholics Anonymous (Cottage Grove / Creswell)	541-342-4113	Confidential 12-step programs for people experiencing addiction to alcohol. Call for list of meetings & events.
Beds for Freezing Nights	Primary site: 1025 N. 19 th St, Cottage Grove Secondary site: 216 S. 3 rd St, Cottage Grove 541-658-9254	Warming center is active Nov 15 – Mar 31 when the average overnight temperature falls to 29 degrees Fahrenheit or below. Ask about pet policy. www.freezingnights.com
Child Car Seat Program	541-942-9145 x264	The Cottage Grove Police Department offers car seat installation inspections. Call for an appointment.
Community Meal Sites	Trinity Lutheran Church 675 S. 7th St. Tuesdays & Thursdays at 5:00 pm Church of the Nazarene 152 S. M St. Wednesdays at 6:00 pm	
Community Sharing Program	1440 Birch Ave. Cottage Grove 541-942-7933	Help to avoid eviction, foreclosure assistance, rental entry costs. Firewood, food, utility & prescription assistance, showers, laundry, propane.
Cottage Grove Community Center	700 E. Gibbs Ave, Cottage Grove 541-942-1185	Yoga, crafts, support groups. Room space available for rent for events, trainings and classes.
Cottage Grove Counseling Clinic	411 Washington St., Cottage Grove 541-942-8060	Counseling services for children, adolescents, adults. Medicare accepted.
Cottage Grove Public Library	700 E. Gibbs Avenue, Cottage Grove 541-942-3828	Books and media for children and adults. Public computers / internet. Programs for children, teens and adults. www.cottagegrove.org/library
Cottage Grove Safe Haven	541-946-3232	Transitional house for recovering women. www.cottagegrovesafehaven.com
Cottage Grove Senior Center	700 E. Gibbs Ave, Cottage Grove 541-942-8751	Recreational activities, classes, blood pressure checks, exercise, hearing tests, foot care.
Creswell Social Services	Creswell Community Center, 99 S 1st, Creswell 541-895-2531	
Creswell YMCA	996 W. A Street, Creswell 541-686-9622	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services (Cottage Grove)	305 Coop Court, Cottage Grove 541-942-9186	Childcare assistance to eligible families. SNAP (Food stamps) for eligible low-income families and individuals.
Early Education Program	Creslane Elementary School 996 West A, Creswell 541-895-6174	Structured preschool for children age 3-5 with and without special needs. Classes focused on language development, social skills and self-regulation.
Emergence Alcohol and Drug Treatment Services	710 Adams, Cottage Grove 541-767-3057	Alcohol and drug outpatient treatment and intensive outpatient therapy for ages 18+. Accepts OHP.

See next page for more SOUTH LANE SERVICES

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SOUTH LANE SERVICES Continued

Agency	Contact	Notes
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835 Creslane Elementary: 996 A St., Modular 3, Creswell 541-942-4835	Therapeutic early childhood program, home visiting, parenting support, developmental screenings, respite, parenting classes for qualifying families with children under age 6.
Full Access	1450 Birch Ave, Cottage Grove 541-942-5003	Support assisting individuals with intellectual and developmental disabilities. www.fullaccess.org
Job Connections (Goodwill)	1205 Hwy 99 N, Cottage Grove 541-942-9057 (Temporarily closed)	Job search, work experience opportunities, resume assistance, workshops and career counseling. For Job Seeking STEP participants: Assistance with birth certificates and IDs, bus passes, short-term training, employment supports.
Habitat for Humanity of Central Lane	78314 OR-99, Cottage Grove 541-741-1707	Supports local needs for housing and restoration of homes for people in need. www.habitatlane.org
Head Start of Lane County	1310 S. 8th St, Cottage Grove 541-767-3525	Preschool programs for ages 3-4, including children with special needs. Early Head Start program for ages birth-3. No cost, eligibility based on income. www.hsolc.org
Meals on Wheels	541-682-7804	Meals delivered to people who are homebound.
Peace Health Cottage Grove Community Medical Center	1515 Village Drive, Cottage Grove 541-767-5500	Walk-in clinic, 24-hour emergency department, hospital, physicians.
Café 60 Senior Meals	Riverview Terrace, 925 W. Main, Cottage Grove 541-682-9261 (call ahead) T/W/TH Crestview Villa, 350 S. 2nd St, Creswell 541-895-2338 (call ahead) M/W/F	Serving ages 60+. Guests under age 60 are welcome to attend for \$8 per meal.
South Lane Family Resource Center	1310 S. 8th St (Corner of 8th & Taylor), Cottage Grove 541-942-4967	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays 8:30am - 4:30pm.
South Lane Mental Health	410 N. 9th St., Cottage Grove 541-942-2850	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, recovery program for ages 14 and up. Oregon Health Plan.
South Valley Athletics	8th St. & Taylor, Cottage Grove 541-942-3079	Kid's Sports, Adult Softball
Tender Hands Doula Services	75 S. 5th St, Cottage Grove 704-517-5848	
Warren H. Daugherty Aquatic Center	1000 Taylor Ave., Cottage Grove 541-942-5533	Public pool, swim programs for all ages, lessons, fitness classes, warm water therapy pool.
Weight Watchers	Church of the Nazarene 152 S. M St., Cottage Grove 541-342-5386	
Welcome Baby Box (90x30)	541-870-0689 or 541-346-7484	Welcome Baby Box containing diapers, clothes, wipes, other necessities, and a guide to community resources. Free for the families of all infants born in the South Lane region.
WIC (Women, Infants, and Children)	305 Coop Ct, Cottage Grove 541-682-4202	Nutrition education, breastfeeding support, and access to healthy foods.
Womenspace	541-485-6513 24 -hour Crisis line 541-485-8232 Office	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, bilingual advocacy.

SOUTH LANE SCHOOLS

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

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FLORENCE & WESTERN LANE COUNTY SERVICES

Agency	Contact	Fees	Notes
Alanon / Alateen	Confidential, free 12-step support for families/friends of people experiencing addiction. https://alanonlineor.us/find-a-meeting/		
Alcoholics Anonymous	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up to date list of meetings & events. Hotline: 541-469-2440		
Beacon of Hope Recovery Center	88896 Hwy 101, Florence 541-997-5697	FREE	Location for a wide variety of 12-step recovery meetings. See website for calendar: https://beaconofhopealanoclub.com/
Boys & Girls Club	541-902-0304 1501 Airport Rd., Florence	Varies. Scholarships.	Tutoring, sports. During the school year, a hot meal is served each day. During the summer, two hot meals & snacks are served.
DHS Self Sufficiency Program	541-997-8251 3180 Hwy 101 N, Florence	FREE	Food benefits (SNAP), financial assistance for families (TANF), childcare assistance, refugee services.
Early Childhood CARES	541-997-1513 2325 Oak St, Florence	Free early intervention services for children birth to school age. Preschool, autism, speech, hearing, vision, occupational/physical therapy, home consultations.	
Emergence	541-997-8509 1932 Pine St, Florence	OHP, sliding scale	Counseling for chemical dependency / gambling for adolescents & teens, family dynamics.
Florence Area Community Coalition	541-999-2927	Online resource directory at: www.florenceareacc.org/service_directory.asp	
Florence Emergency Cold Weather Shelter	Shelter is open when wind-chill is 32 degrees or lower. Separate areas for men & women. Crates for pets out of the rain. FREE www.coldshelter.org/		
Florence United Methodist Church	541-997-6025 333 Kingwood Street, Florence	Free lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.	
Head Start, West Lane County	541-997-9176 2325 Oak St, Florence	FREE	Home visiting, parenting support, preschool, screening for vision & hearing. Breakfast & lunch for children. Interpreter available.
Helping Hands Coalition	541-997-5057 1790 US-101, Florence	FREE	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance.
Job Connections (Goodwill)	1310 Hwy 101, Florence 541-590-3541	FREE	Job search, work experience opportunities, resume assistance, workshops career counseling. For Job Seeking STEP participants: Assistance with birth certificates / IDs, bus passes, short term training, employment supports.
Mina Dickson, Counseling Services	1535 12th Street, Suite 4 A, Florence 541-999-6809	Sliding scale, insurance	Child, individual, family therapy. Energy psychology; chronic pain & disease; Art therapy; Crime Victims Assistance.
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. FREE MinisterEventServices@gmail.com		
NAMI (National Alliance on Mental Illness)	541-343-7688 888 Western Way, Florence	FREE	Classes & support groups for people living with a mental health condition & for their families.
Oregon Family Support Network	541-901-1175	FREE	Support for caregivers raising a child with mental health challenges. Support group, IEP support, referrals, trainings.
Options Counseling & Family Services	541-997-6261 1445 8th St, Florence	Fees vary	Family / individual counseling for adults & children. OHP, private pay, some insurance.
Peace Harbor Medical Center 400 Ninth St, Florence 541-997-8412	Counseling Services - 541-902-6085		Diabetes Wellness Clinic - 541-997-1295
	Emergency Services - 541-997-8412		Orthopedic & Sports Medicine - 541-997-7104
	Home Health and Hospice - 541-997-3418		Walk-In Clinic - 541-997-7134
	Imaging Center - 541-997-2804		Women's Health - 541-902-1634
	Rehabilitation and Wellness Center - 541-902-1669		Childbirth & Newborn Care Class 541-897-9048
PFLAG (Parents & Friends of Lesbians & Gays)	541-991-8550 pflagflo@gmail.com	FREE	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
Pregnancy & Parenting Center	1525 12th Street, Suite G, Florence 541-902-2273	FREE	Pregnancy tests, pregnancy options info, teen pregnancy support; parenting, pre-natal, & birth education; family mentoring, peer counseling.
Reconnections Counseling	541-997-1697 1720 34th St, Florence	Sliding scale, insurance	Addictions & mental health counseling within a private setting focusing on client's needs.
Siuslaw Batterers Intervention Program	541-335-1457 1525 12th St, Suite G, Florence	52-week batterers intervention program & a 12-week anger management program for both males & females.	
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance. Self-sufficiency education.	
Siuslaw Public Library	541-997-3132 1460 9th St, Florence	Story times & activities for children. Computer lab. Library cards are free for residents, \$15 nonresidents	
	541-268-4033 88148 Riverview Ave, Mapleton		
Well Mama Support Group	Women's Clinic 340 9th St., Florence 541-999-4880	Open to all families, partners and support persons who feel overwhelmed or are experiencing depression & anxiety.	

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OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
Adult & Family Services	541-686-7878 Uptown Mall, 305 Coop Court	
Department of Human Services	541-736-7854 Uptown Mall, 305 Coop Ct	Apply for food stamps (SNAP)
Womenspace	24-hour Crisis line: 541-485-6513 Willamette Activity Center, 47674 School Street 541-782-2877	Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, and Latina bilingual advocacy for survivors of intimate partner violence and their families.
Oakridge Food Box	541-782-2192 47674 School Street	
Oakridge School District Homeless Liaison	541-782-2231 or 541-782-3226 Email: rdasher@oakridge.k12.or.us	Help for students and their families who are homeless, living in a hotel/car/trailer/campground.
Family Resource Center	541-782-3281 76499 Rose St, Oakridge kcamerer@oakridge.k12.or.us	Parenting classes, computer classes, after-school program, events. Free internet, printing, faxing, clothes closet.
Senior & Disabled Services	541-782-4726 Uptown Mall, 305 Coop Court	Service coordination & advocacy for seniors and anyone with a disability in Lane County.
WIC – Women, Infants, & Children	541-782-4216 Uptown Mall, 305 Coop Court	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.
St. Vincent de Paul – Oakridge	541-782-5928 47663 OR-58, Oakridge	Rent, utility, prescription assistance, coin laundry machines, job training.
St. Vincent's Veteran's Services	541-285-7291	
Animal Clinic	541-782-4281 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	541-782-2304 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Fire Department	541-782-2416	
Lane Electric	541-484-1151 787 Bailey Hill Rd, Eugene	
Oakridge City Hall	541-782-2258 48318 E 1st St, Oakridge	
Oakridge Police Department	541-782-4232 76435 Ash St, Oakridge	
Public Library	541-782-2258 48318 E 1st St, Oakridge	
Westfir City Hall	541-782-3983 47441 Westoak Road	
Five Rivers Family Practice	541-782-4068 48134 OR-58, Oakridge	Primary care & preventative services
McKenzie/Willamette Hospital	541-726-4400 1460 G St, Springfield	
Oakridge Eye Clinic	541-782-5000 48247 Hills St, Oakridge	
Options Counseling	541-684-7625	
Orchid Health Clinic	541-782-8304 47815 OR-58, Oakridge	Primary care, preventative, & mental health services.
Oregon Health Plan	866-804-6315	
Trillium Postal Pharmacy	541-782-3413 47809 OR-58, Oakridge	

OAKRIDGE & WESTFIR SCHOOLS

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

OAKRIDGE & WESTFIR CHURCHES

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

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PLEASANT HILL SERVICES

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

PLEASANT HILL SCHOOLS

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

VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance	541-935-0948 25035 W Broadway Ave, Veneta	Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
Fern Ridge Library	541-935-7512 88026 Territorial Rd., Veneta	Open Tuesday - Thursday 10-8 / Friday 10-6 / Saturday 10-5
Fern Ridge Family Resource Center	541-952-7049 Fern Ridge Middle School frc@fernridge.k12.or.us	Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center	541-935-2262 25035 W Broadway Ave, Veneta	Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, 60 & over . Lunch served weekdays.
Love Project Food Pantry & Gleaners	541-935-4555 x104 25035 W Broadway Ave, Veneta	Open Mon-Wed-Fri 10-11:30am & 12:30-2pm, and Wednesday evenings from 6-7:30.
Mid Lane Cares	541-935-0948 25035 W Broadway Ave, Veneta	https://midlanecares.com/
Olivet Baptist Church Lillie's of the Field	541-935-1988 25027 Dunham Ave, Veneta	Provides family clothing & housewares for those in Fern Ridge Area, Tu/Th 2:00-4pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	541-556-4923 Valley United Methodist Church in Veneta and Olivet Baptist Church in May & Nov (see notes)	Free medical clinic on the 2 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, & 2 new toys selected by their parents. Last Saturday before Christmas. First come first served. Bring proof of residency in the Fern Ridge area & proof of each child's age.
Silver Tree	541-935-4141	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund	541-935-0948	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

VENETA, ELMIRA & FERN RIDGE SCHOOLS

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



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JUNCTION CITY SERVICES

Agency	Contact	Notes
Junction City Local Aid	210 E 6th Avenue, Junction City 541-998-3992 info@JunctionCityLocalAid.org	Basic needs assistance and economic relief to people living in the Junction City School District and the Junction City area of rural Lane County. This includes food, utility and energy assistance, prescription/medical assistance, transportation assistance, clothing, and serves as a referral source for area resources.
Head Start Junction City	722 W 5th Ave, Junction City (541) 998-5352	Free, high quality preschool program for qualifying families. Apply for enrollment at: https://www.hsolc.org/cpa/
Viking Sal Senior Center	245 W 5th Ave, Junction City (541) 998-3140	Community recreation center serving area residents, 55 and over. Services and activities include education, leadership development, volunteer opportunities, health, nutrition, and social work. The Center also serves as a community resource for information on aging.
Senior and Disabled Services	245 W. 5th St. 541-998-8445 ADRCLane@lcog.org	Senior & Disability Services provides services, information, and assistance to Lane County's older adult population, adults with physical disabilities, and their caregivers.
JC Community Center	175 W. 7th, Junction City 541-998-4767	The Community Center offers program and services for all ages, and rental space for youth, family, and adult activities, including a classroom, meeting space, and kitchen.
JC Public Library	726 Greenwood Street, Junction City 541-998-8942	The library holds over 22,000 items including books, magazines, DVDs and audio books. These are available for check out. Free borrowing privileges to people living within the city limits, along with on-site and most on-line services to visitors.

JUNCTION CITY SCHOOLS

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

MAPLETON SERVICES

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

MAPLETON SCHOOLS

Agency	Contact
Mapleton Elementary	10870 E Mapleton Rd., Mapleton 541-268-4471
Mapleton Middle / High School	10868 E. Mapleton Rd., Mapleton 541-268-4322
Preschool	Amber Tucker is the Preschool Teacher located at Mapleton Elementary. atucker@mapleton.k12.or.us

MARCOLA SCHOOLS

Agency	Contact
Marcola Elementary	38300 Wendling Road, Marcola 541-933-2512
Marcola Jr / Senior High School	38300 Wendling Road, Marcola 541-933-2512
TeachNW	K-12 Virtual STEAM Academy 541-952-1381

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