



Relief Nursery

Community Resource Guide

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Relief Nursery Inc.

1720 West 25th Avenue, Eugene

(541) 343-9706

Monday - Thursday: 9:00am - 5:00pm

Friday: 8:30am - 12:30pm

Relief Nursery

Robin Jaqua Child and Family Center

850 South 42nd Street, Springfield

(541) 485-0007

Monday - Thursday: 9:00am - 5:00pm

Friday: 8:30am - 12:30pm

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CHILD MENTAL HEALTH

Agency	Phone	Address	Fees	Spanish?	Notes
Relief Nursery Child Counseling	343-9706	850 S. 42 nd , Spfd 1720 W. 25 th Eug	OHP	YES	For children under age 6. Must be a client at the Relief Nursery.
Options	687-6983 Eug 762-1971 Spfd	1255 Pearl, Eug 175 W. B, Bldg D, Spfd	OHP	YES	Adult and child counseling, Circle of Security.
Child Center	726-1465	3995 Marcola Rd, Spfd	OHP / private insurance		Intensive day treatment (ages 3-12). Outpatient counseling, ages 0-20. Collaborative problem solving class.
Looking Glass Counseling	484-4428	260 E 11 th Ave, Eug	OHP / private insurance	YES	Adult and child counseling. Circle of Security group.
Child and Family Center (U of O)	346-4805	1600 Millrace Dr, # 103, Eug			Family assessment, counseling, parenting support for families with children age 2-17.
Center for Family Development	342-8437	Walk-in: 261 E. 12 th Eug	OHP / sliding scale	YES	Walk-in assessment.
Direction Services	344-7303 counseling center	576 Olive St, Suite 307, Eug	OHP		Cognitive behavioral therapy.
Lane County Behavioral Health	682-1915	2411 Martin Luther King Blvd, Eug	OHP / sliding scale/private ins		Assessment & treatment. Call and leave a message for a screening.
Centro Latino Americano	687-2667	944 W 5 th , Eug	Sliding scale / OHP	YES	Adult and child counseling in Spanish.
Oregon Community Programs (OSLC)	743-4340	1170 Pearl St, Eug	OHP		Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Rapid Access Center (Willamette Family)	762-4300	195 W. 12 th , Eug	OHP, assistance for uninsured		Same-day mental health assessments and referrals. Support enrolling in OHP.
Community Health Centers of Lane Co	682-3550	Call for locations	OHP / Medicare	YES	Call for hours / appointments. Short term counseling (5-8 visits)
Child Development & Rehabilitation Center (CDRC)	346-3575 800-637-0700	901 E 18 th Eug	OHP / private insurance		Services for children with special health care needs and developmental disabilities.
Ophelia's Place	284-4333	1577 Pearl St. #100, Eug	FREE / sliding scale		Drop in M-Th, 3pm-6 pm. Girls age 10-18. Classes, groups and counseling
Oregon Family Support Network	342-2876 800-323-8521	72 A Centennial Lp #150, Eug	FREE for most services	YES	Support for parents with children with emotional, behavioral or mental challenges. Respite, support groups.
Jasper Mountain	747-1235	37875 Jasper-Lowell Rd, Jasper	OHP / private insurance		Intensive residential mental health treatment, day treatment school. Age 4-13.
Jasper Mountain Crisis Response	888-989-9990		FREE		Severe acting out, suicidal talk, self-harm, threats, violence.
SAFE Center	741-7402	89124 Marcola Rd, Spfd	OHP / private insurance		Short term residential (age 3-13) with serious emotional disturbances.

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ADULT MENTAL HEALTH

Agency	Phone	Address	Fees	Spanish	Notes
Center for Community Counseling	344-0620	1465 Coburg Rd, Eug	\$2-55 sliding scale fee, OHP		Counseling, groups and classes. Childcare may be available.
Center for Family Development	342-8437	261 E. 12 th Eug	Sliding Scale, OHP, other ins	YES	Walk-in assessment. Adult counseling, groups for depression, yoga, tai chi, pain management.
Options Counseling	687-6983 EUG 762-1971 SPFD	1255 Pearl, Eug 175 W. B, Bldg D, Spfd	OHP, Sliding Scale for adults only	YES	Family, individual, DBT group, Parenting group.
Looking Glass Counseling	484-4428	260 E 11 th Ave, Eug	OHP / private insurance	YES	Adult and child counseling. Circle of Security group.
Direction Services	344-7303	576 Olive St, Suite 307, Eug	OHP		Cognitive behavioral therapy.
Center for Family Therapy (UO)	346-0923	HEDCO Bldg, Alder & 17 th Suite 1, Eug	Sliding Scale for low-income (\$15)		Individual and couples therapy.
Lane County Behavioral Health	682-3608	2411 Martin Luther King, Jr. Blvd, Eug	OHP		Walk-in assessment, treatment, groups. 9:30am-11:30pm M-Th.
Trauma Healing Project	687-9447	2222 Coburg Rd, Suite 300, Eug	Sliding Scale		Body-centered therapies like yoga, and acupuncture.
Centro Latino Americano	687-2667	944 W 5 th , Eug	\$10-25 Sliding scale, OHP	YES	Spanish speaking counselors.
CAFA - Christians As Family Advocates	686-6000	921 Country Club Rd, # 222, Eug	OHP, \$25-100 sliding scale		Individual / couples / play therapy, DV intervention, Parenting After Crisis.
CAHOOTS - Crisis Assistance Helping Out On The Streets	687-4000 office 682-5111 24-hr	341 E 12 th Ave, Eug	FREE		Crisis response / transportation to social services (not violent or life-threatening emergencies).
Hourglass Community Crisis Center	505-8426	71 Centennial Loop, Eug	FREE		Walk-in adult mental health crisis assessment. 24-hours a day.
Whitebird Clinic	687-4000 office 682-5111 24-hr	341 E 12 th Ave, Eug	OHP	YES	Individual, couples and family counseling.
Rapid Access Center (Willamette Family)	762-4300	195 W. 12 th , Eug	OHP, assistance for uninsured		Same-day addiction and mental health assessments. Medical clinic. Support enrolling in OHP.
NAMI Lane County	343-7688	2411 Martin Luther King, Eug	FREE		M-Th 10am-2pm. Peer support for mental health consumers and their families. SPANISH
UO Psychology clinic	346-4954	15 th and Onyx, Eug	Sliding scale		Marriage and couple counseling.
UO DeBusk Memorial	346-3418	Alder and 16th Ave, Eug	\$25/term		Individual counseling for clients by graduate students in training.
Community Health Centers of Lane Cnty	682-3550	Call for location	OHP, Low cost, FREE	YES	Call for hours. Behavioral health services, medical care, immunizations.
NW Christian University Counseling	349-7471	755 E 11th Ave, Eug	\$5 a session		Wait list, please call. Sessions with grad students supervised by faculty.
Safe Inc.	988-1025	230 Main St, Spfd			Drop in M-F 11am-8pm. Activities for mental health consumers, survivors and patients.
Laurel Hill Center	485-6340	2145 Centennial Plaza, Eug			Supported housing and counseling for people with psychiatric disabilities.
National Suicide Hotline	1-800-273-TALK				Support for people in crisis, and family members

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POST-PARTUM DEPRESSION

Agency	Phone	Address	Fees	Spanish?	Notes
Well Mama	800-896-0410	1245 Charnelton #7, Eug	FREE	YES	Screenings. Support groups.
Post-Partum Support International	231-4343		FREE		Phone / email support, referrals

GREIF SUPPORT

Agency	Phone	Address	Fees	Notes
Sacred Heart Bereavement	461-7550	677 E. 12 th Ave, Eug	FREE	Grief classes / support groups. Call for a list of local grief counselors.
Courageous Kids	242-8693	677 E 12 Ave, Suite N 180, Eug	FREE	Grief support for children (age 6-18). Support groups, summer camp.
Compassionate Friends	689-0824	Call for group location.	FREE	Support for families grieving the death of a child / grandchild.
MISS Foundation	888-455-6477	http://www.missfoundation.org/	FREE	Support for families grieving the death of a child / grandchild. Online forums. Phone and email support.
HOPE Mentor Jessie Carpenter (MISS Foundation)	870-1488		FREE	Email / phone support for parents who have experienced pregnancy loss or the loss of a child.
Parents of Murdered Children	888-818-7662		FREE	Support / referrals for family members who have suffered the murder of a child.

ANGER MANAGEMENT

Agency	Phone	Address	Fees	Notes
Center for Community Counseling	344-0620	1465 Coburg Rd, Eug	Does not accept insurance. Sliding scale	Anger management for parents. Free childcare may be available.
CAFA (Christians As Family Advocates)	686-6000	921 Country Club Rd., #222, Eug	No OHP. Insurance, sliding scale	36 week DV intervention program (for men and women) –

VICTIMS OF CRIME

Agency	Phone	Address	Fees	Notes
Victim Services Program	682-4523	125 E 8th Ave, Rm 400, Eug	FREE	M-F 8am-12pm and 1pm-5pm. Victim's compensation.
Crime Victim's Assistance (City of Eugene)	682-8401	125 E 8 th , Eug (second floor)	FREE	M-F 8:30am-12pm / 1pm-4pm. Assists victims in misdemeanor cases handled by City Prosecutor's office.
Crime Victim Compensation Dept. of Justice	503-378-5348		Financial assistance	Support for costs of medical, mental health, funeral, grief counselling, loss of income.

IMMIGRATION SERVICES

Agency	Phone	Address	Fees	Notes
Legal Aid and Advocacy	485-1017 800-575-9283	376 East 11th Ave, Eug	FREE	Intakes M, W, F at 12:30. Must apply in person.
U.S. Citizenship and Immigration	800-375-5283	1455 NW Overton Ave, Portland		
Centro Latino Americano	687-2667	944 W 5 th , Eug	Varies	An independent immigration lawyer rents space at their location. Call Centro for info.

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LEGAL SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Legal Aid and Advocacy	485-1017 800-575-9283	376 East 11th Ave, Eug	FREE		Apply in person. 12:45-2:45pm M/ W/ F.
Modest Means	(503) 431-6444 800-452-7636	PO Box 321935, Tigard 97281	\$35 max for consultation, \$60-100 / hr		Initial consultation, up to 30 minutes.
Family Court Assistance	682-4302	125 E 8 th , Eug	Info / review are FREE.		Drop in M-F 8:30am-11:30am or call for appointment. Review documents regarding divorce and custody.
Legal Clinic at Sponsors (Chad)	505-5690	338 Hwy 99 N, Eug	FREE	Spanish by arrangement	Support for past / present criminal legal issues. Call to register.
Child Support-OR Dept. of Justice	686-7833 EUG 726-3525 SPFD	Call for nearest location.	FREE		Child Support services for families who receive or have received TANF.
Community Meditation Services	344-5366	44 W Broadway, Suite 202. Eug			Mediation for issues such as tenant disputes, family, noise, pet problems, teen parents.
Lawyer Referral Service	800-452-7636		\$35 for the first visit		Refers clients to attorneys for an office consultation. No telephone consultations

ID/BIRTH CERTIFICATE SERVICES

Agency	Phone	Address	Fees	Notes
Catholic Community Services	345-3628	1464 W 6 th Eug 1025 G St., Spfd	FREE	Drop in last Thursday of the month at 9am. Help with ID / birth certificates (last Tues in Nov and Dec).

MEDIATION SERVICES

Agency	Phone	Address	Fees	Notes
Lane Co. Family Mediation	682-3962	151 W. 7 th , Suite 360, Eug	FREE 1 st session. Discount if on SNAP	M –Th 8am-5pm, F 8am-12pm. Custody, parenting time, and financial mediation.
Community Meditation Services	344-5366	44 W Broadway, Suite 202. Eug		Mediation for issues such as tenant disputes, family, noise, pet problems, teen parents.

CHILD ABUSE/NEGLECT

Agency	Phone	Address	Fees	Notes
DHS Child Welfare	541-686-7555 or 866-300-2782			M-F 8am-5pm. Call to report suspected child abuse / neglect.
Kids FIRST Child Advocacy Center	682-3938	2560 Frontier Dr. Eug	FREE	Medical exams, child interviews regarding abuse. M-F 8am-12pm and 1pm-5pm.
CAFA Christians as Family Advocates	686-6000	921 Country Club Rd. Suite 222 Eug	No OHP	Supervise DHS-involved parent-child visits for a fee. Counseling and DV class, parenting class.
SCAR Springfield Child Abuse Resources	747-1235	1030 G Street, Spfd		M-F 8am-5pm. Provides community info on child abuse, outpatient mental health treatment.
National Child Abuse Hotline	800-422-4453 (24/7)			Crisis counselors, support, and resource referrals

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DOMESTIC VIOLENCE/SEXUAL ASSAULT

Agency	Phone	Address	Fees	Spanish	Notes
Womenspace	485-6513 800-281-2800 (Hotline)	1557 Pearl St., Suite 400, Eug	FREE		Drop in 10am-5pm M-F or by appointment. Shelter, safety plan, legal support, emergency transportation, support groups.
Sexual Assault Support Services	484-9791 (office) 343-7277 (Hotline)	630 Lincoln St, Eug	FREE		Advocacy; peer counselling. Can accompany victim to doctor/hospital.
DV Grant DHS	686-7878 EUG 726-6644 SPFD	2885 Chad Dr. Eug	FREE		M-F 5pm-7pm or by appt. Financial assistance for those fleeing domestic violence.
CAFA - Christians as Family Advocates	686-6000	921 Country Club, #222, Eug	No OHP		Domestic violence classes for both perpetrators and victims.
SASS - Sexual Assault Support Services	343-7277 (24-hour line)	591 W 19 th , Eug	FREE		T-Th 9am-4pm, M & F by apt. Medical / legal advocacy, peer counseling, support groups.
Crime Victim Compensation	503-378-5348 503-378-5938 (TDD)		Financial assistance		Financial assistance for medical, mental health, rehabilitation, funeral, loss of income.
DV Advocate for Self Sufficiency / JOBS	686-7878	Call for location.	FREE		Womenspace advocate at Self Sufficiency available to meet with clients seeking safety.
DV Advocate at Child Welfare	684-2388	Call for location	FREE for CPS involved D.V. survivors		Womenspace advocate at Child Welfare. Help with restraining orders, court appearances. Referral made by caseworker.
Victim Services Program	682-4523	125 E 8 th Ave, Eug	FREE		Assigns volunteers from court advocacy unit, protective order unit, and family assistance
National DV Hotline	800-799-7233 (24/7) Or email: www.thehotline.org/get-help/				

BATTERER / SEX OFFENDER INTERVENTION

Agency	Phone	Address	Fees	Notes
CHOICES - D.V. Intervention Program	554-4722	1973 Garden Ave, Eug	\$50 intake \$150 /mo	52-week Batterer Intervention Program for men only, English / Spanish
CAFA Christians as Family Advocates	686-6000	921 Country Club Rd., Suite 222, Eug	No OHP. Intake \$65. Each class is \$35.	Oregon Approved 36 to 48-week Batterer Intervention Program for Men & Women
South Lane Mental Health	767-4173	P.O. Box 5, Cottage Grove		Batterer Intervention Program
McKenzie Counseling	255-7951 521-3505	1705 Centennial Blvd, Suite #1, Spfd	\$350 intake, \$300/ mo.	Outpatient sex-offense specific treatment program

SMOKING CESSATION

Agency	Phone	Address	Fees	Notes
Emergence	687-9141 EUG 746-4041 SPFD	1461 Oak, Eug 1485 Market, Spfd	OHP, Sliding Scale	Smoking cessation
Center for Family Development	342-8437	261 E. 12th Eug	Sliding Scale, OHP, other insurance	Walk-in assessment.
7 th Day Adventist Church	683-4169		Sliding scale	"Quit smoking class", call prior to visit.
Nicotine Anonymous	Email Only	3925 Hilyard St, Eug	FREE	Tues 7pm-8pm
OHP Tobacco Quit Services	800-273-0557		OHP	Talk to primary health provider.
Options Tobacco Cessation	222-7442	3311 Riverbend Dr, Eug	\$60 fee	Evaluation, behavioral therapy after quitting smoking. M 5:15-6:30 pm.
Oregon Tabaco Quit Line	800-784-8669	Talk or chat online with an expert Quit Coach. www.quitnow.net/oregon		

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SUBSTANCE ABUSE TREATMENT

Agency	Phone	Address	Fees	Spanish?	Notes
Relief Nursery Peer Support	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Ave, Eug 850 S 42 nd Ave, Spfd	FREE		Must be participating in other RN programs or referred by DHS.
Willamette Family	344-0031	149 W 12 th , Eug	Sliding scale, OHP, other insurance		Residential and outpatient treatment for men, women and teens.
Rapid Access Center	762-4300	195 W. 12 th , Eug	OHP, assistance if uninsured		Same-day walk-in medical and behavioral health services. Chemical dependency assessments.
Looking Glass	484-4428	260 E 11 th Ave, Eug	OHP		Outpatient. For youth under 20.
Emergence	687-9141 EUG 746-4041 SPFD	1461 Oak St. Eug 374 Q St, Spfd	OHP, Sliding Scale	Bilingual / Bicultural	12-week intensive outpatient (level 2) Smoking cessation.
Relief Nursery Parents for Recovery Group	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Ave, Eug 850 S 42 nd Ave, Spfd	FREE		Support group for parents in recovery for drug and alcohol addiction.
Center for Family Development	342-4189	146 E 12 th Eug	Sliding Scale, OHP, other insurance		Recovery / co-occurring recovery programs (level 1). Drop in assessments M-T 11am- 4pm.
Chrysalis (Whitebird)	683-3294	350 E 11 th Eug	OHP, Sliding Scale		Outpatient
Serenity Lane	687-1110	4211 W 11 th Ave, Eug (outpatient) 616 E 16 th St, Eug (inpatient)	OHP		In-patient and outpatient.
ACES	344-2237 746-4041 (Gambling hotline)	Location: 84 Centennial Loop, Eug	OHP		Outpatient services. Specialize in drug court, correction, DUI, gambling.
Lane County Methadone Program	687-4464	135 E 6 th Ave, Eug	Sliding scale. OHP accepted		Long term treatment for opiate addiction. Group, individual, family counseling; annual physical exam; resource referrals as needed.
New Start (Sacred Heart)	686-8557				Program to help new mothers and pregnant women stay clean and sober.
PAR Prevention & Recovery NW	484-9274	1188 Olive St, Eug	Sliding scale, OHP		Outpatient. Men's, women's, co-ed groups. Prevention, outreach, DUI program.
Alcoholics Anonymous	342-4113				M-F 9am-5pm and Sat 9am-4pm. A 12-step program for men and women.
Integrated Health Clinics of Eugene	344-3574	715 Lincoln St, Eug	Sliding scale fees, OHP		M, W, Th, F 5:30am-2:30pm Sa 7-am9:30am T 8am-5pm. For opioid addiction. Treatment plan and group / family counseling, referrals.
Methadone Treatment Lab	484-4428	151 W 7th Ave Rm 163, Eug	Varies, OHP, private ins		M-F 8am-4pm. Comprehensive treatment and support program.
Al-Anon & Alateen	741-2841				12 step support for families / friends of alcoholics. Call for location / meeting times.
Veterans Affairs	607-0897	100 River Ave, Eug			Mental health services, outpatient alcohol treatment and aftercare.
Comprehensive Options for Drug Addiction (CODA)	684-4901 x19	2055 W 12th Ave, Eug	Private ins, OHP		Outpatient methadone treatment service. M- F 6:15am-5pm Sa 7:30am-10am
AA Hotline	342-4113				www.aa.org
NA Hotline	729-0080				www.na.org

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RECOVERY HOUSES

Agency	Phone	Address	Fees	Notes
Ashes to Beauty	654-5652	4736 Royal Ave PMB 112, Eug	\$500, \$40/ child, assistance available for mothers on TANF	WOMEN 18-55, children (boys under 8, girls under 13). Education / job / parent support, mandatory meetings, bible study, counseling, UA's. No smoking / sex offenders. Apply - www.ashestobeautey.org .
Fresh Start	579-1961	In Springfield, near bus lines	\$350rent, \$100 non- refundable fee.	Men's / Women's houses. No sex offenders, mandatory meetings, random UA's.
Life Link	606-5427		\$350 rent, additional \$150 in f.s.	WOMEN, Not pregnant, 30 days clean. Must work / volunteer. Mandatory meetings, bible study, random UA's
Dalton House (Oxford)	505-8517	1740 Dalton Dr. Eug	\$175 non-ref fee, \$380 for shared / single room, e- bed \$250 \$25 / child.	WOMEN. 30 days clean and sober. Mandatory meetings.
Baker House (Oxford)	688-1120	1826 Danebo, Eug	\$375 rent \$175 non-ref. fee	MEN. E-bed is an option.
Crenshaw House (Oxford)	653-9381	1257 Crenshaw Rd. Eug	\$175 non-ref. fee, \$400 single room, \$350 double room	MEN. 30 days clean / sober, no arsonists / sex offenders. Mandatory meetings, random UA's.
Crescent House (Oxford)	636-4279	2475 Crescent Ave, Eug	\$400 single room, \$380 shared room, \$275 e-bed, \$175 non-ref. fee.	MEN.
Donald House (Oxford)	654-0744	3302 Donald St, Eug	\$380 single shared room, \$300 e-bed upstairs, \$190 e-bed (couch), \$175 Non-ref. fee.	MEN. Random UA's, weekly meeting.
RiverBend (Oxford)	344-9191	5117 Innbrook Way, Spfd	\$380, \$25 / child, \$175 non-ref. fee.	WOMEN / CHILDREN. 30 days clean. Mandatory meetings, random UA's; weekly house meeting
Spencer Butte (Oxford)	653-8236	3230 Portland St, Eug	\$175 non-refundable \$380 single or shared room, \$250 e-beds	WOMEN / CHILDREN. 30 days clean. Mandatory meetings, random UA's.
Positive Steps	431-1037	1537 W 2nd Ave, Eug	\$50 non-ref. fee, \$350 rent	MEN. No sex offenders. Mandatory meetings, random UA's. On site laundry, Internet
Autzen House (Oxford)	844-1676 337-5064	920 Summit Blvd, Spfd	\$380 rent, \$175 membership	WOMEN.
West Howard House (Oxford)	654-0294	133 Howard Ave, Eug	\$375 rent, e-bed \$300 (couch), \$175 non-ref. fee.	MEN. Random UAs, 2 weekly meetings, 30 days clean.
Beverly House (Oxford)	458-201- 7762	Gateway area, Spfd	\$380 rent, \$200 e-bed, \$175 non-refundable fee	WOMEN.
Phoenix House	654-3998 607-5869	675 Hughes St, Eug	\$50 non-refundable fee, \$360 rent, \$150 refundable deposit	MEN. 30 days clean. 6 month commitment, zero tolerance house. Mandatory meetings. Random UA's
Resurrection House	606-0537	940 N Park, Eug	\$100 non-refundable fee, \$350 rent	WOMEN. 2 weeks clean. Mandatory meetings, random UA's
Safe Haven Angels	514-8160 606-2995	969 W 3rd, Eug (women) 325 S 37th, Spfd (men)	\$100 non-ref. fee, \$380 shared room, \$450 private room, \$30 / child	MEN, WOMEN, CHILDREN. Mandatory meetings, random UA's
Skipper St Recovery House	607-2679		\$35 non-refundable fee, \$375 rent	MEN and WOMEN. 30 days clean. Mandatory meetings, random UA's
Teen Challenge	344-4328	85989 Bailey Hill Rd, Eug		WOMEN and CHILDREN up to age 6. Faith-based.

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LOW INCOME / SUBSIDIZED HOUSING

Agency	Phone	Address	Notes
Housing Authority & Community Services Agency (HACSA)	682-3755 Eug 682-4090 Spfd	177 Day Island Rd, Eug 300 W Fairview, Spfd	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or at Eugene / Springfield sites.
St. Vincent de Paul	687-5820	2890 Chad Drive, Eug	Affordable housing, 12-18 month wait list. Renter's rehab.
Supportive Services for Veteran Families	743-7187	2890 Chad Dr, Eug	Housing help for veterans, case mngmt, referrals. Short-term financial assistance.
City of Eugene Homebuyers Assistance	682-5446		Down-payment assistance for low-moderate income families who can secure loan and pay mortgage.
Springfield Home Ownership Program	726-2358	225 Fifth Street, Spfd	Up to \$7000 interest-free loan toward down payment for qualified home.
Project Link (Direction Services)	686-5060	3411 Willamette St, Suite A, Eug	M-F 8am-4:30pm. Helps people find housing.
Metropolitan Affordable Housing	683-1751	1430 Pearl St, Eug	Affordable housing. Service coordinator helps with career planning, budgeting.
Search HUD, HACSA and Lane County Low Income Housing for lists of affordable / low income rentals.			

SHELTERS/TRANSITIONAL HOUSING

Agency	Phone	Address	Fees	Notes
Catholic Community Services	345-3628 x327	1464 W 6 th Eug 1025 G St, Spfd	FREE	Spfd - M-F 9am-4pm, T 1pm-3pm Eug - W 9am-4pm, Th 1pm-3pm Walk-in to meet with housing specialist.
The Eugene Mission	344-3251	1420 W. 1 st St, Eug (women) 1542 W 1 st St, Eug (men)	3 nights free, then chores	Shelter for adults & children under 17yrs. Meals. Faith based A&D 12 step. 1 year residential life skills program. GED classes.
Eugene Service Station (CCS)	461-8688	450 Oregon 99, Eug	FREE	Homeless day shelter, food, clothing, laundry, showers, phone, computer
Looking Glass Station 7	888-689-3111 (24 crisis line)	2485 Roosevelt, Eug	FREE	Emergency shelter for runaway / homeless youth ages 11-17 yrs.
First Place Family Center	342-7728	1995 Amazon Pkwy, Eug	FREE	Call Mon 8 am for intake. Day center 8-5pm for homeless families with children. Showers, laundry, food, internet, mail, bus tokens. Shelter / meals September-June.
ShelterCare	686-1262 EUG 726-8125 SPFD	499 W 4 th Eug	FREE	Emergency shelter - families w/ kids, mental illness, head injury, rent assistance.
New Roads Looking Glass	686-4310	941 W 7 th Ave Eug	FREE	Support finding housing for homeless youth, 16-21 yrs.
Opportunity Village	606-4455	111 N Garfield St, Eug	Varies	Alternative transitional housing Individuals / couples. Apply in person
Salvation Army	343-3328 EUG 747-6229 SPFD	640 W. 7 th , Eug 1275 Mill, Spfd	FREE	Rental assistance. With 72 hour notice and copy of rental agreement. \$100 max.
Family Shelter System	689-7156			Usual wait is 2-4 wks.

HOME IMPROVEMENT

Agency	Phone	Address	Notes
Springfield Home Improvement Program	726-2358	225 5 th St., SPFD	No-interest, deferred loans for eligible home-owners. For heating, roofing, painting, doors, windows, dry rot, foundation, electrical, plumbing, weatherization, structural, handicap access
Eugene Emergency Minor Home Repair	682-5446	125 East 8th Ave, 2nd Floor, Eug	Zero-interest loans and grants to correct conditions that create an immediate threat to the safety of the occupant.

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EMPLOYMENT

Agency	Phone	Address	Fees	Spanish	Notes
Job Connections (Goodwill)	431-3309 Eug 458-205-8157 Spfd	1010 Green Acres, Eug 102 30th Street, Spfd	FREE	Eugene only	Job search, supported employment, resume help.
WorkSource Lane	686-7601	2510 Oakmont Way, Eug	FREE		Resume, interviewing, job search center with internet
Lane WorkForce Partnership	686-7904 686-7521	2510 Oakmont Way, Eug	FREE		Skill assessment, job search, on the job training
St. Vincent de Paul	607-0439	456 Hwy 99, Eug	FREE		Career counseling, resume help, interviewing tips. M-F, 8:30am-5:00pm
Centro Latino Americano	687-2667	944 W 5 th , Eug	FREE	YES	Employment and resume support.
Supported Employment	687-0687	711 Country Club Rd, #1-A, Eug	FREE		For adults with developmental disabilities
Vocational Rehab (DHS)	686-7878 EUG 726-3525 SPFD	2885 Chad Dr, Eug 101 30 th Ave, Spfd	FREE		Skills training / job placement for disabled adults.
Re-entry Resource Center at Sponsors	505-5690	338 Hwy 99 N, Eug	FREE		Resume, interviews, jobs search, clothes for those who have been incarcerated
Vocational Rehabilitation	726-3541 TTY-726-3516	1077 Gateway Loop, Spfd	FREE		Retraining for people who have been injured & can't work in their previous job.
eDev	463-4619	1445 Willamette #1 Eug	FREE		Assists low / moderate income people starting a business
Family Connections	463-3954 800-222-3290	4000 E 30 th Bldg. 24 Eug	FREE		Training / business assistance for childcare providers.

BUDGETING/MONEY MANAGEMENT

Agency	Phone	Address	Fees	Spanish	Notes
Prosperity Center (Goodwill)	431-3332	855 Seneca Rd, Eug	FREE		Budget, debt reduction, taxes, will match savings 1:3 for transportation / education, 1:5 for dental
NEDCO	345-7106	212 Main St, Spfd	FREE		1 st time home-buyer and financial literacy class.

ADULT EDUCATION

Agency	Phone	Address	Fees	Spanish	Notes
LCC GED	463-5723	Call for locations.	Scholarships	YES	GED classes. Call for details.
Women in Transitions (LCC)	463-5353	4000 E 30 th Bldg 1, rm 20, Eug	Financial aid		Educational / career planning, empowerment.
Downtown Languages	686-8483	221 B St. Spfd	Varies, some FREE	YES	English as a 2nd Language, GED, Citizenship, Bilingual Computer Class
Eugene Mission	344-3251	1470 W. 1 st St. Eug	FREE		GED classes for people in shelter

CLOTHING ASSISTANCE

Agency	Phone	Address	Fees	Spanish	Notes
Relief Nursery Clothing Closet	343-9706 EUG 485-0007 SPFD	1720 W. 25th Ave., Eug 850 S. 42 nd , Spfd	FREE	YES	For families receiving Relief Nursery services
Catholic Community Services	345-3628	1464 W 6 th Eug 1025 G St., Spfd	FREE		M-F 9am-4:30pm
Salvation Army - Eug	343-3328	640 W. 7th Ave, Eug	FREE		I.D / doc with child's birthdate needed
Salvation Army - Spfd	747-6229	1275 Mill St., Spfd	FREE		I.D / doc with child's birthdate needed
St. Vincent de Paul	689-6747	456 Hwy 99 N, Eug	FREE		M, T, Th, F, 10am-12:30pm & 1:30pm-4 pm
Eugene Mission	344-3251	1542 W. St. Ave, Eug	FREE		M-F 10am-4pm
Hosea Youth Services	344-5583	834 Monroe, Eug	FREE		Youth under 22 yrs. Showers, food, laundry, clothing. M,W,F 3-6:30pm, meal at 5pm
Helping Hand Room - 1st Christian Church	334-1425	Oak St, Eug	FREE	YES	T, Th 10am – 2pm. By appointment only.
4J School District	687-3349	200 N. Monroe, Eug	FREE		Call for appointment
Brattain House	744-6769	1030 G, Spfd	FREE		For families with a child in Spfd school district.
White Bird Clinic	342-4357	341 E. 12th, Eug	FREE		M-F, 8am – 10 pm
Eastside clothes closet	N/A	95 Centennial Lp, Spfd	FREE		1 st and 3 rd T 1pm-3pm and every last Th 7-8:30pm
Clothing Room	746-5624	1761 E St, Spfd	FREE		T, Th, F 10am-3pm and W 11am-3pm.

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LAUNDRY SERVICES

Agency	Contact	Address (Email)	Fees	Notes
Laundry Love	Beverly Engman bcengman@gmail.com	Holiday Coin Laundromat - 14th St across from Grocery Outlet in Spfd.	FREE	2nd Monday of each month 6pm-8pm and last Th each month (except Nov) 10am-12pm. 1st come, 1st served. 6 load max.

DIAPERS

Agency	Address	Fees	Notes
Giving Diapers, Giving Hope	Apply online www.givingdiapersgivinghope.org	FREE	FREE cloth diapers for qualifying families. \$35 shipping charge, no other fees.
Catholic Community Services	1464 W 6 th , Eug 1025 G St. Spfd	FREE	Stop by to check on availability. M-F 9am-4:30pm
Trillium / OHP Diaper Assistance	Contact pediatrician	FREE	For children 3 and older with a developmental disability. Request prescription from doctor.

BASIC NEEDS

Agency	Phone	Address	Fees	Notes
St. Vincent de Paul	689-6747	456 Hwy 99, Eug	FREE	Furniture and other household goods
Catholic Community Services	345-3628	1464 W 6 th , Eug 1025 G St. Spfd	FREE	Clothing, computers, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
Brattain House	744-6769	1030 G St, Spfd	FREE	School Supplies k-12
Hosea Youth Services	344-5583	834 Monroe, Eug	FREE	For youth 22 and under. Showers, food, laundry, hygiene, clothing. MWF 3-6:30, dinner at 5pm.
F.I.S.H. St. Mary's Church	689-9750	440 Maxwell Rd, Eug	FREE	Propane, prescriptions. 1 food box / month. Call 10 – 2:30 to request food box.
Home Starter Kit Church of the Resurrection	686-8462	3925 Hilyard, Eug	FREE	For people were homeless and are moving into a new home. Household items, hygiene products, etc. Service provider applies at: https://resurrectioneugene.org Select OUTREACH, then select HSK OUTSTANDING REQUESTS. Go to HOME STARTER AGENCIES. Print app, fill it out with client, and mail / deliver.
Community Sharing Program	942-2176 942-0142 (hotline)	1245 Birch Ave, Cottage Grove	FREE	Serves low-income residents of south Lane County. Food boxes, rental / utility assistance, emergency shelter, limited medical/dental/prescription. Mon-Fri, 11-3:30.
Emerald Comm. Services	683-4169	90 Lawrence St, Eug	FREE	Clothing, household goods, food boxes, special needs referrals for people in need.

ENERGY ASSISTANCE

Agency	Phone	Address	Fees	Notes
Ebbert Memorial Methodist Church	746-3513	532 C Street, Spfd	FREE	M-Th 8am-1pm. Need a shut-off notice. Can offer \$25, but client must be able to pay balance. SUB only.
Catholic Community Services	747-8349	1464 W 6 th Eug 1025 G St., Spfd	FREE	Call to enroll in LIHEAP, EWEB, SUB, NW Natural and Pacific Power assistance programs
EWEB - Starting in October, call 541-345-3642 on the first business day of the month after 9:00 a.m. to add your name to the waiting list. LIHEAP – call the above number on the first of each month starting at 9 a.m. SUB (Springfield Utility Board) – customers with past due bills can call the above number on Mondays starting at 9am				

FINANCIAL ASSISTANCE

Agency	Phone	Address	Fees	Notes
TANF (DHS)	686-7878 EUG 726-3525 SPFD	2885 Chad Dr, Eug 101 30 th St. Spfd	FREE	Administered by DHS Monthly income must be below \$506
DV Grant (DHS)	686-7878 (Eug) 726-6644 (Spfd)	2885 Chad Dr, Eug 101 30 th St. Spfd	FREE	Financial assistance for women feeling a domestic violence situation.

TELEPHONE ASSISTANCE

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

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FOOD/NUTRITION

Agency	Phone	Address	Fees	Notes
SNAP (food stamps)	800-723-3638		FREE	Apply in person or at www.apps.state.or.us/onlineApplication
WIC Women Infants and Children	682-4202	151 W 7 th Ave Rm 210 Eug	FREE	Food for pregnant and breast-feeding women, & children under 5. <i>Mon 8am - 6:30pm, T-F 8am - 4:30pm</i>
Nutrition Education Program	344-0249	950 W 13 th Ave, Eug	FREE	M-F 8-5. Program that teaches low income people basic nutrition, food prep, food safety, and food shopping skills.

FOOD BOXES/PANTRIES EUGENE

Agency	Phone	Address	Fees	Notes
Catholic Community Services	747-6229	1464 W 6 th , Eug	FREE	M, W, F 9am-1pm
Salvation Army - Eugene	343-3328	640 W 7 th Ave, Eug	FREE	M-Th 9am-12pm and 1pm-3:30pm F 9am-12pm
St. Vincent de Paul	689-6747	456 Hwy 99, Eug	FREE	T, Th, F 10am-2pm
Daily Bread	344-3380 x32	89780 N Game Farm Rd Eug	FREE	T, Th 1pm-4pm
F.I.S.H. St. Mary's Church	689-9750	13th and Pearl, Eug	FREE	1 food box / month. Call between 10am – 2:30pm to request food box.
Pray Big Food Pantry St. Matthew's Church	689-4010	4110 River Rd, Eug	FREE	Mobile Food Pantry. Last Sat of the month, 10-11:30am
Bethel Food Pantry	688-9085	4445 Royal Ave, Eug	FREE	2 nd and 4 th Saturday of the month, 9:30am-12:00pm
Eugene Faith Center Pantry	N/A	W. 13 th Ave, Eug	FREE	2 nd and 4 th Thursday of the month, 2pm-6pm
Larry Collins Memorial Pantry	688-2027	255 Maxwell Rd, Eug	FREE	2 nd and 4 th Saturday of the month, 10am-12am
Food for Lane County	343-2822	770 Bailey Hill Rd, Eug	FREE	Call for locations / see list at www.foodforlanecounty.org

FOOD BOXES/PANTRIES SPRINGFIELD

Agency	Phone	Address	Fees	Notes
Catholic Community Services	747-6229	1025 G St, Spfd	FREE	W, F, Sa 9am-1pm
Salvation Army	747-6229	1275 Mill Spfd	FREE	M-Th 9am-2pm, F 9am-11am
St. John's Food Pantry	746-3322	2537 Game Farm Rd, Spfd	FREE	2 nd and 4 th Saturday of the month, 9am-12pm
Crossfire Hands of Hope	686-3473	942 28th Spfd	FREE	Th 1pm-6pm
Springfield Community Center	747-0221	1025 G St, Spfd	FREE	M, W, F 11:30am-3pm. Serves area east of Pioneer Pkwy.
Emerald Community Center	342-3642	439 W 1st Ave, Eug	FREE	T 10am-1:30pm.
Food for Lane County	343-2822	770 Bailey Hill Rd, Eug	FREE	Call / see list at www.foodforlanecounty.org

MEAL SITES

Agency	Phone	Address	Fees	Notes
The Dining Room	343-2822	270 W 8 th Ave, Eug	FREE	M, T, W, Th 4pm-6:30pm.
Eugene Mission	344-3251	1542 W 1 st St, Eug	FREE	(Men)- M-Sa 6am, 12:30pm, 7pm Su 9am and 5pm. (Women)- M-Sa 6:15am, 11:15pm, 4:45pm Su 9:15am, 4pm
Eugene Service Station	461-8688	450 Hwy 99, Eug	FREE	N/A
St Mary's	343-9253	13 th and Pearl, Eug	FREE	Breakfast 2 nd and 4 th Sa 9:30
Crossfire/Field of Dreams		Washington St park, Eug	FREE	Sa 10:30am-2pm (or until food is gone).
St Matthew's Church	689-4010	4110 River Rd, Eug	FREE	T 6pm-7pm. Soup kitchen Tuesday evenings.

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BREASTFEEDING SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Daisy Chain	505-1139	1244 Lawrence, Eug	FREE		24-hour support, home visits, support group, workshops, thrift store. drop ins, Open F 2pm-5pm.
La Leche League	744-6055 (Help Line)		FREE		Breastfeeding support line
WIC (Women, Infants, and Children)	682-4202	151 W 7th Ave., Rm 210, Eug	FREE	YES	Breast pumps available. M 8am-6:30pm, T-F 8am- 4:30pm
McKenzie-Willamette Lactation Consultation	726-4471	1460 G. St., Spfd	\$15 / class, scholarships		Phone consultation. Breast-feeding classes and assistance.
Nutrition Education Program (OSU Lane Extension)	682-4281	950 W 13 th Ave, Eug	FREE		M-F 8am-5pm. Teaches basic nutrition, food prep, food safety, and food shopping skills.
Baby Connection	484-5316	86 Centennial Lp, Eug	FREE		Drop-in clinic for parents of new babies. Baby weigh-in, breastfeeding support.

DOULA SERVICES (LOW COST)

Agency	Phone	Address	Fees	Spanish	Notes
Daisy Chain	505-1139	1244 Lawrence, Eug	FREE		Post-partum doulas. 24-hour support, home visits.
Corrinne Kaleese	914-9975	on Facebook under Rainbow Bridge Doula Services	Sliding Scale	YES	Prenatal, birth and postpartum support.
Doulas of Lane County	485-9430	www.doulaseugene.weebly.com For listing of local doulas	Varies		T-Sa 11am-4pm. Free initial interview.

PRENATAL/BABY CARE

Agency	Phone	Address	Fees	Notes
Lane County Prenatal Clinic	682-3926	135 E 6 th Ave, Eug		M-Th 8am-4:30pm. OHP enroll. assistance. Info, referrals, prenatal vitamins. Serves all languages.
Baby Connection	484-5316	86 Centennial Lp, Eug	FREE	Drop-in Wed 11am-12pm for parents of new babies. Baby weigh-in, breastfeeding support.
McKenzie Willamette/ Women's Health / Birth	726-4471 741-4649	1460 G St, Spfd	FREE	Birthing / breastfeeding classes, doctor referrals for pregnant women, OHP enrollment help
Open Adoption & Family Services	343-4825	315 W 10 th , Eug	FREE	Options counseling for pregnant / parenting women, partners. Arranges open adoptions.
Post-Partum Support International	231-4343 337-4960			Email / phone support, referrals for post-partum services.
Maternal/Child Health Program	682-4041	135 E 6 th Ave, Eug	FREE	Education/support for expectant parents and parents of children age 0-5.
Sacred Heart Pregnancy and Parenting Education	686-7074	677 E 12 th Ave Ste 530, Eug	\$0-60 / class sliding scale, scholarships	Pregnancy / parent education, prenatal yoga. breastfeeding, birth center tours, new infant care
McKenzie-Willamette Medical Center	741-4649	1460 G St, Spfd	\$60-65 sliding scale class fee	Childbirth prep, breast feeding, and childbirth refresher classes. Monthly tours of birth center.

CAR SEATS

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

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TRANSPORTATION

Agency	Phone	Address	Fees	Notes
RideSource	682-5566	240 Garfield St, Eug	FREE	For people who cannot ride the LTD bus due to disability / other circumstances.
LTD Half / Free Fare Programs	687-5555	1080 Willamette, Eug	\$3 for bus card	Half-fare for people with disabilities. FREE fare to adults 65 years or older.
Catholic Community Services	345-3628	1464 W 6 th Eug 1025 G St., Spfd	FREE	Day bus passes.

LOW COST PET SERVICES

Agency	Phone	Address	Fees	Notes
Community Veterinary Center	636-3324	470 Hwy. 99, Eug	Basic exam: \$25	Proof of income required. No spay / neuter services. Call for hours.
Pro Bone-O	607-8089	http://proboneo.org	FREE	Free vet, food & supplies for homeless
Willamette Animal Guild	345-3566	3045 Royal Ave, Eug	\$40 - \$90	Spay Neuter Clinic
S.P.O.T. (Stop Pet Overpopulation Today)	485-7768	www.spotspayneuter.org	FREE	Financial assistance for spay / neuter
Humane Society	689-1503	3970 1 st Ave and 88530 Green Hill Rd, Eug	FREE	Call first. They will keep animals until adopted unless animal is ill.
Helping Animals Living Outdoors	302-6279		FREE	For pets of homeless / low income. Food, immunizations, de-worming. Free spay / neuter for pets of the homeless.
Catholic Community Service	345-3642		FREE	Food for pets of the homeless

VISION CARE

Agency	Phone	Address	Fees	Notes
White Bird	484-4800	341 E 12 th , Eug	FREE	Eye exam / glasses. Come into the clinic to apply, M-F 9-3:30, 3-4 month wait
Lion's Eyeglass Assistance	971-270-0203	lionsclubreferrals@olshf.org	FREE	Eye exam / glasses. Call or email to schedule

PERScription ASSISTANCE

Agency	Phone	Address	Fees	Notes
Oregon Prescription Drug Discount Program	800-913-4146	www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx		20-50% off prescription drugs. Apply online or by phone.
Catholic Community Services	747-6229	1464 W 6 th , Eug 1025 G Street Spfd		One-time prescription payment assistance
Volunteers in Medicine	685-1800	2260 Marcola Rd, Spfd		M 9-12 1:30-8:30, T 1:30-5 5:30-8:30, Th 9-12 1:30-5, F 9-1. For moderate income uninsured.

DENTAL

Agency	Phone	Address	Fees	Spanish	Notes
Dental Clinic (LCC)	463-5206	4000 E 30th Ave, Bldg. 4 Rm 108, Eug	Low cost		Exams, X-Rays, cleaning, fluoride, and sealants. No fillings / surgery. Mostly for adults, some services for children.
Community Health Centers of Lane County	682-3550	Call for locations	OHP, private ins., sliding scale	YES	Dental prevention program. No walk in. OHP Enrollment assistance
White Bird	342-8255	1400 Mill St., Eug	OHP, sliding Scale, Medicaid		Dental walk-in clinic. T 8am-7pm, W 8am-5pm, Th-F 8am-12pm
Children's Dental Center	687-3232	1850 Bailey Hill Rd, Eug	FREE		Dental for uninsured school-aged children. Referrals made through school nurse.

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MEDICAL

Agency	Phone	Address	Fees	Spanish	Notes
Trillium Member Services	485-2155		FREE		Members can call this number to change physicians.
White Bird	342-8255	1400 Mill St., Eug	OHP Sliding Scale Medicaid		Medical / dental walk-in clinic. OHP enrollment assistance. FREE eye exam / glasses. T 8am-7pm, W 8am-5pm, Th-F 8am-12pm
Volunteers in Medicine	685-1800	2260 Marcola Rd, Spfd	FREE		For low-income adults without insurance, or those enrolled in OHP but without a provider. Medical / mental health / prescription.
Riverstone Health Clinic	682-3550 747-3426	1640 G St, Spfd	OHP, some insurance, \$20-60 sliding scale	YES	Child/adult health services, OHP applications, homeless youth health
Community Health Centers of Lane County	682-3550 682-3585 (Enrollment assistance)	Call for locations	OHP Sliding scale, Private ins.	YES	Medical, prenatal, family planning, pediatrics, family medicine, behavioral health, prescriptions. No walk in. OHP Enrollment assistance
Lane County Public Health	682-4041	151 W 7th Ave. Room 310, Eug	OHP, Sliding scale, some ins		STD testing, vaccinations by appt. No walk ins.
Occupy Medical	316-5743	Downtown Eugene, 8th & Oak	FREE		Every Sunday 10am-4pm. Need to sign up by 1 to ensure a spot.
Rapid Access Center	762-4300	195 W. 12 th , Eug	OHP only		Same-day walk-in medical, behavioral health and addiction services.
Acupuncture for the People	521-6285	2833 Willamette St Suite B, Eug			T, Th 9:30am-1pm M, W, F 1:30pm-5pm. Licensed Acupuncturist servicing homeless youth
Healthy Tomorrows (Peace Health)	687-6242		Free if not eligible for OHP	YES	M, T, Th 1-4:40 W, F 9am-12pm. Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
HIV Alliance	342-5088	1966 Garden Ave, Eug			HIV / Hepatitis test, health / dental care, case management, housing support, social events, meals, financial assistance.
Homeless Youth Clinic	686-4310	941 W 7 th Ave, Eug			MWF 8:30, 4:45, Tu 8:30-6:45, Th 10:30-6:45. Medical care for youth 11-21 (parent permission required for under age 16). STI / HIV testing.
Ask-a-Nurse	686-7000		Call 24 hrs a day for free, confidential health-care information and referrals.		
Poison Control Hotline	800-222-1222		24/7 hotline for questions / emergencies regarding poisons.		

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DISABILITIES-CHILD

Agency	Phone	Address	Fees	Spanish	Notes
EC CARES	346-2578 346-6189 (Fax)	299 E 18 th Eug	FREE	YES	Support for children with developmental delays
Child Development & Rehabilitation Center (CDRC)	346-3575 800-637-0700	901 E 18 th Eug	OHP / private insurance		Provides services to children with special health care needs and developmental disabilities.
Direction Services	686-5060 IEP Advocacy 344-7303 counseling center	3411 Willamette St. Suite A, Eug	OHP / private pay for counseling	Not at this time	Support for families with disabled children birth – 22 years. Advocacy for school age children with IEP's (or transitioning from IFSP to IEP).
Lane Co. Developmental Disabilities Services	682-6564	125 E. 8 th Ave, Eug	FREE		Case management, in-home support, consultation, equipment for children with developmental disabilities.
Connect the Dots	255-2681	84 Centennial Loop, Eug	OHP (trillium) / private ins		Speech therapy, occupational therapy for: feeding issues, develop. delays, sensory integration, Autism, ADD, Birth defects
Early Education Program	485-0368	99 W. 10 th Ave, #340, Eug		YES	Preschool for kids with and without special needs age 3-5
The ARC of Lane County	343-5256	4181 E. St, Spfd	Respite: \$10 for 1st child, \$5 for next. Paid by DD Services K plan		Respite for kids w/ disabilities. One Saturday / month 10:00-4 for kids age 2-21 After school program, community events.
Oregon Family Support Network	342-2876 or 800-323-8521	72 A Centennial Loop, Eug	FREE for most services	YES	Parenting classes, support groups, respite, events for families with children under 21 with emotional / behavioral challenges.
RideAble	684-4623	85230 Hicks Lane, Eug	Varies		Horsemanship classes for special needs children, teens and adults. Essential life skills are developed through riding.
Lane County Public Health CaCoon	682-4041	125 E 8th Ave, Eug			Public Health nurse supports families with special needs kids
RISE	503-371-3001	Some providers in Lane Co.			In-home support for kids with disabilities, especially with serious behavioral issues.
Bridgeway House	345-0805	37770 Upper Camp Creek Rd, Spfd			Treatment, support groups, classes, advocacy, social events for families affected by autism. No respite. MWF 10-1
KindTree.org	521-7208		Varies. Scholarship		Support, activities, camp and skills training for people with Autism (all ages).
Autism Society of Oregon	689-2228 521-7208		FREE		Resource referrals for individuals with autism spectrum disorder and their families.

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DIASBILITES- ADULT

Agency	Phone	Address	Fees	Notes
Lane County Developmental Disabilities Services	682-3695	125 E. 8 th Ave, Eug	FREE	Support services for children and adults with developmental disabilities
Pearl Buck Center	484-4666	3690 W 1 st Ave, Eug	FREE	Preschool for children age 2-5 whose parents have cognitive limitations.
Senior and Disabled Services	682-4038	1015 Willamette Street, Eug	FREE	Service coordination and advocacy for anyone with a disability in Lane County (and seniors).
Social Security Office	800-772-1213	2504 Oakmont Way, Eug	FREE	M, T, TH, F 9:00-3:00, W 9:00-12:00 Stop in or apply online for benefits.
Supported Employment Services	687-0687	711 Country Club Rd, Suite 1-A, Eug	FREE	For adults with disabilities
Lane WorkForce Partnership	686-7904 or 686-7521	2510 Oakmont Way, Eug	FREE	Employment support for adults with disabilities
RideSource	682-5566	240 Garfield St, Eug		For people who cannot ride the LTD bus due to disability / other circumstances.
Vocational Rehab (DHS)	686-7878 EUG 726-3525 SPFD	2885 Chad Dr, Eug 101 30 th Spfd	FREE	Skills training and job placement for disabled adults
RideAble	684-4623	85230 Hicks Lane, Eug	Varies	Horsemanship classes for people with special needs. Life skills developed through riding.
KindTree.org	521-7208		Varies. scholarship	Support, activities and skills training for people with Autism (all ages).
Autism Society of Oregon, Lane County	689-2228 521-7208			Provides resources for people with autism spectrum disorder and their families.
Self Help for Hard of Hearing People (SHHH)	345-9432 TTY:345-9432	2580 Hilyard St, Eug	FREE	Monthly meetings 2 nd Thursday of every month. Monthly newsletter.

FOSTER PARENT SUPPORT

Agency	Phone	Address	Fees	Notes
Foster Parent Support Group	515-9951		FREE	Call for location / times.
Oregon Foster Parent Association	888-544-3402	410 Mill St #366, Salem		
Relatives as Parents Program (RAPP)	682-3353	1015 Willamette St, Eug	FREE	Financial assistance for relatives 55 and over who are raising a child. No income eligibility required. Official adoption or guardianship not required

CHILD CARE/ EARLY EDUCATION

Agency	Phone	Address	Fees	Spanish	Notes
Relief Nursery Therapeutic Preschool	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Eug 850 S. 42 nd , Spfd	FREE	YES	For qualifying children 2-6 years old. 2 days a week, 3 hours a day.
Head Start	747-2425	Various locations for preschools	FREE	YES	Preschool program for children birth-5
Early Education Program (EEP)	485-0368	Various locations	FREE for children with dev. delays. \$55-185 for non-delayed	YES	Preschool for children with special needs and typically developing children age 3-5
211 Child Care Referrals	dial 211 text children to 898211 or visit www.211info.org		FREE	YES	Referrals to local child care providers (formerly administered by Family Connections)

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PARENT EDUCATION/SUPPORT

Agency	Phone	Address	Fees	Spanish	Notes
Relief Nursery Outreach Services	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Eug 850 S. 42 nd , Spfd	FREE for qualifying families	YES	Home visiting, parenting support, resource referral, developmental screenings, respite care.
Relief Nursery Parenting Classes	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Eug 850 S. 42 nd , Spfd	FREE for RN Clients	YES	Classes in English and Spanish. Childcare / transportation provided.
Relief Nursery Parents for Recovery group	343-9706 EUG 485-0007 SPFD	1720 W. 25 th Eug 850 S. 42 nd , Spfd	FREE	Not at this time	Support group for parents in recovery for drug and alcohol addiction.
Healthy Families	682-7425	850 S. 42 nd , Spfd & 86 Centennial Loop, Eug	FREE	YES	Home visiting support for qualifying parents
Parenting Now	484-5316	86 Centennial Loop, Eug	Varies. Scholarships available.	YES	Classes and support groups for parents of children ages 0-8. Also, parenting class for teenage parents.
Family Support & Connections (Catholic Com)	345-3628 x311	1464 W 6 th , Eug 1025 G St Spfd	FREE		Home visiting, support connecting with resources, goal planning.
Young Fathers Program (Catholic Com)	345-3628 x311	1464 W 6 th , Eug 1025 G St Spfd	FREE		Weekly support group run by men, parent education and options to anger curriculum
Oregon Family Support Network	342-2876 or 800-323-8521	72 A Centennial Loop, Eug	FREE for most services	YES	Parenting classes, support groups, respite, events for families with children under 21 with emotional / behavioral challenges.
Maternal/Child Health Program	687-4013	135 E 6 th Ave, Eug	FREE		In-home parent education and support.
A Family for Every Child	343-2856	1675 W 11 th Eug	FREE		Support group for foster & adoptive families. Scheduled by appointment, please call.
Focus on Children	682-2070	777 High St, Ste 100, Eug	\$60 / parent, ½ price if on SNAP		Parenting class for parents who are getting divorced
Saturday Circus (LCC)	463-5234	1059 Willamette St., Eug			Parenting Class
Oregon Community Programs - OSLC	485-2711	1170 Pearl St. Eug	OHP		Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Managing Life with Teens (Dept of Youth Services)	682-4712	2411 Centennial Blvd, Eug	FREE		8-10 classes/series for parents of "acting out" adolescents. Offered three times per year.
Direction Services	686-5060	3875 Kincaid St #18, Eug	OHP / private pay for counseling	Not at this time	Serves children with physical/ mental/ emotional disabilities. Helps parents decide what services are best for their situation.
Twins and Beyond	234-6299	2910 Garfield St, Eug			Moral support to/from parents of multiples, monthly meetings, social events, newsletter.
Parents Without Partners	342-4090	Elks Lodge at 2727 Centennial Blvd, Eug	\$30 per year		Orientation every Thurs 6:30pm. Support group for single parents and their children. Activities, discussion groups, educational topics.
Springfield Child Abuse Resources (SCAR)	747-1235	1030 G Street, Spfd			Provides info on child abuse, special projects for abused children, outpatient mental health treatment program.
Parent Helpline	211 x5	Child development specialist will answer questions from parents with children 0-8			

Community Resource Guide

Updated November 2016

ACTIVITIES FOR CHILDREN- EUGENE

Agency	Phone	Address	Fees	Notes
Eugene Public Library	682-8316	100 W. 10th 1990 Echo Hollow Rd 1566 Coburg Rd	FREE	Weekly story times. See website for current information. Click on Kids then Events.
Eugene Parks and Recreation	682-5333	Various locations	Varies	Fitness, enrichment classes, camps, child care
LaneKids.org	www.lanekids.org/events/ Calendar of local events for children in Lane County.			
Go Mom Go	www.gomomgoeugene.com/ Calendar of local events for children in Lane County.			

ACTIVITIES FOR CHILDREN- SPRINGFIELD

Agency	Phone	Address	Fees	Notes
Springfield Public Library	726-3766	225 N 5th St, Spfd	FREE	Storytime every W & T at 10am. Check the website for a current calendar.
Brattain House Play Groups	744-6769	1030 G St, Spfd	FREE	Drop in play group for parents and kids age 0-5. T, Th 10-11:30 am. W, F 8:30-10 am. Call for various locations.
Willamalane Parks and Recreation	736-4544	250 S. 32 nd , Spfd	Scholarships with proof of address & OHP / SNAP	Fitness and enrichment classes, camps and child care
LaneKids.org	www.lanekids.org/events/ Calendar of local events for children in Lane County.			
Go Mom Go	www.gomomgoeugene.com/ Calendar of local events for children in Lane County.			

LGBTQA

Agency	Phone	Address	Fees	Notes
UOUT (U of O)			FREE	Informs, engages, and connects UO LBTQIA community at http://lgtb.uoregon.edu/Home.aspx
LGBTQA Weekly Drop In at SASS	484-9791 x321		FREE	Weekly drop-in support group for LGBTQA survivors of sexual assault, abuse, or harassment. Screening interview required.
LCC Queer Straight Alliance	463-5331		FREE	Meeting times change every term, email laneqa@googlegroups.com .
Interweave	225-8696	1685 W 13 th Ave, Eug	FREE	National group. Unitarian Universalist LGBTQI / allies.
TransPonder		4325 Daisy St, Spfd	FREE	Trans gathering 2 nd Saturday of every month, 3-6 pm. R.S.V.P. transponder.together@gmail.com
Basic Rights Oregon	503-222-6151		FREE	Works to ensure that all lesbian, gay, bisexual and transgender Oregonians experience equality.
Lesbian Gay Law Student Association	346-1134		FREE	Info / support group, social events, opportunities to talk with lesbian / gay attorneys.
LGBTQ Youth Group	302-4422	Amazon Com. Center, 2700 Hiliard St Eug	FREE	13-18 yrs. Drop-in, adult-facilitated. Support, info, fun, snacks. Confidential.
LYRIC Youth Talk Line		800-246-PRIDE	M-Sa 12pm-5pm. A peer talk line for LGBTQ youth 23 and under.	
GLBT National Hotline		888-843-4564	M-F 4pm-12am Saturday 12pm-5pm	
Lambda National Hate Crime Hotline		206-350-4283		
National Gay & Lesbian Youth Hotline		800-347-8336	Weekend Nights Only	
GLBT Youth Support Line		800-850-8078		
The National Suicide Prevention Lifeline		800-273-TALK		
GLBT National Hotline		888-843-4564		

RESOURCE REFERRALS

Agency	Phone	Web Address	Notes
LANE 211	211	211info.org	Phone / website / app for free, confidential resource referrals to over 50,000 programs.