



# Relief Nursery

## Community Resource Guide

Available online at: <https://reliefnursery.org/families/>

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

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Please share this free guide with anyone who might benefit or be interested.

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

## Relief Nursery

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

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



# Community Resource Guide

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The Relief Nursery Resource Guide is available online at:

[www.reliefnursery.org/resource-guide/](http://www.reliefnursery.org/resource-guide/)

*Check out these other helpful resource navigation tools in our community!*

### AbleFind

Online searchable database for disability services in Oregon.

<https://ablefind.uoregon.edu/>

### Parenting Now Resource Guide

Printable pdf and a searchable online directory of services for families in Lane County.

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

### The HELP Book

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

Download a pdf or view online:

<https://whitebirdclinic.org/help>

### The Lane Senior Guide

Comprehensive directory of services for seniors.

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

### Transponder Resource Directory

Trans & gender diverse friendly resources.

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

### 15th Night Resource Guide

Organizations in Lane County that work with youth facing challenges. English and Spanish.

<https://www.15thnight.org/resource-guide>

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

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## CRISIS HOTLINES AND HELPLINES

**If someone is an imminent danger to themselves or others – call 911.**

◆ = los servicios están disponibles en español. ◆ = services are available in Spanish.

Agency	Contact	Notes
Behavioral Health Resource Network (BHRN) Hotline	<b>800-422-2595</b> 24/7 hotline	A group of local organizations working to provide low barrier access to Substance Use Disorder treatment. Call the hotline for help with assessment, outpatient treatment, employment and housing assistance, peer support, medication for substance use disorders, psychiatric support, syringe exchange, and STI testing.
◆ <a href="#">CAHOOTS</a> - Crisis Assistance Helping Out on the Streets	<b>541-726-3714</b> <b>Springfield only</b>	EMT staffed crisis response and transportation to social services for people experiencing a mental health crisis. Not for violent or life-threatening emergencies. <b>** As of 4/7/2025, CAHOOTS services are no longer available in the City of Eugene.</b>
<a href="#">Call Blackline</a>	<b>1-800-604-5841</b> Also available as an app in the App Store and Google Play	Peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folks who are most impacted by systematic oppression. Call BlackLine® prioritizes BIPOC (Black, Indigenous, and People of Color).
<a href="#">CARE Program</a> <a href="#">Confederated Tribes of Siletz Indians</a>	<b>541-444-9680</b> (hotline and office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals. Serving Lane and Lincoln Counties.
◆ <a href="#">Crisis Text Line</a> <a href="#">Línea de texto de crisis</a>	Text "HOME" to <b>741741</b> Envía un texto con la palabra AYUDA al <b>741741</b>	Connect with a volunteer Crisis Counselor 24 hours a day, 7 days a week. Comunicarte con un consejero de crisis voluntario las 24 horas del día, los 7 días de la semana.
◆ <a href="#">Looking Glass Youth Hotline</a>	<b>541-689-3111</b> Crisis Line	24-hour, 7 day-a-week crisis lines <u>for parents</u> of children up to age 24 to call when their child is having an immediate mental health, emotional, or behavioral crisis
<a href="#">Mobile Crisis Services of Lane County</a>	<b>Call or text 988 or Call 541-682-1001</b>	Peer specialists, case managers, and mental health professionals work with anyone in Lane County over the age of 18. MCS-LC is mobile and able to meet individuals in the community wherever they may be.
◆ <a href="#">National Suicide Prevention Hotline</a>	<b>988</b>	Free, confidential support 24/7. TTY Users: Use preferred relay service or dial 711 then 988. Para comunicarse con un consejero que habla español, marque 988 y luego presione 2. Para enviar un mensaje de texto a un consejero que habla español, envíe la palabra AYUDA al 988.
◆ <a href="#">One Thing You Can Do - Oregon</a>	Information about Oregon's Extreme Risk Protection Orders that temporarily restrict a person's access to guns if they are a risk to themselves or others. Información en español: <a href="https://onethingyoucando.org/wp-content/uploads/2024/01/OTYCD-OR-ERPO-121223_ES.pdf">https://onethingyoucando.org/wp-content/uploads/2024/01/OTYCD-OR-ERPO-121223_ES.pdf</a>	
◆ <a href="#">The Trevor Project Lifeline</a>	<b>1-866-488-7386</b> or Text START to <b>678678</b> <b>Español: 1-866-488-7386</b> o Envía un texto con la palabra COMENZAR al <b>67676</b>	24/7 lifeline for LGBTQ youth age 24 and under who are in crisis, feeling suicidal, or in need of a safe, judgment-free place to talk. Online chat at <a href="http://thetrevorproject.org">thetrevorproject.org</a> Línea de vida las 24 horas del día, los 7 días de la semana para jóvenes LGBTQ menores de 24 años que están en crisis, se sienten suicidas o necesitan un lugar seguro y libre de juicios para hablar. Chat en línea en <a href="http://thetrevorproject.org">thetrevorproject.org</a>
◆ <a href="#">Veterans Crisis Hotline</a> <a href="#">La Línea de Crisis para Veteranos</a>	<b>988</b> then press <b>1</b> or Text: <b>838255</b>	Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, their family members & friends. Apoyo gratuito y confidencial las 24 horas del día, los 7 días de la semana para todos los veteranos, miembros del servicio, Guardia Nacional y Reserva, sus familiares y amigos.
<a href="#">Western Lane Crisis Response</a>	<b>541-997-3515</b>	Responds to emergencies in the greater Florence area (including Dune City, Mapleton, SwissHome & Deadwood). Emotional support, assessment, community resources and follow up to help community members navigate unexpected traumatic situations and mental health crises.
◆ <a href="#">White Bird Clinic Crisis Services</a>	<b>541-687-4000</b> - Crisis Line 990 W 7 <sup>th</sup> Ave, Eugene	24/7 mental health crisis line and walk-in crisis intervention. Línea de crisis de salud mental las 24 horas del día, los 7 días de la semana e intervención de crisis sin cita previa.
◆ <a href="#">Lines for Life</a> - Free, confidential, anonymous.		
<a href="#">MENTAL HEALTH and CRISIS SUPPORT</a> Call <b>988</b> En Español: <b>1-888-628-9454</b>	<a href="#">RACIAL EQUITY SUPPORT LINE</a> <b>503-575-3764</b> Mon-Fri, 10am-7pm	<a href="#">YOUTHLINE</a> <b>877-968-8491</b> Text teen2teen to 839863 For 21 and younger
<a href="#">SENIOR LONELINESS LINE</a> <b>503-200-1633</b> For adults 55+ 5:30am-11:30pm	<a href="#">MILITARY HELPLINE</a> <b>888-457-4838</b> Text MIL1 to 839863 Mon-Fri, 2-6pm	<a href="#">ALCOHOL &amp; DRUG HELPLINE</a> <b>800-923-4357</b> Text RecoveryNow to 839863 Mon-Fri, 2-6pm

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# Community Resource Guide

Updated 4/3/2026

## CHILD & YOUTH MENTAL HEALTH SERVICES

LaneCare helps people with OHP connect with mental health providers. Trillium members, call <b>541-485-2155</b> . Pacific Source members, call <b>541-330-2507</b> .				
Agency	Contact	Español	Fees	Notes
<a href="#">4J School Based Health Centers</a>	Churchill High School 1850 Bailey Hill, Eugene <b>541-790-5227</b> North Eugene High 250 Silver Lane, Eugene <b>541-790-4445</b>	Interpreter	OHP / private insurance / FREE	Counseling for depression, anxiety, anger, attention and focusing challenges, family stress, attention and focusing issues, and referrals for substance abuse. Health services for illness, injury, physicals, reproductive health, and immunizations. For 4J students 19 and under.
<a href="#">Bethel Health Center</a>	1525 Echo Hollow Rd, Eugene <b>541-607-1430</b>	Interpreter	OHP, private insurance, sliding scale	Comprehensive health and mental health services for students of Bethel School District age 5-19.
<a href="#">Bridges Community Health</a>	<b>541-255-1411</b> 1599 Oak Street, Eugene 210 South 5th Street, Cottage Grove		Trillium, Pacific Source, some other insurance	Bridges Community Health offers a variety of mental health services including psychiatric medication management, individual, family and couples therapy.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>	Spanish services not available	OHP, Private Insurance, & Cash Pay	Individual, couples, family, play therapy, neurofeedback, DV intervention. Parenting After Crisis 15-week class. English and Spanish anger management classes.
<a href="#">Care Solace</a>	Call <b>888-515-0595</b> or visit the website	Interpreter	FREE	24/7/365 mental health care coordination service for Eugene School District 4J staff, students & their families. Call to be matched with a provider, or do your own search on the website: <a href="https://caresolace.com/site/eugene">https://caresolace.com/site/eugene</a>
<a href="#">Center for Family Development</a>	1258 High St. Eugene <b>541-342-4837</b>	◆	OHP, private insurance, sliding scale	Walk-in assessments, child therapy, behavioral support, groups & classes for depression, yoga, pain management, Dialectical Behavioral Therapy (DBT).
<a href="#">Child &amp; Family Center (HEDCO Clinic)</a>	1655 Alder St., Suite 170, Eugene <b>541-346-0923</b>		Sliding scale	Family assessment, counseling, parenting support for families with children ages 2-17.
<a href="#">Child Development &amp; Rehabilitation Center</a>	901 E 18 <sup>th</sup> Ave, Eugene <b>541-346-3575</b>	◆	OHP / private insurance	Services for children with special health care needs and developmental disabilities.
<a href="#">Direction Service</a>	576 Olive St, #307, Eugene <b>541-344-7303</b>	Some services	OHP / private insurance	A full range of mental health services for children, adolescents, families and adults.
<a href="#">Early Assessment &amp; Support Alliance (EASA)</a>	1200 Hilyard St, #570, Eugene <b>458-205-7070</b>	Interpreter	OHP / private ins / no ins	Counseling, case management, peer support specialists, employment / educational support, for qualifying youth ages 12-29 experiencing psychosis.
<a href="#">Eugene Therapy</a>	401 East 10th Avenue, # 330, Eugene <b>541-868-2004</b> <a href="mailto:info@eugenetherapy.com">info@eugenetherapy.com</a>		Sliding scale, private insurance	Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
<a href="#">Fostering Strides</a>	31830 Nichols Ln, Cottage Grove <b>541-999-5428</b>	No Spanish. ASL available.	Sliding Scale, scholarship	Traditional and distance counseling, equine-assisted therapies, art therapy, play therapy.
<a href="#">Insight Northwest Recovery</a>	1776 Millrace Drive, suite 202, Eugene <b>541-203-0539</b> <a href="mailto:info@insightrecovery.com">info@insightrecovery.com</a> <a href="http://www.insightrecovery.com">www.insightrecovery.com</a>		OHP, other insurance, private pay	Intensive outpatient mental health treatment for ages 12 and older, including group therapy, individual counseling, psychiatry/medication management, family therapy, and peer support, offered both in person and online.
<a href="#">Jasper Mountain</a>	37875 Jasper-Lowell Rd, Jasper <b>541-747-1235</b>	◆ Bilingual staff & interpreter	OHP / private insurance	Intensive mental health treatment for ages 4-13. K-8 residential educational program and academic day treatment for children with psychiatric disorders.
<a href="#">Lane County Behavioral Health</a>	2411 Martin Luther King Blvd, Eugene <b>541-682-1915</b>	◆	OHP	Walk-in assessment, counseling and groups. Psychiatry, medication management.

See next page for more Child & Youth Mental Health Services

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## CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">Live. Grow. Share.</a>	1966 Garden Ave, Eugene <b>541-505-9190</b> <a href="http://www.livegrowshare.org">www.livegrowshare.org</a>	No	OHP	Peer-run behavioral health organization serving only the OHP population. Mental health therapy, individualized harm reduction, SUD treatment, skill building, case management, peer support, wrap around services for families, specialized programs for families involved in child welfare, unique peer programs like Equine-Assisted Peer Support, Mechanics Peer Support, and Outdoor Program. Women's trauma support group, reunification support group, Triple P Parenting.
<a href="#">Looking Glass Counseling</a>	260 E 11 <sup>th</sup> Ave, Eugene <b>541-484-4428</b>	◆ bilingual / bicultural receptionist & therapists	OHP	Residential & outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth. Alternative school.
<a href="#">Madrone Mental Health</a>	150 Shelton McMURPHEY Blvd, Eugene <b>541-210-8090</b>	◆	OHP / private insurance	Outpatient mental health services. Adult day treatment eating disorder program. Child, adolescent, and adult psychiatry.
<a href="#">Ophelia's Place</a>	1577 Pearl St. #100, Eugene <b>541-284-4333</b>	◆	FREE / sliding scale	Skill-building classes, strength-based therapy services for girls ages 10-18. After school drop in.
<a href="#">Oasis Mental Health, PC</a>	331 Goodpasture Island Rd (Suite 331, 2nd Floor) Eugene <b>541-636-9846</b>		Trillium OHP / Private Ins	Psychiatric evaluation and medication management for children and adults.
<a href="#">Options Counseling</a>	360 E 10th Ave Ste 450 Eugene <b>541-687-6983</b> 1445 8th Street, Florence <b>541-997-6261</b>	◆	OHP, some private insurance	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
<a href="#">Oregon Community Programs</a>	1170 Pearl St, Eugene <b>541-743-4340</b>	◆	OHP / Trillium	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care. Parent Child interactive Therapy.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	◆	FREE / GRATIS	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Virtual and in-person support groups. Assistance with IEP and 504 meetings. Online support group for families raising LGBTQ+ youth. Food pantry.
<a href="#">Oregon Healing Collective</a>	<a href="mailto:info@oregonhealingcollective.com">info@oregonhealingcollective.com</a> <b>541-968-4325</b>	◆	No insurance. \$90 / session Sliding scale	Strengths-based, trauma informed, social justice focused individual and relational therapy services for children age 3+ and adults.
<a href="#">Plaza de Nuestra Comunidad</a>	944 W 5th Ave, Eugene <b>541-687-2667</b>	◆ Todos los servicios	\$15-25 sliding scale / OHP	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation. Consejería en español. Grupos de jóvenes, mentores, de 7 a 16 años. Apoyo a la adicción. Navegación de servicios.
<a href="#">Rapid Access Center</a> (Willamette Family)	195 W. 12th, Eugene <b>541-762-4300</b>		OHP, private ins, sliding scale	Walk-in medical & behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults & teens.
<a href="#">Relief Nursery</a>	1720 W. 25th Ave, Eugene <b>541-343-9706</b> 850 S. 42nd, Springfield <b>541-343-9706</b>	◆ Todos los servicios disponibles en español	OHP	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.
<a href="#">Riverview Center for Growth</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	◆ Bilingual therapist	OHP	Assessment, counseling, psychiatric day treatment school, neurofeedback, EMDR, Collaborative Problem Solving, psychiatric nurse practitioners, medication management, youth and family peer support, 24/7 crisis support, Intensive In-Home Behavioral Health Treatment
<a href="#">Shangri-La</a>	398 High St, Eugene <b>541-344-1121</b>	Interpreter	OHP	Outpatient and residential services. Therapy, medication management, case management, peer support, groups. Age 14+

See next page for more Child & Youth Mental Health Services

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## CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">Safe Center</a> (Jasper Mountain)	89124 Marcola Rd, Springfield <b>541-741-7402</b>		OHP / private insurance	Residential treatment, ages 4-13. Length of stay is case dependent. If services are needed beyond 6-9 months, transfer is available to Jasper Mountain. Only for Oregon children.
<a href="#">South Lane Mental Health</a>	Main Office: 1345 Birch Ave, Cottage Grove <b>541-942-3939</b>	◆	OHP / sliding scale	Individual, family & child counseling, crisis response, med management, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14+. Supported housing and supported employment.
<a href="#">Springfield Schools Health Center</a>	1050 10th St., Springfield <b>541-682-3550</b>		Sliding scale / Free	Health and mental health services for Springfield District students and their families.
<a href="#">SWIFT Program</a> (Students with Involved Families & Teachers)	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b> <a href="mailto:swift@oslc.org">swift@oslc.org</a>		OHP	Strength-based behavioral health services for students & their families in school, home, & community settings.
<a href="#">Thrive Behavioral Health</a>	995 Willagillespie Rd, #200, Eugene <b>541-246-7263</b>		Most ins. No Trillium for psychiatrist	Treatment for children & adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
<a href="#">Young Adult Hub</a>	1200 Hilyard St, #570, Eugene <b>541-682-7583</b>	◆	OHP, private insurance, no ins.	Education, job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
<a href="#">Youth ERA</a> Eugene Drop	44 W. 7 <sup>th</sup> Ave, Eugene <b>971-334-9295</b> <a href="mailto:hello@youthera.org">hello@youthera.org</a>		FREE / GRATIS	A safe, welcoming, inclusive space where youth can receive peer support, gain leadership and advocacy skills, meet new people, and achieve their goals.

## ADULT MENTAL HEALTH SERVICES

LaneCare helps people with OHP connect with mental health providers. Trillium members, call <b>541-485-2155</b> . Pacific Source members, call <b>541-330-2507</b> .				
Agency	Contact	Español	Fees	Notes
<a href="#">Benson Health Clinic</a>	66 Club Rd Suite 140, Eugene <b>541-345-1722</b>		Pacific Source, Medicare, some other insurance	Psychotherapy for depression, anxiety, ADHD, PTSD. EMDR. Med management.
<a href="#">Bridges Community Health</a>	<b>541-255-1411</b> 1599 Oak Street, Eugene 210 South 5th Street, Cottage Grove	No	Trillium, Pacific Source, some other insurance	Bridges Community Health offers a variety of mental health services including psychiatric medication management, individual, family and couples therapy.
<a href="#">Bushnell University Counseling</a>	755 E 11th Ave, Eugene <b>541-349-7471</b>		\$10/session, free for UO / Bushnell students	Counseling sessions with graduate level counseling students supervised by faculty. In person and telehealth. By appointment only.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>		OHP, Private Ins, & Cash Pay	Individual, couples, family, play therapy, Neurofeedback, DV intervention. Parenting After Crisis class.
<a href="#">CAHOOTS</a>	<b>541-682-5111</b> Eugene Crisis Line  <b>541-726-3714</b> Springfield Crisis Line	◆	FREE / GRATIS	Crisis Assistance Helping Out on the Streets. EMT staffed crisis response and transportation to social services for people experiencing a mental health crisis. Not for violent or life-threatening emergencies.
<a href="#">Care Solace</a>	Call <b>888-515-0595</b> or visit the website	Interpreter	FREE / GRATIS	24/7/365 mental health care coordination service for Eugene School District 4J staff, students & their families. Call to be matched with a provider, or search on the website: <a href="https://caresolace.com/site/eugene">https://caresolace.com/site/eugene</a>
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>		\$5-40 sliding scale	Counseling, support groups, classes. Check website or call for details about current classes

See next page for more Adult Mental Health Services

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Updated 4/3/2026

## ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">Center for Family Development</a>	1258 High St. Eugene <b>541-342-4837</b>	◆	Sliding scale, OHP, other insurance	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
<a href="#">David Romprey Oregon Warmline</a>	<b>800-698-2392</b> Warm Line Not a crisis line	◆	FREE / GRATIS	Compassionate and confidential mental health peer support. Available 24/7. Apoyo compasivo y confidencial de salud mental entre pares. Disponible las 24 horas del día, los 7 días de la semana.
<a href="#">Depression Bipolar Support Alliance</a>	<b>510-757-9522</b> <a href="mailto:moonlightsea@me.com">moonlightsea@me.com</a>		FREE / GRATIS	Online support groups for people who experience depression or bipolar disorder + friends and family. Identity-specific groups. See website for options.
<a href="#">Direction Service</a>	576 Olive St, #307, Eugene <b>541-344-7303</b>	Some services	OHP / private insurance	A full range of mental health services for children, adolescents, families, and adults.
<a href="#">Early Assessment &amp; Support Alliance (EASA)</a>	1200 Hilyard St, #570, Eugene <b>458-205-7070</b>	Interpreter	OHP / private ins / no ins	Counseling, case management, peer support specialists, employment / educational support, for qualifying youth ages 12-29 experiencing psychosis.
<a href="#">Eugene Therapy</a>	401 East 10th Ave, #330, Eugene <b>541-868-2004</b> <a href="mailto:info@eugenetherapy.com">info@eugenetherapy.com</a>		Private Insurance / sliding scale	Adult, child, couples, family therapy. EMDR, grief, eating disorders, depression, anxiety, Autism Spectrum conditions, trauma. ADHD assessments.
<a href="#">Fostering Strides</a>	31830 Nichols Ln, Cottage Grove <b>541-999-5428</b>	No Spanish. ASL available	Sliding scale, scholarship	In-person & virtual counseling, equine-assisted therapy, art/play therapy for children, teens, & adults.
<a href="#">Griffin and Associated Practitioners</a>	66 Club Rd. #350 450 Country Club Rd, #310 911 Country Club Rd. #270 Call / text: <b>541-343-1728</b>		OHP, some private insurance	"G.A.A.P was created to provide a quality space for individuals to go for self-care, healing, change, & to find ways to access more joy."
<a href="#">HEDCO Clinic University of Oregon</a>	1655 Alder St., Suite 170, Eugene <b>541-346-0923</b>	◆	Sliding scale	Individual, partners, family & group therapy. The clinic is staffed by upper-level graduate interns who are directly supervised by licensed and/or board-certified specialists. Day & evening appointments available.
<a href="#">HIV Alliance (Alliance for Community Wellness)</a>	1195 City View Street Eugene <b>541-556-1409</b>		OHP, sliding scale	Mental health counseling services for families and individuals. Before referring clients, please make sure there are spots available.
<a href="#">Insight Northwest Recovery</a>	1776 Millrace Drive, suite 202, Eugene <b>541-203-0539</b> <a href="mailto:info@insightrecovery.com">info@insightrecovery.com</a> <a href="http://www.insightrecovery.com">www.insightrecovery.com</a>		OHP, other insurance, private pay	Intensive outpatient mental health treatment for ages 12 and older, including group therapy, individual counseling, psychiatry/medication management, family therapy, and peer support, in person & online.
<a href="#">Ko-Kwel Wellness Center Coquille Indian Tribe</a>	2401 River Rd. Eugene <b>541-916-7025</b> <a href="mailto:ko-kwel.eug@coquilletribe.org">ko-kwel.eug@coquilletribe.org</a>		OHP, sliding scale, some private insurance	Culturally appropriate primary outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity.
<a href="#">Lane County Behavioral Health</a>	2411 Martin Luther King, Jr. Blvd, Eugene <b>541-682-3608</b>	◆	OHP	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.
<a href="#">Laurel Hill Center</a>	2145 Centennial Plaza, Eugene <b>541-485-6340</b>	◆	OHP, Trillium, Medicaid	Supported housing and counseling services for people with psychiatric disabilities.
<a href="#">Lavender Network</a>	1590 Willamette St, Eugene <b>541-342-7105</b>	◆	FREE / GRATIS	LGBTQ+ specialized services: gender-affirming hormone injection supply program, rapid HIV, Hep. C, and Syphilis testing, Narcan supply and training, distribution of safer sex supplies, PrEP navigation service, access to gender-affirming products and clothing, resources navigation, peer support, and substance use counseling.

See next page for more Adult Mental Health Services

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# Community Resource Guide

Updated 4/3/2026

## ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">Live. Grow. Share.</a>	1966 Garden Ave, Eugene <b>541-505-9190</b> <a href="http://www.livegrowshare.org">www.livegrowshare.org</a>	No	OHP	Peer-run organization. Counseling, harm reduction, SUD treatment, skill building, case management, peer support, family wraparound services, programs for families involved in child welfare, peer programs like Equine-Assisted Peer Support, Mechanics Peer Support, Outdoor Program. Women's trauma support group, reunification support group, Triple P Parenting.
<a href="#">Madrone Mental Health</a>	150 Shelton McMurphey Blvd, Eugene <b>541-210-8090</b>	◆	OHP / private insurance	Outpatient mental health services, adult day treatment eating disorder program. Child, adolescent, and adult psychiatry.
<a href="#">NAMI Lane County</a>	129 9th St, Springfield <b>541-343-7688</b> <b>HELPLINE: 1-800-273-8255</b>	◆	FREE / GRATIS	Peer support for adults living with mental illness and their families. Mon-Thurs 10am-2pm. Check <a href="https://namilane.org/programs/">https://namilane.org/programs/</a> for current groups.
<a href="#">Oasis Mental Health, PC</a>	331 Goodpasture Island Rd (Suite 331, 2nd Floor) Eugene <b>541-636-9846</b>		Trillium OHP / Private Ins	Psychiatric evaluation and medication management for children and adults.
<a href="#">Odyssey Community Counseling (Emergence)</a>	2149 Centennial Plaza, #4, Eugene <b>541-741-7107</b> <a href="mailto:mrobles@4emergence.com">mrobles@4emergence.com</a>	◆ Spanish-speaking & Latinx staff. LGBTQIA+ Identified staff.	Low-cost. OHP, Medicare, some private insurances. Gambling tx is free	Counseling for individuals, families, groups, and affected others for mental health, substance usage, gaming, gambling, and gender-affirmative/LGBTQIA+ specialized care. Ages 15+. Peer support services. Call to schedule an appointment. Monday - Friday 8 am - 5 pm <a href="http://www.4emergence.com/mental-health-treatment/">www.4emergence.com/mental-health-treatment/</a>
<a href="#">Options Counseling</a>	360 E 10th Ave Ste 450 Eugene <b>541-687-6983</b> 1445 8th Street, Florence <b>541-997-6261</b>	◆	OHP	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
<a href="#">Oregon Healing Collective</a>	<b>541-968-4325</b> <a href="mailto:info@oregonhealingcollective.com">info@oregonhealingcollective.com</a>	◆	No insurance. \$90 / session Sliding scale	Strength-based, trauma informed, social justice focused individual and relational therapy services. Children ages 3+ and adults.
<a href="#">Oregon Psychiatric Partners</a>	<b>541-726-9912</b> <a href="mailto:Info@oppstaff.com">Info@oppstaff.com</a>		OHP, some private insurance	Psychiatric med management for adults. All sessions are conducted through a secure video platform accessed directly from their website.
<a href="#">Peace Health Intensive Outpatient and Partial Hospitalization</a>	<b>University District:</b> 770 E 11th Ave, Eugene <b>458-205-7100</b>			<b>Intensive Outpatient:</b> Treatment in 3 one-hour increments, 3 to 5 days a week. <b>Partial Hospitalization:</b> Treatment 5 days / week (Monday-Friday), average of 2 weeks.
<a href="#">Plaza de Nuestra Comunidad</a>	944 W 5th Ave, Eugene <b>541-687-2667</b>	◆ Todos los servicios	OHP, \$10-25 sliding scale	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation. Consejería en español. Grupos de jóvenes, mentores, de 7 a 16 años. Apoyo a la adicción. Navegación de servicios.
<a href="#">Riverview Center for Growth</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>	◆ Bilingual therapist	OHP	Assessment, counseling, day treatment, EMDR, crisis support, Neurofeedback, med management, Collaborative Problem Solving, youth / family peer support, 24/7 psychiatric nurse practitioners, Intensive In-Home Behavioral Health Treatment.
<a href="#">Shangri-La</a>	398 High St, Eugene <b>541-344-1121</b>	Interpreter	OHP	Therapy, med management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+
<a href="#">ShelterCare</a>	<b>541-505-5188</b>	Interpreter	OHP	Outpatient individual / group therapy, skill building, case management. Specialties: trauma treatment; supporting those with severe and persistent mental illness.
<a href="#">Shine Counseling</a>	<b>541-357-7650</b> <a href="mailto:info@edifytherapy.com">info@edifytherapy.com</a>		Sliding Scale	Individual, couples and family counseling for trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.

See next page for more Adult Mental Health Services

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# Community Resource Guide

Updated 4/3/2026

## ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">South Lane Mental Health</a>	Main Office: 1345 Birch Ave, Cottage Grove <b>541-942-3939</b>	◆	OHP / sliding scale	Individual, family, & child counseling, crisis response, med management, Neurofeedback, LGBTQIA+ services, recovery program for ages 14+. Supported housing, supported employment.
<a href="#">Trauma Healing Project</a>	631 E. 19th Ave. Building B, Eugene <b>541-687-9447</b> <a href="mailto:info@healingattention.org">info@healingattention.org</a>	◆	Sliding Scale	Body-centered therapies, wellness classes. Full-body acupuncture by appointment. Drop-in groups include Gentle & Restorative Yoga, Releasing With Writing and Sips of Happiness Mindfulness.
<a href="#">University of Oregon Psychology Clinic</a>	15th & Onyx, Eugene <b>541-346-4954</b>		Sliding scale	Low-cost, counseling for adults, children, teens, as well as UO faculty, staff, and students.
<a href="#">Volunteers in Medicine</a>	2260 Marcola Rd, Springfield <b>541-685-1800</b>	◆	FREE	Mental health care including diagnostic services, counseling, and medication. for low-income adults without insurance or with OHP but no provider.
<a href="#">White Bird Clinic</a>	990 W 7 <sup>th</sup> Ave, Eugene <b>541-342-8255</b> Office <b>541-687-4000</b> Crisis Line	◆	OHP	Individual, couples & family counseling. Phone and walk-in crisis intervention.
<a href="#">Rapid Access Center (Willamette Family)</a>	195 W. 12th, Eugene <b>541-762-4300</b>		Sliding scale, OHP, private insurance	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8 am.-6 p.m.
<a href="#">Willamette Valley Counseling</a>	180 W 12th Ave, Eugene <b>541-636-0885</b>		Sliding scale	Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

## EATING DISORDERS

Agency	Contact	Español	Fees	Notes
<a href="#">Madrone Mental Health</a>	150 Shelton McMurphey Blvd, Eugene <b>541-210-8090</b>	◆	OHP / private insurance	Outpatient mental health services. Adult day treatment eating disorder program. Child, adolescent, and adult psychiatry.
<a href="#">Monte Nido Rainrock Eating Disorder Center</a>	41496 Mckenzie Hwy, Springfield <b>541-203-9384</b>		Private insurance	Day treatment and intensive outpatient services for adults and adolescents of all genders.
<b>Eating Disorder Hotline: 844-228-2962</b>				

## ANGER MANAGEMENT SERVICES

Agency	Contact	Español	Fees	Notes
<a href="#">Outgrowing Power, Anger &amp; Control</a> (Christians As Family Advocates)	921 Country Club Rd, # 222, Eugene <b>541-579-6265</b>	◆ Class in Spanish and English	OHP, other ins., or private pay: \$160 assessment, \$55 / group. Payment plans.	Oregon approved 36 to 52-week program for people who use anger and control destructively in relationships and desire to change. Voluntary or mandated. Weekly sessions are 90 minutes.
<a href="#">Dynamic Interaction Skills</a>	1400 High St, Eugene <a href="http://dynskills.com/">http://dynskills.com/</a>		Varies	Anger management and communication trainings.
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>		No insurance. \$5-40 sliding scale	Anger management class for parents. Check website or call for current classes.
<a href="#">South Lane Mental Health</a>	1345 Birch Ave, Cottage Grove <b>541-942-3939</b>	◆	OHP / sliding scale	Ongoing weekly anger management classes.

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## GRIEF SUPPORT

All of the services in this section are FREE.

Todos los servicios de esta sección son GRATUITOS.

Agency	Contact	Español	Notes
<a href="#">Cascade Hospice Bereavement</a>	2650 Suzanne Way #200, Eugene <b>541-228-3050</b> <a href="mailto:kbrassington@cascadehealth.org">kbrassington@cascadehealth.org</a>	◆	Individual / Family Counseling for those adjusting to death, loss and grief. <a href="#">Grief Support Groups</a> weekly by Zoom for 10 weeks. <u>Resources:</u> Articles on grief mailed upon request.
<a href="#">Courageous Kids</a>	123 International Way, Springfield <b>458-205-7474</b> <a href="mailto:courageouskids@peacehealth.org">courageouskids@peacehealth.org</a>		Grief support for children ages 6-17 who have experienced the death of a loved one. Support groups and camps with age-appropriate, arts-based activities. Peer support and education for caregivers about children's grief. All services are free.
<a href="#">GriefShare</a>	<a href="http://www.griefshare.org/countries/us/states/or/cities/eugene">www.griefshare.org/countries/us/states/or/cities/eugene</a>		Grief recovery support groups meeting weekly in Eugene. See website for locations, dates and times.
<a href="#">Healing Conversations</a>	<a href="mailto:survivingsuicideloss@afsp.org">survivingsuicideloss@afsp.org</a>		A one-time visit (phone, virtual, in-person) that connects those who have lost a loved one to suicide with trained volunteers who are also survivors of suicide loss.
<a href="#">The Jennifer Baker Fund: Suicide Bereavement Support Group</a>	Darlene Baker <b>541-747-2087</b> <a href="mailto:darlene@jenniferbakerfund.org">darlene@jenniferbakerfund.org</a>	NO	A compassionate and caring place for people to share their pain from the loss of someone to suicide. This peer support group is not intended to replace professional counseling.
<a href="#">Life After Loss: Pregnancy and Infant Loss Support Group (WellMama)</a>	<b>541-517-5710</b> <a href="http://www.lifeafterlossoregon.org">www.lifeafterlossoregon.org</a>		8 week long closed support group sessions open to people who have experienced miscarriage, stillbirth, or the loss of a child in infancy.
<a href="#">MISS Foundation</a>	<b>888-455-6477</b>	◆	Online forums and peer support for parents and grandparents who have lost a child of any age.
<a href="#">Parents of Murdered Children</a>	<b>513-721-5683</b> <a href="mailto:natlpomc@pomc.org">natlpomc@pomc.org</a>	◆	Support and referrals for family members who have suffered the murder of a child.
<a href="#">Sacred Heart Hospice Grief Support</a>	123 International Way, Springfield <b>458-205-7400</b>	NO	Grief counseling, pediatric bereavement services, 8-week support groups for adults grieving the loss of a loved one, community education.



## CHILDREN AND YOUTH WITH DISABILITIES

For school district transition programs, please see page 18

Agency	Contact	Español	Fees	Notes
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	◆	Funding through DD Services	Supports children, youth and adults who experience intellectual & developmental disabilities and their families. Services include: inclusive preschool, after school program, adult employment and recreation services, in-home and community-based supports. Apoya a niños, jóvenes y adultos con discapacidades intelectuales y del desarrollo, así como a sus familias. Los servicios incluyen: preescolar inclusivo, programa extraescolar, servicios de empleo y recreación para adultos, y apoyo en el hogar y en la comunidad.
<a href="#">The Arc Families Connected</a> <a href="#">The Arc Familias en Conexión</a>	4181 E St., Springfield <b>541-343-5256</b>	◆	FREE GRATIS	Parent-led organization that helps parents raising a child with intellectual / developmental disabilities. Organización dirigida por padres que ayuda a las familias a criar a un niño con discapacidades intelectuales o del desarrollo.
<a href="#">Autism Society of Oregon</a>	<b>1-888-Autism-1 (288-4761)</b> <a href="mailto:info@autismsocietyoregon.org">info@autismsocietyoregon.org</a> <b>800-3-AUTISM (28476)</b> <a href="mailto:espanol@autismsociety.org">espanol@autismsociety.org</a>	◆	FREE GRATIS	Resource referrals for individuals with autism spectrum disorder & their families. Referencias de recursos para personas con trastorno del espectro autista y sus familias.
<a href="#">Bridgeway House</a>	555 E 15 <sup>th</sup> , Eugene <b>541-345-0805</b>	◆	Varies Varía	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, events, & school. Para familias afectadas por el autismo: tratamiento, visitas domiciliarias, tutorías, terapia del habla y ocupacional, grupos de apoyo, clases para padres, eventos y escuela.
<a href="#">Center for Autism and Behavioral Services (HEDCO Clinic)</a>	1655 Alder St., Suite 170, Eugene <b>541-346-0923</b>		Sliding Scale	Assessment & treatment for a wide verity of clients including Autistic Children and Adolescents (aged 2-18) with an autism spectrum disorder (ASD) diagnosis; Children on a waitlist for a suspected diagnosis of autism or related diagnosis at any agency; and Children with developmental disabilities without an autism diagnosis. Student clinicians are supervised by a doctorate level Board-Certified Behavior Analyst.
<a href="#">Child Development &amp; Rehabilitation Center</a>	901 E 18 <sup>th</sup> Ave, Eugene <b>541-346-3575</b>		OHP / private insurance	Services for children with special healthcare needs & developmental disabilities. Feeding clinic. Physical and occupational therapy. Developmental pediatricians.
<a href="#">Connect the Dots</a>	84 Centennial Loop, Eugene <b>541-255-2681</b>	Interpreter	OHP / private insurance	Speech, physical & occupational therapy for children birth to 18. Sensory integration, developmental delays, Autism, ADHD, feeding challenges, congenital conditions.
<a href="#">Creating Opportunities</a>	462 17th St NE, Salem <b>503-559-3674</b>	Interpreter	Free if eligible to hire PSW's	Equips people with developmental disabilities or their family or representatives to find and manage Personal Support Workers.
<a href="#">DanceAbility International</a>	576 Olive Street #208, Eugene <b>541-357-4982</b>	Interpreter	Varies	Classes and performances for adults and children with and without disabilities to dance together. Training available for those who want to teach inclusive dance.

See next page for more services for Children and Youth with Disabilities

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## CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Español	Fees	Notes
<a href="#">Developmental Disabilities Services</a>	2513 MLK Jr Drive, Eugene <b>541-682-6564</b>	◆	FREE / GRATIS	Case management, in-home support, equipment for children with developmental disabilities.
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	◆	OHP / private insurance	Support and planning for youth age 0-23 with disabilities and their families. IEP support.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b> <a href="mailto:eccares@uoregon.edu">eccares@uoregon.edu</a>	◆	Free for eligible children. No insurance required.	Early Intervention and Early Childhood Special Education services for children birth to kindergarten who have developmental delays or disabilities. Support for speech and language, behavior, social skills, moving, playing, learning and understanding.
<a href="#">Early Education Program (EEP)</a>	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene <b>541-485-0368</b> <a href="mailto:office@earlyeducationprogram.org">office@earlyeducationprogram.org</a>	◆	FREE	Classrooms for children with special needs <b>age 3-5</b> . Half-day or full day sessions.
<a href="#">Eugene Adaptive Recreation Hilyard Community Center</a>	2580 Hilyard Street, Eugene <b>541-682-5311</b>		Varies. Scholarships available.	Year-round, recreational, social and educational programs for children, teens and adults with disabilities. Adaptive recreation equipment rentals.
<a href="#">FACT Oregon</a>	Call or text <b>503-786-6082</b> or <b>541-695-5416</b> Someone will call you back, usually within 48-72 hours.  Email <a href="mailto:support@factoregon.org">support@factoregon.org</a> or <a href="mailto:apoyo@factoregon.org">apoyo@factoregon.org</a>	◆ Todos los servicios disponibles en español	FREE GRATIS	Support for families navigating special education, early Intervention, IEP's, 504 plans, and Transition to Adulthood. Training, consultation and advocacy.  Apoyo para las familias que navegan por la educación especial, la intervención temprana, el IEP, los planes 504 y la transición a la edad adulta. Capacitación, consulta e incidencia.
<a href="#">Jerry Adams Aquatics Resilience (JAAR)</a>	<u>Lesson address:</u> EVEN Hotel 2133 Centennial Plaza, Eugene <b>541-852-2997</b> <a href="mailto:hello@jaarprogram.org">hello@jaarprogram.org</a>	No Spanish services  Limited sign language	FREE  Donations and/or Flex Funds appreciated	Specialized water-safety swim lessons for children with disabilities, mental illness, and those in the foster care system. 12 free 40-minute, water-safety swim lessons along with free equipment (bathing suit, cap, goggles, and any other equipment they need to succeed). Sign up at <a href="https://jaarprogram.org/contact-us">https://jaarprogram.org/contact-us</a>
<a href="#">KindTree: Autism Rocks</a>	<b>541-780-6950</b>		Varies	Activities, camp, transition-aged & adult skills training for people experiencing Autism.
<a href="#">Lane County Public Health CaCoon</a>	151 W 7th Ave, Eugene <b>541-682-8720</b>		FREE	Helps families access services to support children that have special health care needs.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	◆	FREE for most services	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Virtual and in-person support groups. Assistance with IEP and 504 meetings. Online support group for families raising LGBTQ+ youth. Food pantry.
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene <b>541-246-3697</b>	◆	Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living.

See next page for more services for Children and Youth with Disabilities



## CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Español	Fees	Notes
<a href="#">Riverview Center for Growth</a>	3995 Marcola Rd, Springfield 541-726-1465	◆ Bilingual therapist	OHP	Assessment, counseling, psychiatric day treatment school, neurofeedback, EMDR, Collaborative Problem Solving, psychiatric nurse practitioners, medication management, youth peer support, family peer support, 24/7 crisis support, Intensive In-Home Behavioral Health Treatment
<a href="#">Speech Language Hearing Center (HEDCO Clinic)</a>	1655 Alder St., Suite 170, Eugene 541-346-0923	◆	No cost; donation based	Individual / group treatment in social skills/ pragmatic needs training, cognitive rehabilitation after brain injury or concussion, stuttering/cluttering therapy, alternative tools for complex communication needs, language and speech rehab after stroke, speech/language/cognitive services for degenerative diseases, voice disorders, and dysphagia. Student clinicians work with clinical faculty to provide comprehensive evaluations and treatment

## ADULTS WITH DISABILITIES



### Adult Protective Services (abuse reporting)

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

For a searchable online directory of disability services in Oregon, check <https://ablefind.uoregon.edu/>. Includes resources for housing, health, recreation, employment, education, social security, safety, legal, finances & more.

Agency	Contact	Español	Fees	Notes
<a href="#">Allies, LLC</a>	131 E. 11St Ave, Eugene 541-210-2837		Paid for by DD Services	Attendant care, transportation, self-expressions program for adults with intellectual / developmental disabilities.
<a href="#">Alternative Work Concepts</a>	541-345-3043 <a href="mailto:awc@efn.com">awc@efn.com</a>			Individualized employment opportunities in the community for adults with multiple disabilities.
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield 541-343-5256	◆	Paid for by DD Services	Provides a range of supports to children, youth and adults who experience intellectual & developmental disabilities and their families. Inclusive preschool, after school program, adult employment and recreation services, in-home and community-based supports.
<a href="#">Bus Buddy Program (LTD)</a>	1080 Willamette St, Eugene 541-345-3043		FREE	Introduction to LTD transit system with assistance of trained volunteers. Gain tools & confidence to travel safely.
<a href="#">DanceAbility International</a>	576 Olive Street Ste 208, Eugene 541-357-4982	NO	Varies	Classes and performances for adults and children with and without disabilities to dance together. Training available for those who want to teach inclusive dance.
<a href="#">Developmental Disabilities Services</a>	2513 MLK Jr Drive, Eugene 541-682-3695	◆	FREE	Support services for children & adults who experience developmental disabilities.
<a href="#">Disability Rights Oregon</a>	503-243-2081 <a href="mailto:welcom@droregon.org">welcom@droregon.org</a>	Interpreter upon request		Legal representation and advice, confidential advocacy, safety planning, and referrals to other services
<a href="#">Eugene Adaptive Recreation Hilyard Community Center</a>	2580 Hilyard Street, Eugene 541-682-5311		Varies. Scholarship available.	Year-round, community-based recreational, social and educational programs for children, teens and adults with disabilities. Adaptive recreation equipment rentals.
<a href="#">Full Access Brokerage</a>	1240 Charnelton, Eugene 541-284-5070 1450 Birch, Cottage Grove 541-513-8548			Attendant care, home modifications, person-centered behavior support, assistive technology, employment support for adults with intellectual / developmental disabilities. Referred by DD services.

See next page for more services for Adults with Disabilities

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# Community Resource Guide

Updated 4/3/2026

## ADULTS WITH DISABILITIES (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">Goodwill Employment and Training Services</a>	855 Seneca Rd, Eugene <b>541-431-3309</b>	◆	FREE	Assistance in learning basic skills necessary to maintain employment through paid work experience and training for adults 21+ years with intellectual or developmental disabilities
<a href="#">Inner Potential</a>	<a href="mailto:innerpotential1@gmail.com">innerpotential1@gmail.com</a> <b>503-539-8330</b>		Funded by K Plan	Partnering with people age 18+ experiencing intellectual or developmental disabilities in achieving a healthy, fulfilling life.
<a href="#">KindTree</a>	PO Box 40847, Eugene <b>541-780-6950</b>	Spanish speaking volunteers		Support groups, activities, camps, social gatherings for people experiencing Autism. Volunteer-run friends and family camp.
<a href="#">Lane Independent Living Alliance (LILA)</a>	20 E 13th Ave., Eugene <b>541-607-7020</b>		FREE	Independent living skills classes, service navigation, counseling, support groups, club house & more. Support with social security, budgeting, mental health referrals, and peer support.
<a href="#">McKenzie Personnel Systems</a>	315 5th St Springfield <b>541-344-0549</b>	◆	Funded by DD Services	MPS provides all aspects of supported employment, community inclusion, and supported living services.
<a href="#">Oregon Supported Living Program</a>	1250 Charnelton Street, Eugene <b>541-343-4196</b>		Funded by DD Services	Residential, supported living, employment, arts & culture for adults with developmental disabilities.
<a href="#">Pearl Buck Center</a>	115 W 8 <sup>th</sup> Ave, #280, Eugene <b>541-780-6404</b>		FREE	Job coaches, support finding housing & employment for adults with developmental disabilities.
<a href="#">Resource Connections of Oregon</a>	1600 Valley River Dr, #130, Eugene <b>541-799-0545</b>	◆	Medicaid	Case management and resource coordination for individuals over 18 who have intellectual or developmental disabilities.
<a href="#">RideSource</a>	240 Garfield St, Eugene <b>541-682-5566</b>	◆	Free with OHP	Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
<a href="#">Rise Service, Inc</a>	1500 Valley River Dr, #270, Eugene 541-246-3697	◆	Funded by DD Services	In-home support for adults and children with disabilities. Group homes. Supported living.
<a href="#">SAIL – Supporting Access to Independent Living</a>	<a href="http://www.sailhousing.org/">www.sailhousing.org/</a>	Interpreter upon request		Advocates for and promotes sustainable housing for persons with developmental disabilities. Job coaching and foster care.
<a href="#">Senior &amp; Disability Services</a>	1015 Willamette Street, Eugene <b>541-682-4038</b>		FREE	Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
	3180 Highway 101, Florence <b>541-902-9430</b>			
<a href="#">SLLEA - (Smart Living, Learning, &amp; Earning with Autism)</a>	<b>541-554-8170</b>			Promote quality housing & support adults with Autism & related disorders. Training for independent living.
<a href="#">Social Security Administration</a>	2504 Oakmont Wy, Eugene <b>800-772-1213</b>		FREE	Social Security pays disability benefits to people who can't work due to a serious medical condition.
<a href="#">Supported Employment Services</a>	711 Country Club Rd, #1-A, Eugene <b>541-687-0687</b>	◆	FREE	Job placement, coaching, supported living services, Rep pay benefit services, supported employment for adults with disabilities. Referrals through Voc. Rehab.
<a href="#">Trips, Inc.</a>	PO Box 10885 Eugene <b>541-686-1013</b>	Sometimes	Varies	Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
<a href="#">Vocational Rehab</a>	2885 Chad Dr, Eugene <b>541-686-7878</b>		FREE	Skills training and job placement for adults with disabilities.
	101 30 <sup>th</sup> Ave, Springfield <b>541-726-3525</b>			
<a href="#">WorkSource Lane</a>	<b>541-686-7601</b>	◆		Employment support for adults living with disabilities.

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## DEAF and HARD OF HEARING

Agency	Contact	Notes
<a href="#">Hearing Loss Association of America</a> (Lane County chapter)	<b>541-510-2094</b> <a href="mailto:clarkoa@msn.com">clarkoa@msn.com</a>	Monthly newsletter and meetings (virtual and/or in-person depending of health risk). Check website: <a href="http://www.hearinglosslane.org">www.hearinglosslane.org</a>
<a href="#">Jerry Adams Aquatics Resilience (JAAR)</a>	<b>Mailing address:</b> 3095 Kincaid St., Eugene, 97405 <b>Lesson address:</b> EVEN Hotel 2133 Centennial Plaza, Eugene <b>541-852-2997</b> <a href="mailto:hello@jaarprogram.org">hello@jaarprogram.org</a>	FREE specialized water-safety swim lessons for children with disabilities, mental illnesses, and/or those in the foster care system. 12 free, private, water-safety swim lessons along with free equipment (e.g., competitive bathing suit, cap, goggles, ear plugs, nose plugs). No Spanish services. Limited sign language. Donations and/or Flex Funds appreciated.
<a href="#">Lions Clubs Hearing Aid Project</a>	<b>971-270-0203</b> <a href="mailto:lionsclubsreferrals@olshf.org">lionsclubsreferrals@olshf.org</a>	Covers the cost of hearing aids, hearing tests, ear impressions, and aid fittings for people below 200% of the federal poverty line.
<a href="#">Oregon Association of the Deaf</a>	<a href="mailto:oad1921@gmail.com">oad1921@gmail.com</a>	Advocating the rights of Deaf and Hard of Hearing people in Oregon.
<a href="#">Oregon Deaf and Hard of Hearing Service Program</a>	<b>503-945-5600</b> TTY: <b>503-945-6214</b>	Improving the quality of life of Deaf and Hard of Hearing people and their families.
<a href="#">Oregon Deafblind Project</a>	See website for current regional coordinators.	Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.
<a href="#">Oregon Deaf Empowerment &amp; Advocacy for Families</a>	Contact form on website: <a href="http://lanecounty.us/odeaf/">http://lanecounty.us/odeaf/</a>	Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.
<a href="#">Oregon Registry of Interpreters for the Deaf</a>	<a href="https://www.orid.org/">https://www.orid.org/</a>	Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.
<a href="#">Oregon School for the Deaf</a>	999 Locust Street NE, Salem <a href="mailto:info@osd.k12.or.us">info@osd.k12.or.us</a> Phone: <b>503-378-3825</b> Videophone: <b>503-400-6180</b>	K-12 school for children who are deaf or hard of hearing. No tuition cost to families. Transportation may be provided by the child's school district. Residential program available. Adult transition program from graduation to age 21.

## BLINDNESS and LOW VISION

Agency	Contact	Notes
<a href="#">Guide Dogs for the Blind</a>	Junction City <b>541-998-6737</b>	Guide dogs for individuals who are blind / low vision. All services are free, including training and post-graduation support. Financial assistance for veterinary care.
<a href="#">Oregon Commission for the Blind</a>	541 Willamette, Rm #408, Eugene <b>541-686-7990</b>	Vocational rehabilitation (age 14 and older), independent living services (age 55 and older), and adaptive equipment.
<a href="#">Oregon Talking Books and Braille Library</a>	<a href="mailto:talkingbook.info@slo.oregon.gov">talkingbook.info@slo.oregon.gov</a> <b>800-452-0292</b>	Braille and downloadable audio books, magazines, and descriptive videos available on loan.

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# Community Resource Guide

Updated 4/3/2026

## FAMILY SUPPORT & PARENTING EDUCATION

Check out the Early Childhood Hub website for a list of parenting classes in Lane County:

[www.earlychildhoodlane.org/parenting-classes](http://www.earlychildhoodlane.org/parenting-classes)

Agency	Contact	Español	Fees	Notes
<a href="#">4J Welcome Center</a>	LCC Downtown 101 W. 10th Ave, Room 402 Alicia <b>541-650-1732</b> <a href="mailto:longoria@4j.lane.edu">longoria@4j.lane.edu</a> Vanessa <b>541-441-2740</b> <a href="mailto:vasquez@4j.lane.edu">vasquez@4j.lane.edu</a>	◆ Bilingual / bicultural	FREE	A one-stop center for family support with enrollment, resources, and community referrals, the 4J Welcome Center focuses on welcoming newcomers/ recent arrivers and transitioning them to the US educational system and schools within our 4J school district.
<a href="#">The Arc Lane County</a>	4181 E. St, Springfield <b>541-343-5256</b>	◆	Funded by DD Services	After school program, events, family support. Respite for children with developmental disabilities, ages 2-21. Budgeting, job skills and job placement.
<a href="#">The Arc Families Connected</a>  <a href="#">The Arc Familias en Conexión</a>	4181 E St., Springfield <b>541-343-5256</b>	◆	FREE GRATIS	Parent-led organization that helps parents raising a child with intellectual / developmental disabilities.  Organización dirigida por padres que ayuda a las familias a criar a un niño con discapacidades intelectuales o del desarrollo
<a href="#">CAFA - Christians As Family Advocates</a>  921 Country Club Rd, #222, Eugene  <b>541-686-6000</b>	<a href="#">Parenting After Crisis</a>	15-week parenting class for parents who are in the middle of, or who have recently come out of crisis. \$160 assessment and \$55/group.		
	<a href="#">True Insight Parenting Strategies</a>	<b>FREE</b> 8-10-week parenting series that focuses on attachment, problem solving, play, and connection to solidify parent-child relationships. Visit the TIPS website for future classes and resources. <a href="http://trueinsightparent.com/">http://trueinsightparent.com/</a>		
	<a href="#">Safe Families for Children</a>	Faith-based host families provide respite care to children whose families are experiencing a temporary emergency. <a href="https://www.safefamilieslanecounty.org/AAlbin@safefamilies.net">https://www.safefamilieslanecounty.org/AAlbin@safefamilies.net</a> <b>541-515- SAFE (7233)</b>		
<a href="#">Center for Community Counseling</a>	1465 Coburg Rd, Eugene <b>541-344-0620</b>		\$5-40 sliding scale	Grandparents Raising Grandchildren Group (see website for details).
<a href="#">Center for Dialogue &amp; Resolution</a> (Parent/Teen Program)	1400 Cross St, Eugene <b>541-344-5366</b>	Sometimes available	Varies	Mediation for creating / modifying parenting plans. Communication support for parents & teens with issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, etc.
<a href="#">Direction Service</a>	1144 Gateway Lp, #200, Springfield <b>541-686-5060</b>	◆	OHP, private insurance	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
<a href="#">Early Childhood Hub of Lane County</a>	Website with information on parenting classes and workshops (with online options), a parenting blog, community activity calendar, and many other resources for Lane County parents. <a href="https://www.earlychildhoodlane.org/">https://www.earlychildhoodlane.org/</a>			
<a href="#">ECCO 4J Young Parent Program</a>	200 N Monroe Ave. Eugene <b>541-790-6850</b>	Interpreter	FREE	High school & GED program offering pregnancy and parenting support for young parents. Free on-site childcare while they are attending classes.
<a href="#">FACT Oregon</a>	2475 SE Ladd Ave, Portland <b>888-988-3228</b>	◆	FREE	Support for families navigating special education, early Intervention, IEP's, transition to adulthood.
<a href="#">Families Actively Improving Relationships (FAIR)</a>	10 Shelton McMurfhey Blvd, Eugene <b>541-485-2711</b>	◆	OHP	Intensive outpatient program for parents experiencing challenges with parenting, addiction, mental health.

See next page for more FAMILY SUPPORT & PARENTING EDUCATION Resources

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# Community Resource Guide

Updated 4/3/2026

## FAMILY SUPPORT & PARENTING EDUCATION (continued)

Agency	Contact	Español	Fees	Notes
<p><a href="#">Family &amp; Child Health</a> (Lane County Public Health) <b>541-682-8720</b> <a href="mailto:FCH.Referrals@lanecountyor.gov">FCH.Referrals@lanecountyor.gov</a> Serving all of Lane County. FREE for families. ◆ - Spanish speaking staff. Interpretation for all other languages</p>	<p>Home visiting by Registered Nurses with <b>Nurse-Family Partnership</b> supports parents starting in pregnancy and through their child's 2nd birthday. RNs with <b>Family Connects Oregon</b> visit families in the first 2 months postpartum for in-home medical and resource navigation support. Family Support Specialists with <b>Healthy Families Oregon</b> offer support starting in pregnancy or in the first 3 months after birth, through their baby's 3rd birthday. Home visiting with <b>CaCoon</b>: RN case managers offer system navigation support to families of children with special medical needs, birth through age 5.</p> <p>All programs focus on supporting healthy pregnancies, child health &amp; development, parent/child attachment, building resilience, and resource connection for medical and social needs. Eligibility: All pregnant people and families with newborns who are Lane County residents. Some programs limited to OHP members."</p>			
<p><a href="#">Family Relief Nursery</a></p>	<p>720 N. 14th Street, Cottage Grove <b>541-942-4835</b></p> <p>996 A St., Modular 3, Creswell <b>541-942-4835</b></p>	◆	FREE	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
<p><a href="#">Family Resource Centers</a></p> <p>FREE drop-in services for families, children, youth &amp; teens. Access to community resource information. Basic needs resources available.</p>	<p><b>Creswell Family Resource Center</b> Creslane Elementary School, 996 West A St <b>541-895-6175</b> <a href="mailto:kdumas@creswell.k12.or.us">kdumas@creswell.k12.or.us</a></p>		<p><b>McKenzie/Blue River Family Resource Center</b> McKenzie High School Lacey Joy <a href="mailto:lacey.joy@mckenzie.k12.or.us">lacey.joy@mckenzie.k12.or.us</a> <b>541-822-1110</b></p>	
	<p><b>Crow / Applegate / Lorane</b> Crow-Applegate-Lorane School District Donna Willits, District Office Manager <a href="mailto:dwillits@cal.k12.or.us">dwillits@cal.k12.or.us</a> <b>541-935-2100</b></p>		<p><b>Oakridge School District</b> Tonya Deisner <a href="mailto:tonya.deisner@oakridge.k12.or.us">tonya.deisner@oakridge.k12.or.us</a> <b>541-782-3226</b></p>	
	<p><b>Fern Ridge Family Resource Center</b> Veneta Elementary School Amy Hand / Heather Amrhein <a href="mailto:frc@fernridge.k12.or.us">frc@fernridge.k12.or.us</a> <b>541-935-2253 x1205</b></p>		<p><b>Pleasant Hill Family Resource Center</b> Phoebe Cooksey <a href="mailto:pcooksey@pleasanthill.k12.or.us">pcooksey@pleasanthill.k12.or.us</a> <b>541-746-0495</b></p>	
	<p><b>Mapleton School District</b> Rosie Golden, Community Coordinator <a href="mailto:rgolden@mapleton.k12.or.us">rgolden@mapleton.k12.or.us</a></p>			
<p><a href="#">Family Support &amp; Connections</a> (Catholic Community Services)</p>	<p>1025 G St Springfield <b>541-345-3628 x311</b></p>	◆	FREE	Home visiting, help connecting with resources, goal planning for parents of children under 18.
<p><a href="#">Focus on Children</a></p>	<p><b>See website for information and registration link.</b></p>		\$60/ parent, ½ price if on SNAP	Parenting class for parents who are getting divorced.
<p><a href="#">KEEP</a> (Oregon Community Programs)</p>	<p>1170 Pearl Street, Eugene <b>541-520-0524</b></p>	◆	<b>Paid incentive</b> \$25 /week, up to 24 ODHS hrs	16 weekly, 90-minute sessions building support and skills for foster and kinship parents of children ages 3-18. Groups are currently offered over zoom.
<p><a href="#">Head Start of Lane County</a></p>	<p>Locations and services throughout Lane County</p> <p>Central Office: 221 B St, Springfield <b>541-747-2425</b></p>	<p>◆ Spanish speaking staff. Interpretation for all other languages</p>	<p>All services are FREE for eligible families.</p> <p>Full Day wrap around childcare may require an affordable co-pay.</p>	<p><b>Early Head Start</b> - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills.</p> <p><b>Head Start</b> - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.</p>

See next page for more FAMILY SUPPORT & PARENTING EDUCATION Resources

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Updated 4/3/2026

## FAMILY SUPPORT & PARENTING EDUCATION (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">Nurturely</a>	<b>541-579-8941</b> <a href="mailto:info@nurturely.org">info@nurturely.org</a>	◆	Varies	Preventative health programs to reduce disparities in perinatal healthcare. Prenatal education, postpartum social connections, drop-in Perinatal Lounge, a boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents
<a href="#">Nurturing B.L.A.C.K. (Nurturely)</a>	<b>541-579-8941</b> <a href="mailto:info@nurturely.org">info@nurturely.org</a>			Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. 4-week virtual group to learn skills and connect with other parents.
<a href="#">Options Counseling Circle of Security group</a>	360 E 10th Ave Ste 450 Eugene <b>541-687-6983</b>		OHP	Attachment-focused parenting group for parents with children age 9 and younger.
<a href="#">Oregon Community Programs</a>	1170 Pearl St Eugene <b>541-743-4340</b>	◆	OHP (Trillium)	Parenting groups, therapeutic foster care, counseling for youth and family, skills training, child/adolescent psychiatry.
<a href="#">Oregon Family Support Network</a>	72 A Centennial Lp #150 Eugene <b>541-342-2876</b>	◆	FREE	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Virtual and in-person support groups. Assistance with IEP and 504 meetings. Food pantry.
Parent Helpline	<b>211 x5</b>	◆	FREE	Child development specialist will answer questions from parents with children ages 0-8
<a href="#">Parent Life</a>	<a href="mailto:stephanie@lcyfc.org">stephanie@lcyfc.org</a> <b>541-686-9225</b>	◆	FREE	A support program through Lane County Youth for Christ for parents ages 20 and under. Weekly dinner, childcare, and encouragement through community, mentorship, and practical resources in English and Spanish. See website for upcoming events <a href="https://www.lcyfc.org/events">https://www.lcyfc.org/events</a>
<a href="#">Parenting Now</a>	86 Centennial Loop, Eugene <b>541-484-5316</b>	◆	Varies. Scholarships	Classes & support groups for parents of children ages 0-8. Also, classes for teen parents.
<a href="#">Pearl Buck Preschool and Family Supports</a>	3690 W 1st Ave, Eugene <b>541-484-4666</b>	◆	FREE	Support for parents who experience cognitive limitations & have children ages 2-5.
<a href="#">Pregnancy &amp; Parenting Center</a>	1525 12th Street, Suite G, Florence <b>541-902-2273</b>	◆	FREE	Prenatal Education, diapers, maternity clothes, baby clothes / supplies. Pregnancy tests; parenting, pre-natal, & birth education; family mentoring, peer counseling. *This organization does not offer or refer for pregnancy terminations or birth control.
<a href="#">Reach Out Oregon (Oregon Family Support Network)</a>	Leave a message or email any time. <b>1-833-732-2567</b> <a href="mailto:info@reachoutoregon.org">info@reachoutoregon.org</a>	◆	FREE	Free warmline for parents and caregivers. Call or text Monday to Friday, 12-5 PM (except holidays).
<a href="#">Relief Nursery</a>	1720 W. 25 <sup>th</sup> Eugene and 850 S. 42 <sup>nd</sup> , Springfield <b>541-343-9706</b>	◆ Todos los servicios disponibles en español	FREE	Home visiting, parenting support, respite care, parenting classes, addiction recovery peer support, Parents for Recovery support group, therapeutic classrooms. For qualifying families with children age birth to 5. All services provided in both English and Spanish.
<a href="#">Riverview Center for Growth</a>	3995 Marcola Rd, Springfield <b>541-726-1465</b>		OHP	Collaborative Problem-Solving classes. Family Peer Support.
<a href="#">A Family for Every Child</a>	72C Centennial Loop suite 100 Eugene <b>541-343-2856</b>		FREE	Helps find adoptive homes for children in foster care. Mentor program for at-risk & foster youth ages 5-18. 10 hours+ /mo. of individual support. Case management and host homes for unhoused youth ages 14-24.

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## RESOURCE PARENT & ADOPTION SUPPORT

Agency	Contact	Español	Fees	Notes
<a href="#">A Family for Every Child</a>	72C Centennial Loop suite 100 Eugene <b>541-343-2856</b>		FREE	Helps find adoptive homes for children in foster care. Mentor program for at-risk & foster youth ages 5-18. 10 hours+ /mo. of individual support. Case management and host homes for unhoused youth ages 14-24.
<a href="#">Adoption Connections of Oregon</a>	<a href="mailto:aco@peak.org">aco@peak.org</a> <b>541-554-1201</b>		FREE	Support, education, multicultural activities for anyone touched by or interested in adoption.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd, #222, Eugene <b>541-686-6000</b>	No Spanish services	FREE	Specialized TIPS (True Insights) Parenting Classes for Foster Parents.
<a href="#">Foster &amp; Adoptive Parent Association of Lane County</a>	<a href="mailto:FAAPALane@outlook.com">FAAPALane@outlook.com</a>		FREE	Facebook page, support group, family events, and peer support for foster & adoptive families.
<a href="#">Holt International</a>	250 Country Club Rd Eugene <b>1-888-355-4658</b> <a href="mailto:Info@holtinternational.org">Info@holtinternational.org</a>			International and U.S. adoption service. Post-adoption support including coaching and education, birth parent search, and citizenship advice.
<a href="#">Jerry Adams Aquatics Resilience (JAAR)</a>	<u>Mailing address:</u> 3095 Kincaid St., Eugene, 97405 <u>Lesson address:</u> EVEN Hotel 2133 Centennial Plaza, Eugene <b>541-852-2997</b> <a href="mailto:hello@jaarprogram.org">hello@jaarprogram.org</a>	No Spanish services  Limited sign language	FREE  Donations and/or Flex Funds appreciated	Specialized water-safety swim lessons for children with disabilities, mental illnesses, and/or those in the foster care system. 12 free, private, water-safety swim lessons along with free equipment (e.g., competitive bathing suit, cap, goggles, ear plugs, nose plugs).
<a href="#">Open Adoption &amp; Family Services</a>	150 Shelton McMurfhey Blvd, #204, Eugene <b>541-343-4825</b>	Interpreter	FREE	Free, unbiased all-options pregnancy counseling as clients explore their options (parenting, abortion, and adoption) in a supportive, compassionate environment. Not affiliated with any religion. High integrity child-centered open adoptions include ongoing relationships between birth and adoptive families. Services include life-long adoption-related counseling and support.
<a href="#">Oregon Community Programs</a>	1170 Pearl St., Eugene <b>541-743-4340</b> <a href="mailto:info@oregoncp.org">info@oregoncp.org</a>			Intensive treatment foster care that helps youth with complex needs stabilize, heal, and successfully transition back to family settings. Foster parents receive 24/7 support from a skilled clinical team.
<a href="#">Oregon Foster Parent Association</a>	410 Mill #366, Salem <b>888-544-3402</b> Email: <a href="mailto:office@ofpa.com">office@ofpa.com</a>			A statewide association operating within the foster, relative, and adoptive community in Oregon.

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## FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Español	Fees	Notes
<a href="#">Open Adoption &amp; Family Services</a>	150 Shelton McMurphey Blvd, #204, Eugene <b>541-343-4825</b>	Interpreter	FREE	Free, unbiased all-options pregnancy counseling as clients explore their options (parenting, abortion, and adoption) in a supportive, compassionate environment. Not affiliated with any religion. High integrity child-centered open adoptions include ongoing relationships between birth and adoptive families. Services include life-long adoption-related counseling and support.
<a href="#">Planned Parenthood</a>	3579 Franklin Blv., Springfield <b>541-344-9411</b> 793 N. Danebo Dr., Eugene <b>541-344-9411</b>	Interpreter	OHP, some insurance, sliding scale	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, all gender health care, emergency contraception, abortion services.
<a href="#">Pregnancy &amp; Parenting Center</a>	475 Laurel St., Florence <b>541-902-2273</b> Cell: <b>541-999-2427</b>	◆	FREE	Prenatal Education, diapers, maternity clothes, baby clothes / supplies. Pregnancy tests; parenting, pre-natal, & birth education; family mentoring, peer counseling. *This organization does not offer or refer for pregnancy terminations or birth control.
<a href="#">Our Community Birth Center</a>	188 West B Street, Building O, Springfield <b>458-234-6800</b> <a href="mailto:OurCommunityBirthCenter@gmail.com">OurCommunityBirthCenter@gmail.com</a>	◆	OHP, private insurance, self-pay sliding scale	Nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum care including home visits, newborn care, lactation services.

## CAR SEAT CLINIC

Agency	Contact	Notes
Safe Rides for Safe Kids (Sacred Heart – Riverbend)	<b>PeaceHealth RiverBend</b> 3311 RiverBend Dr. Springfield	A certified child passenger safety technician (CPST) will provide a free car seat check when families with newborns are discharged from PeaceHealth Sacred Heart Medical Center at Riverbend.
<b>For current information about Oregon's car seat regulations:</b> <a href="https://www.oregon.gov/odot/safety/pages/belts-seats.aspx">https://www.oregon.gov/odot/safety/pages/belts-seats.aspx</a>		

## DIAPER ASSISTANCE

Agency	Contact	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> , Eugene 1025 G St. Springfield	<b>FREE</b> diapers. Stop by to check on availability.
<a href="#">Lane County Diaper Bank</a>	<a href="mailto:info@lcdiaperbank.org">info@lcdiaperbank.org</a> <b>541-221-0824</b>	<b>FREE</b> diapers for low income families in Eugene, Springfield, and surrounding areas. <b>Distributed through partner agencies.</b> See website.
<a href="#">The Cloth Option, Inc.</a>	See website to apply: <a href="http://www.theclothoption.org/apply">www.theclothoption.org/apply</a> Email: <a href="mailto:info@theclothoption.org">info@theclothoption.org</a>	<b>FREE</b> cloth diaper distribution program. Qualifying families receive a starting cloth diaper stash. Newborns receive 20 cloth diapers, infants 15, and potty training toddlers 10.

## SAFETY TIP LINE FOR OREGON SCHOOLS

Agency	Contact	Notes
<a href="#">SafeOregon</a>	Call or text the Tip Line: <b>844-472-3367</b> <a href="mailto:tip@safeoregon.com">tip@safeoregon.com</a>	SafeOregon is a school safety tip line for you to report school threats, weapons, violence, bullying, dating violence, drugs, self-harm, or other safety concerns. A real, live person is ALWAYS AVAILABLE. 24 hours a day. 7 days a week.

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## PRENATAL / POST-PARTUM SUPPORT / DOULAS

Agency	Contact	Español	Fees	Notes
<a href="#">Baby Connection</a> (Parenting Now)	86 Centennial Loop, Eugene <b>541-484-5316</b>	◆	FREE GRATIS	Infant feeding support, parenting education for families with infants to 1-year.
				Apoyo para la alimentación infantil, educación para padres para familias con bebés de hasta 1 año.
<a href="#">Community Doula Program</a>	<a href="mailto:Referrals@communitydoulaprogram.org">Referrals@communitydoulaprogram.org</a> <b>541-600-4064</b>	◆	OHP	Connecting families with information and support during birth, pregnancy, and the early weeks of parenting through the care of a trained doula from your community.
				Conectamos a familias con información y apoyo durante el parto, embarazo, y las primeras semanas de crianza a través del cuidado de una doula capacitada de su comunidad.
<p><a href="#">Family &amp; Child Health</a> (Lane County Public Health) <b>541-682-8720</b> <a href="mailto:FCH.Referrals@lanecountyor.gov">FCH.Referrals@lanecountyor.gov</a></p> <p>Serving all of Lane County Provided at no cost to families</p> <p>Spanish speaking staff available. Interpretation available for all other languages</p> <p>◆</p> <p>Al servicio de todo el condado de Lane. Se ofrece sin costo alguno para las familias. Personal que habla español disponible. Interpretación disponible para todos los demás idiomas</p>		<p>Home visiting by Registered Nurses with <b>Nurse-Family Partnership</b> supports parents starting in pregnancy and through their child's 2nd birthday. RNs with <b>Family Connects Oregon</b> visit families in the first 2 months postpartum for in-home medical and resource navigation support. Family Support Specialists with <b>Healthy Families Oregon</b> offer support starting in pregnancy or in the first 3 months after birth, through their baby's 3rd birthday. Home visiting with <b>CaCoon</b>: RN case managers offer system navigation support to families of children with special medical needs, birth through age 5.</p> <p>All programs focus on supporting healthy pregnancies, child health &amp; development, parent/child attachment, building resilience, and resource connection for medical and social needs.</p> <p>Eligibility: All pregnant people and families with newborns who are Lane County residents. Some programs limited to OHP members."</p>		
		<p>El programa de visitas a domicilio de enfermeras registradas de <b>Nurse-Family Partnership</b> brinda apoyo a los padres desde el embarazo hasta el segundo cumpleaños de su hijo. Las enfermeras registradas de <b>Family Connects Oregon</b> visitan a las familias durante los dos primeros meses después del parto para brindarles apoyo médico y orientación sobre recursos en el hogar. Los especialistas en apoyo familiar de <b>Healthy Families Oregon</b> ofrecen apoyo desde el embarazo o durante los primeros tres meses después del nacimiento, hasta el tercer cumpleaños del bebé. El programa de visitas a domicilio <b>CaCoon</b>, a cargo de enfermeras gestoras de casos, ofrece apoyo para la navegación del sistema de salud a familias de niños con necesidades médicas especiales, desde el nacimiento hasta los 5 años.</p>		
		<p>Todos los programas se centran en apoyar embarazos saludables, la salud y el desarrollo infantil, el vínculo entre padres e hijos, el desarrollo de la resiliencia y la conexión con recursos para necesidades médicas y sociales.</p> <p>Requisitos de elegibilidad: Todas las personas embarazadas y familias con recién nacidos que residen en el condado de Lane. Algunos programas están limitados a miembros de OHP.</p>		
<a href="#">La Leche League – Eugene</a> (Parenting Now)	86 Centennial Loop, Eugene <b>877-452-5324</b> – helpline <a href="#">Facebook Page / FB support group</a>	◆	FREE GRATIS	Breastfeeding support provided by warm line, email, text. Monthly in-person meetings.
				Apoyo para la lactancia materna mediante una línea telefónica, correo electrónico y mensajes de texto. Reuniones presenciales mensuales.

See next page for more PRENATAL / POST-PARTUM SUPPORT / DOULAS

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# Community Resource Guide

Updated 4/3/2026

## PRENATAL / POST-PARTUM SUPPORT / DOULAS

Agency	Contact	Español	Fees	Notes
<a href="#">Milkweed and Honey Doula and Peer Services</a>	<b>541-543-3863</b> <a href="mailto:nessa@coreeugene.org">nessa@coreeugene.org</a> / <a href="mailto:info@coreeugene.org">info@coreeugene.org</a>	No	Medicaid	Compassionate, culturally responsive doula care across the entire reproductive health journey, holistic case management services that address the complex needs of young people navigating challenging life circumstances. Peer-led, harm reduction approach. Serving <b>young adults ages 16-29</b> .
<a href="#">Nurturely</a>	<b>541-579-8941</b> <a href="mailto:info@nurturely.org">info@nurturely.org</a>	◆	FREE GRATIS	Prenatal education, postpartum social connections, drop-in Perinatal Lounge, boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents. Educación prenatal, conexiones sociales posparto, sala de espera perinatal, una boutique y centro de bienestar para la lactancia y el apoyo para portear bebés. Cohortes de bienestar para futuros padres.
<a href="#">Nursing Mothers Council of Oregon</a>	<a href="mailto:info@nursingmotherscounsel.org">info@nursingmotherscounsel.org</a> <b>503-282-3338</b>			Lactation support, pump assistance, peer support.
<a href="#">Our Community Birth Center</a>	188 West B Street, Building O Springfield <b>458-234-6800</b> <a href="mailto:OurCommunityBirthCenter@gmail.com">OurCommunityBirthCenter@gmail.com</a>	◆	OHP / Private Insurance / Self-pay sliding scale	Nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General & preventative health care, gynecology, all-options pregnancy counseling, birth control, fertility, pregnancy, birth and postpartum care. Home visits, lactation services. Centro de maternidad y clínica de salud con enfermeras obstetras. Centrado en el cliente e inclusivo para LGBTQIA+. Atención médica general y preventiva, ginecología, asesoramiento integral sobre embarazo, control de la natalidad, fertilidad, embarazo, parto y atención posparto. Visitas a domicilio, servicios de lactancia.
<a href="#">Post-Partum Support International</a>	<a href="mailto:support@postpartum.net">support@postpartum.net</a> <b>800-944-4773</b>	◆	FREE GRATIS	Email / phone support, referrals for post-partum services. Asistencia por correo electrónico/teléfono, referencias para servicios posparto.
<a href="#">Pregnancy &amp; Parenting Center</a>	1525 12th Street, Suite G, Florence <b>541-902-2273</b>	◆	FREE GRATIS	Prenatal Education, diapers, maternity clothes, baby clothes / supplies. Pregnancy tests; parenting, pre-natal, & birth education; family mentoring, peer counseling. *This organization does not offer or refer for pregnancy terminations or birth control. Educación prenatal, pañales, ropa de maternidad, ropa y suministros para bebés. Pruebas de embarazo; educación para padres, prenatal y sobre el parto; tutoría familiar, asesoramiento entre pares. *Esta organización no ofrece ni recomienda interrupciones del embarazo ni métodos anticonceptivos.
<a href="#">Rainbow Bridge Doula Services</a>	Facebook: Rainbow Bridge Doula Services <b>541-914-9975</b>	◆	Sliding Scale	Prenatal, birth & postpartum support. Apoyo prenatal, parto y posparto.
<a href="#">Sacred Heart Pregnancy &amp; Parenting Education</a>	3333 Riverbend Dr, Springfield <b>541-222-7074</b>		Sliding scale, scholarships	Pregnancy / parent education, prenatal yoga, breastfeeding, birth center tours, new infant care
<a href="#">WellMama</a>	576 Olive St #205, Eugene <b>Call or text SUPPORT to 541-525-0495</b> <a href="mailto:info@wellmamaoregon.org">info@wellmamaoregon.org</a>	◆	FREE GRATIS	24-hour peer support help line, private online self-assessment, support groups. For maternal mental health challenges. Línea de ayuda de apoyo entre pares disponible las 24 horas, autoevaluación privada en línea, grupos de apoyo. Para problemas de salud mental materna.
<a href="#">Women, Infants, &amp; Children (WIC)</a>	151 W 7th Ave, #210, Eugene <b>541-682-4202</b>	◆	FREE GRATIS	Breastfeeding / nutrition support. Breast pumps. Apoyo a la lactancia materna y a la nutrición. Extractores de leche.

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## SCHOOL DISTRICT OFFICES in LANE COUNTY

District	Contact	District	Contact
<a href="#">Bethel</a>	<b>541-689-3280</b> 4640 Barger Dr, Eugene	<a href="#">Mapleton</a>	<b>541-268-4312</b> 10868 E. Mapleton Rd, Mapleton
<a href="#">Blachly</a>	<b>541-925-3262</b> 20264 Blachly Grange Rd, Blachly	<a href="#">Marcola</a>	<b>541-933-2817</b> 38300 Wendling Rd, Marcola
<a href="#">Creswell</a>	<b>541-895-6000</b> 998 West A St, Creswell	<a href="#">McKenzie</a>	<b>541-822-3338</b> 51187 Blue River Dr, Finn Rock
<a href="#">Crow-Applegate-Lorane</a>	<b>541-935-2100</b> 85955 Territorial Rd, Eugene	<a href="#">Oakridge</a>	<b>541-782-2813</b> 76499 Rose St, Oakridge
<a href="#">Eugene 4J</a>	<b>541-790-7700</b> 200 N. Monroe St, Eugene	<a href="#">Pleasant Hill</a>	<b>541-746-9646</b> 36386 Hwy 58, Pleasant Hill
<a href="#">Fern Ridge</a>	<b>541-935-2253</b> 88834 Territorial Rd, Elmira	<a href="#">Siuslaw</a>	<b>541-997-2651</b> 2111 Oak St, Florence
<a href="#">Junction City</a>	<b>541-998-6311</b> 69 325 Maple St, Junction City	<a href="#">South Lane</a>	<b>541-942-3381</b> 455 Adams, Cottage Grove
<a href="#">Lowell</a>	<b>541-937-2124</b> 65 South Pioneer St, Lowell	<a href="#">Springfield</a>	<b>541-747-3331</b> 640 A St, Springfield

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

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

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

### ¿Cómo me comunico con el Superintendente de Lane ESD?

Encuentre el nombre del Superintendente actual en este sitio web: [www.lesd.k12.or.us/admin/supt.html](http://www.lesd.k12.or.us/admin/supt.html)

Correo electrónico: [supt-office@lesd.k12.or.us](mailto:supt-office@lesd.k12.or.us) o llame al: **541-790-7707**

## EDUCATIONAL ADVOCACY

Agency	Contact	Español	Fees	Notes
<a href="#">CADRE</a> - Center for Appropriate Dispute Resolution in Special Education	576 Olive St, Suite 300 Eugene <b>541-359-4210</b> <a href="mailto:cadre@directionservice.org">cadre@directionservice.org</a>	◆	Varies	Technical assistance, trainings, workshops, presentations, and other products and services that are useful for dispute resolution in special education and early intervention.
<a href="#">Direction Service</a>	1144 Gateway Loop, #200, Springfield <b>541-686-5060</b>	◆	OHP / private insurance	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
<a href="#">Education Justice Action Team</a>	<a href="mailto:mica@calclane.org">mica@calclane.org</a> <b>541-485-1755</b>	◆	FREE	Community Advocate Program connects parents/caregivers with advocates who assist after incidents of bias, harassment, and discrimination. Advocates also act as witnesses and accompany parents to meetings.
<a href="#">Inclusive Partners</a>	<a href="mailto:inclusivepartners@state.or.us">inclusivepartners@state.or.us</a> <b>866-837-0250</b>	◆	FREE	FREE consultation and individualized planning to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors. <a href="http://www.inclusivepartners.org">www.inclusivepartners.org</a>
<a href="#">Oregon Family Support Network</a>	72 A Centennial Loop #150, Eugene <b>541-342-2876</b>	◆	FREE	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges. Virtual and in-person support groups. Assistance with IEP and 504 meetings. Online support group for families raising LGBTQ+ youth. Food pantry.

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## HOME SCHOOLING and DISTANCE LEARNING OPTIONS

Agency	Contact	Notes
<a href="#">Baker Charter Schools</a>	<b>541-524-2300</b>	<b>Free</b> statewide K-12 home-based public charter school. Online and textbook-based classes with teacher support. Option to earn college and high school credit at the same time. ♦ - bilingual staff
<a href="#">Bridge Charter Academy</a>	60 South Pioneer St, Lowell <b>541-937-5200</b> <a href="mailto:joinbca@bridgecharter.com">joinbca@bridgecharter.com</a>	<b>Free</b> partial-day classroom setting serving home-based K-12 students. Accredited online curriculum options. Mostly remote with required weekly 3-hour in-person sessions on the school campus. ♦ Interpreter available.
<a href="#">Cascadia Learning Cooperative</a>	3495 W. 18th Ave., Eugene <b>734-218-4877</b> <a href="mailto:cascadilearning@gmail.com">cascadilearning@gmail.com</a>	Secular learning program for Eugene-Springfield area homeschoolers and unschoolers ages 6-14. Enrichment classes to a full homeschool curriculum.  <u>Full Time Members:</u> - parents volunteer a minimum of 4 hours per week - One child \$1,350 / year or \$790 / semester if paid in full for the semester. - Two children \$1,500 / year, or \$875 / semester if paid in total for the semester. - Each additional child above 2 children is \$50 more per semester  <u>Part Time Members:</u> - parents volunteer a minimum of 2 hours per week - \$500 for 1 child, \$250 for the second child, \$50 for each additional child.
<a href="#">Fossil Distance Learning Program</a>	<a href="mailto:centraloffice@fossildlp.com">centraloffice@fossildlp.com</a> <b>458-215-0204</b>	<b>Free</b> K-8 distance learning. A credentialed teacher provides support to students and their families. Each student is allocated instructional funds to purchase curriculum, supplies, lessons, and classes.
<a href="#">Home School Legal Defense Association</a>	<b>540-338-5600</b>	Education consulting services. Advice / legal support regarding homeschooling. . Fees for membership: Monthly \$14, Annual \$135, Lifetime \$1500. ♦ - bilingual staff, website available in Spanish
<a href="#">Learn at Home Oregon</a>	301 South 3rd Street, Alsea <b>541-487-5644</b>	<b>Free</b> K-8 home-based distance education program. Learning materials and technology delivered to the child's home. Provides hands-on learning experiences.
<a href="#">Navigators Homeschool Group</a>	<b>800-382-6010</b>	Homeschool classes, activities, events, field trips, theater opportunities on Fridays starting in October and finishing in May. \$450 / year. Additional fees may apply.
<a href="#">Oregon Christian Education Association Network</a>	<b>503-288-1285</b>	A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
<a href="#">Willamette Connections Academy</a>	<b>800-382-6010</b>	<b>FREE</b> accredited online public school that allows students to learn from home or anywhere with an internet connection. ♦ Interpreter available.
<a href="#">Oregon Home Education Network</a>	Message Line: <b>503-893-2744</b> <a href="mailto:info@ohen.org">info@ohen.org</a>	A statewide nonprofit that provides information about homeschooling, promotes connection among homeschoolers, and supports homeschool families in Oregon.
<a href="#">Evergreen Virtual Academy</a>	<b>541-751-8060</b>	<b>FREE</b> statewide online K-12 public education. Experienced, Oregon-licensed teachers, available online and by phone. Provides laptops and all materials to students. Some bilingual teachers but cannot provide Spanish services completely.
<a href="#">Teach Northwest</a>	<b>541-952-1381</b>	K-12 Virtual STEAM and Homeschool Academy that allows parents to select from a wide range of traditional homeschool and/or online school options.

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## SPECIALIZED EDUCATIONAL SETTINGS

Agency	Contact	Español	Fees	Notes
<a href="#">Bridgeway House</a>	<b>541-345-0805</b> 555 E 15 <sup>th</sup> , Eugene		OHP / private Insurance	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, social events and a full-time school.
<a href="#">Riverview Center for Growth</a>	<b>541-726-1465</b> 3995 Marcola Rd, Springfield	No	OHP	Integrated treatment and education program for ages 4-19 with severe emotional and behavioral issues. Individual therapy, group therapy, and family therapy are provided.
<a href="#">ECCO 4J Young Parent Program</a>	200 N Monroe Ave. Eugene <b>541-790-6850</b>	Interpreter	FREE	High school and GED program offering pregnancy and parenting support for young parents. Free on-site childcare while students are attending classes.
<a href="#">Gateways High School</a>	425 10th Street Springfield <b>541-744-8862</b>	No	FREE	High school option for students who need help with basic academic skills (2-4 grade levels behind), are behind in course credits, need extra support, or are pregnant or parenting. Traditional diploma, modified diploma, and GED options.
<a href="#">Jasper Mountain School</a>	37875 Jasper-Lowell Rd, Jasper <b>541-747-1235</b>	◆ Bilingual staff & interpreter	OHP / private Insurance	Intensive mental health treatment for ages 4-13. K-8 residential educational program and academic day treatment for children with psychiatric disorders. Specializing in reactive attachment disorder.
<a href="#">JC Options</a>	325 Maple St, Junction City <a href="mailto:rsmith@junctioncity.k12.or.us">rsmith@junctioncity.k12.or.us</a> <b>541-998-6311</b>		FREE	K-12 alternative educational program. Students may be home-based, work at the local Learning Center, or a combination. Families can select all JC Options classes or dual enrollment in their neighborhood school.
<a href="#">Lane School</a>	1717 City View, Eugene <b>541-463-8500</b>	Interpreter for meetings, not classes	FREE	Short-term behavioral & academic day school for K-8 students experiencing Emotional Disturbance or Autism Spectrum Disorder.
<a href="#">Looking Glass Educational and Vocational Services</a>	<a href="#">Center Point School</a>	<b>541-868-0661</b> 1790 W 11th Ave, Eugene	No	Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy and transition services. Services are not available in Spanish.
	<a href="#">New Roads School</a>	<b>541-302-2551</b> 945 W 7th Ave, Eugene	◆ Spanish GED support	Alternative educational program for runaway / homeless youth, 16-21. GED prep, tutoring, life skills, meals, health care, counseling, case management, and recreational activities. Safe space.
	<a href="#">Riverfront School</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene	◆ English and Spanish	Education & vocational training for at-risk youth 14-21, diploma / GED, help with transportation, clothing, employment. Coordinates mental health and drug and alcohol recovery services.
	<a href="#">Independent Living Program</a>	<b>541-302-2554</b> 1666 W 12th Ave, Eugene	No	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. Must be referred by DHS.
<a href="#">Martin Luther King Jr Education Center</a>	2515 Martin Luther King Jr. Blvd, Eugene <b>541-682-4715</b>	◆ Bilingual staff available	FREE	Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, vocational training, and employment support.

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

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

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

Agency	Contact	Notes
<a href="#">4J Community Transition Program</a>	Anders Pettersson, <a href="mailto:pettersson_a@4j.lane.edu">pettersson_a@4j.lane.edu</a> <b>541-912-3618</b> Jason Renslow, <a href="mailto:Renslow_J@4j.lane.edu">Renslow_J@4j.lane.edu</a> <b>541-790-3340</b>	Transition supports for young adults, ages 18-21, in the 4J district who qualify for an IEP and have graduated high school, have a GED, or are planning to complete high school / GED. Vocational, academic, independent living, and recreational skill building.
<a href="#">Bethel Community Transition Network (BCTN)</a>	Edane Chism: <a href="mailto:edane.chism@bethel.k12.or.us">edane.chism@bethel.k12.or.us</a> <b>541-607-1458</b>	Youth transition program for the Bethel School District.
<a href="#">The Bridge Program (Siuslaw)</a>	<a href="mailto:jjohnson@siuslaw.k12.or.us">jjohnson@siuslaw.k12.or.us</a> <b>541-997-5477</b>	Supports Siuslaw students to work toward achieving their individual goals as stated in their Individual Education Plans as well as focusing on lifelong fitness/health and work-based learning through job experiences in the community.
<a href="#">Springfield Community Transition Program (CTP) and Life Skills Transition Program (LSTP)</a>	1030 "G" Street, Springfield <b>Sally Golden, CTP Teacher</b> - 541-501-3571 <a href="mailto:sally.golden@springfield.k12.or.us">sally.golden@springfield.k12.or.us</a> <b>Christina Takei, LSTP Teacher</b> - 541-228-7261 <a href="mailto:christina.takei@springfield.k12.or.us">christina.takei@springfield.k12.or.us</a> <b>Hai Nguyen, Administrator</b> - 541-972-2021 <a href="mailto:hai.nguyen@springfield.k12.or.us">hai.nguyen@springfield.k12.or.us</a>	Serving Springfield students with disabilities ages 18-21 in the four areas of Transition: Work/Vocational, Independent Living, Community Participation, & Post-Secondary Education.
<a href="#">Transition Education Network (TEN)</a> (Sheldon High School)	Sheldon High School, 2455 Willakenzie Road, Eugene <b>541-790-6633</b>	Serves students at Sheldon High School aged 14–18 with developmental disabilities and who have educational needs that include high level staff support and a focus on functional skills. Students who attend TEN are invited to attend either CLP or Connections once they leave high school.
<a href="#">Westmoreland Transition Program (Lane ESD)</a>	Brittney Spencer <a href="mailto:bspencer@lesd.k12.or.us">bspencer@lesd.k12.or.us</a> <b>458-234-7216</b>	Serves students aged 18–21 with developmental disabilities. Life Skills support services include speech and language therapy, vocational/community training, behavioral consultation, autism consultation, supported inclusion, physical therapy, occupational therapy, and nursing consultation services.

## VOCATIONAL REHABILITATION PROGRAMS

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

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## EARLY CHILDHOOD SERVICES

Agency	Contact	Español	Fees	Notes
<a href="#">Find Child Care Oregon</a>	<a href="http://www.findchildcareoregon.org">www.findchildcareoregon.org</a> Call 211, or Text “children” to 898211	◆	FREE	Call, text, email or check website for referrals to local childcare providers.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b> <a href="mailto:eccares@uoregon.edu">eccares@uoregon.edu</a>	◆	All services are free to eligible children. No insurance required	Early Intervention (EI) and Early Childhood Special Education (ECSE) services for children birth to kindergarten who have developmental delays or disabilities. Services help children with speech and language, behavior and social skills, moving, playing, learning and understanding.
<a href="#">Early Education Program (EEP)</a>	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene <b>541-485-0368</b> <a href="mailto:office@earlyeducationprogram.org">office@earlyeducationprogram.org</a>	◆	FREE	Classrooms for children with special needs <b>age 3-5</b> . Half-day or full day sessions.
<a href="#">Family Relief Nursery</a>	720 N. 14th Street, Cottage Grove <b>541-942-4835</b>	◆	FREE	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
	996 A St., Modular 3, Creswell <b>541-942-4835</b>			
<a href="#">Head Start of Lane County</a>	Locations and services throughout Lane County  Central Office: 221 B St, Springfield <b>541-747-2425</b>	◆ Spanish speaking staff. Interpretation for all other languages	All services are FREE for eligible families.  Full Day wrap around childcare may require an affordable co-pay.	<b>Early Head Start</b> - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills.
				<b>Head Start</b> - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
<a href="#">Jerry Adams Aquatics Resilience (JAAR)</a>	Mailing address: 3095 Kincaid St., Eugene, 97405 Lesson address: EVEN Hotel 2133 Centennial Plaza, Eugene <b>541-852-2997</b> <a href="mailto:hello@jaarprogram.org">hello@jaarprogram.org</a>	No Spanish services  Limited sign language	FREE  Donations and/or Flex Funds appreciated	Specialized water-safety swim lessons for children with disabilities, mental illnesses, and/or those in the foster care system. 12 free, private, water-safety swim lessons along with free equipment (e.g., competitive bathing suit, cap, goggles, ear plugs, nose plugs).
<a href="#">Jump Start</a>	The ARC of Lane County 4181 E St, Springfield Annie Wahto: <b>541-914-4232</b>	◆	ERDC / Private Pay	Inclusive preschool program where children of all abilities can feel safe, nurtured and included. Monday – Friday, 7:30 a.m. - 6 p.m. Full day program for children age 6-13. After school program.
<a href="#">Kids in Transition to School (KITS)</a>	10 Shelton McMurphy Blvd, Eugene <b>541-485-2711</b>	◆	FREE	School readiness program that provides a boost to children’s literacy, self-regulation, and social skills. 12-session workshop for parents.

See next page for more EARLY CHILDHOOD SERVICES

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# Community Resource Guide

Updated 4/3/2026

## EARLY CHILDHOOD SERVICES (continued)

Agency	Contact	Español	Fees	Notes
<a href="#">Pearl Buck Preschool and Family Supports</a>	3690 W 1 <sup>st</sup> Ave, Eugene <b>541-484-4666</b>	◆	FREE	Specialized, year-round preschool for children <b>age 2-5</b> whose parents have cognitive challenges. Parenting support and education adapted for adults with diverse learning abilities, home visits, case management.
<a href="#">Preschool Promise</a>	Various classroom locations. Apply at United Way: 3171 Gateway Loop, Springfield <b>541-741-6000</b>	◆	FREE	Free, full time preschool for children age 3-4. <a href="https://www.earlychildhoodlane.org/preschool-promise">https://www.earlychildhoodlane.org/preschool-promise</a>
<a href="#">Relief Nursery</a>	1720 W. 25th Eugene and 850 S. 42nd, Springfield  <b>541-343-9706</b>	◆ Todos los servicios disponibles en español	<b>FREE services for qualifying families with children birth to age 5.</b>	
			<ul style="list-style-type: none"> <li>• Home visiting and parenting support</li> <li>• Early Childhood Respite Program</li> <li>• Therapeutic Early Childhood Program</li> <li>• Child and Family Counseling</li> <li>• Peer Support and support group for parents in recovery</li> <li>• Parenting classes and Circle of Security (English and Spanish)</li> </ul>	
			<b>Servicios GRATUITOS para familias que califiquen con niños desde el nacimiento hasta los 5 años.</b>	
			<ul style="list-style-type: none"> <li>• Visitas a domicilio y apoyo parental</li> <li>• Programa de Respiro para la Primera Infancia</li> <li>• Programa Terapéutico para la Primera Infancia</li> <li>• Consejería Infantil y Familiar</li> <li>• Apoyo entre pares y grupo de apoyo para padres en recuperación</li> <li>• Clases para padres y Círculo de Seguridad (inglés y español)</li> </ul>	

## PROFESSIONAL DEVELOPMENT & TRAINING RESOURCES

If you are a trainer and would like to be included in this guide, please contact Jessie Carpenter at [jessieca@reliefnursery.org](mailto:jessieca@reliefnursery.org)

Agency	Contact	Notes
<a href="#">Alexis Reed</a> (Alexis Reed Behavior Consulting)	<a href="mailto:alexis@alexisreed.com">alexis@alexisreed.com</a> <b>541-520-6241</b>	Training topics include: <ul style="list-style-type: none"> <li>• Co-regulation &amp; the science of behavior (for children &amp; adults)</li> <li>• Developmental disabilities inclusion and advocacy</li> <li>• Personal boundaries for people with intellectual disabilities</li> <li>• Personal boundaries and sexual assault prevention for people with developmental disabilities</li> </ul>
<a href="#">Black Girl from Eugene</a> (Ayisha Elliott)	Website contact form: <a href="https://blackgirlfromeugene.org/contact/">https://blackgirlfromeugene.org/contact/</a>	Anti-racism trainings, consultation and facilitated group conversations.
<a href="#">Dr. Johnny Lake</a> Education – Training – Consulting	<a href="mailto:positiveimages07@gmail.com">positiveimages07@gmail.com</a>	International consultant, trainer and speaker on topics related to leadership, diversity, community-building, cross-cultural communication, equity and ethics for youth and adults.
<a href="#">EdWeb</a>	<a href="mailto:help@edweb.net">help@edweb.net</a>	Free live and pre-recorded webinars on topics related to teaching preschool through high school. Certificates provided.
<a href="#">HIV Alliance</a>	1195 City View Street, Eugene <b>541-556-1409</b> Contact the Education Coordinator at <a href="mailto:education@allianceor.org">education@allianceor.org</a>	Trainings and education for the community and agencies: <ul style="list-style-type: none"> <li>• Blood-borne pathogens: HIV, Hepatitis, STI's</li> <li>• Free Naloxone and Opiate Overdose Awareness Training</li> <li>• Harm Reduction Philosophy</li> <li>• HIV Alliance Agency's Purpose, Programs and Goals</li> </ul>

See next page for more PROFESSIONAL DEVELOPMENT resources

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## PROFESSIONAL DEVELOPMENT & TRAINING RESOURCES

Agency	Contact	Notes
<a href="#">Michelle Harvey</a>	<b>971-345-4119</b> <a href="mailto:michelle@mharveylcsww.com">michelle@mharveylcsww.com</a>	Trainings topics including: Early childhood trauma, Infant Mental Health, Trauma Informed Practice, Introduction to NEAR Science (Neuroscience, Epigenetics, ACEs, and Resilience), Reflective Practice through a polyvagal lens.
<a href="#">MINT</a> (Motivational Interviewing Training Resources)		This website provides a calendar of Motivational Interviewing trainings (online and in person), as well as a list of Motivational Interviewing trainers (including some local to Lane County). "MI is a collaborative, goal-oriented style of communication with particular attention to the language of change." (Miller & Rollnick, 2013, p. 29)
<a href="#">NAEYC</a> – National Association for the Education of Young Children	<a href="mailto:info@naeyc.org">info@naeyc.org</a>	Online learning, in-person trainings, videos, and articles on topics related to the highest quality, researched-based practices in early education. Membership is required to access some materials.
<a href="#">Nurturely</a>	<b>541-579-8941</b> <a href="mailto:info@nurturely.org">info@nurturely.org</a>	Workshops on topics related to racism, perinatal wellness, lactation, climate justice, and baby-wearing. Scholarships available.
<a href="#">OAEYC</a> – Oregon Association for the Education of Young Children	<b>503-496-3991</b> <a href="mailto:sara@oregonaeyc.org">sara@oregonaeyc.org</a>	Oregon's NAEYC chapter that offers an annual conference, workshops, and other professional development opportunities.
<a href="#">Oregon Parenting Education Collaborative (OPEC)</a>	<a href="mailto:opcec@oregonstate.edu">opcec@oregonstate.edu</a> <b>541.737.1013</b>	Free live and recorded webinars for parenting education professionals on topics including facilitation skill-building, anti-racism, equity, and inclusion. resilience and trauma-informed care, and parenting education curricula. OPEC also hosts an annual Oregon Parenting Educators Conference, and maintains a professional development and recognition system for parenting educators.
<a href="#">Oregon Registry Online (ORO)</a>	<b>1-877-725-8535</b> <a href="mailto:orohelp@pdx.edu">orohelp@pdx.edu</a>	A free statewide recognition program that records the professional development of early childhood professionals and awards a Step Level based on the number of education / training hours completed. <b>Create an account at:</b> <a href="https://my.oregonregistryonline.org/accounts/create/step1/">https://my.oregonregistryonline.org/accounts/create/step1/</a> Find trainings at: <a href="https://calendar.oregonregistryonline.org/">https://calendar.oregonregistryonline.org/</a>
<a href="#">Quality Care Connections</a>	4000 E 30 <sup>th</sup> Bldg. 24 Eugene <b>541-463-3954</b>	Training and assistance for childcare providers. Cost varies. Typically trainings are \$0-30. See website for current classes and registration. <a href="http://www.lanecce.edu/qcc">www.lanecce.edu/qcc</a>
<a href="#">Start Early</a>		High quality, online, self-paced trainings including: <ul style="list-style-type: none"> <li>- Building Engaging and Collaborative Relationships with Families</li> <li>- Substance Abuse in Home Visiting</li> <li>- Domestic Violence in Home Visiting</li> <li>- Ages and Stages Questionnaire Best Practices</li> <li>- Foundations of Infant Mental Health Practice in Home Visiting</li> <li>- The Impact of Trauma in Home Visiting</li> <li>- Supervising Home Visitors</li> </ul> <a href="https://startearly.csod.com/default.aspx?c=ehv_or_custom">https://startearly.csod.com/default.aspx?c=ehv_or_custom</a>
<a href="#">The Trauma Healing Project</a>	631 E. 19th Ave. Building B, Eugene <b>541-687-9447</b> <a href="mailto:info@healingattention.org">info@healingattention.org</a>	Training on trauma and trauma informed care appropriate for anyone with an interest in trauma and trauma healing.
<a href="#">The Uprise Collective</a>	<b>971-246-3142</b> <a href="mailto:community@theuprisecollective.org">community@theuprisecollective.org</a>	Online and in-person consulting and training. Organizational Equity, Educational Equity, Cross-Cultural Conflict Resolution, Culturally Humble Mental Health Practice, Exploring Disability Justice, And many other topics
<a href="#">Trauma Informed Oregon</a>	1600 SW 4th Ave Ste 900, Portland <b>503-725-9618</b> <a href="mailto:info@traumainformedoregon.org">info@traumainformedoregon.org</a>	Free online Introduction to Trauma Informed Care (TIC) training modules. The website also has a resource library and a database of trainers around Oregon who can deliver online or in-person trainings on TIC.

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## ACTIVITIES FOR CHILDREN, YOUTH and FAMILIES



For a **calendar of current events for children** in Lane County, check out: [Early Childhood Hub of Lane County](http://www.earlychildhoodlane.org/activity-calendar)

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

Agency		Contact	Notes
<b>Community Centers</b>  <a href="#">Eugene Rec Class List &amp; Registration</a>  <a href="#">Willamalane Class List &amp; Registration</a>	<a href="#">Amazon Community Center</a>	2700 Hilyard St., Eugene <b>541-682-5373</b>	Programs for youth, families & seniors. Preschool & afterschool programs, fitness classes, summer camps, adaptive programs and equipment rentals, veteran programs. Scholarships available.
	<a href="#">Hilyard Community Center</a>	2580 Hilyard St., Eugene <b>541-682-5311</b>	
	<a href="#">Peterson Barn</a>	870 Bertzen Rd, Eugene <b>541-682-5521</b>	
	<a href="#">River Road Parks &amp; Rec</a>	1400 Lake Dr, Eugene <b>541-688-4052</b>	
	<a href="#">Sheldon Community Center</a>	2445 Willakenzie Rd, Eugene <b>541-682-5312</b>	
	<a href="#">Willamalane Parks &amp; Rec</a>	250 S. 32 <sup>nd</sup> , Springfield <b>541-736-4544</b>	
<b>Swimming Pools</b>	<a href="#">Amazon Pool</a>	2600 Hilyard St., Eugene <b>541-682-5350</b>	Outdoor pool open May – October. Lap & rec swims, lessons, & water-based fitness classes.
	<a href="#">Echo Hollow Pool</a>	1655 Echo Hollow Rd, Eugene <b>541-682-5525</b>	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
	<a href="#">Eugene Family YMCA</a>	2055 Patterson, Eugene <b>541-686-9622</b>	Lap pool, children’s pool, hot tub. Lessons, recreational swim, lifeguard training, swim team, water fitness.
	<a href="#">Jerry Adams Aquatics Resilience (JAAR)</a>	Mailing address: 3095 Kincaid St., Eugene, 97405 Lesson address: EVEN Hotel, 2133 Centennial Plaza, Eugene <b>541-852-2997</b> <a href="mailto:hello@jaarprogram.org">hello@jaarprogram.org</a>	FREE Specialized water-safety swim lessons for children with disabilities, mental illnesses, and/or those in the foster care system. 12 free, private, water-safety swim lessons along with free equipment (e.g., competitive bathing suit, cap, goggles, ear plugs, nose plugs). No Spanish services, Limited sign language. Donations and/or Flex Funds appreciated.
	<a href="#">Max Stauss Pool (Junction City)</a>	1515 Laurel St., Junction City <b>541-998-3621</b>	Recreational swim and family swim times.
	<a href="#">River Road Pool &amp; Emerald Park Wading Pool</a>	1400 Lake Dr, Eugene <b>541-461-7777</b>	Indoor pool, spas, dry heat sauna. Outdoor wading pool for children 48” or less. Open on sunny days above 70 °.
	<a href="#">Sheldon Pool</a>	2445 Willakenzie Rd, Eugene <b>541-682-5312</b>	Lap and rec swim, lessons, water-based fitness classes.
	<a href="#">Splash! At Lively Park (Willamalane)</a>	6100 Thurston Road, Springfield <b>541-736-4244</b>	Wave pool, water slide, lap pool, spa, kiddie pool, community rooms, and more!
	Veneta Community Pool	25190 E Broadway Ave, Veneta <b>541-935-4390</b>	
<a href="#">Warren H. Daugherty Aquatic Center</a>	1440 S. 8th St., Cottage Grove <b>541-942-5533</b>	Recreational swim times, fitness classes, baby swim times, ai chi, swim lessons.	

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

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## ACTIVITIES FOR CHILDREN and FAMILIES (continued)

Sports, Gymnastics, Active Play	<a href="#">Bounce Gymnastics</a>	329 W 3rd Ave, Eugene <b>541-343-4222</b>	Gymnastics & Circus Arts classes, open gym, and camps for all ages.
	<a href="#">Boys and Girls Club of Emerald Valley</a>	1545 W. 22nd Ave <b>541-345-9939</b>	Sports and recreation, art programs, education and career development. Open to all children between the ages first grade through high school seniors.
		5305 Royal Ave <b>458-201-1915</b>	
	<a href="#">Camp Putt Mini Golf</a>	4006 Franklin Blvd., Eugene <b>541-852-4653</b>	Two 18-hole miniature golf courses. Youth (11 and under): \$5.25, Adults (12-54): \$6.50, Seniors (55+): \$5.50, Students & Military: \$6
	<a href="#">Defy Extreme Air Sports</a>	85 Division Ave, Eugene <b>541-246-9989</b>	Trampolines, obstacle course, zip line. \$13-\$17 / hour, depending on age. 2 and younger are free with another paid jumper. Jump socks are required (\$3 / pair).
	<a href="#">Get Air</a>	4211 W 11th Ave, Eugene <b>541-827-1016</b>	Trampoline park, ninja course, foam pit, dodge ball, toddler area. \$10-15 / hour, depending on height of the child. Jump socks are required (\$3 / pair).
	<a href="#">Kidsports</a>	2190 Polk St, Eugene <b>541-683-2374</b>	Positive youth team sports experiences. Scholarships available based on income.
	<a href="#">Eugene Family YMCA</a>	2055 Patterson, Eugene <b>541-686-9622</b>	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.
	<a href="#">The Rink Exchange</a>	796 West 13th Ave, Eugene <b>541-225-5123</b>	Ice rink with public skating, adult & youth classes, adult & youth hockey, figure skating club and birthday rentals.
	<a href="#">Putters Family Entertainment Center</a>	1156 Highway 99 Eugene <b>541-688-8901</b>	Pizzeria, indoor mini golf, an indoor play area, pool tables, video arcade, and a laser tag arena.
<a href="#">National Academy of Artistic Gymnastics</a>	1205 Oak Patch Rd., Eugene <b>541-344-2002</b>	Classes and camps for all ages.	
Libraries	<a href="#">Eugene Public Library</a>	<b>Downtown Branch - 100 W. 10th 541-682-8316</b>	
		<b>Bethel Branch - 1990 Echo Hollow Rd 541-682-5450</b>	
		<b>Sheldon Branch - 1566 Coburg Rd 541-682-5450</b>	
	<a href="#">Springfield Public Library</a>	225 N 5th St, Springfield	<b>541-726-3766</b>
	Alvadore Volunteer Library	90829 Alvadore Road, Junction City	<b>541-461-4933</b>
	Blue River Volunteer Library	51790 McKenzie Highway, Blue River	
	<a href="#">Cascade Foothills Volunteer Library</a>	39095 Dexter Road, Dexter, OR 97431	<b>541-937-2625</b>
	<a href="#">Cottage Grove Public Library</a>	700 E. Gibbs Avenue, Cottage Grove	<b>541-942-3828</b>
	County Corner Community Library	23479 Hwy 36, Cheshire	<b>541-998-2093</b>
	<a href="#">Creswell Public Library</a>	64 W. Oregon Ave., Creswell	<b>541-895-3053</b>
	<a href="#">Fern Ridge Public Library</a>	88026 Territorial Road, Veneta	<b>541-935-7512</b>
	<a href="#">Junction City Public Library</a>	726 Greenwood, Junction City	<b>541-998-8942</b>
	<a href="#">Leaburg Volunteer Library</a>	Old Leaburg School Building (Mile 20 on Highway 126)	<b>541-896-3112</b>
	Maggie Osgood Library (Lowell)	70 N. Pioneer Street, Lowell	<b>541-937-2157</b>
	<a href="#">Marcola School Media Center</a>	38300 Wendling Rd, Marcola	
	<a href="#">Oakridge Public Library</a>	48318 E. First Street, Oakridge	<b>541-782-2258</b>
<a href="#">River Rd Santa Clara Volunteer Library</a>	105 Oakleigh Lane, Eugene	Contact Vickie Cain <b>541-554-6854</b>	
<a href="#">Siuslaw Public Library District</a>	1460 9th Street, Florence	<b>541-997-3132</b>	
	88148 Riverview Ave., Mapleton	<b>541-268-4033</b>	

See next page for more Activities for Children and Families

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## ACTIVITIES FOR CHILDREN and FAMILIES (continued)

Agency		Contact	Notes
Clubs and Service Opportunities	<a href="#">Boy Scouts of America (BSA)</a>	For youth of <u>all genders</u> , 5 <sup>th</sup> grade through high school. Service, community engagement, leadership development, camping, skill building, and connection.	
	<a href="#">Girl Scouts</a>	72 Centennial Loop #300, Eugene <b>541-485-5911</b>	Engaging, challenging, fun activities. Badges to earn, outdoor trips, exploring science, service projects.
	<a href="#">Little Hands Can</a>	<a href="http://littlehandscan.org">http://littlehandscan.org</a>	Local volunteer opportunities for children and families.
Museums	<a href="#">Adventure Children's Museum</a>	490 Valley River Center, Eugene <b>541-653-9629</b>	10 am – 6 pm Weekdays. 11 am – 6 pm Weekends. \$5 / person, free for 2 or younger. Reduced admission for EBT cardholders.
	Applegate Pioneer Museum	24864 W Broadway, Veneta <b>541-953-1836</b>	
	<a href="#">Bohemia Gold Mining Museum</a>	737 East Main Street Cottage Grove <b>541-942-5022</b>	Open Thursday, Friday, Saturday: 1:00 to 4:00 pm
	<a href="#">Cottage Grove History Museum</a>	147 N H St, Cottage Grove <b>541-942-4269</b>	Open Saturday and Sunday 1-4pm
	<a href="#">Creswell Historical Museum</a>	55 South 5th Street Creswell <b>541-895-5464</b>	Open 11:00 - 3:00 on the second and fourth Saturdays (March - November)
	<a href="#">Eugene Science Center</a>	2300 Leo Harris Parkway, Eugene	Exhibits \$7.50, planetarium \$7.50. \$12 for both. Free for children age 2 and under. Open Tuesday - Sunday
	<a href="#">Jordan Schnitzer Museum of Art</a>	1430 Johnson Lane, Eugene <b>541-346-3027</b>	Adults \$5, Seniors \$3, FREE for UO Students and faculty, K-12 students. Open Wednesday: 11 am - 8 pm and Thursday - Sunday: 11 am - 5 pm.
	<a href="#">Lane County History Museum</a>	740 West 13th Avenue, Eugene <b>541-682-4242</b>	FREE admission. Open Thursday – Sunday: 10am – 6 pm
	Mims Historic House	330 High St, Eugene <b>541-484-1119</b>	Two of the oldest houses in Eugene that served as a safe-haven for African American travelers from 1948 - 1966. Managed by the National Association for the Advancement of Colored People (NAACP).
	<a href="#">Museum of Natural &amp; Cultural History</a>	1680 East 15th Avenue, Eugene <b>541-346-3024</b> <a href="mailto:mnch@uoregon.edu">mnch@uoregon.edu</a>	Admission: \$6. Seniors and youth (3-18): \$4. Families (2 adults, 2 youth): \$12. Children under 2, UO students / staff, veterans / active duty military: FREE.
	<a href="#">Oakridge Pioneer Museum</a>	48238 East 1st Street, Oakridge <b>541-782-7000</b>	Open Saturdays 1-4pm
	<a href="#">Oregon Air and Space Museum</a>	90377 Boeing Drive, Eugene <b>541-461-1101</b>	Adults \$7, Seniors (62 & over) \$6, Ages (6-17) \$3, Ages 5 and under Free
	<a href="#">Oregon Coast Military Museum</a>	2145 Kingwood St, Florence <b>541-902-5160</b>	Open Wednesday-Sunday 1-4pm. Admission \$5, \$4 for veterans, Free for children 12 and under.
	<a href="#">Pitney House Museum</a>	Holly & 4th St., Junction City <a href="mailto:jcorhistory@yahoo.com">jcorhistory@yahoo.com</a>	Open 1st Saturday 1:00-3:00 and Thursdays 3:00-5:00
	<a href="#">Shelton McMurphey Johnson House</a>	303 Willamette Street, Eugene	\$6 for adults, \$3 for children, \$5 for students and Seniors, FREE with an EBT / SNAP card
<a href="#">Siuslaw Pioneer Museum</a>	278 Maple Street, Florence <b>541-997-7884</b>	Adults (14 and over) \$5. FREE for children 13 and under (if accompanied by adult). Open Thursday through Sunday: 12 - 4:00 PM.	
<a href="#">Springfield History Museum</a>	590 Main Street, Springfield <b>541-726-3677</b>	FREE admission	

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## NATURE, OUTDOOR RECREATION, and GARDENING RESOURCES

Agency	Contact	Notes								
<a href="#">4-H Youth Development</a>	<b>541-344-5043</b> <a href="mailto:LaneCounty4H@oregonstate.edu">LaneCounty4H@oregonstate.edu</a>	Empowers young people with hands-on learning experiences to help them grow and thrive. Plant and animal sciences, outdoor education, school enrichment, civic engagement, social skills and life skills, STEM. Fees vary.								
<a href="#">Back2Youth</a>	<b>541-515-8295</b> 28992 Summerville Rd., Eugene <a href="mailto:back2youth.info@gmail.com">back2youth.info@gmail.com</a>	Back2Youth is a multicultural organization that actively engages youth between 11-18 to get out into nature all year around.								
<a href="#">Annie Mims Community Garden</a>	255 Maxwell, Eugene	This community garden is a place for community to gather, grow and garden. It is sponsored by the NAACP and hosted by Our Redeemer Lutheran Church.								
<a href="#">Cascades Raptor Center</a>	32275 Fox Hollow Rd, Eugene <b>541-485-1320</b>	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under 12. <b>Free family passes</b> can be checked out at Lane County libraries (up to \$30)								
<a href="#">Nearby Nature</a>	<b>541-687-9699</b> 622 Day Island Road, Eugene	Register online for in-person Nearby Nature School, summer day camps, Green Start Play Days, Nature Quests, Haunted Hike, and Citizen Science Saturdays.								
<a href="#">Whole Earth Nature School</a>	<b>541-937-5437</b>	Unique nature connection programs, utilizing an approach rooted in ancient knowledge, filled with real-life experience, and sprinkled with a touch of mystery. Outdoor school, distance learning, afterschool programs, camps,								
<a href="#">Eugene Parks and Nature Areas</a>	1820 Roosevelt Blvd., Eugene <b>541-682-4800</b>	For a comprehensive list of parks and natural areas in Eugene, take a look at this website: <a href="https://www.eugene-or.gov/632/Parks-and-Natural-Areas-A-Z">https://www.eugene-or.gov/632/Parks-and-Natural-Areas-A-Z</a>								
<a href="#">City of Eugene Community Garden Plots</a>	1820 Roosevelt Blvd., Eugene <b>541-682-4831</b>	Six community gardens throughout Eugene with more than 340 plots. Low-income gardeners may submit a Scholarship Application to receive a plot fee discount. Community Organizations may submit a Community Garden Partnership Application to have the plot fee waived.								
<a href="#">FFLC Gardens and Farm</a>	770 Bailey Hill Road, Eugene <b>541-343-2822</b>	The GrassRoots Garden and the Youth Farm grow fresh nutritious for distribution while providing opportunities for youth and adults to grow, learn and contribute to their community. Seed to Supper™ is a free beginning vegetable gardening course that teaches participants how to garden on a budget.								
<a href="#">Locally Grown Guide</a>	<a href="mailto:info@willamettefarmandfood.org">info@willamettefarmandfood.org</a> <b>541-658-0715</b>	A free guide to Lane County farmer's markets, farm stands, U-Picks, CSAs, and more.								
<a href="#">Lane County Master Gardeners</a>  (OSU Extension Service)	996 Jefferson Street, Eugene <a href="mailto:lane.extension@oregonstate.edu">lane.extension@oregonstate.edu</a> <ul style="list-style-type: none"> <li>Office : <b>541-344-5859</b></li> <li>Master Gardeners: <b>541-344-0265</b></li> <li>Master Food Preservers: <b>541-344-4885</b></li> <li>4-H Youth: <b>541-344-5043</b></li> <li>Nutrition Education: <b>541-344-0249</b></li> </ul>	Affordable / free educational opportunities, gardening advice, classes, and activities.  <table border="0"> <tr> <td><a href="#">4-H Youth Development</a></td> <td><a href="#">Nutrition Education</a></td> </tr> <tr> <td><a href="#">Food Safety &amp; Preservation</a></td> <td><a href="#">Farming</a></td> </tr> <tr> <td><a href="#">Home Gardening</a></td> <td><a href="#">Forestry &amp; Natural Resources</a></td> </tr> <tr> <td><a href="#">Well Water</a></td> <td><a href="#">Livestock &amp; Forages</a></td> </tr> </table>	<a href="#">4-H Youth Development</a>	<a href="#">Nutrition Education</a>	<a href="#">Food Safety &amp; Preservation</a>	<a href="#">Farming</a>	<a href="#">Home Gardening</a>	<a href="#">Forestry &amp; Natural Resources</a>	<a href="#">Well Water</a>	<a href="#">Livestock &amp; Forages</a>
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<a href="#">Well Water</a>	<a href="#">Livestock &amp; Forages</a>									
<a href="#">Parker Learning Gardens</a>	31241 Lanes Turn Road, Eugene <a href="mailto:info@parkerlearninggardens.com">info@parkerlearninggardens.com</a>	Creative environments for garden-based education. Planting, cultivating and harvesting in a garden enables tangible, real-life involvement that provides sensory and exploratory learning for a multitude of ages and audiences.								
<a href="#">Plaza de Nuestra Comunidad</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas.  Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation.								
<a href="#">School Garden Project of Lane County</a>	454 Willamette Street, Room 205 (Grower's Market Building) <b>541-284-1001</b>	Helping Lane County schools develop onsite vegetable gardens to teach children the basics of growing food. Materials and curriculum resources; professional development for educators; volunteer recruiting and training; and maintenance support to sustain and expand gardens.								
<a href="#">Seed Library (Eugene Public Library)</a>	<p><b>Downtown Branch</b> - 100 W. 10th <b>541-682-8316</b></p> <p><b>Bethel Branch</b> - 1990 Echo Hollow Rd <b>541-682-5450</b></p> <p><b>Sheldon Branch</b> - 1566 Coburg Rd <b>541-682-5450</b></p>	<p><b>Get seeds:</b> Choose seeds by self-service at the Downtown 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.</p> <p><b>Donate seeds:</b> Seed donations can be dropped off at the Seed Library box on the Information Desk at the Downtown Library, or given to staff at Bethel and Sheldon branches. You can donate seeds you have purchased, even if the packet has been opened or partially used. We also accept locally grown and harvested seeds if they are clean, dry, and stored in a labeled container. Download and print a donation form to attach to the seeds.</p>								

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## EQUITY and SOCIAL JUSTICE ADVOCACY

Agency	Contact	Notes
<a href="#">Black Lives Matter</a>	The official Facebook page for BLMEUG, Black Lives Matter: Eugene shares the message of Black Lives Matter and organizes peaceful, nonviolent protests for change. <a href="https://www.facebook.com/groups/283681563038502/about">https://www.facebook.com/groups/283681563038502/about</a>	
<a href="#">Black Girl from Eugene</a>	Ayisha Elliott provides anti-racism trainings, consultation and facilitated group conversations.	
<a href="#">Eugene BIPOC Art Collective</a>	Highlighting the voices and visions of local BIPOC artists through connecting them to spaces, funds, and other resources in the Eugene area. [White allies and artists are encouraged to get involved to support the efforts of BIPOC artists telling their own stories]. <a href="https://www.facebook.com/groups/296551804716104/">https://www.facebook.com/groups/296551804716104/</a>	
<a href="#">CALC (Community Alliance of Lane County)</a>	458 Blair Blvd, Eugene <a href="mailto:info@calclane.org">info@calclane.org</a> 541-485-1755	BIPOC-led team addresses roots causes of oppression, privilege and power, works collaboratively to help build leadership, especially in underserved, underrepresented communities
<a href="#">Communities of Color &amp; Allies Network</a>	Carol Knobbe 541-461-8213	First Fridays program creates a safe space that fosters friendships and networks for local people of color, social justice allies, and equity workers.
<a href="#">Equity, Access and Inclusion (Lane County)</a>	125 E 8th Ave, Eugene 541-682-3725	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
<a href="#">Equity Community Consortium</a>	Carol Knobbe Telephone: 541-461-8213	An information and resource sharing forum for agencies that provide governmental and public services in the Eugene-Springfield area.
<a href="#">Eugene Human Rights Commission</a>	101 W 10th Ave. 2nd floor, Eugene <a href="mailto:amcluskey.hrc@gmail.com">amcluskey.hrc@gmail.com</a>	Promotes the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
<a href="#">Fair Shot for All</a>	<a href="http://www.fairshotoregon.org/">http://www.fairshotoregon.org/</a> 503-383-9766	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; holds legislators accountable.
<a href="#">H.O.N.E.Y. (Honoring Our New Ethnic Youth)</a>	<a href="http://www.facebook.com/honeycultureclub">www.facebook.com/honeycultureclub</a> Contact : Niyah Ross 541-337-3670 Email: <a href="mailto:honeynonprofit@gmail.com">honeynonprofit@gmail.com</a>	Support and advocacy for the enhancement and acceptance of multiracial persons and their families.
<a href="#">Human Rights and Neighborhood Involvement (Eugene)</a>	101 W 10th Ave. 1st floor, Eugene <a href="mailto:hrni@ci.or.us">hrni@ci.or.us</a> 541-682-5177	Supports victims of hate and bias, coordinates accessibility for events and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
<a href="#">NAACP Eugene Springfield</a>	<a href="https://naacplanecounty.org/contact/">https://naacplanecounty.org/contact/</a>	Works to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
<a href="#">Nurturely</a>	541-579-8941 <a href="mailto:info@nurturely.org">info@nurturely.org</a>	Preventative programs to reduce disparities in perinatal healthcare. In person and virtual prenatal education and postpartum social connections.
<a href="#">One Oregon</a>	<a href="mailto:joel@causaoregon.org">joel@causaoregon.org</a>	Statewide coalition to defend against anti-immigrant and anti-Muslim policies.
<a href="#">Rural Organizing Project</a>	PO Box 664, Cottage Grove <a href="mailto:office@rop.org">office@rop.org</a> 503-543-8417	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
<a href="#">Showing Up for Racial Justice - SURJ</a>	<a href="mailto:info@surjaction.org">info@surjaction.org</a>	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
<a href="#">Solidarity Network / Jobs With Justice</a>	PO Box 10272, Eugene s 541-632-3265 <a href="mailto:essn@solidaritynetwork.org">essn@solidaritynetwork.org</a>	Supports civil & economic rights of all working people – especially the right to a decent standard of living, the right to a stable job, and the right to organize.
<a href="#">Springfield Alliance for Equity and Respect</a>	<a href="mailto:safer1214@gmail.com">safer1214@gmail.com</a> 541-485-1755	Promotes human rights, responds to abuses of human dignity, and urges public institutions to address social justice concerns. SAFER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
<a href="#">Unite Oregon</a>	<a href="mailto:communications@uniteoregon.org">communications@uniteoregon.org</a> 503-287-4117	A membership organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for climate justice, housing justice, community safety, educational equity, economic justice, and health equity.

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## LGBTQIA2S+ RESOURCES

Lesbian, gay, bisexual, transgender, queer (or questioning), intersex, asexual/aromantic/agender, and Two Spirit.

The + indicates that there are more sexualities and gender identities than expressed by the letters in this acronym.

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

Agency	Contact	Español	Notes
<a href="#">Basic Rights Oregon</a>	Email: <a href="mailto:info@basicrights.org">info@basicrights.org</a> <b>503-222-6151</b>		Working for policies to support the LGBTQIA community
<a href="#">Options Counseling</a>	360 E 10th Ave Ste 450 Eugene <b>541-687-6983</b> 1445 8th Street, Florence <b>541-997-6261</b>	◆	AFFIRM groups help LGBTQ+ youth and young adults (ages 12-21) manage stress. Groups run throughout the year, most insurance is accepted. Grants are available for those unable to pay.
<a href="#">Eugene/Springfield Pride</a>	<a href="mailto:event@eugene-pride.org">event@eugene-pride.org</a> <b>541-321-0356</b>		Sponsors pride events.
<a href="#">Family Acceptance Project</a>	<a href="mailto:fap@sfsu.edu">fap@sfsu.edu</a>		Resources to help families support LGBT children / teens.
<a href="#">HIV Alliance</a>	1195 Cityview, Eugene <b>541-342-5088</b>		Culturally responsive services for LGBTQ+. Free testing, syringe exchange, education, sexual health clinic and counseling services. Free drop-in telehealth counseling. Peer support. HIV case management and harm reduction.
<a href="#">It Gets Better Project</a>	<a href="mailto:info@itgetsbetter.org">info@itgetsbetter.org</a>		Uplifting, empowering, and connecting lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth,
<a href="#">Lane Community College Gender Equity Center</a>	<a href="mailto:GenderEquityCenter@lanecc.edu">GenderEquityCenter@lanecc.edu</a> LCC Campus Bldg #1, Rm 202 <b>541-463-5353</b>		Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
<a href="#">Lavender Network</a>	440 Maxwell Road, Eugene <b>541-321-0872</b>	◆	LGBTQ+ specialized services: gender-affirming hormone injection supply program, rapid HIV, Hep. C, and Syphilis testing, Narcan supply and training, distribution of safer sex supplies, PrEP navigation service, access to gender-affirming products and clothing, resources navigation, peer support, and substance use counseling.
<a href="#">Left Coast Wellness</a>	<a href="mailto:info@leftcoastwellness.com">info@leftcoastwellness.com</a> Call or text: <b>541-600-4151</b>		LGBTQ+ and Gender Affirming Therapy with an LGBTQ+ competent therapist. Process and celebrate your identity and your authentic self in a safe, welcoming environment. Individual and couples therapy. Parenting support.
<a href="#">LGBTQA3 Alliance</a>	<a href="mailto:lgbtqa3@gmail.com">lgbtqa3@gmail.com</a> Erb Memorial Union, U of O #22		A student-run organization for LGBTQIA+ students to socialize, do homework, and connect to resources. LGBTQIA+ library. Safer sex supplies available. 9am-5pm weekdays during the term. Meetings Tuesdays 6pm
<a href="#">SASS (Sexual Assault Support Services) - LGBTQIA+ Support Group</a>	<b>541-343-7277</b> - 24/7 Crisis Line Instant message on website or text <b>541-343-7277</b> Tues- Fri, 9am-5pm <b>541-484-9791</b> (office) <a href="mailto:supportgroup@sass-lane.org">supportgroup@sass-lane.org</a> 1902 Jefferson St. #1, Eugene	◆ Todos los servicios disponibles en español	A nonprofit providing 100% confidential support for survivors of sexual violence, as well as their families, friends, and community. Free online support groups for people 18 years+. Only an email address is needed to register. Camera is optional. Participants can use any name they choose. Current groups & registration: <a href="https://www.sass-lane.org/support-groups/">https://www.sass-lane.org/support-groups/</a>
<a href="#">LGBTQ Groups in Lane County</a>	Psychology Today listing - <a href="https://www.psychologytoday.com/us/groups/gay/or/eugene">https://www.psychologytoday.com/us/groups/gay/or/eugene</a>		
<a href="#">LGBTQ Therapists in Lane County</a>	Psychology Today listing of LGBTQ couples counseling and individual counseling. <a href="https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909">https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909</a>		

See next page for more LGBTQIA2S+ Resources


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# Community Resource Guide

Updated 4/3/2026

## LGBTQIA2S+ RESOURCES (continued)

Agency	Contact	Español	Notes
<a href="#">Odyssey Community Counseling (Emergence)</a>	2149 Centennial Plaza, #4, Eugene <b>541-741-7107</b> <a href="mailto:mrobles@4emergence.com">mrobles@4emergence.com</a>	◆ Spanish-speaking & Latinx staff. LGBTQIA+ identified staff.	Provides counseling support to individuals, families, groups, and affected others for mental health, substance usage, gaming, gambling, and gender-affirmative / LGBTQIA+ specialized care. Ages 15+. We also offer peer support services. Call to schedule. Monday-Friday, 8 - 5 <a href="http://www.4emergence.com/mental-health-treatment/">www.4emergence.com/mental-health-treatment/</a>
<a href="#">OGALLA: LGBT Bar Association of Oregon</a>	Email: <a href="mailto:info@ogalla.org">info@ogalla.org</a>		A statewide organization to support the needs of lesbians, gay men, and other sexual minorities in the legal profession.
<a href="#">Our Community Birth Center</a>	188 West B Street, Building O, Springfield <b>458-234-6800</b> <a href="mailto:OurCommunityBirthCenter@gmail.com">OurCommunityBirthCenter@gmail.com</a>	◆	Community-based nurse midwifery birth center and health clinic. Client-centered and LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control and fertility, pregnancy, birth and postpartum including home visits, newborn care, lactation services. OHP / Private Insurance / Self-pay sliding scale.
<a href="#">Point of Pride</a>	Contact via website: <a href="http://www.pointofpride.org/contact">www.pointofpride.org/contact</a>		Scholarship-like funding for transgender individuals to access needed services, such as gender-affirming surgery, hormone replacement therapy, electrolysis, chest binders, femme shapewear, prosthetics, fertility preservation, vocal training, medical tattooing, etc.
<a href="#">South Lane Mental Health</a>	Main Office: 1345 Birch Ave, Cottage Grove <b>541-942-3939</b>	◆	LGBTQIA+ affirming services including individual, couples, and family therapy for clients of all ages. Common topics and concerns include exploring gender and sexual identities, coming out, couples therapy, family therapy, parent support, and gender transition.
<a href="#">Stopbullying.gov</a>	LGBTQ youth and those perceived as LGBTQ are at an increased risk of being bullied. This website managed by the U.S. Department of Health and Human Services has information and resources about creating a safe environment for LGBTQ youth.		
<a href="#">Trans*Parent Family Support Group</a>	<a href="mailto:info@transponder.community">info@transponder.community</a>		A monthly Lane County parent support group for Lane County caregivers with gender diverse children.
<a href="#">TransPonder</a>	440 Maxwell Road, Eugene <b>541-321-0872</b> <a href="mailto:info@transponder.community">info@transponder.community</a>		Monthly meetings, support groups, special events for trans/gender diverse folks and allies, trainings and consultation for businesses. Online resource guide. Staff to help with resource navigation.
<a href="#">Transponder Resource Directory</a>	<a href="https://transponder.community/resource-directory/">https://transponder.community/resource-directory/</a>		Online directory of trans / gender diverse friendly resources including mental health, medical/surgical, bodywork, faith centers, and more.
<a href="#">University of Oregon OUTLaws</a>	<a href="http://www.facebook.com/outlawsUO/">www.facebook.com/outlawsUO/</a>		LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.
<a href="#">Youth LGBTQIA+ Group</a> Amazon Community Center	2700 Hilyard St, Eugene <b>541-682-5373</b>		Weekly drop-in group that offers support and referral for ages 13-18 in Eugene. Free, confidential, and adult-facilitated.
 <h3>Talk Lines and Hotlines</h3>	<a href="#">LGBT Youth Talkline</a> <b>800-246-7743</b> A peer talk line for <b>LGBTQ youth 25 &amp; under.</b> Mon-Fri 1pm-9pm Saturday 9am-2pm	<a href="#">LGBT National Hotline</a> <b>888-843-4564</b> Online peer support chat at <a href="http://www.gbtnationalhelpcenter.org">www.gbtnationalhelpcenter.org</a> Mon-Fri 4pm-12am Saturday 12pm-5pm	
	<a href="#">Lambda Legal Help Desk</a> <b>213-382-7600</b> Resources related to discrimination based on sexual orientation, gender identity, gender expression, and HIV status.	<a href="#">The Trevor Project</a> <b>866-488-7386</b> 24/7 hotline for <b>LGBTQ youth 24 &amp; under.</b> Text "Trevor" to 678-678. Chat: <a href="http://www.thetrevorproject.org/chat">www.thetrevorproject.org/chat</a> Protected online community <a href="http://www.trevorspace.org">www.trevorspace.org</a>	<a href="#">Trans Lifeline</a> <b>877-565-8860</b> Peer support hotline run by and for trans people. 7am-10pm daily. Micro-grants for trans people and an online resource library.


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## JEWISH RESOURCES

Agency	Contact	Notes
<a href="#">Jewish Federation of Lane County</a>	PO Box 5924, Eugene, 97405 <a href="mailto:jewishfederationlc@gmail.com">jewishfederationlc@gmail.com</a> <b>541-484-2541</b>	Promotes the social, cultural, educational, and philanthropic needs of Jews in Lane County, globally, and in Israel.
<a href="#">Temple Beth Israel Center for Jewish Life</a>	1175 E. 29th Ave., Eugene <b>541-485-7218</b>	Promotes the spiritual, educational and social well-being of the Jewish people of Lane County, and the larger community.

## BLACK and AFRICAN AMERICAN RESOURCES

	<b>BlackLine - 1-800-604-5841</b> - A crisis support phone / text line focused on supporting Black, Black LGBTQI+, Brown, Indigenous, and Muslim folk, but supports all regardless of identity.	<b>The Steve Fund- Text STEVE to 741741</b> 24/7 Crisis Text Line focused on supporting the mental health & emotional well-being of young people of color.
Agency	Notes	
<a href="#">BEAM</a>	A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities and removing the barriers that Black people experience accessing emotional health care and healing. <a href="https://www.beam.community/">https://www.beam.community/</a>	
<a href="#">BLAC: Black Led Action Coalition</a>	BLAC fights for the Black people who've died or faced injustice by the hands of our government. <a href="https://www.facebook.com/blackledactioncoalition/">https://www.facebook.com/blackledactioncoalition/</a> and <a href="https://www.instagram.com/eugblac">https://www.instagram.com/eugblac</a>	
<a href="#">Black Lives Matter</a>	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. "We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon." <a href="https://www.facebook.com/groups/283681563038502/about">https://www.facebook.com/groups/283681563038502/about</a>	
<a href="#">Blacks In Government</a>	An advocate of equal opportunity and professional development for Black government employees at the Local, State and Federal government levels and others dedicated to justice for all. <a href="http://www.bignet.org/">http://www.bignet.org/</a>	
<a href="#">Black Male Alliance (U of O)</a>	A community of Black men at the U of O (students, staff, faculty and alumni). A space to support general well-being, deepen cultural and social connections and collectively work towards success. <a href="mailto:bmacmae@uoregon.edu">bmacmae@uoregon.edu</a>	
<a href="#">Black Student Union (U of O)</a>	An intellectual, cultural and social environment for students and community members. Encourages a positive image of African Americans and supports its members in achieving their educational goals. <a href="mailto:bsu@uoregon.edu">bsu@uoregon.edu</a>	
<a href="#">Black Women of Achievement (U of O)</a>	BWA implies sisterhood, empowering women, and community service. A social, cultural, and educational & physical development for Black women. <a href="mailto:asuobwa@uoregon.edu">asuobwa@uoregon.edu</a>	
<a href="#">HIV Alliance (Prevention Program)</a>	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. HIV case management and harm reduction. 1195 City View St, Eugene <b>541-556-1409</b>	
<a href="#">The Historic Mims House</a> Managed by Lane County NAACP	One of the oldest houses in Eugene, the Mims' Houses was a safe-haven for Black travelers from 1948-1966 while there was race separation in Eugene. The Eugene-Springfield branch of the NAACP is headquartered at the Mims House and holds events for the community and advocacy there. 330 High St, Eugene <b>541.484.1119</b>	
<a href="#">H.O.N.E.Y. (Honoring Our New Ethnic Youth)</a>	Support and advocacy for the enhancement and acceptance of multiracial persons and their families. <a href="http://www.facebook.com/honeycultureclub">www.facebook.com/honeycultureclub</a> Contact : Niyah Ross <b>541-337-3670</b> Email: <a href="mailto:honeynonprofit@gmail.com">honeynonprofit@gmail.com</a>	
<a href="#">NAACP Eugene Springfield</a>	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. <a href="https://naacplanecounty.org/contact/">https://naacplanecounty.org/contact/</a>	
<a href="#">Nurturing B.L.A.C.K.</a>	Group mentorship program for non-BIPOC expectant parents raising Black or biracial babies. Four-week virtual group mentorship experience led by Ayisha Elliott to learn these skills and more, while connecting with other parents and gaining confidence in your parenting.	
<a href="#">Oregon Commission on Black Affairs</a>	Working toward equity for Oregon's Black communities in jobs and the economy, education, health, safety, family stability, environment, and civic engagement. 1819 SW 5th Ave, #313 Portland 97201 <b>503-302-9725</b>	
<a href="#">West African Cultural Arts</a>	Dance troupe, lessons, classes. <a href="http://www.westafricanculturalarts.org">www.westafricanculturalarts.org</a> <b>541-232-5471</b>	

## BLACK OWNED BUSINESSES

Agency	Notes
<a href="#">Black Owned Businesses in Eugene Oregon</a>	The median wealth for white families is about 12 times that for Black families. Check out this list and support Black-Owned Businesses in our area: <a href="https://blackbusinesseseugene.github.io/bbe/">https://blackbusinesseseugene.github.io/bbe/</a>

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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

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



**BlackLine - 1-800-604-5841** - A crisis support phone / text line focused on supporting Black, Black LGBTQI+, Brown, Indigenous, and Muslim folx, but supports all regardless of identity.

**The Steve Fund- Text STEVE to 741741**  
24/7 Crisis Text Line focused on supporting the mental health & emotional well-being of young people of color.

Agency	Contact	Notes
<a href="#">4J NATIVES Program</a> Native Americans Toward Improved Values in Education and Society	2295 Four Oaks Grange Rd. Eugene <b>541-790-5900</b>	Title VI Education Program for American Indian & Alaskan Native students in the 4J School District (grades K-12). Offering free tutoring, mentoring, and cultural connection through weekly Culture Classes, family/community events, monthly newsletters, annual summer camp, annual Powwow, classroom speakers and presentations, assistance for educators to include Tribal History/Shared History curriculum in their classrooms, and coordinating Native American Student Union (NASU) groups in all middle & high schools in 4J.
<a href="#">Bethel Native American Education Program</a>		Programs to increase the knowledge and awareness of cultural values, traditions and contemporary issues, encourage and support post-secondary education, provide scholarship and financial aid information, instill student pride in Native American heritage, and encourage parent involvement in school activities. <a href="https://www.facebook.com/BethelSD.NativeEd.Program/">https://www.facebook.com/BethelSD.NativeEd.Program/</a>
<a href="#">Center For Multicultural Academic Excellence</a>	<b>541-346-3479</b> <a href="mailto:cmae@uoregon.edu">cmae@uoregon.edu</a>	Develops and implements programs and services that support retention, academic excellence, and success at the UO and beyond.
<a href="#">Chifin Native Youth Center</a>	1084 G Street, Springfield <b>541-726-4301</b>	A central location for Indian Education students in Springfield School District to develop tribal identity while interacting with mentors, community leaders & other students.
<a href="#">Confederated Tribes of Siletz Indians CARE Program</a>	<b>541-444-9680</b> (hotline and office)	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals to services.
<a href="#">HIV Alliance</a> (Prevention Program)	1195 City View St, Eugene <b>541-556-1409</b>	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. HIV case management and harm reduction.
<a href="#">Ko-Kwel Wellness Center</a> Coquille Indian Tribe	2401 River Rd. Eugene <b>541-916-7025</b> <a href="mailto:ko-kwel.eug@coquilletribe.org">ko-kwel.eug@coquilletribe.org</a>	Culturally appropriate primary outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity. OHP, sliding scale, some private insurance
<a href="#">LCC Longhouse</a> Lane Community College	4000 East 30th Avenue, Eugene <b>541-463-5238</b> <a href="mailto:longhouse@lanec.edu">longhouse@lanec.edu</a>	A sovereign space where Native American students and the community can share their values and cultures to create mutual learning relationships. A multi-use facility providing space for culturally appropriate activities.
<a href="#">Many Nations Longhouse</a> University of Oregon	<b>541-346-3036</b> <a href="mailto:jyunker@uoregon.edu">jyunker@uoregon.edu</a>	A place of community, welcome, peace, harmony, cultural exchange, and of individual support, respecting the diversity of numerous American Indian cultures and beliefs.

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## NATIVE AMERICAN and INDIGENOUS RESOURCES (continued)

Agency	Contact	Notes
<a href="#">Native American Rehabilitation Association (NARA)</a>	Locations in Portland, Gresham, and Scappoose. See website for details. <b>503-224-1044</b> <a href="mailto:info@naranorthwest.org">info@naranorthwest.org</a>	Culturally appropriate services for American Indians / Alaskan Natives. Adult and youth residential and outpatient addictions treatment, 2SLGBTQ+ services, health, mental health dental services, programs for youth, veterans and elders. Sliding scale.
<a href="#">National Indian Child Welfare Association</a>	5100 S Macadam Ave. Suite 300, Portland <b>503-222-4044</b> <a href="mailto:info@nicwa.org">info@nicwa.org</a>	Supports the safety, health, and spiritual strength of American Indian and Alaska Native children by helping tribes build the capacity to prevent child abuse and neglect through positive systems change.
<a href="#">Native American Student Association</a>	4000 East 30th Avenue, Eugene <b>541-463-5238</b> <a href="mailto:tapahonsol@lanecc.edu">tapahonsol@lanecc.edu</a>	Assists American Indian, Alaskan Natives, and Indigenous peoples in maintaining cultural values while pursuing their educational goals.
<a href="#">Native American Student Union</a>	University of Oregon Multicultural Center/EMU <b>541-346-4207</b> <a href="mailto:asuonasu@gladstone.uoregon.edu">asuonasu@gladstone.uoregon.edu</a>	Assists indigenous peoples in maintaining cultural values while pursuing their educational goals. NASU emphasizes the support, safety and educational successes of the Native American community.
<a href="#">Native American Youth and Family Center</a>	5135 NE Columbia Blvd. Portland <b>503-288-8177</b>	Culturally specific programs and services to enhance the diverse strengths of youth and families in partnership with the community through cultural identity & education.
<a href="#">Natives' Classroom at Head Start of Lane County</a>	Apply at: <a href="http://www.hsolc.org">www.hsolc.org</a> Or call <b>541-747-2425</b> to request information or an application	Open to Head Start eligible families identifying as American Indian or Alaskan Native. Focus on Native American heritage & culture in the classroom with AI/AN teachers
<a href="#">Northwest Indian Language Institute (UO)</a>	1629 Moss St, Eugene <b>541-346-0730</b> <a href="mailto:nwili@uoregon.edu">nwili@uoregon.edu</a>	NILI supports and strengthens language preservation and revitalization efforts. With tribal, academic and community partners, NILI establishes collaborative, on-going projects which meet the specific needs and desires of each language community.
<a href="#">Oregon Indian Education Association</a>	<a href="mailto:oiea.president@gmail.com">oiea.president@gmail.com</a>	Advances comprehensive, culture-based, and Native language educational opportunities for American Indians, Alaska Natives and Native Hawaiians (AI/AN/NH).
<a href="#">Oregon Native American Chamber</a>	4445 SW Barbur Blvd, STE. 102 Portland <b>503-894-4525</b> <a href="mailto:support@onacc.org">support@onacc.org</a>	Working with all members of the community to advance the educational and economic opportunities for Native Americans in Oregon and Southwest Washington.
<a href="#">Siletz Tribal Home Visiting Program</a>	Lori Christy, Home Visitor <b>541-272-2241</b>	Home visiting program that serves Native families that are expecting or have infants under the age of twelve months, continuing through to the child's third birthday, using a culturally specific model called Family Spirit.
<a href="#">Smok Signalz: Independent Tribal Media</a>	<b>503-879-1463</b> <a href="mailto:news@grandronde.org">news@grandronde.org</a>	The independent Tribal newspaper of the Confederated Tribes of Grand Ronde. Tribal news, health, education, culture. Published 2x/month. <a href="http://www.smokesignals.org/">www.smokesignals.org/</a>
<a href="#">Strong Hearts Native Helpline</a>	1-844-7NATIVE (762-8483)	24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline. Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
<a href="#">Tribal Climate Change Project</a>	<b>541-346-5777</b> <a href="mailto:kathy@uoregon.edu">kathy@uoregon.edu</a>	Understanding needs and opportunities for tribes in addressing climate change and exploring the role of traditional knowledge in climate change studies and plans.
Wellbriety Lane County	Jon Roberts <b>541-912-0818</b> <a href="mailto:stoneriver15@outlook.com">stoneriver15@outlook.com</a>	A culturally-based movement and resource for Native American addiction recovery.
<a href="#">Youth Movement</a>	<a href="mailto:movement@ym7.org">movement@ym7.org</a>	Non-profit organization that works to inspire Native youth to be active and empower them to participate in and start movements.

## ASIAN AMERICAN and PACIFIC ISLANDER RESOURCES

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


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## SENIOR & AGING SERVICES

For more resources for seniors, please check out the **Lane Senior Guide**.


Available online and printed: <https://laneseniorguide.org/>

 <p>To report the abuse of a senior or an adult with a disability, call <b>541-682-4140</b>, email <a href="mailto:abusereporting@lcog.org">abusereporting@lcog.org</a> or call the Oregon Elder Abuse Hotline at <b>1-855-503-SAFE (7233)</b>. If it is an emergency, dial <b>911</b>.</p>		
Agency	Contact	Notes
<a href="#">AARP Driver Safety Class</a>	<b>541-282-9838</b>	Class on driving safety & preventive measures for 55+. Completion may make you eligible for insurance discounts. 25\$ fee, 5\$ discount if a AARP member.
<a href="#">Aging &amp; Disability Resource Connection</a>	<a href="mailto:ADRCLane@lcog.org">ADRCLane@lcog.org</a> <b>541-682-3353</b>	Services, information, and assistance to Lane County's older adult population, adults with physical disabilities, and their caregivers. Assistance with Medicaid and SNAP. ♦ Interpreters
<a href="#">Campbell Community Center</a>	155 High Street, Eugene <b>541-682-5318</b>	Classes, activities, social & support groups, special events for 50+. Prices vary. ♦ Spanish classes and interpreters.
<a href="#">CareWorks of Lane County</a>	688 Charnelton St Eugene <b>541-600-5754</b> <a href="mailto:essn@solidaritynetwork.org">essn@solidaritynetwork.org</a>	An advocacy group offering free support for caregivers, care-receivers and their families. Assists with resources to properly care for the elderly and disabled.
<a href="#">Family Caregiver Program</a> Senior & Disability Services	1015 Willamette St, Eugene <b>541-682-3353</b>	Respite, training & support to unpaid caregivers who are: 1) caring for a person aged 60+ or a person with dementia or 2) 55+ and caring for a related child birth-18 years.
<a href="#">Living Well Program</a> – Senior & Disability Services	<a href="mailto:livingwell@lcog.org">livingwell@lcog.org</a> <b>541-682-4103</b>	Free workshops for 6 weeks: walk with ease, caregivers, and chronic conditions. No services in Spanish.
<a href="#">Long-Term Care Ombudsman</a>	<b>503-378-6533</b>	Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
<a href="#">Nursing Facility Complaint Unit</a>	<b>1-877-280-4555</b>	Call this number if you suspect a nursing facility resident was neglected or abused.
<a href="#">Osher Lifelong Learning Institute</a> - University of OR	975 High St, Ste 110 Eugene <b>541-346-0697</b>	Year-round non-credit lectures, courses, study groups & activities for people age 50+. Annual or six-month registration options.
Retired Senior Providers of Lane County	2525 Cal Young Rd Eugene <b>541-342-1983</b>	Our goal is to promote successful aging, engage in social and educational activities and learn about services and resources that benefit the lives of older adults.
<a href="#">Senior &amp; Disability Services</a>	1015 Willamette Street, Eugene <b>541-682-4038</b> 3180 Highway 101, Florence <b>541-902-9430</b>	Service coordination and advocacy for seniors in Lane County.
<a href="#">Senior Companion Program</a>	<a href="http://www.lanecc.edu/scp">www.lanecc.edu/scp</a> <b>541-463-6260</b>	Volunteer companions age <b>55+</b> help senior & disabled adults overcome loneliness & retain independence. FREE visiting, household tasks, transportation for errands.
Senior Community Service Employment Program	2510 Oakmont Way, Eugene <b>541-349-4130</b>	Short-term training for unemployed individuals 55 or older who qualify.
Senior Health Insurance Benefit Assistance (SHIBA)	Campbell Senior Center, 155 High St, Eugene <b>541-682-5318</b>	SHIBA counselors provide assistance with Medicare. Available year-round to assist with Medicare insurance questions, especially during Annual Enrollment Period.
Senior Law Service	<b>541-402-2241</b>	Civil (non-criminal) legal services for people who are age 60 or over who live in Lane County or have a matter pending in a Lane County court. Senior Law Service focuses on serving those in the greatest economic or social need.
<a href="#">Senior Living Options of Oregon</a>	<b>541-510-5095</b>	Assists clients through the process of selecting a senior living community that is right for them. Services are free. No services in Spanish.
<a href="#">Senior Resource Advisors, Inc.</a>	2295 Coburg Rd, #102 Eugene <b>541-968-9380</b>	Consultation, advocacy, assistance for seniors, the disabled, and their families as they make difficult care decisions. Assistance understanding Long Term Care insurance benefits.
<a href="#">Social Security Administration</a>	2504 Oakmont Way, Eugene <b>800-772-1213</b>	Stop in or apply online for benefits.

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## SERVICE MEMBERS, VETERANS & THEIR FAMILIES

Agency	Contact	Notes
<a href="#">Veteran's Legal Clinic</a> (Access the Law)	211 East 7th Ave., 2nd floor, Eugene <b>541-242-0445</b> <a href="mailto:access@accessthelaw.org">access@accessthelaw.org</a>	Free legal consultation for veterans. Criminal and civil cases (divorce, custody, parenting time, child support, landlord-tenant, debtor-creditor, bankruptcy, etc.). Free clinic on the last Wednesday of each month (5-7 pm). <i>Call in advance to schedule with the clinic.</i>
<a href="#">Eugene Community Based Outpatient Clinic</a>	3355 Chad Dr, Eugene <b>541-607-0897</b>	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	190 East 11 <sup>th</sup> , Eugene <b>541-465-6918</b>	Readjustment counseling services for Veterans of combat theaters.
<a href="#">Family Assistance Specialist</a>	<b>541-736-4601</b> x4601 <a href="mailto:lacy.i.cromwell.ctr@mail.mil">lacy.i.cromwell.ctr@mail.mil</a>	Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
<a href="#">Helping Hands for Freedom</a>	<a href="http://www.helpinghandsforfreedom.org/life-needsfinancial-assistance">www.helpinghandsforfreedom.org/life-needsfinancial-assistance</a>	Emergency financial assistance to Military/Wounded Veteran families and Gold Star families with a child 18 or under currently in the home. Assistance includes lease, mortgage, insurance, car payments, utility bills, and some travel expenses.
<a href="#">Easterseals HVRP</a> (Homeless Veterans Reintegration Program)	<b>541-600-3780</b> 115 W. 8th Ave, Suite 380, Eugene	HVRP helps Veterans find meaningful employment and achieve financial independence. Eligibility: Homeless or at risk of homelessness; Veteran of the US Armed Services; ready to work with us to make a change in their life.
<a href="#">LCC Maxwell Student Veteran Center</a>	LCC Main Campus, Bldg 19, Rm 233 <b>541-463-5663</b> <a href="mailto:vaedbenefits@lanecc.edu">vaedbenefits@lanecc.edu</a>	A safe, welcoming, and inclusive space for veterans to study, relax, chat with other veterans, and obtain resources. Student Veterans of America chapter.
<a href="#">Lane County Veteran Services</a>	151 W. 7 <sup>th</sup> , #460, Eugene <b>541-682-4191</b> <a href="mailto:veterans@lanecountyor.gov">veterans@lanecountyor.gov</a>	Assists veterans and their families to determine eligibility for military benefits. <ul style="list-style-type: none"> <li>• Filing for disability claims (service-connected and non service-connected)</li> <li>• Obtaining military records</li> <li>• Applying for VA Health Care</li> <li>• Applying for VA Education Benefits</li> <li>• Applying for Surviving Spouse Benefits</li> </ul>
<a href="#">Oregon Department of Veteran's Affairs</a>	700 Summer St NE, Salem <b>800-692-9666</b>	Information about applying for a wide range of benefits including employment, education, home loans, healthcare, pensions and more.
State Youth Outreach Coordinator	<b>503-584-2390</b>	Subsidized childcare for active duty service members with children age 0-5, program for military-connected middle / high school children, family camps, youth symposium
<a href="#">Supportive Services for Veteran Families</a> (St. Vincent de Paul)	2890 Chad Drive, Eugene. For an intake leave a message: <b>541-743-7107</b>	Homeless prevention, case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility, auto repair, bus pass, childcare, etc.).
Veterans Administration Legal & Housing Services	211 E. 7 <sup>th</sup> Ave, Eugene <b>541-242-0445</b>	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
<a href="#">University of Oregon Veterans Affairs Office</a>	244 Oregon Hall <b>541-346-3201</b>	For students seeking assistance with VA educational benefits.
<a href="#">University of Oregon Student Veterans Center</a>	215 Oregon Hall, Eugene <b>541-346-1160</b>	Study and meeting space, computer and printing stations, staff to assist you with personal and academic needs, community veteran service providers.
VA Behavioral Health, Recovery & Reintegration	211 E. 7th Ave, Eugene <b>541-242-0440</b>	Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance. Drop in services M-F @ 2:00 pm
Veteran's Connections, Homeless Veterans Reintegration Program (Goodwill)	<b>541-431-3339</b> 855 Seneca Rd, Eugene	For veterans who are unstably housed or at risk of homelessness and seeking to become employment ready. We assist veterans to become skilled and/or trained/re-trained to do tasks, obtain equipment for work (within limits), obtain schooling, and connect with community resources. Spanish translation available
<b>Hotlines</b> 	<a href="#">Homeless Veteran Hotline</a> <b>1-877-424-3838</b> Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can call or chat online confidentially with trained VA counselors 24 hours a day, 7 days a week. Get information about VA homeless programs, health care and other services in your area.	
	<a href="#">Veterans Crisis Hotline</a> <b>1-800-273-8255, Press #1 or Text: 838255</b> <i>For TTY users: Use your preferred relay service, or dial 711 then 1-800-273-8255</i> Free, confidential support 24/7 support for all veterans, service members, National Guard and Reserve, and their family members and friends.	

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## LATINO & HISPANIC RESOURCES

◆ - Todos los siguientes recursos están disponibles en español. All of the following resources are available in Spanish.

Agency	Contact	Notes
<a href="#">Amigos Multicultural Youth Center</a>	503-289-1517 <a href="mailto:info@mrgf.org">info@mrgf.org</a>	Promotes respect for Latin American immigrants whose dignity and livelihood have been challenged by poverty, discrimination, and social exclusion.
		Promueve el respeto por los inmigrantes latinoamericanos cuya dignidad y sustento han sido desafiados por la pobreza, la discriminación y la exclusión social.
<a href="#">Center for Latino/a and Latin American Studies (U of O)</a>	541-346-5286 <a href="mailto:cilas@uoregon.edu">cilas@uoregon.edu</a>	A hub for interdisciplinary and collaborative research and creative work focusing on the study of Latin America and U.S. Latino/a populations.
		Un centro para la investigación interdisciplinaria y colaborativa y el trabajo creativo centrado en el estudio de América Latina y las poblaciones latinas de EE. UU.
<a href="#">Citywide Unión de Activistas</a>	458 Blair Boulevard, Eugene <b>541-485-1755</b>	Helps Latino youth develop cultural identity; understand the cultural, colonial and resistance histories of their ancestors; and develop political knowledge and advocacy skills. Youth mentorship, tutoring, professional skill development, and leadership development.
		Ayuda a los jóvenes latinos a desarrollar una identidad cultural; comprender las historias culturales, coloniales y de resistencia de sus antepasados; y desarrollar conocimientos políticos y habilidades de promoción. Mentoría juvenil, tutoría, desarrollo de habilidades profesionales y desarrollo de liderazgo.
Escudo Latino	<b>541-321-8034</b> Email: <a href="mailto:escudolatino2@gmail.com">escudolatino2@gmail.com</a> <a href="https://www.facebook.com/escudolatino">www.facebook.com/escudolatino</a>	An organization of Latina volunteers that help the Latino community in Lane County with information and resources. Provides free food boxes at the CARE center and a selection of free clothing.
		Una organización de voluntarias latinas que ayudan a la comunidad latina en el condado de Lane con información y recursos. Proporciona cajas de comida gratis en el centro CARE y una selección de ropa gratis.
<a href="#">Grupo Latino de Acción Directa</a>	313 E 8th Ave, Eugene <b>541-525-0507</b> <a href="mailto:gladoflanecounty@gmail.com">gladoflanecounty@gmail.com</a>	An independent, non-partisan gathering of Latino members and allies working to increase participation and visibility of Latino communities in conversations and decisions that affect them. On Facebook: <a href="https://www.facebook.com/grupolatinodeacciondirecta/">https://www.facebook.com/grupolatinodeacciondirecta/</a>
		Una reunión independiente y no partidista de miembros latinos y aliados que trabajan para aumentar la participación y visibilidad de las comunidades latinas en las conversaciones y decisiones que los afectan. En Facebook: <a href="https://www.facebook.com/grupolatinodeacciondirecta/">https://www.facebook.com/grupolatinodeacciondirecta/</a>
<a href="#">HIV Alliance (Prevention Program)</a>	1195 City View St, Eugene <b>541-556-1409</b>	Provides culturally and linguistically appropriate prevention services for Black Indigenous People of Color who Inject Drugs. HIV case management and harm reduction.
		Brinda servicios de prevención cultural y lingüísticamente apropiados para los indígenas negros de color que se inyectan drogas.
<a href="#">Latinx Male and Allies Alliance</a>	Reach out by email for additional information. <a href="mailto:latinxmalealliance@uoregon.edu">latinxmalealliance@uoregon.edu</a>	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.
		Una organización estudiantil que apoya a los estudiantes latinos varones en su experiencia universitaria en la UO. La Alianza proporciona apoyo académico, cultural, social, de desarrollo de liderazgo y personal a los estudiantes universitarios de la UO.

See next page for more LATINO & HISPANIC Resources

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## LATINO & HISPANIC RESOURCES

◆ - Todos los siguientes recursos están disponibles en español. All of the following resources are available in Spanish.

Agency	Contact	Notes
LatinX Network	541-701-4630	<p>A Support network made up of different social service organizations in the Lane County area that provide support, services, counseling.</p> <p>Una red de apoyo formada por diferentes organizaciones de servicios sociales de la zona del condado de Lane que ofrece apoyo, servicios y asesoramiento.</p>
<a href="#">League of United Latin American Citizens</a> (LULAC of Lane County)	541-337-6294	<p>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.</p> <p>LULAC, la más grande y más antigua organización hispana de Estados Unidos, promueve la situación económica, los logros educativos, la influencia política, la vivienda, la salud y los derechos civiles de los hispanoamericanos a través de programas comunitarios.</p>
<a href="#">Integration Network for Immigrants of Lane County</a>	<a href="https://www.facebook.com/integration-Network-for-Immigrants-of-Lane-County-652804211445387/">www.facebook.com/integration-Network-for-Immigrants-of-Lane-County-652804211445387/</a>	<p>A group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County.</p> <p>Un grupo de organizaciones, instituciones e individuos que quieren ayudar a crear un entorno de integración para todos los inmigrantes del condado de Lane.</p>
<a href="#">Oregon Healing Collective</a>	<a href="mailto:info@oregonhealingcollective.com">info@oregonhealingcollective.com</a> 541-968-4325	<p>Bilingual, strengths-based, trauma informed, social justice focused individual and relational therapy services.</p> <p>Servicios de terapia individual y relacional bilingües, basados en fortalezas, informados sobre traumas y centrados en la justicia social.</p>
<a href="#">Plaza de Nuestra Comunidad</a>  944 W 5th Ave, Eugene 541-687-2667		<p>Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation. Free and low-cost educational programs for adult immigrants and their families. Basic English as a second language (ESL); U.S. citizenship and civics; bilingual computer skills; Oregon Driver License test preparation; literacy / adult basic education in Spanish, and GED Readiness. Pilas Family Literacy Program, (free for Spanish-speaking families) is offered twice a year; Pasos al Futuro, a free youth career-transitioning and leadership summer program for Hispanic youths ages 16-21. Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.</p> <p>Consejería en español. Grupos de jóvenes, mentores, de 7 a 16 años. Apoyo a la adicción. Navegación de servicios sociales. Programas educativos gratuitos y de bajo costo para inmigrantes adultos y sus familias. Inglés básico como segunda lengua (ESL); ciudadanía y educación cívica de EE.UU.; conocimientos informáticos bilingües; preparación para el examen del permiso de conducir de Oregón; alfabetización/educación básica para adultos en español, y preparación para el GED. El programa de alfabetización familiar Pilas (gratuito para familias hispanohablantes) se ofrece dos veces al año; Pasos al Futuro, un programa de verano gratuito de transición profesional y liderazgo para jóvenes hispanos de 16 a 21 años. Ampliamos las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias.</p>
<a href="#">Programa de Conexión Latine (SASS)</a>	Coordinadora de Conexión Latine al 541-484-9791 o <a href="mailto:latinx@sass-lane.org">latinx@sass-lane.org</a>	<p>Crisis intervention and advocacy services for Latine survivors of sexual violence. Outreach to organizations and community groups, referrals for free counseling, and individual advocacy. Linguistically- and culturally-specific information about sexual violence and SASS services. Groups and workshops facilitated in Spanish are available regularly. Current groups and registration can be found online at: <a href="https://www.sass-lane.org/latinx-community-services/">https://www.sass-lane.org/latinx-community-services/</a></p> <p>Intervención en crisis y servicios de defensa para supervivientes latinas de violencia sexual. Divulgación a organizaciones y grupos comunitarios. Información lingüística y culturalmente específica sobre la violencia sexual y los servicios de SASS. Un grupo de apoyo semanal para mujeres latinas auto-identificadas, facilitado en español.</p>

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## ENGLISH AS A SECOND LANGUAGE

◆ - Todos los siguientes recursos están disponibles en español. All of the following resources are available in Spanish.

Agency	Contact	Notes
<a href="#">Lane Community College English as a Second Language Program</a>	<b>541-463-5253</b> <a href="mailto:eslstudentservices@lanec.edu">eslstudentservices@lanec.edu</a>	English as a Second Language classes for adult students who wish to improve their oral and written communication skills for work, community, and academic goals. Online and in-person classes.
		Clases de inglés como segundo idioma para estudiantes adultos que desean mejorar sus habilidades de comunicación oral y escrita para objetivos laborales, comunitarios y académicos. Clases en línea y presenciales.
<a href="#">Plaza de Nuestra Comunidad</a>	944 W 5th Ave, Eugene <b>541-687-2667</b>	Free and low-cost educational programs for adult immigrants and their families. Basic English as a second language (ESL); U.S. citizenship and civics; bilingual computer skills; Oregon Driver License test preparation; literacy / adult basic education in Spanish, and GED Readiness. Pilas Family Literacy Program, (free for Spanish-speaking families) is offered twice a year; Pasos al Futuro, a free youth career-transitioning and leadership summer program for Hispanic youths ages 16-21.
		Programas educativos gratuitos y de bajo costo para inmigrantes adultos y sus familias. Inglés básico como segunda lengua (ESL); ciudadanía y educación cívica de EE.UU.; conocimientos informáticos bilingües; preparación para el examen del permiso de conducir de Oregon; alfabetización/educación básica para adultos en español, y preparación para el GED. El programa de alfabetización familiar Pilas (gratuito para familias hispanohablantes) se ofrece dos veces al año; Pasos al Futuro, un programa de verano gratuito de transición profesional y liderazgo para jóvenes hispanos de 16 a 21 años.

## IMMIGRATION, REFUGEE, ASYLUM SEEKER & MIGRANT SERVICES

◆ - Todos los siguientes recursos están disponibles en español. All of the following resources are available in Spanish.

For additional resources, see the **Immigration Advocates Network** searchable online directory:

[www.immigrationadvocates.org/legaldirectory/](http://www.immigrationadvocates.org/legaldirectory/)

Agency	Contact	Notes
<a href="#">Access the Law</a>	245 West 13th Avenue Eugene <b>541-686-4890</b>	To become a client, fill out a contact form online. Consult Fee: \$50
		Para convertirse en cliente, complete un formulario de contacto en línea. Tarifa de consulta: \$50
<a href="#">American Immigration Lawyers Association</a>	<a href="http://www.aialawyer.com">www.aialawyer.com</a>	Find an immigration lawyer in your community.
		Encuentre un abogado de inmigración en su comunidad.
<a href="#">CALC (Community Alliance of Lane County)</a>	458 Blair Blvd, Eugene <a href="mailto:info@calclane.org">info@calclane.org</a> <b>541-485-1755</b>	BIPOC-led team addresses roots causes of oppression, privilege and power, works collaboratively to help build leadership, especially in underserved, underrepresented communities
<a href="#">Centro de Servicios para Campesinos de PCUN</a>	300 Young Street Woodburn <b>503-982-0243</b>	Consult Fee: \$75
		Tarifa de consulta: \$75

See next page for more IMMIGRATION, REFUGEE, ASYLUM SEEKER, and MIGRANT SERVICES

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## IMMIGRATION, REFUGEE, ASYLUM SEEKER & MIGRANT SERVICES

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Agency	Contact	Notes
<a href="#">Center for Nonprofit Legal Services</a>	225 W Main Street Medford <b>541-779-7292</b>	To become a client, fill out a consultation request form. Consult Fee: \$35
		Para convertirse en cliente, complete un formulario de solicitud de consulta. Tarifa de consulta: \$35
Grupo Latino (GLAD)	313 E 8th Ave Eugene <b>541-465-2173</b>	Vulnerable Youth Guardianships, SIJS
		Tutelas de Jóvenes Vulnerables, SIJS
<a href="#">Immigration Counseling Service</a>	519 SW Park Ave #610, Portland <b>503-221-1689</b>	To become a client, fill out an application. Forms are available online or at the office. Consult Fee: \$50.
	216 Columbia St., Hood River <b>541-399-8029</b>	Para convertirse en cliente, complete una solicitud. Los formularios están disponibles en línea o en la oficina. Consultar cuota: \$50.
<a href="#">Immigration Legal Services</a> (Catholic Community Services)	<b>541-345-3628</b> ext. 1326 <a href="mailto:RISP@cscslc.org">RISP@cscslc.org</a>	Low-cost, high-quality legal services to low-income Lane County immigrants. Assistance for renewals of legal status documents (legal residency, DACA, Temporary Protected Status, employment authorization, etc.), initial applications for citizenship, legal permanent residency, etc. Services available in English, Spanish, Dari and Pashto.
		Servicios legales de bajo costo y alta calidad para inmigrantes de bajos ingresos del Condado de Lane. Asistencia para renovaciones de documentos de estatus legal (residencia legal, DACA, Estatus de Protección Temporal, autorización de empleo, etc.), solicitudes iniciales de ciudadanía, residencia legal permanente, etc. Servicios disponibles en inglés, español, dari y pashto.
<a href="#">IRCO Immigration Legal Resources</a>	8040 NE Sandy Blvd Portland <b>971-271-6537</b> <a href="mailto:Ircoils@irco.org">Ircoils@irco.org</a>	Contact IRCO to become a client.
		Póngase en contacto con IRCO para convertirse en cliente.
<a href="#">Lutheran Community Services Northwest</a>	605 SE Cesar E. Chavez Blvd., Portland <b>503-231-7480</b>	To become a client, call to schedule a consultation. Consult Fee: \$50
		Para convertirse en cliente, llame para programar una consulta. Tarifa de consulta: \$50
<a href="#">Migrant Education Program (MEP)</a>	<b>541-461-8382</b> <a href="mailto:mep@lesd.k12.or.us">mep@lesd.k12.or.us</a>	Services for youth in school, <b>under 22</b> & have moved across school district boundaries in the last 3 years for work in agriculture, forestry or fishing.
		Servicios para jóvenes menores de 22 años que están todavía en la escuela y que han cruzado los límites del distrito escolar en los últimos 3 años para trabajar en la agricultura, la silvicultura o la pesca.
<a href="#">Northwest Immigrant Rights Project</a>	1119 Pacific Avenue Suite 1400, Tacoma <a href="mailto:TSUintake@nwirp.org">TSUintake@nwirp.org</a> <b>206-816-3893</b>	Adults arrested by federal immigration authorities in Oregon, are most-often taken to the Northwest Immigrant Detention Center in Tacoma, WA. NIRP provides representation in deportation proceedings, assistance with applications for asylum, protections for survivors of domestic violence and other crimes, children and youth (SIJS), DACA renewals, naturalization and family visas. <b>E-mail or leave a voice message with your name, phone number, county, and request for assistance.</b>
		Los adultos arrestados por las autoridades federales de inmigración en Oregón, son llevados con mayor frecuencia al Centro de Detención de Inmigrantes del Noroeste en Tacoma, WA. NIRP proporciona representación en procedimientos de deportación, asistencia con solicitudes de asilo, protecciones para sobrevivientes de violencia doméstica y otros delitos, niños y jóvenes (SIJS), renovaciones de (DACA), naturalización y visas familiares. <b>Envíe un correo electrónico o deje un mensaje de voz con su nombre, número de teléfono, condado y solicitud de asistencia.</b>

See next page for more IMMIGRATION & MIGRANT SERVICES Resources

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## IMMIGRATION, REFUGEE, ASYLUM SEEKER & MIGRANT SERVICES

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Agency	Contact	Notes
<a href="#">Northwest Workers Justice Project</a>	310 SW 4th Ave., #320 Portland <b>503-525-8454</b>	Litigation of major cases, policy advocacy, and training for workers about employment and organizing rights. Litigio de casos importantes, defensa de políticas y capacitación para trabajadores sobre el empleo y los derechos de sindicación.
<a href="#">Oregon Community Asylum Network</a>	Click the <a href="#">link</a> to view this group's Facebook page.	Volunteer network of community members based in Eugene / Springfield. Advocacy on behalf of all immigrants/refugees/asylum seekers, assistance and support for local asylum seekers, solidarity with asylum seekers at the U.S. Mexico border. Red de voluntarios de miembros de la comunidad en Eugene / Springfield. Defensa en nombre de todos los inmigrantes/refugiados/solicitantes de asilo, asistencia y apoyo a los solicitantes de asilo locales, solidaridad con los solicitantes de asilo en la frontera entre Estados Unidos y México.
<a href="#">Oregon Law Center (Legal Aid)</a>	101 E Broadway Ave, Suite 200, Eugene <b>541-485-1017</b>	Help completing forms, filing with USCIS, representation at asylum interviews, immigration court, and immigration appeals. Services focused on survivors of domestic violence and sexual assault. Apply by phone. Ayuda para llenar formularios, presentar solicitudes al USCIS, representación en entrevistas de asilo, tribunal de inmigración y apelaciones de inmigración. Servicios enfocados en sobrevivientes de violencia doméstica y asalto sexual. Solicitar por teléfono.
<a href="#">Pacific Refugee Support Group (PRSG)</a>	<a href="mailto:prsg-cso@pnwrsg.org">prsg-cso@pnwrsg.org</a> <b>503-710-6679</b>	Non-profit dedicated to supporting immigrants, refugees, & newcomers in their pursuit of happiness through wrap-around social support. We have five response areas: basic needs, health and wellness, education and career, and legal. This allows our team to provide resources relevant to each individual. All services are free. 24/7 interpretation available. Una organización sin fines de lucro dedicada a apoyar a inmigrantes, refugiados y recién llegados en su búsqueda de la felicidad a través de un apoyo social integral. Tenemos cinco áreas de respuesta: necesidades básicas, salud y bienestar, educación y carrera profesional, y asuntos legales. Esto permite a nuestro equipo proporcionar recursos relevantes para cada individuo. Todos los servicios son gratuitos. Servicio de interpretación disponible las 24 horas del día, los 7 días de la semana.
<a href="#">Refugee Resettlement Coalition (Catholic Community Services)</a>	<b>541-345-3628</b> Email: <a href="mailto:RISP@ccslc.org">RISP@ccslc.org</a>	Assist refugees, asylum seekers, and asylees to access housing, employment, physical and mental health services, English as a Second Language classes, and other resources. Ayudar a los refugiados, solicitantes de asilo y asilados a acceder a vivienda, empleo, servicios de salud física y mental, clases de inglés como segundo idioma y otros recursos.
<a href="#">Sanctuary Promise Response Hotline</a>	1-844-924-7829 <b>Spanish Direct Line:</b> 1-844-626-7276	Call to report suspected violations of Oregon's Sanctuary Promise laws. Receive support and be connected to resources. Reports can also be made online at <a href="http://www.SanctuaryPromise.Oregon.gov">www.SanctuaryPromise.Oregon.gov</a> or <a href="http://www.PromesaSantuario.Oregon.gov">www.PromesaSantuario.Oregon.gov</a> Llame para informar sobre violaciones sospechosas de las leyes de la Promesa de Santuario de Oregón. Reciba apoyo y conéctese con recursos. Los informes también se pueden presentar en línea en <a href="http://www.SanctuaryPromise.Oregon.gov">www.SanctuaryPromise.Oregon.gov</a> o <a href="http://www.PromesaSantuario.Oregon.gov">www.PromesaSantuario.Oregon.gov</a>
<a href="#">SOAR Immigration Legal Services</a> Ecumenical Ministries of Oregon	7931 NE Halsey St, #302, Portland and 862 SE Oak Street, #3A, Hillsboro <b>503-384-2482</b>	<b>Portland:</b> call or stop by any Tuesday or Thursday to complete an intake and schedule a consultation. <b>Hillsboro:</b> call stop by any Tuesday to complete an intake and schedule a consultation. Consult Fee: \$50. <b>Portland:</b> abierto martes y jueves. <b>Hillsboro:</b> abierto los martes. Llame o visítenos para completar una admisión y programar una consulta. Tarifa de consulta: \$50.
<a href="#">U.S. Citizenship and Immigration Services</a>	<b>800-375-5283</b>	Information about becoming a permanent U.S. resident, getting refugee or asylum seeker status, getting proof of U.S. citizenship, etc. Información sobre cómo convertirse en residente permanente de los EE. UU., obtener el estatus de refugiado o solicitante de asilo, obtener prueba de ciudadanía de los EE. UU., etc.

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# Community Resource Guide

Updated 4/3/2026

## LEGAL SUPPORT

Agency	Contact	Español	Fees	Notes
<a href="#">Access the Law</a>	1245 Pearl Street, Suite 1 Eugene <b>541-686-4890</b> <a href="mailto:access@accessthelaw.org">access@accessthelaw.org</a>		Sliding scale. \$50 for initial consultation	Legal assistance with child custody, divorce, child support, restraining orders, bankruptcy, landlord / tenant disputes, etc.
<a href="#">Veteran's Legal Clinic</a> (Access the Law)	211 East 7th Ave., 2nd floor, Eugene <b>541-242-0445</b> <a href="mailto:access@accessthelaw.org">access@accessthelaw.org</a> <i>Call in advance to schedule time at the clinic.</i>		FREE	Free legal consultation for veterans. Criminal and civil cases (divorce, custody, parenting time, child support, landlord-tenant, debtor-creditor, bankruptcy, etc.). Free clinic on the last Wednesday of each month (5-7 p.m.).
<a href="#">Child Support- Oregon Department of Justice</a>	<b>541-686-7833</b> Eugene <b>541-726-3525</b> Springfield		FREE	Child Support services for families who have received TANF. Call for nearest location
<a href="#">Family Court Assistance</a>	125 E 8 <sup>th</sup> , 2 <sup>nd</sup> floor Eugene <b>541-682-4302</b>		Review is FREE. Document costs vary.	Review documents regarding divorce & custody. Drop in M-F 8:30-11:30 am or call for appointment.
<a href="#">Lane County Youth Services</a>	2727 Martin Luther King Jr Blvd, Eugene <b>541-682-3962</b>		Varies	Restorative justice, custody & parenting time mediation, supervised parenting time, parenting classes.
<a href="#">Law for the People</a>	<a href="mailto:info@lawforthepeople.org">info@lawforthepeople.org</a> <a href="http://www.lawforthepeople.org">www.lawforthepeople.org</a> <b>541-632-6453</b>	No	Free 30-min consultation, low hourly rates	Nonprofit legal services organization providing advice and guidance for low-income clients with family law cases.
<a href="#">Lawyer Referral Service</a>	<b>800-452-7636</b>		\$35 for first visit	Refers clients to attorneys for an office consultation. No phone consultations
<a href="#">Oregon Law Center (Legal Aid)</a>	101 E Broadway Ave, Suite 200, Eugene <b>541-485-1017</b>	◆	FREE	Free legal help for issues related to home, livelihood, medical care, domestic violence.
<a href="#">Legal Clinic at Sponsors</a>	338 Hwy 99 N, Eugene <b>541-505-5690</b>	◆ by arrangement	FREE	Support for individuals with conviction histories to address civil legal matters. Call for dates and to register.
<a href="#">Modest Means</a>	<b>800-452-7636</b>		\$35 for consult, \$60-100 / hr	Lower cost legal assistance.
Senior Law Service	<b>541-402-2241</b>			Civil (non-criminal) legal services for people who are age 60 or over who live in Lane County or have a matter pending in a Lane County court. Senior Law Service focuses on serving those in the greatest economic or social need.
<a href="#">Victim Rights Law Center</a>	610 SW Broadway, Suite 610, Portland <b>503-274-5477 ext. 6</b>			Serving victims of sexual assault. Call or email <a href="mailto:legalhelp@victimrights.org">legalhelp@victimrights.org</a> . Consultations and other legal services are free Atendiendo a las víctimas de agresiones sexuales. Llame o envíe un correo electrónico <a href="mailto:legalhelp@victimrights.org">legalhelp@victimrights.org</a> . Las consultas y otros servicios legales son gratuitos

## VICTIMS OF CRIME SERVICES

Agency	Contact	Español	Fees	Notes
<a href="#">Crime Victim and Survivor Services</a>	<b>503-378-5348</b> Email: <a href="mailto:CVSSD@doj.state.or.us">CVSSD@doj.state.or.us</a>	◆	FREE	Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.
<a href="#">Crime Victim's Assistance</a>	99 W 10 <sup>th</sup> #310, Eugene <b>541-682-8401</b>		FREE	Assists victims in misdemeanor cases handled by City Prosecutor's office.
<a href="#">Lane County Victim Services Division</a>	125 E 8 <sup>th</sup> Ave, Room 400, Eugene <b>541-682-4523</b>	◆	FREE	Assistance for crime victims. Restraining orders, stalking orders. Victims may qualify for financial assistance for medical, mental health, rehabilitation, funeral, loss of income.

## WORKER'S COMPENSATION

Agency	Contact	Notes
<a href="#">Worker's Compensation</a>	<b>800-452-0288</b>	Call regarding worker's comp. claims. <b>Se ofrecen servicios en español</b>

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## MEDIATION and RESTORATIVE JUSTICE SERVICES

Agency	Contact	Español	Fees	Notes
<a href="#">Center for Dialogue &amp; Resolution</a>	1400 Cross St, Eugene <b>541-344-5366</b>	Sometimes available	Varies	Mediation for community disputes, family issues (including creating / modifying parenting plans), foreclosures. Restorative Justice program and training.
<a href="#">Eugene Mediators</a>	This website lists professional mediators in the Eugene area, their qualifications, and contact info. <a href="https://www.mediate.com/EugeneMediators/index.cfm">https://www.mediate.com/EugeneMediators/index.cfm</a>			
<a href="#">Lane County Family Mediation</a>	151 W. 7 <sup>th</sup> , Suite 360, Eugene <b>541-682-3962</b>	◆	FREE 1 <sup>st</sup> session. Discount if on SNAP	Custody, parenting time, & financial mediation.
<a href="#">Resolutions Northwest</a>	<b>503-595-4890</b> <a href="mailto:info@resolutionsnorthwest.org">info@resolutionsnorthwest.org</a>	◆	Call for details	Equity Informed Mediation and Mediator training.
<a href="#">Resolve Youth Restorative Justice</a> (formerly Teen Court)	Petersen Barn Center 870 Berntzen Rd., Eugene <b>541-285-8901</b> <a href="mailto:eswanson@eugene-or.gov">eswanson@eugene-or.gov</a>	Programs in English. Interpreter if needed.	FREE	A restorative justice program that allows youth ages 12-17 who have committed non-violent crimes an opportunity to repair harm. Volunteer opportunities available.
<a href="#">University of Oregon Student Conflict Resolution Center</a>	1691 Columbia Alley, Eugene <b>541-346-0617</b> <a href="mailto:scrc@uoregon.edu">scrc@uoregon.edu</a>		FREE	Conflict resolution support for UO students and student organizations. Consultation, coaching, and facilitation of difficult conversations.

## LAW ENFORCEMENT OVERSIGHT

Agency	Contact	Español	Notes
Independent Police Auditor (City of Eugene)	101 East Broadway, Suite 230 <b>541-682-5016</b> , <a href="mailto:policeauditor@eugene-or.gov">policeauditor@eugene-or.gov</a>	◆	A City of Eugene civilian oversight office completely separate from the Eugene Police Department where community members can submit complaints and commendations for EPD. For more information, or to submit a complaint/commendation online, visit: <a href="http://www.eugene-or.gov/Police-Auditor">www.eugene-or.gov/Police-Auditor</a>

## 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>

**Registrarse para votar es fácil en:**  
<https://secure.sos.state.or.us/orestar/vr/register.do>

Averigüe quiénes son sus funcionarios electos federales, estatales y locales y su información de contacto en: <https://www.usa.gov/elected-officials>



## DOMESTIC VIOLENCE & SEXUAL ASSAULT

<b>HOPE AND SAFETY ALLIANCE</b> <b>24-hour Crisis Line: 541-485-6513</b> If someone is in immediate danger, call 911. ◆ - Personal que habla español		<b>SEXUAL ASSAULT SUPPORT SERVICES</b> <b>24-hour Hotline: 541-343-7277</b> If someone is in immediate danger, call 911.		
Agency	Contact	Español	Fees	Notes
<a href="#">Hope and Safety Alliance (formerly Womenspace)</a>	<b>541-485-6513</b> (24-hour crisis line)  <b>541-485-8232</b> (office)  1557 Pearl St., 2 <sup>nd</sup> floor, Eugene	◆ Personal que habla español	FREE	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, shelter, support groups, Latina bilingual advocacy.
	Al servicio de sobrevivientes de violencia de pareja y sus familias. Apoyo entre pares, defensa, planificación de seguridad, transporte de emergencia, refugio, grupos de apoyo, defensa bilingüe para latinas.			
<a href="#">SASS - Sexual Assault Support Services</a>	<b>541-343-7277</b> (24/7 Crisis & Support Line/ 24/7 Línea de Crisis y Apoyo)  Instant message on website or text <b>541-343-7277</b> Wed & Fri - 1pm-5pm  <b>541-484-9791</b> (office) 1902 Jefferson St. Suite 1, Eugene	◆ Todos los servicios disponibles en español	FREE	A nonprofit providing 100% confidential support for survivors of sexual violence, as well as their families, friends, and community. 24/7 crisis and support hotline, legal advocacy, support groups, emergency medical advocacy, as well as a Latine Connection Program providing crisis intervention and advocacy services to Latine survivors of sexual violence.
	Brinda servicios de intervención y apoyo en caso de crisis a sobrevivientes Latine de violencia sexual. Difusión a organizaciones y grupos comunitarios. Proporcionar información lingüística y culturalmente específica sobre la violencia sexual y los servicios SASS.			
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club, #222, Eugene <b>541-579-6265</b>	◆	OHP (Trillium / Pacific Source), Private Ins., or cash \$160 assessment \$55/group	Domestic violence classes for survivors. 36-week class for perpetrators. English and Spanish anger management classes.
				Clases de violencia doméstica para sobrevivientes. Clase de 36 semanas para perpetradores. Clases de manejo de la ira en inglés y español.
<a href="#">Confederated Tribes of Siletz Indians – CARE Program</a>	<b>541-444-9680</b> (hotline and office)		FREE	24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.
Domestic Violence Advocate at DHS  English and Spanish ◆	2885 Chad Dr, Eugene <b>541-686-7878</b>			Domestic Violence advocates at the Department of Human Services (DHS) help with restraining orders, court appearances. Referral made by caseworker. No cost.
	2101 W 11th Ave, West Eugene <b>541-686-7722</b>			
	101 30 <sup>th</sup> St. Springfield <b>541-726-3525</b>			Los defensores de casos de violencia doméstica del Departamento de Servicios Humanos (DHS) ayudan con órdenes de alejamiento y comparecencias judiciales. La derivación la realiza un trabajador social. Sin costo.
	305 Coop Court, Cottage Grove <b>541-942-9186</b>			
	3180 Highway 101 N, Florence <b>541-997-8251</b>			

See next page for more DOMESTIC VIOLENCE & SEXUAL ASSAULT Resources

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## DOMESTIC VIOLENCE & SEXUAL ASSAULT

Agency	Contact	Español	Fees	Notes
<a href="#">Siuslaw Outreach Services</a>	<b>541-997-2816</b> office <b>541-997-4444</b> hotline 1576 W. 12th Street, Florence	◆	FREE	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rent & utility assistance. Defensa de sobrevivientes de violencia doméstica, agresión sexual y trata de personas. Grupos de apoyo, clases, casas de acogida, asistencia para órdenes de protección, vales para necesidades básicas. Asistencia con el alquiler y los servicios públicos.
<a href="#">Strong Hearts Native Helpline</a>	1-844-7NATIVE (762-8483)		FREE	24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for <b>Native Americans and Alaska Natives</b> . Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.
<a href="#">Lane County Victim Services Division</a>	125 E 8 <sup>th</sup> Ave, Room 400, Eugene <b>541-682-4523</b>	◆	FREE	Information for crime victims. Restraining orders, stalking orders. Survivors of crime may qualify for assistance for medical, mental health, rehabilitation, funeral, loss of income. Información para víctimas de delitos. Órdenes de alejamiento y órdenes de acoso. Los sobrevivientes de delitos pueden calificar para recibir asistencia médica, de salud mental, rehabilitación, funeral y pérdida de ingresos.
<a href="#">National Domestic Violence Hotline</a>	<b>800-799-7233</b> (24/7) Text "START" to 88788 Email: <a href="http://www.thehotline.org/get-help/">www.thehotline.org/get-help/</a> ◆			
<a href="#">National Sexual Assault Hotline</a>	<b>800-656-HOPE 800-810-7440 (TTY)</b> Connect with trained staff from a sexual assault service provider in your area. ◆			

## BATTERER INTERVENTION


**\*\*For a complete list of Oregon approved Batterer Intervention Programs, click here: [Oregon BIP Directory](#)\*\***

Agency	Contact	Español	Fees	Notes
<a href="#">Bridges 2 Safety</a>	3831 Main Street Suites 103 & 104 Springfield <b>1-847-235-9516, ext. 2;</b> <a href="mailto:admin@bridges2safety.com">admin@bridges2safety.com</a>		Varies	Evidence-based, trauma-informed intervention services, utilizes a combination of cognitive and dialectical behavioral therapies, motivational interviewing, accountability, and skill building.
<a href="#">Outgrowing Power, Anger &amp; Control</a> (Christians As Family Advocates)	921 Country Club Rd, # 222, Eugene <b>541-579-6265</b>	◆ Class in Spanish and English  Clases en inglés y español	OHP (Trillium & Pacific Source), Private Insurance, & Cash Pay \$160 assessment \$55/group	Oregon approved 36 to 52-week program for people who use anger and control destructively in relationships and desire to change. Voluntary or mandated. Weekly sessions are 90 minutes. Payment plans available. Programa de 36 a 52 semanas, aprobado en Oregón, para personas que usan la ira y el control de forma destructiva en sus relaciones y desean cambiar. Voluntario u obligatorio. Sesiones semanales de 90 minutos. Planes de pago disponibles.

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## CHILD ABUSE & NEGLECT

 <b>OREGON CHILD ABUSE HOTLINE</b> <b>1-855-503-SAFE (7233)</b> Call to report suspected child abuse or neglect, 24/7. If a child is in immediate danger, call 911.				
Agency	Contact	Fees	Español	Notes
<a href="#">90x30</a>	1244 Walnut Street, Eugene <a href="mailto:friends@90by30.com">friends@90by30.com</a>	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
<a href="#">CAFA - Christians As Family Advocates</a>	921 Country Club Rd #222 Eugene <b>541-349-7562</b>	Cash pay	No Spanish services	CAFA provides supervised visitation services for 1 hour, once per week for families who are court ordered to have that service. Completion of our 4-session parenting class is required to utilize the visitation services.
<a href="#">CASA – Court Appointed Special Advocates</a>	174 Deadmond Ferry Rd, Springfield <b>541-984-3132</b>	FREE	◆	Volunteers are trained to advocate in court for a children involved in the child welfare system. Los voluntarios están capacitados para defender ante los tribunales a los niños involucrados en el sistema de bienestar infantil.
<a href="#">Kids FIRST Child Advocacy Center</a>	2675 Martin Luther King Blvd, Eugene <b>541-682-3938</b>	FREE	◆	Medical exams, child interviews regarding abuse. <b>Must be referred by DHS or law enforcement.</b> Exámenes médicos, entrevistas a niños sobre abuso. Deben ser remitidos por el DHS o las autoridades policiales.
<a href="#">Prevent Child Abuse Oregon</a>	PCAO amplifies the voices and perspectives of survivors of child abuse and those with lived experience of the child welfare system, unifies the efforts of a partnership of child-serving nonprofit organizations, and advocates at the legislative level for prevention policies.			
<a href="#">National Child Abuse Hotline</a>	<b>800-422-4453</b> <b>Call or text</b>	Professional crisis counselors are available 24/7 to talk to parents, children, and mandatory reporters or anyone who has concerns about the safety of a child. Crisis intervention, information, referrals to resources. All calls are anonymous and confidential.		

## Ensuring the well-being of children is a shared responsibility.

The CDC recommends the following ways that community members can help prevent child abuse and neglect:

- Recognize the challenges that families face and offer support and encouragement to reduce stress.
- Develop nurturing, supportive relationships with the children you know
- Volunteer as a mentor at an afterschool program
- Offer to babysit or help a family with household tasks
- Connect families to resources
- Support efforts to:
  - o Adopt policies in support of families (such as family-friendly work policies).
  - o Increase access to high-quality childcare and education.
  - o Create neighborhood activities where children are supervised, and families can gather.
  - o Provide access to free or low-cost evidence-based parent training.
- Employers can also help! Employers can adopt or support workplace policies that help families, such as livable wages and paid leave.

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# Community Resource Guide

Updated 4/3/2026

## FOOD BOXES and PANTRIES

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

Check their website for days and times of operation.  
<https://foodforlanecounty.org/find-a-food-pantry/>

**Food for Lane County**

Scan the code to connect to local food resources  
 Para encontrar recursos de alimentos en tus áreas, escanea el código

FFLC and our partners are equal opportunity providers  
 FFLC y nuestros colaboradores son proveedores de igualdad de oportunidades

EUGENE			
<a href="#">86 Hunger Foundation</a>	769 Monroe St., Eugene <a href="mailto:miranda@mission86hunger.com">miranda@mission86hunger.com</a>	<p><b>Free Meal Pickup:</b> boxed meal available between 4pm and 6pm Saturday on the Acorn Cafe patio.</p> <p><b>Free Market Project:</b> Market stand stocked with produce plus pantry and personal care items at Acorn Community Café on Saturdays from 4-6pm</p> <p><b>Recogida gratuita de comidas:</b> comidas envasadas disponibles entre las 16:00 y las 18:00 del sábado en la terraza del Acorn Cafe.</p> <p><b>Proyecto Mercado Gratuito:</b> Puesto de mercado con productos frescos, además de artículos de despensa y de cuidado personal, en el Acorn Community Café los sábados de 16:00 a 18:00.</p>	
<a href="#">Little Free Pantries (Burrito Brigade)</a>	See website for a list of small pantries located on residential properties in Eugene, Springfield, Junction City and Florence! Or apply to host a tiny pantry! <a href="https://burritobrigade.org/pantries/">https://burritobrigade.org/pantries/</a> Consulta nuestra página web para ver la lista de pequeñas despensas ubicadas en propiedades residenciales en Eugene, Springfield, Junction City y Florence. ¡También puedes solicitar ser anfitrión de una pequeña despensa! <a href="https://burritobrigade.org/pantries/">https://burritobrigade.org/pantries/</a>		
<a href="#">Burrito Brigade: Waste to Taste</a>	1775 W. 6 <sup>th</sup> Ave, Eugene	<b>Appointment required.</b> <a href="mailto:info@burritobrigade.org">info@burritobrigade.org</a>	Please sign up online at: <a href="https://burritobrigade.org/waste-to-taste/">https://burritobrigade.org/waste-to-taste/</a>
	1775 W. 6th Ave, Eugene	<b>Se requiere cita previa.</b> <a href="mailto:info@burritobrigade.org">info@burritobrigade.org</a>	Por favor, regístrese en línea en: <a href="https://burritobrigade.org/waste-to-taste/">https://burritobrigade.org/waste-to-taste/</a>
<a href="#">Sacred Connections Community Church</a>	Food pantry on Sundays 1-3. 810 W 3rd Ave, Eugene <a href="mailto:sacredconnections810@gmail.com">sacredconnections810@gmail.com</a> Reparto de alimentos los domingos de 13:00 a 15:00. 810 W 3rd Ave, Eugene <a href="mailto:sacredconnections810@gmail.com">sacredconnections810@gmail.com</a>		
<a href="#">Bethel Food Pantry</a>	4445 Royal Ave <b>541-688-9085</b>	<a href="#">Eugene Faith Center Pantry</a>	1410 W 13th Ave <b>541-686-9244</b>
<a href="#">Bethel Family Resource Center</a>	4646 Barger Dr <b>541-689-0641 ext. 3024</b>	<a href="#">Larry Collins Memorial Pantry</a>	255 Maxwell Rd. <b>541-688-2027</b>
<a href="#">Casa de Luz (se habla español)</a>	1295 Taney St. <b>541-521-7437</b>	<a href="#">Pray BiG! St. Matthew's Church</a>	4110 River Rd. <b>541-689-4010</b>
<a href="#">Catholic Community Services</a>	1464 W. 6th Ave. <b>541-345-3628</b>		

SPRINGFIELD			
<a href="#">Catholic Community Services</a>	1025 G St <b>541-345-3628</b>	<a href="#">Crossfire Hands of Hope</a>	942 28th St. <b>541-686-5433</b>
<a href="#">The ARC of Lane County</a>	4181 E Street <b>541-343-5256</b>	<a href="#">The Shepherd's Table (St. John's)</a>	2537 Game Farm Rd <b>541-746-3322</b>
<a href="#">Waypoint Church</a>	332 58th St. - <b>541-345-3628</b>		
<a href="#">Springfield 7th-day Adventist Community Service Center</a>	1546 N. 12th <b>541-337-5101</b>	<p>Food boxes, clothing closet. Services available 1x /month, unless there is an emergency. Open 1st &amp; 3rd Tuesday, 10am - 1 pm, 2nd &amp; 4th Tuesday, 4 pm - 7 pm</p> <p>Reparto de alimentos y ropa. Servicios disponibles una vez al mes, salvo en casos de emergencia. Abierto el primer y tercer martes de 10:00 a 13:00 y el segundo y cuarto martes de 16:00 a 19:00.</p>	

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# Community Resource Guide

Updated 4/3/2026

RURAL LANE COUNTY			
Coburg Food Pantry	541-953-6776 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	Lower McKenzie Community Resources	541-896-3857 45061 McKenzie Hwy, Leaburg
Community Sharing Program	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	541-570-5426 56634 McKenzie Hwy, McKenzie Bridge
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 46433 Westfir Rd, Westfir
Helping Hand	541-933-2575 92170 Marcola Rd, Marcola	Up River Pantry	541-946-1821 37895 Row River Rd, Dorena
Hilltop Pantry	541-935-1331 25735 Crow Rd	Triangle Food Box	541-925-3090 20280 Blachly Grange Rd, Blachly

## MEAL SITES

Agency	Contact	Notes
<a href="#">86 Hunger Foundation</a>	769 Monroe St., Eugene <a href="mailto:miranda@mission86hunger.com">miranda@mission86hunger.com</a>	Free Meal Pickup: boxed meal available between 4pm and 6pm Saturday on the Acorn Cafe patio. Free Market Project: Market stand stocked with produce plus pantry and personal care items at Acorn Community Café on Saturdays from 4-6pm
		Recogida gratuita de comidas: comidas envasadas disponibles entre las 16:00 y las 18:00 del sábado en la terraza del Acorn Cafe. Proyecto Mercado Gratuito: puesto de mercado con productos frescos, alimentos no perecederos y artículos de higiene personal en el Acorn Community Café los sábados de 16:00 a 18:00.
Neighbors Feeding Neighbors	5th & Washington 541-735-3823	Wednesday – Saturday starting at 9:30 am De miércoles a sábado a partir de las 9:30 de la mañana.
St Vincent de Paul Service Station	450 Oregon 99, Eugene 541-461-8688	7 days a week, 8:30-9:30 am, 12-12:45 pm (Wednesday 11-11:45 am) Los 7 días de la semana, de 8:30 a 9:30 y de 12 a 12:45 (los miércoles de 11 a 11:45).
Crossfire Food Ministry	942 28th St, Springfield 541-686-3473	Free meal, Sundays at 8:30am Comida gratuita, los domingos a las 8:30 de la mañana.
Eugene Mission	1542 W 1 <sup>st</sup> St, Eugene 541-344-3251	Call for mealtimes Llamada para horarios de comidas
Fern Ridge Community Services	25133 E Broadway Ave, Veneta	Sundays 5-6:30 pm Domingos de 17:00 a 18:30
Food Not Bombs	126 E 8th Ave., Eugene <a href="mailto:eugenefoodnotbombs@proton.me">eugenefoodnotbombs@proton.me</a>	Food is served from 4pm to 5pm every Friday La comida se sirve de 16:00 a 17:00 todos los viernes.
Free People	Washington-Jefferson Park	Sunday Breakfast, 9:15-10:00 am, Sunday Dinner, 5:00-5:45pm Desayuno del domingo, de 9:15 a 10:00, cena del domingo, de 17:00 a 17:45.
Hearth and Table	Central Lutheran Church, 1857 Potter St. Use the entrance in the back off the parking lot.	Free meals for local college students once a week. Sit down meals on Thursdays, 6:30-7:15pm. To go meals available from 7:15-7:30.
		Comidas gratuitas para estudiantes universitarios de la zona una vez por semana. Comidas para consumir en el local los jueves de 18:30 a 19:15. Comidas para llevar disponibles de 19:15 a 19:30.
Helping Hands Coalition	4590 US-101, Florence	Monday, Wednesday, Friday 12-1pm
		Lunes, miércoles y viernes de 12 a 13 horas.

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## MEAL SITES

Agency	Contact	Notes
Hosea Youth Services	834 Monroe, Eugene	Monday, Tues, Wed, Thurs: Lunch 1-2, Dinner 5-6pm. Fridays, Lunch from 10am-1pm. <b>(16-24-year olds)</b> Lunes, martes, miércoles, jueves: Almuerzo de 13:00 a 14:00, cena de 17:00 a 18:00. Viernes: Almuerzo de 10:00 a 13:00. (Jóvenes de 16 a 24 años)
Looking Glass, New Roads	941 W 7 <sup>th</sup> Ave Eugene <b>541-686-4310</b>	Open on non-school days, 11am-1pm and 5-7pm. School days, 5-7pm. (for homeless youth, <b>16-24 years</b> ) ♦ English and Spanish. Abierto los días no lectivos de 11:00 a 13:00 y de 17:00 a 19:00. Los días lectivos, de 17:00 a 19:00. (Para jóvenes sin hogar de 16 a 24 años) ☑ Inglés y español.
The Dining Room	270 W 8 <sup>th</sup> Ave, Eugene <b>541-343-2822.</b>	Mon-Thurs, 12-2:45. Youth must be with legal guardian De lunes a jueves, de 12:00 a 14:45. Los menores deben ir acompañados de su tutor legal.
Trinity Lutheran Church	657 S 7th, Cottage Grove <b>541-942-2373</b>	Call for mealtimes Llamada para horarios de comidas

## MEALS for SENIORS

Agency	Contact	
Campbell Senior Center	155 High St., Eugene <b>541-682-5318</b>	
<a href="#">Café 60 Meal Sites</a>  (Senior & Disability Services)	Coburg United Methodist Church, 91193 N. Willamette, <b>541-682-4378</b>	Serving individuals who are 60 years of age and over, and their spouses, regardless of age. \$8 per meal. Mealtimes vary. Call for details.  Ofrecemos servicios a personas de 60 años o más, y a sus cónyuges, independientemente de la edad de estos últimos. \$8 por comida. Los horarios de las comidas varían. Llame para obtener más información.
	Coburg – I.O.O.F. Hall - 91119 N Willamette Street <b>541-525-6407</b>	
	Cottage Grove Community Center, 700 E. Gibbs Avenue	
	Riverview Terrace, 925 W. Main, Cottage Grove - <b>541-942-9261</b>	
	Cresview Villa, 350 S. 2nd St., Creswell - <b>541-895-2338</b>	
	Northwest Neighbors, 1221 Jacobs Dr, Eugene - <b>541-689-8011</b>	
	Florence Senior Center, 1570 Kingwood Florence - <b>541-997-5673</b>	
	Viking Sal Senior Center, 245 W. 5th St., Junction City - <b>541-998-5367</b>	
	Church of the Nazarene, 48187 Highway 58, Oakridge - <b>541-782-4318</b>	
	Willamalane Adult Center, 215 W. C St., Springfield - <b>541-736-4424</b>	
Fern Ridge Service Center - 25035 W. Broadway, Veneta <b>541-935-7354</b>		
Kaufman Senior Center	996 Jefferson St, Eugene <b>541-342-1881</b>	
<a href="#">Meals on Wheels Eugene</a> (Food for Lane County)	Meals on Wheels is available across Lane County. Food For Lane County delivers Meals on Wheels in Eugene. Senior & Disability Services delivers Meals on Wheels in Springfield, Veneta, Florence, Junction City, Creswell, Cottage Grove and Oakridge. People age 60 and older who are homebound and need help with meal preparation are eligible for the Meals on Wheels program. Persons under age 60 may be eligible under the following circumstances: Disabled dependent child living in a non-institutional household with a person over age 60 or Case Manager has authorized meals as part of their Medicaid Long Term Care Plan or State Plan Personal Care. <b>Eugene area: 541-607-5065 Outside Eugene: 541-682-3353, or TTY 541-682-4567</b>	
	El programa Comidas a Domicilio (Meals on Wheels) está disponible en todo el Condado de Lane. Food For Lane County reparte comidas a domicilio en Eugene. Senior & Disability Services reparte comidas a domicilio en Springfield, Veneta, Florence, Junction City, Creswell, Cottage Grove y Oakridge.  Las personas mayores de 60 años que no pueden salir de casa y necesitan ayuda con la preparación de sus comidas son elegibles para el programa Comidas a Domicilio. Las personas menores de 60 años pueden ser elegibles en las siguientes circunstancias: si tienen un hijo dependiente con discapacidad que vive en un hogar no institucional con una persona mayor de 60 años, o si un administrador de casos ha autorizado las comidas como parte de su Plan de Atención a Largo Plazo de Medicaid o del Plan Estatal de Cuidado Personal. Área de Eugene: 541-607-5065 Fuera de Eugene: 541-682-3353, o TTY 541-682-4567	
<a href="#">Senior Grocery</a> (FFLC)	Provides low-income seniors over 60 with a monthly food box (or bag) filled with nutritious staple foods necessary for a balanced diet. <b>541-343-2822 ext. 115</b>	
	Este programa proporciona a las personas mayores de 60 años con bajos ingresos una caja (o bolsa) mensual de alimentos que contiene productos básicos nutritivos necesarios para una dieta equilibrada. 541-343-2822 ext. 115	

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## NUTRITION RESOURCES

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

## CLOTHING ASSISTANCE

Agency	Contact	Notes
4J School District	200 N. Monroe, Eugene <b>541-687-3349</b>	For 4J families. Call for appointment
Adventist Community Center	1546 N 12th, Springfield <b>541-746-7071</b>	Tuesday 10-12
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene <b>541-345-3628</b> 1025 G St., Springfield	Eugene: Monday-Friday 9am-4:30pm (Children's clothing only) Springfield: Tuesday through Saturday, 9am-12pm
<a href="#">Eastside Baptist Church Clothes Closet</a>	4045 Commercial Ave., Springfield	See Facebook page for days and times.
<a href="#">Eugene Mission</a>	1542 W 1 <sup>st</sup> Ave, Eugene <b>541-344-3251</b>	Free Clothing for Infant-Teens. Shoes, pants, shirts, boots, shirts, baby blankets. Monday-Friday 10am-12pm. No need to call.
Helping Hand Room 1st Christian Church	1166 Oak St., Eugene <b>541-344-1425</b>	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
<a href="#">Hosea Youth Services</a>	834 Monroe, Eugene <b>541-344-5583</b>	The Youth Drop In Center is open Monday – Thursday from 11am – 6:30pm and Friday from 11am – 3pm. Youth under 22 years. Lunch and Dinner, Clothing, Toiletries, Outdoor supplies, Showers, Laundry Facilities, Computer and Wi-Fi access, Lockers Kennels for pets, Napping room, Basic first aid supplies, Toolbox.
Springfield 7th-day Adventist Community Service Center	1546 N. 12th, Springfield, <b>541-337-5101</b>	Food boxes, clothing closet. Services available 1x /month, unless there is an emergency. 1st & 3rd Tuesday, 10am-1pm, 2nd & 4th Tuesday, 4-7pm
<a href="#">St. Vincent de Paul</a>	456 Hwy 99 N, Eugene <b>541-689-6747</b>	Clothing, furniture & other household goods.
<a href="#">Titan Pantry and Closet</a> (Lane Community College)	Ground floor of the center building at the LCC main campus	Free thrift store for current, registered students of Lane Community College.
<a href="#">White Bird Clinic</a>	341 E. 12th, Eugene <b>541-342-4357</b>	Monday-Friday, 8am – 10pm.




# Community Resource Guide

Updated 4/3/2026

## BASIC NEEDS

Agency	Contact	Notes
<a href="#">15th Night</a>	Call or text 24/7- <b>541-246-4046</b> <a href="mailto:info@15thNight.org">info@15thNight.org</a>	Support homeless youth in accessing resources and services (clothing, personal care items, backpacks, food, housing, transportation, counseling, mentors/peer support, youth advocate, application assistance, library cards, etc.
<a href="#">Carry It Forward</a>	<b>541-654-0139</b> <a href="mailto:info@carryitforward.net">info@carryitforward.net</a>	Serves unhoused people through advocacy, outreach, urgent response, public shower service, a continuum of shelter options, and workforce development.
<a href="#">Catholic Community Services</a>	<b>541-345-3628</b> 1464 W 6 <sup>th</sup> , Eugene	Clothing, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
<a href="#">Community Sharing Program</a>	<b>541-942-2176</b> 1245 Birch Ave, Cottage Grove	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
<a href="#">Emerald Community Services</a>	<b>541-683-4169</b> 90 Lawrence St, Eugene	Clothing, household goods, food boxes, special needs referrals.
<a href="#">F.I.S.H. - St. Mary's Church</a>	<b>541-688-3269</b> 440 Maxwell Rd, Eugene	Emergency food boxes, propane, help paying for medication. Open Monday-Friday, 10-2:30. Call to request food box.
<a href="#">Home Starter Kit</a>	<b>541-686-8462</b> 3925 Hilyard, Eugene	Household items for homeless people moving into a new home. Applications must be sent from partner organizations.
<a href="#">Hope to Dream</a> <i>Supported by Ashley HomeStores</i>	Provides a twin mattress, bed frame, bedding and pillow to children age of 3-16 who do not have beds. Serving families with very low income or transitioning from homelessness. Service providers can nominate a child on the website. <a href="http://www.ahopetodream.com/">www.ahopetodream.com/</a>	
<a href="#">Hosea Youth Services</a>	<b>541-344-5583</b> 834 Monroe, Eugene	For youth 22 & under. Showers, food, laundry, hygiene, clothing.
<a href="#">Love for Lane County</a>	<b>541-653-8537</b> <a href="mailto:jennifer@loveforlanecounty.org">jennifer@loveforlanecounty.org</a>	Short-term practical, hands-on assistance, "gap services" that other agencies are unable to meet. We take donations and turn them over to those in need.
<a href="#">Sleep in Heavenly Peace</a>	<b>844-432-2337 x5113</b> Contact Connie & Bryce Jonas	To request a bed or refer a family submit online application: <a href="http://www.shpbeds.org/request-bed">www.shpbeds.org/request-bed</a> . Families must have a space for the bed and must be the legal guardian of the child receiving the bed.
<a href="#">7th-day Adventist Community Service Center</a>	<b>541-337-5101</b> 1546 N. 12th, Springfield	Serving all of Lane County with food boxes and a clothing closet with adult and child sizes. Services are available once a month, unless there is an emergency.
<a href="#">St. Vincent de Paul</a>	<b>541-689-6747</b> 456 Hwy 99, Eugene	Furniture & other household goods.
<a href="#">The Hope Project</a>	<a href="http://www.hopeprojecthelps.com/ask">www.hopeprojecthelps.com/ask</a>	Online application for needs falling through the cracks of traditional systems. Give as much detail as you can. No ask is too big or too small!
<a href="#">Western Lane Crisis Response (WLCR)</a>	<b>541-997-3515</b>	Responds to emergencies in the greater Florence area (including Dune City, Mapleton, SwissHome & Deadwood). Emotional support, assessment, community resources and follow up to help community members navigate unexpected traumatic situations and mental health crises.

## TRANSPORTATION ASSISTANCE

	<b>All students, K-12 can ride LTD buses for free!</b> Available to students in public, private, charter, and home schools. See <a href="https://www.ltd.org/student-pass/">https://www.ltd.org/student-pass/</a> or ask at the office of your school for more information.		
	<b>¡Todos los estudiantes de kínder a 12.º grado pueden viajar gratis en los autobuses LTD!</b> Este pase está disponible para estudiantes de escuelas públicas, privadas, concertadas y en casa. Consulta <a href="https://www.ltd.org/student-pass/">https://www.ltd.org/student-pass/</a> o pregunta en la secretaría de tu escuela para obtener más información.		
Agency	Contact	Español	Notes
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene AND 1025 G St., Springfield <b>541-345-3628</b>	◆	Free bus day passes (for verified appointments only). Call or stop in to find out availability.
<a href="#">Job Connections (Goodwill)</a>	855 Seneca Rd, Eugene <b>541-431-3309</b>	Interpreter available	Free bus Passes for Job Seeking STEP participants
	102 30th Street, Springfield <b>458-205-8157</b>		
	1310 Hwy 101, Florence <b>541-590-3541</b>		
<a href="#">Lane Transit District (LTD)</a>	1080 Willamette, Eugene <b>541-687-5555</b>		Half-fare for people with disabilities. FREE fare for adults 65+. K-12 students can ride buses for free.
<a href="#">RideSource</a>	240 Garfield St, Eugene <b>541-682-5566</b>		Free transportation for people who cannot ride LTD buses due to disability / other circumstances

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## BICYCLE SAFETY AND RESOURCES

Agency	Contact	Notes
<a href="#">SafeRoutes: Eugene-Springfield Safe Routes to School</a>	Emails / phone numbers for regional coordinators can be found at: <a href="http://www.eugenespringfieldsrts.org/about">www.eugenespringfieldsrts.org/about</a>	Working to create safe, easy, fun ways for kids to walk, bike, skate, scoot, bus or carpool to school.

## LOW COST PET SERVICES

Agency	Contact	Fees	Notes
<a href="#">Community Veterinary Center</a>	84920 Ridgeway Rd, Pleasant Hill <b>458-215-8208</b>	Sliding scale	Vaccines, dental, prescriptions, surgery, diagnosis, spay / neuter, euthanasia. Proof of income required.
<a href="#">Eugene Spay and Neuter Clinic</a>	3970 W. 1st Ave., Eugene <b>541-682-3643</b>	Varies	Low cost spays / neuters, vaccinations and flea control products for cats and dogs. The clinic is unable to provide medical services to sick or injured animals.
<a href="#">Greenhill Humane Society</a>	88530 Greenhill Rd, Eugene <b>541-689-1503</b>	FREE	<p><a href="#">Pet food and supply pantry</a> for people with pets in need of financial assistance. Delivery is available for people who live within 10 miles of Greenhill.</p> <p><a href="#">Crisis Care Program</a> temporary housing for animals whose owners are in crises such as domestic violence, hospitalization, incarceration and emergency situations. Greenhill also provides support and transitional housing for the pets of people who have recently passed.</p> <ul style="list-style-type: none"> <li>• <a href="#">Senior &amp; Veteran Adoption Discounts</a></li> <li>• <a href="#">Info about outdoor and community cats.</a></li> <li>• <a href="#">List of local dog parks</a></li> <li>• <a href="#">Pet sitting / boarding resources</a></li> <li>• <a href="#">Local Veterinarians &amp; Clinics</a></li> <li>• <a href="#">Local Animal Control, Shelters, &amp; Rescues</a></li> <li>• <a href="#">Pet Friendly Housing</a></li> <li>• <a href="#">End of Life Care</a></li> <li>• <a href="#">What to do if you Find a Litter of Kittens</a></li> <li>• <a href="#">What to do if you see an animal in distress</a></li> </ul>
<a href="#">Lane County Animal Services</a>	3050 N. Delta Hwy. Eugene		In Lane County, every dog must obtain a license when the dog reaches the age of 6 months, or it obtains its permanent canine teeth, whichever comes first. See <a href="#">Lane County's licensing page</a> for more information about licensing laws.
<a href="#">Patient Pet Advocates</a>	<b>541-632-3217</b> <a href="mailto:info@patientpetadvocates.org">info@patientpetadvocates.org</a>	FREE	For people struggling with life-altering or terminal medical issues. Services to support pets in their home, helping patients to plan for pet care in emergencies, and providing support in crisis situations. Request support at: <a href="https://patientpetadvocates.org/pet-support/">https://patientpetadvocates.org/pet-support/</a>
<a href="#">Pro Bone-O</a>	<b>541-607-8089</b>	FREE	Free veterinary services, food, and supplies for the pets of people who are homeless in our community. Two free clinics per month at the Eugene Mission (1509 West 1st Ave). Each clinic offers exams, vaccinations, flea treatments, food, and referrals to spay/neuter.
<a href="#">S.P.O.T.</a>	<a href="http://www.spotspayneuter.org">www.spotspayneuter.org</a> <b>541-485-7768</b>	Reduced cost	Financial assistance for low/no income residents of Lane County to spay/neuter dogs.
<a href="#">Willamette Animal Guild</a>	3045 Royal Ave, Eugene <b>541-345-3566</b> <a href="mailto:appointments@wagwag.org">appointments@wagwag.org</a>	Varies	Spay / Neuter Clinic. Low-income pricing available with proof of government assistance.

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## ID & BIRTH CERTIFICATE ASSISTANCE

Agency	Notes	
<a href="#">15<sup>th</sup> Night</a>	Call or text 24/7 <b>541-246-4046</b> <a href="mailto:info@15thNight.org">info@15thNight.org</a>	Technical & financial assistance with obtaining a birth certificate or a state-issued I.D. Cost is covered. For youth under 21.
<a href="#">Catholic Community Services</a>	1464 W 6 <sup>th</sup> Eugene <b>541-345-3628</b>	2nd and last Thurs of every month at 9am. Staff randomly choose 8 people to receive assistance with birth certificate or state ID. Age 18+ ♦ English and Spanish.
<a href="#">CORE</a> – Community Outreach through Radical Empowerment	<b>541-870-0036</b> <a href="mailto:info@coreeugene.org">info@coreeugene.org</a>	CORE provides case management that includes document recovery (birth certificates, IDs, tribal enrollment) for young people in Lane County surviving the effects of poverty, homelessness or other adversities. Age: 29 and under.
Eugene Mission	1542 W 1 <sup>st</sup> , Eugene <b>541-344-3251</b>	Assists overnight guests receiving case management with obtaining ID's. Most birth certificates are \$20-30 & a new state ID card is \$44.50
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene <b>541-607-7020</b>	Independent living skills classes, service navigation, counseling, support groups, clubhouse, and ID assistance.
Looking Glass New Roads	941 W 7th Avenue, Eugene <b>541-302-2551</b>	Technical assistance with obtaining a state issued I.D. Cost may be covered depending on funds. For youth, age 16-24. ♦ English and Spanish.
Social Security Office	2504 Oakmont Way, Eugene <b>1-800-772-1213</b>	It is free to get a social security card! Visit: <a href="https://www.ssa.gov/ssnumber/">https://www.ssa.gov/ssnumber/</a> or stop by the office to apply for a card, update your name, or order a replacement card.
Whitebird Clinic	323 E 12th Ave, Eugene <b>541-342-1295</b>	Walk in times 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

**EUGENE** DMV - 2870 W 10th Place      **SPRINGFIELD** DMV - 204 30<sup>th</sup> Street

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



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

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

### Para obtener una identificación emitida por el estado: presente la solicitud en persona en el DMV

**EUGENE** DMV - 2870 W 10th Place      **SPRINGFIELD** DMV - 204 30<sup>th</sup> Street

Lista completa de ubicaciones: [www.oregon.gov/odot/dmv/pages/offices/index.aspx](http://www.oregon.gov/odot/dmv/pages/offices/index.aspx)



#### Lo que necesita para solicitar una identificación emitida por el estado:

1. Prueba de su identidad, fecha de nacimiento y presencia legal en los EE. UU. (certificado de nacimiento de los EE. UU. o certificado de ciudadanía de los EE. UU.)
2. Prueba de su residencia en Oregón (Extracto bancario, tarjeta de seguro o correo oficial dirigido a usted)
3. Solicitud completa y \$44.50



## OREGON HEALTH PLAN ENROLLMENT ASSISTANCE

[Community Health Centers of Lane County](#) offers free OHP enrollment assistance to residents in Lane County. Trained Access Specialists help individuals and families understand their health coverage options, complete applications, and enroll in OHP.

Contact CHCLC Access Helpline: **541-682-3585**

Available for phone appointments, no matter where you live in Oregon.

Staff can assist with eligibility questions, document preparation, and plan selection.

### Alternative Help Options:

- OHP Customer Service: 1-800-699-9075 (TTY: 711)
- Online Application: Apply at [ONE.oregon.gov](http://ONE.oregon.gov)
- In-Person Help: Find a local OHP-certified community partner – [www.healthcare.oregon.gov/find-help.aspx](http://www.healthcare.oregon.gov/find-help.aspx)

[Community Health Centers of Lane County](#) ofrecen asistencia gratuita para la inscripción en el OHP a sus residentes. Especialistas en Acceso capacitados ayudan a personas y familias a comprender sus opciones de cobertura médica, completar solicitudes e inscribirse en el OHP.

Llame a la Línea de Ayuda de Acceso de CHCLC: **541-682-3585**.

Disponible para citas telefónicas, sin importar dónde viva en Oregón.

El personal puede ayudarle con preguntas sobre elegibilidad, la preparación de documentos y la selección de planes.

### Opciones de ayuda alternativas:

- Servicio al Cliente del OHP: 1-800-699-9075 (TTY: 711)
- Solicitud en línea: Solicite en [ONE.oregon.gov](http://ONE.oregon.gov)
- Ayuda en persona: Encuentre un socio comunitario local certificado por el OHP:

[www.healthcare.oregon.gov/find-help.aspx](http://www.healthcare.oregon.gov/find-help.aspx)

## MEDICAL SERVICES

Agency	Contact	Español	Fees	Notes
<a href="#">Acupuncture for the People</a>	2833 Willamette St Suite B, Eugene <b>541-521-6285</b>		1 <sup>st</sup> appt: \$30-55, then: \$15-40	Licensed acupuncturist serving anyone who needs a sliding scale.
<a href="#">Bethel Health Center</a>	1525 Echo Hollow Rd., Suite A, Eugene <b>541-607-1430</b>		OHP, sliding scale, some insurance	Health services and counselling for ages 1-19.
<a href="#">Community Health Centers of Lane County</a> <b>541-682-3550</b> Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in. Call for hours. OHP, private insurance, sliding scale	<b>RiverStone Clinic</b>			2073 Olympic St, Springfield
	<b>Charnelton Community Clinic</b>			151 W 7th Ave Suite 100, Eugene
	<b>Springfield Schools Health Center</b>			1050 10th St, Springfield
	<b>South Lane Clinic</b>			1275 South River Road, Cottage Grove
	<b>West 11<sup>th</sup> Clinic</b>			3321 West 11 th Ave, Eugene
	<b>Delta Oaks Clinic</b>			1022 Green Acres Rd, Eugene

See next page for more MEDICAL SERVICES

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## MEDICAL SERVICES

Agency	Contact	Español	Fees	Notes
<a href="#">HIV Alliance</a> (Alliance for Community Wellness)  OHP or sliding scale for individuals without insurance	1195 Cityview, Eugene <b>541-342-5088</b>	<b>Medical Clinic</b> - PREP medication, STI's testing, HIV testing, Hepatitis C and Syphilis testing, case management, treatment for opioid use disorder and health focused street outreach.		
		<b>Oaks Housing Program</b> - Wraparound services for individuals with immune compromised systems, including housing navigation, and case management with a care team.		
		<b>Hepatitis (HCV) Community Health Program</b> – Helping 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.		
<a href="#">Ko-Kwel Wellness Center</a> Coquille Indian Tribe	2401 River Rd. Eugene <b>541-916-7025</b> <a href="mailto:ko-kwel.eug@coquilletribe.org">ko-kwel.eug@coquilletribe.org</a>		OHP, sliding scale, some private insurance	Culturally appropriate primary outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity.
<a href="#">Lane County Public Health</a>	151 W 7th Ave., Room 310, Eugene <b>541-682-4041</b>	◆	OHP, sliding scale, some private insurance	STD testing, vaccinations by appt. No walk ins.
<a href="#">Occupy Medical</a>	<b>541-316-5743</b> 532 C Street, Springfield	◆	FREE	Saturday clinic offering medical, wound care, herbal medicine and emotional support. In the basement from 2 till 4pm. Come early and get your name on the list between 2pm and 3pm.
<a href="#">Our Community Birth Center</a>	188 West B Street, Bldg O, Springfield <b>458-234-6800</b> <a href="mailto:OurCommunityBirthCenter@gmail.com">OurCommunityBirthCenter@gmail.com</a>	◆	OHP / Private Insurance / Self-pay sliding scale	Nurse midwifery birth center and health clinic. Client-centered, LGBTQIA+ inclusive. General and preventative health care, gynecology, all options pregnancy counseling, birth control, fertility, pregnancy, birth, postpartum including home visits, newborn care, lactation services.
<a href="#">Rapid Access Center</a> (Willamette Family)	<b>541-762-4300</b> 195 W. 12 <sup>th</sup> , Eugene		OHP only	Same-day walk-in medical, behavioral health & addiction services.
The SHOP (Sharing Healthcare Options Program) at White Bird Clinic	<b>541-342-1295</b> 323 E 12th Ave, Eugene	◆	FREE	Enrollment assistance for health insurance including OHP. Call for appointment.
<a href="#">Trauma Healing Project</a>	631 E. 19th Ave. Building B, Eugene <b>541-687-9447</b> <a href="mailto:info@healingattention.org">info@healingattention.org</a>	◆	Sliding Scale	Body-centered therapies, wellness classes. Full-body acupuncture by appointment. Drop-in groups include Gentle & Restorative Yoga, Releasing With Writing and Sips of Happiness Mindfulness.
<a href="#">Volunteers in Medicine</a>	2260 Marcola Rd, Springfield <b>541-685-1800</b>	◆	FREE	Medical, mental health, prescription for low-income adults without insurance or with OHP but no provider.
<a href="#">White Bird</a>	<b>541-484-4800</b> 1400 Mill St., Eugene	Sometimes	OHP, sliding scale	Medical walk-in clinic.
Poison Control Hotline	<b>800-222-1222</b>		24/7 hotline for questions / emergencies regarding poisons.	

## VISION CARE

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

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# Community Resource Guide

Updated 4/3/2026

## DENTAL SERVICES

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

## PRESCRIPTION ASSISTANCE

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

## SMOKING CESSATION

Agency	Contact	Español	Fees	Notes
<a href="#">Oregon Tobacco Quit Line</a>	<b>800-784-8669</b> Available 24/7	◆	FREE	Talk or chat online with an expert Quit Coach. Find smoking cessation programs based on your location and insurance at <a href="http://www.quitnow.net/oregon">www.quitnow.net/oregon</a>
<a href="#">QTIP - Quit Tobacco in Pregnancy</a>	<b>541-682-4440</b>	◆	FREE	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	Español	Fees	Notes
<a href="#">Meridian Gambling Program (Emergence)</a>	2149 Centennial Plaza Suite 4, Eugene <b>541-741-7107</b>	◆		Outpatient gambling treatment.
<a href="#">National Problem Gambling Hotline</a>	<b>800-522-4700</b> Call or text	Interpreter	FREE	Resource referrals for every state. 24/7, 100% confidential.
<a href="#">Odyssey Community Counseling (Emergence)</a>	2149 Centennial Plaza, #4, Eugene <b>541-741-7107</b> <a href="mailto:mrobles@4emergence.com">mrobles@4emergence.com</a>	◆ Spanish-speaking & Latinx staff. LGBTQIA+ staff	Gambling & gaming treatment is free	Gaming and gambling treatment. Ages 15+. To enroll, call the front desk and schedule an appointment. Monday - Friday 8 am - 5 pm <a href="http://www.4emergence.com/mental-health-treatment/">www.4emergence.com/mental-health-treatment/</a>
<a href="#">Problem Gambling Hotline (Oregon)</a>	<b>877-MyLimit</b> Call or text	◆	FREE	Free, confidential help. Referrals to gambling treatment services.

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# Community Resource Guide

Updated 4/3/2026

## SUBSTANCE USE DISORDER RECOVERY SUPPORT

Agency	Contact	Español	Fees	Notes
<a href="#">Al-Anon &amp; Alateen</a>	<a href="https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/">https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/</a> <b>541-265-4365</b>	◆		Free 12-step meetings for families & friends of people experiencing addiction to alcohol. Call or check website for meeting times.
<a href="#">Alcoholics Anonymous</a>	Free 12-step meetings for people in recovery from addiction to alcohol. <a href="http://www.eviaa.org/">http://www.eviaa.org/</a> <b>541-342-4113</b> ◆ Spanish AA site: <a href="https://aaoregon.webs.com">https://aaoregon.webs.com</a> Spanish Intergroup # <b>971-327-5523</b>			
<a href="#">Heroin Anonymous</a>	<a href="mailto:pacificregionaltrustee@heroinanonymous.org">pacificregionaltrustee@heroinanonymous.org</a>	NO	FREE	12-step meetings for people in recovery from addiction to heroin.
<a href="#">Behavioral Health Resource Network</a>	<b>(800)-422-2595</b>		FREE	Confidential, rapid resource and treatment access, 24/7 hotline.
<a href="#">Buckley Detoxification Center</a>	605 W 4th Ave, Eugene <b>541-762-4575</b>	◆ Pre-assessment interpreter	OHP, other ins sliding scale	Support for people affected by substance use disorder who need to withdraw safely from substances & achieve sobriety in a caring environment
<a href="#">Celebrate Recovery – Ekklesia Church</a>	2866 Crescent Ave, Ste 103 Eugene <b>541-912-9411</b> <a href="#">Celebrate Recovery®</a>		FREE	Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Multiple meeting locations available.
<a href="#">Center for Family Development</a>	261 E 12 <sup>th</sup> Ave., Eugene <b>541-342-8437</b>	◆ Bilingual therapist / interpreter	OHP, other ins sliding scale	Counseling, recovery programs, relapse prevention planning, telehealth services. Phone intakes available.
<a href="#">Chrysalis (White Bird)</a>	350 E 11th Ave, Eugene <b>541-683-1641</b>	minimal services	OHP, sliding scale	Outpatient. Peer counseling, groups, court referred DUI, acupuncture, transportation support
<a href="#">Community Medical Services</a>	651-655 W 7th Ave, Eugene <b>458-320-0320</b>	Translation line for all languages	All insurances	Specializing in opioid-based Substance Use Disorder treatment, including heroin and fentanyl. Individual and group counseling, peer support, Medication-Assisted Treatment (MAT), including MAT specifically for use during pregnancy.
<a href="#">Emerald Valley Intergroup (EVI)</a>	2160 W 11th Ave Suite, Eugene <b>541-342-4113</b> <a href="mailto:evicpqi@gmail.com">evicpqi@gmail.com</a> Spanish Intergroup # <b>971-327-5523</b>	◆	FREE	EVI has many local face-to-face and online meetings. <a href="https://eviaaweb.org/">https://eviaaweb.org/</a> Spanish AA site: <a href="https://aaoregon.webs.com">https://aaoregon.webs.com</a>
<a href="#">Emergence</a>	Eugene - <b>541-393-0777</b>	◆	OHP, other ins sliding scale	Outpatient. Specialties: drug court, DUI, corrections, gambling, mental health, smoking cessation. Español: <b>541-741-7107</b>
	Springfield - <b>541-746-4041</b>			
	Cottage Grove - <b>541-767-3057</b>			
	Florence - <b>541-997-8509</b>			
<a href="#">Families Actively Improving Relationships (FAIR)</a>	10 Shelton McMurphy Blvd, Eugene <b>541-485-2711</b>	NO	OHP	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health. Families involved with child welfare.
<a href="#">HIV Alliance Prime Peer Program</a>	1195 City View Street, Eugene *Jonathan Duncan - 541-359-7897 *Alex Cribbs – 541-556-2686 *Jessica Higgs – 541-342-5088 ext.118	◆	OHP, sliding scale for people without insurance	Peer professionals assist others dealing with substance disorder. Help accessing services, insurance enrollment, harm reduction supplies, practical advice regarding treatment & safer injection practices.
<a href="#">Insight Northwest Recovery</a>	1776 Millrace Drive, suite 202 Eugene <b>(541) 203-0539</b> <a href="mailto:info@insightrecovery.com">info@insightrecovery.com</a> <a href="http://www.insightrecovery.com">www.insightrecovery.com</a>		OHP, other insurance, private pay	Intensive outpatient mental health and substance use/co-occurring treatment for ages 12 and older, including group therapy, individual counseling, psychiatry/medication management, family therapy, and peer support, in person and online.

See next page for more SUBSTANCE USE DISORDER RECOVERY SUPPORT Resources

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# Community Resource Guide

Updated 4/3/2026

## SUBSTANCE USE DISORDER RECOVERY SUPPORT

Agency	Contact	Español	Fees	Notes
<a href="#">Integrated Health Clinics of Eugene</a>	715 Lincoln Street, Eugene <b>541-344-3574</b>	◆	OHP, Kaiser, Healthshare	Behavioral health screening. Assessment. Drug testing. Outpatient addiction treatment. Group / individual / family counseling. Medication Assisted Treatment.
<a href="#">JESCO Club</a>	340 Blair Blvd, Eugene <b>541-686-0538</b> <a href="mailto:Jescoclub@gmail.com">Jescoclub@gmail.com</a>	NO	FREE	Substance Use Disorder services, meetings, community people in recovery and their families.
<a href="#">Ko-Kwel Wellness Center</a> Coquille Indian Tribe	2401 River Rd. Eugene <b>541-916-7025</b> <a href="mailto:ko-kwel.eug@coquilletribe.org">ko-kwel.eug@coquilletribe.org</a>		Medicaid	Culturally appropriate outpatient medical and mental health care for all American Indians and Alaska Natives from federally recognized tribes, with proof of tribal enrollment or tribal identity. Methadone clinic specializing in treating individuals with opioid-use disorder. Holistic wellness model, counseling, drug screens, crisis intervention, resource education and navigation.
<a href="#">Lane County Treatment Center</a>	432 W 11 <sup>th</sup> Ave Room 170, Eugene <b>541-682-4464</b>	◆	OHP, other insurance, self-pay	Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.
<a href="#">Lavender Network</a>	440 Maxwell Road, Eugene <b>541-321-0872</b>	◆	No cost to participants	LGBTQ+ specialized services: gender-affirming hormone injection supply program, rapid HIV, Hep. C, and Syphilis testing, Narcan supply and training, distribution of safer sex supplies, PrEP navigation service, access to gender-affirming products and clothing, resources navigation, peer support, and substance use counseling.
<a href="#">Live. Grow. Share.</a>	1966 Garden Ave., Eugene <b>541-505-9190</b> <a href="mailto:intake@livegrowshare.org">intake@livegrowshare.org</a>	Bilingual Mental Health Peer Support	OHP	Integrated mental health services, peer support, group therapy, gambling treatment, telehealth available. Equine therapy, auto body skills shop.
<a href="#">Looking Glass Counseling</a>	260 E 11th Ave, Eugene <b>541-484-4428</b>	◆	OHP / other insurance	Substance Use Disorder counseling for youth 23 and under.
<a href="#">Native American Rehabilitation Association (NARA)</a>	Locations in Portland, Gresham, and Scappoose. See website for details. <b>503-224-1044</b> Email: <a href="mailto:info@naranorthwest.org">info@naranorthwest.org</a>	NO	OHP, Sliding Scale	Culturally appropriate services for American Indians / Alaskan Natives. Adult and youth residential and outpatient substance use disorder treatment, 2SLGBTQ+ services, health, mental health dental services, programs for youth, veterans and elders.
<a href="#">Narcotics Anonymous</a>	<a href="http://lanecountyarea-na.org/meetings/">http://lanecountyarea-na.org/meetings/</a> <b>541-729-0080 24-hour helpline</b>	NO	Free	12-step meetings for people experiencing substance use disorder.
<a href="#">ODI Clinic: Adolescent and Family Services</a>	10 Shelton McMurfhey Blvd, Eugene <b>541-284-7560</b> <a href="#">Plaza de Nuestra Comunidad</a> 944 W 5th <b>541-687-2667</b>	◆	No cost to participants	Outpatient drug and alcohol counseling for teens. Treatment is provided as part of a research study. Parents & youth earn money for research interviews.
<a href="#">Plaza de Nuestra Comunidad</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b> <b>x120</b> <a href="mailto:info@centrolatinoamericano.org">info@centrolatinoamericano.org</a>	◆ Todos los servicios	\$10-25 sliding scale, OHP	Substance Use Disorder support for Spanish speaking adults and teens. Youth mentoring age 7-16.
<a href="#">Emerald Valley resource network (EVRN)</a>	<b>(541)-799-6336</b>	◆	FREE	Call to connect to community resources and make appointments upon contact.
<a href="#">Relief Nursery</a>	1720 W. 25 <sup>th</sup> Ave, Eugene <b>541-343-9706</b>	◆ Todos los servicios disponibles en español	FREE	Parents for Recovery: Support group for parents in recovery for substance use disorder. Peer Support for parents participating in other Relief Nursery programs or referred by DHS.
	850 S 42 <sup>nd</sup> Ave, Springfield <b>541-485-0007</b>			Padres para la Recuperación: Grupo de apoyo para padres en recuperación de adicciones a las drogas y al alcohol. Apoyo entre pares para padres que participan en otros programas de guarderías de apoyo o son referidos por el DHS.

See next page for more SUBSTANCE USE DISORDER RECOVERY SUPPORT Resources

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## SUBSTANCE USE DISORDER RECOVERY SUPPORT

Agency	Contact	Español	Fees	Notes
<a href="#">Restored Connections Peer Center (RCPC)</a>	Main Office: 146 E 12th Ave, Eugene Community center: 1200 High St, Unit 180, Eugene <b>458-544-0000</b> <a href="mailto:scameron@restoredconnections.org">scameron@restoredconnections.org</a>		FREE	A peer run organization serving the Lane County area in an evidence-based approach to individuals seeking a recovered lifestyle. Through a strength base and peer lead process, peer mentors pair up with individuals who need guidance and support regarding their substance use, houselessness and a variety of other high-risk situations they may be experiencing.
<a href="#">Serenity Lane</a>	4211 W 11 <sup>th</sup> Ave, <b>Eugene</b> <b>541-485-1577</b> out-patient 91150 Coburg Industrial Way <b>541-687-1110</b> in-patient	NO	Private insurance, private pay, some OHP	In-patient & outpatient treatment. Specializing in treatment for clients with dual diagnoses.
<a href="#">South Lane Mental Health</a>	Main Office: 1345 Birch Ave, Cottage Grove <b>541-942-3939</b>	◆	OHP / sliding scale	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment.
<a href="#">Veterans Affairs</a>	3355 Chad Dr, Eugene <b>541-607-0897</b>	Interpreter		Mental health services, outpatient alcohol treatment & aftercare.
<a href="#">Willamette Family (Rapid Access Center)</a>	1050 High Street, Eugene <b>541-762-4300</b>	NO	OHP, sliding scale, other insurance	Substance Use Disorder assessments. Same-day medical & behavioral health services. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
<a href="#">Wellbriety</a>	Holly P. and Jon R. <b>541-912-0818</b> <a href="mailto:stoneriver05@hotmail.com">stoneriver05@hotmail.com</a>	NO	Free	Native American based support for substance use, empowering all people in recovery. Visit website for meeting schedules. <a href="#">Wellbriety Circles Map and Listing</a>
SAMHSA Treatment & Referral Hotline	<b>1-800-662-HELP (4357)</b>			
<a href="http://www.Addicted.org">www.Addicted.org</a>	Directory & confidential referral service for drug & alcohol treatment. <b>1-877-208-7211</b>			

## MEDICATION ASSISTED TREATMENT (MAT) PROGRAMS

Thank you to the Sequoia Weldon of the Relief Nursery Accessing Success team for updating this section!

**Medication-Assisted Treatment (MAT)** is an evidence-based approach for treating opioid use disorder. It combines FDA-approved medications with counseling and behavioral therapies.

Agency	Notes
<a href="#">Community Medical Services</a>	651-655 W 7th Ave, Eugene - <b>458-320-0320</b> Specializing in treating individuals with opioid addiction disorders, including heroin and fentanyl. Individual and group counseling. Peer support. Medication-Assisted Treatment (MAT), including MAT specifically for use during pregnancy. All insurances accepted. Translation line for all languages.
<a href="#">Ideal Option</a>	401 E. 10 <sup>th</sup> Avenue Suite 330, Eugene and 3831 Main St., Springfield - <b>1-877-522-1275</b> Multiple locations, same day appointments, peer support, no financial barrier to treatment. For scheduling appointments visit <a href="https://www.idealoption.com/">https://www.idealoption.com/</a>
<a href="#">Equinox Clinics</a>	160 E. 18 <sup>th</sup> Ave, Eugene <b>541-790-2455</b> Patient focused treatment combining medication and behavioral therapy. Accepts most insurances. For more information visit <a href="https://equinoxclinics.com/">https://equinoxclinics.com/</a>
<a href="#">White Bird (Chrysalis)</a>	<b>541-683-1641</b> or visit <a href="https://whitebirdclinic.org/chrysalis-behavioral-health/">https://whitebirdclinic.org/chrysalis-behavioral-health/</a>

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# Community Resource Guide

Updated 4/3/2026

[The Alliance for Community  
Wellness](#)

541-342-5088 or visit <https://hivalliance.org/acw/medical-clinic/>



## HARM REDUCTION SERVICES

Agency	Notes
<a href="#">HIV Alliance Needle Exchange Program</a>	<p>Provides harm reduction supplies, including sterile syringes and Naloxone for people who inject drugs. See the current calendar of times and locations at <a href="https://hivalliance.org/prevent/syringe-services/">https://hivalliance.org/prevent/syringe-services/</a></p> <p><b>Community Syringe Drop-Box Sites:</b></p> <ul style="list-style-type: none"> <li>• HIV Alliance Main Office: 1195a City View St.</li> <li>• White Bird Clinic: 341 E 12th Ave.</li> <li>• Buckley House Detox: 605 W 4th Ave.</li> <li>• Springfield Library/City Hall: 225 N 5th St., Springfield</li> <li>• Eugene Service Station on Hwy 99: 450 OR-99</li> <li>• Washington-Jefferson Park: North corner of 6th Ave. &amp; Washington St.</li> <li>• Alton Baker Park: 100 Day Island Park (near the bathroom)</li> <li>• Emergence: 1461 Oak St.</li> <li>• Eugene Public Library: 100 W 10th Ave. (bathroom; CLOSED JAN. – MAR.)</li> <li>• Coburg Bike Path: near 76 Gas Station (near the corner of Coburg and MLK Jr. Blvd.)</li> </ul> <p>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.</p>
<a href="#">Black Thistle Street Aid Medical Wednesday Clinic</a>	<p>2nd Wednesday of each month 11-2pm at Washington Jefferson Park (on 5th between Washington and Jefferson). <b>541-232-8546</b> <a href="mailto:whatsup@blackthistlestreetaid.org">whatsup@blackthistlestreetaid.org</a>            FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready to eat food, harm reduction supplies.</p>
<a href="#">White Bird</a>	<p>647 Polk Street. Eugene. <b>541-246-1353</b> <a href="https://whitebirdclinic.org/front-rooms">https://whitebirdclinic.org/front-rooms</a></p> <p>Rapid, low-barrier access to comprehensive, holistic treatment and harm reduction services for community members with active substance use disorders who lack health insurance.</p> <p><b>Peer Support:</b> Offer peer support by providing clients compassionate guidance and understanding through shared experiences.</p> <p><b>ASAM Assessment and Treatment:</b> Use evidence-based approaches to assess and treat substance use disorders, tailored to each person’s level of need.</p> <p><b>Low-Barrier SUDS Treatment:</b> Remove barriers to treatment to make it more accessible and provide a safe, welcoming environment for all.</p> <p><b>Acupuncture:</b> Use as an alternate, drug-free therapy to alleviate cravings, reduce withdrawal symptoms, and promote overall well-being and mental health.</p> <p><b>Agency Referrals:</b> Connect clients through internal and external resources for sober living, detox facilities, housing, and other basic needs beyond our program’s capacity.</p> <p><b>Service Plan Creation:</b> Collaborate with clients to develop personalized recovery plans that address their immediate needs and long-term goals.</p> <p><b>Gear Distribution:</b> Provide essential supplies such as tents, backpacks, tarps, and sleeping bags to support the unhoused population.</p> <p><b>Harm Reduction Kits:</b> Equip clients with tools for safer substance use practices, including fentanyl and xylazine test strips.</p> <p><b>First Aid Kits and Basic Hygiene Supplies:</b> Promote health and safety through essential care items in first aid kits and basic hygiene supplies.</p> <p><b>Condoms and Menstruation Supplies:</b> Support sexual and reproductive health by offering condoms and menstruation supplies.</p> <p><b>Limited Clothing Options:</b> Offer limited clothing options based on donations. We encourage our clients to ask if they are in need!</p>

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## RECOVERY HOUSES

WOMEN		
<a href="#">Brothers Sober Living Housing</a>	<b>Brandi 541-606-9166</b> 2 locations in Springfield, 1 couples house	Sober living housing, weekly group treatment and support meetings, 24/7 on-site management.
<a href="#">Haven of Angels</a>	<b>541-799-7545</b> 721 Skipper Avenue, Eugene	Sober living, Random UA's and mandatory support groups.
<a href="#">Adult &amp; Teen Challenge PacWest Eugene Women and Children's Campus</a>	<b>541-344-4328</b> 5989 Bailey Hill Rd, Eugene	Faith-based residential discipleship program for those who experience addiction as well as other serious, life-controlling issues. The programs are typically 12-18 months and consist of individual and group biblical studies, work projects, education (for adolescents), recreation and more.
<a href="#">Women's Oxford Houses</a>	Baker	<b>541-246-8858</b> 1826 N Danebo Ave. Eugene
	Beverly	<b>458-201-7762</b> 2406 Beverly St. Springfield
	Blair	<b>458-210-2979</b> 312 Blair Blvd
	Brilliance	<b>541-653-9440</b> 2049 Wisconsin St. Eugene
	Clarity	<b>541-600-8794</b> 2162 Loch Dr. Springfield
	Dalton	<b>541-844-1709</b> 1740 Dalton Dr. Eugene
	Hayden Bridge	<b>541-654-9995</b> 1017 Hayden Bridge Rd. Springfield
	Rosetta	<b>458-210-2633</b> 1010 Horn Ln. Eugene
	Resilience	<b>458-215-4935</b> 137 51 <sup>st</sup> St. Springfield
	Riverbend	<b>541-344-9191</b> 5117 Innsbrook Way, Eugene
	Spencer Butte	<b>541-632-4757</b> 3230 Portland St. Eugene
Westmoreland	<b>541-844-1950</b> 1895 Polk St. Eugene	

MEN		
<a href="#">Brothers Sober Living Housing</a>	<b>541-653-1211</b> 12 locations in Eugene and Springfield	Sober living housing, weekly group treatment and support meetings, 24/7 on-site management.
<a href="#">Housing Our Veterans</a>	Contact Travis Yakis <b>541-606-9220</b> 2055 W 12 <sup>th</sup> Ave. Eugene	Sober housing for veterans and non-veteran community members. *female house opening soon* <a href="mailto:travis@housingourveterans.com">travis@housingourveterans.com</a>
<a href="#">Phoenix House</a>	<b>541-607-5869</b> 675 Hughes St, Eugene	30 days clean. 6-month commitment. Mandatory meetings. Random UA's
<a href="#">Choice Sober Living</a>	<b>541-515-6224</b> 3260 Stark Ct., Eugene	Random UA's. Mandatory Meetings.
<a href="#">Men's Oxford Houses</a>	Autzen	<b>541-735-3445</b> 1240 River Rd. Eugene
	Balcom	<b>541-636-4260</b> 30001 Kelso St. Eugene
	Boondock	<b>541-654-0744</b> 845 Elm Dr. Eugene
	C. Roman House	<b>541-393-6669</b> 3740 Emerald St. Eugene
	Coburg	<b>541-654-5792</b> 2900 Coburg Rd, Eugene
	Crenshaw	<b>541-653-9381</b> 1257 Crenshaw Ave. Eugene
	Crescent	<b>458-210-2105</b> 2475 Crescent Ave. Eugene
	Dillard	<b>541-246-8285</b> 3990 Dillard Ave. Eugene
	Echo Hollow	<b>541-636-4035</b> 4160 Avalon St. Eugene
	Emerald Valley	<b>458-210-2159</b> 4087 Concord St. Eugene
	Glory	<b>541-653-8477</b> 875 Glory Dr. Eugene
	Harlow Gateway	<b>458-780-8373</b> 3345 Harlow Rd. Eugene
	J. Noonan	<b>541-704-8373</b> 908 Darlene Ave. Springfield
	Mohawk	<b>541-600-8221</b> 1923 Centennial Blvd. Springfield
	Nighthawk	<b>541-505-9286</b> 33 E. 20 <sup>th</sup> Ave. Eugene
Tugman	<b>458-215-6105</b> 557 E 39th Pl Eugene	
West Howard	<b>541-654-4332</b> 133 Howard Ave. Eugene	

CO-ED		
<a href="#">First Place Family Center St. Vincent de Paul</a>	<b>541-342-7728</b> 4060 W Amazon Drive, Eugene	Services available to families with children. Overnight shelter, front door assessments, day room.

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## HOUSING ASSISTANCE

Agency	Contact	Español	Notes
<a href="#">Affordable Housing Online</a>	<a href="https://affordablehousingonline.com/housing-search/Oregon/Lane-County">https://affordablehousingonline.com/housing-search/Oregon/Lane-County</a>		
<a href="#">Catholic Community Services</a>	<b>541-345-3628</b> 1464 W 6 <sup>th</sup> Eugene / 1025 G St, Springfield	◆	Rent, utilities, and other referrals. Alquiler, servicios públicos y otras referencias.
<a href="#">Community Sharing Program (Cottage Grove)</a>	<b>541-942-2176</b> 1440 Birch Ave. Cottage Grove <a href="mailto:info@communitysharing.org">info@communitysharing.org</a>	◆	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane. Ayuda para evitar el desalojo o la ejecución hipotecaria o ayuda con los costos iniciales de alquiler. Cajas de alimentos, leña, asistencia con los servicios públicos y medicamentos, duchas, lavandería y propano.
<a href="#">Cornerstone Community Housing</a>	<b>541-683-1751</b> Multiple locations. Call or see website.	◆	High quality affordable housing, onsite services that promote personal growth & economic independence. <a href="http://www.cornerstonecommunityhousing.org">www.cornerstonecommunityhousing.org</a> Viviendas asequibles de alta calidad, servicios en el lugar que promueven el crecimiento personal y la independencia económica. <a href="http://www.cornerstonecommunityhousing.org">www.cornerstonecommunityhousing.org</a>
<a href="#">DevNW</a>	<b>541-345-7106</b> 212 Main St, Springfield	◆	Financial wellbeing: finance counseling, debt counseling, homeowner and foreclosure information. Affordable rentals, homeownership, and real estate. Access to funds: development accounts, down-payment assistance, lending, and emergency assistance. Bienestar financiero: asesoramiento financiero, asesoramiento sobre deudas, información sobre propietarios de viviendas y ejecuciones hipotecarias. Alquileres asequibles, propiedad de viviendas y bienes raíces. Acceso a fondos: cuentas de desarrollo, asistencia para el pago inicial, préstamos y asistencia de emergencia.
<a href="#">Homes for Good</a>	100 W 13th Ave, Eugene <b>541-682-3755</b>	◆	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. <a href="http://www.homesforgood.org/">www.homesforgood.org/</a> Lista de espera para viviendas para personas de bajos ingresos. Incluye subsidios de alquiler (Sección 8). Solicite en línea o en persona. <a href="http://www.homesforgood.org/">www.homesforgood.org/</a>
<a href="#">HUD (Section 8)</a>	Housing Choice Voucher to help pay for rent. Anyone who is living in Oregon, is a US citizen or permanent resident, and over 18 can apply. Eligibility is primarily determined by income. Apply online at: <a href="http://www.applysectioneight.com/apply_select_state">www.applysectioneight.com/apply_select_state</a>		
<a href="#">New Roads (Looking Glass)</a>	<b>541-686-4310</b> 941 W 7 <sup>th</sup> Ave Eugene	◆	Support for homeless youth, 16-24 years old, to find housing. Apoyo a jóvenes sin hogar, de 16 a 24 años, para encontrar vivienda.
<a href="#">ShelterCare</a>	<b>541-686-1262</b> 499 W 4 <sup>th</sup> Ave, Eugene	◆	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list. Asistencia para ingresar a la lista de espera centralizada para vivienda asequible, lista de espera de 12 a 18 meses.
<a href="#">St. Vincent de Paul</a>	<a href="#">LIFT Permanent Supported Housing</a> <b>541-687-5820 x148</b> 2890 Chad Drive, Eugene		For dual diagnosed mental health and alcohol / drug addiction.
	<a href="#">Supportive Services for Veteran Families</a> <b>541-743-7170</b> , 1870 W 11th Ave, Eugene		For low-income veterans and their families.
	<a href="#">Affordable Rental Waitlist</a> <b>541-743-7164</b> <a href="mailto:waitlist@svdp.us">waitlist@svdp.us</a>		Affordable rental and housing properties, maintenance requests
<a href="#">Sponsors</a>	338 Hwy 99 N, Eugene <b>541-485-8341</b> <a href="mailto:housing@sponsorsinc.org">housing@sponsorsinc.org</a>	◆ by arrangement	Short-term Transitional Housing for people releasing from incarceration.
<a href="#">SquareOne Villages</a> <b>541-525-0501</b> <a href="mailto:info@squareonevillages.org">info@squareonevillages.org</a>	<b>OPPORTUNITY VILLAGE</b> 111 N Garfield St, Eugene		Self-managed community of cost-effective <b>tiny homes</b> for people in need of housing. \$35 / month for unsheltered singles and couples.
	<b>EMERALD VILLAGE EUGENE</b> 25 N. Polk St, Eugene		22 permanent dwellings and a Community Clubhouse, community kitchen, laundry, restroom, and storage of common resources like tools and other appliances. \$204-306/month.
	<b>COTTAGE VILLAGE</b> - 1428 E. Madison Ave, Cottage Grove		The first permanently affordable tiny home co-op in a rural community. 13 units. \$350-500/month
	<b>C STREET CO-OP</b> 1075 C St, Springfield		\$788/month. Permanently Affordable for: 80% area median income or under

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## HOMELESSNESS PREVENTION and ADVOCACY

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

## DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Español	Fees	Notes
<a href="#">Community Supported Shelters</a>	1160 Grant St, Eugene <b>541-683-0836</b> <a href="mailto:office@cssoregon.org">office@cssoregon.org</a>		FREE	<b>Conestoga huts &amp; tent communities</b> for the unhoused. Plan advisors & peer support.
<a href="#">Dawn to Dawn (St. Vincent de Paul)</a>	717 Hwy 99 N, Eugene <b>541-461-8688</b>	◆	FREE	Emergency shelter in heated communal tents. Meals at Eugene Service Station (450 Hwy 99 N), basic healthcare, case managers to assist in steps for stable housing. Refugio de emergencia en tiendas comunitarias con calefacción. Comidas en la estación de servicio Eugene (450 Hwy 99 N), atención médica básica, administradores de casos para ayudar con los pasos necesarios para obtener una vivienda estable.
<a href="#">Egan Warming Center</a>	9 locations. Text "Join" to <b>541-730-3071</b> for alerts on activation status		FREE	Open 7pm to 8am, Nov 15 <sup>th</sup> - March 31 <sup>st</sup> on nights when average temperature is 29 degrees or below. See website <a href="https://www.svdp.us/services/shelter-assistance/egan-warming-centers/">https://www.svdp.us/services/shelter-assistance/egan-warming-centers/</a> for locations and site-specific information.
<a href="#">Eugene Mission</a>	1420 W 1 <sup>st</sup> , Eugene - women 1542 W 1 <sup>st</sup> , Eugene - men <b>541-344-3251</b>	Interpreter	3 nights free, then chores	<b>Shelter.</b> Meals. Faith based 12 step recovery support. Residential life skills program. GED classes.
<a href="#">Eugene Service Station St. Vincent de Paul</a>	450 Hwy 99, Eugene <b>541-461-8688</b>		FREE	<b>Day shelter</b> , clothing, laundry, showers, phone, computer access, crisis assistance.
<a href="#">First Place Family Center</a>	4060 W Amazon Dr Eugene <b>541-342-7728</b>	◆	FREE	<b>Day center</b> , showers, laundry, food, internet, respite (age 5 & under). <b>Night shelter &amp; overnight parking</b> (year round). Centro de día, duchas, lavandería, comida, internet, descanso (hasta 5 años). Refugio nocturno y estacionamiento nocturno (todo el año).
<a href="#">Station 7 (Looking Glass)</a>	931 W. 7 <sup>th</sup> , Eugene <b>888-689-3111</b> <b>24-hour crisis line</b>	◆	FREE	<b>Emergency shelter</b> for runaway / homeless youth ages <b>11-17 yrs.</b> Refugio de emergencia para jóvenes fugitivos o sin hogar de entre 11 y 17 años.
<a href="#">ShelterCare</a>	499 W 4 <sup>th</sup> Ave, Eugene <b>541-686-1262</b>	◆	FREE	<b>Emergency shelter, supportive housing</b> for people experiencing mental illness or brain injury. <b>Rapid rehousing</b> for families with 72-hour notice. 30-day post-hospitalization <b>medical recuperation.</b> Refugio de emergencia, vivienda de apoyo para personas con enfermedades mentales o lesiones cerebrales. Realojamiento rápido para familias con un aviso de 72 horas. Recuperación médica de 30 días después de la hospitalización.
<a href="#">Hope and Safety Alliance (formerly Womenspace)</a>	<b>541-485-6513</b> (24-hour crisis line) <b>541-485-8232</b> (office) 1557 Pearl St., 2 <sup>nd</sup> floor, Eugene	◆ Personal que habla español	FREE	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, shelter, support groups, Latina bilingual advocacy. Al servicio de sobrevivientes de violencia de pareja y sus familias. Apoyo entre pares, defensa, planificación de seguridad, transporte de emergencia, refugio, grupos de apoyo, defensa bilingüe para latinas.

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# Community Resource Guide

Updated 4/3/2026

## HOUSING COMPLAINTS

Agency	Contact	Español	Notes
<a href="#">Fair Housing Council of Oregon</a>	800-424-3247 ext. 2	◆ ASL also available	Assists in issues of illegal housing discrimination. Provides education, outreach, technical assistance, and enforcement of fair housing laws. Brinda asistencia en cuestiones de discriminación ilegal en materia de vivienda. Brinda educación, difusión, asistencia técnica y aplicación de leyes de vivienda justa.
<a href="#">Community Alliance of s</a>	503-288-0130 hotline@oregoncat.org	◆	Renter's rights hotline. MWF: 1pm-5pm   Tues: 6pm-8 pm   Sat 1pm-5pm Línea directa de derechos de los inquilinos. Lunes, miércoles y viernes: 13:00 a 17:00 horas   Martes: 18:00 a 20:00 horas   Sábado: 13:00 a 17:00 horas
<a href="#">Office of Equity and Community Engagement</a>	541-682-5177	◆	Report complaints of illegal housing discrimination in the City of Eugene. Reportar quejas de discriminación ilegal en materia de vivienda en la ciudad de Eugene.
<a href="#">Springfield Eugene Tenant Association</a>	541-972-3715		Tenant hotline serving Lane County. Leave a voicemail anytime with a brief overview of the issue for which you are seeking help. It may take up to 24 hours or longer to return a call. If you are in an urgent situation, state that in your message.

## HOME OWNERSHIP (DOWN PAYMENT and MORTGAGE ASSISTANCE)

Agency	Contact	Fees	Notes
<a href="#">Springfield Home Ownership Program (SHOP)</a>	Luis Mendoza <a href="mailto:luis.mendoza@devnw.org">luis.mendoza@devnw.org</a> or 541.345.7106 ext 2053	Free	Interest-free loans up to \$25,000 for first-time home buyers. <b>Info in English:</b> <a href="https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-english-to-email.pdf">https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-english-to-email.pdf</a> <b>Información en español:</b> <a href="https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-spanish-to-email.pdf">https://springfield-or.gov/wp-content/uploads/2022/12/SHOP-Page-2021228-spanish-to-email.pdf</a>
<a href="#">DevNW</a>	212 Main St, Springfield 541-345-7106	\$75 annual membership	Affordable rentals, homeownership, real estate. Access to funds: development accounts, down-payment assistance, lending, and emergency assistance. ◆ English and Spanish. Alquileres asequibles, compra de vivienda, bienes raíces. Acceso a fondos: cuentas de desarrollo, asistencia para el pago inicial, préstamos y asistencia de emergencia. ◆ Inglés y español.
Oregon Homeowner Assistance Fund	<a href="https://oregonhomeownerassistance.org/">https://oregonhomeownerassistance.org/</a>		
Oregon Mortgage Help	<a href="https://www.oregon.gov/ohcs/homeownership/pages/foreclosure-default-prevention.aspx">https://www.oregon.gov/ohcs/homeownership/pages/foreclosure-default-prevention.aspx</a>		
<a href="#">Oregon's Foreclosure Hotline</a>	1-800-SAFENET		
<a href="#">Making Home Affordable hotline</a>	888-995-HOPE		

## HOME REPAIRS and IMPROVEMENT

Agency	Contact	Notes
<a href="#">A Brush with Kindness</a>	541-741-1707 1210 Oak Patch Road, Eugene	Zero-interest loans for low-income homeowners for minor exterior home repairs such as painting, ramps, gutter, fence, deck or stair repair, and overgrown brush removal. <i>Cost of project must be between \$500-\$2500.</i> See website for eligibility details: <a href="https://habitatlane.org/home-repair/">https://habitatlane.org/home-repair/</a>
<a href="#">Eugene Emergency Minor Home Repair</a>	541-682-5446 99 W 10th Ave, Eugene	Zero-interest loans / grants to correct conditions that create an immediate safety threat; \$10,000 maximum.
<a href="#">City of Springfield Home Repair Program</a>	541-736-1039	Grants up to \$10,000 for eligible households to correct conditions that create a threat to the health and safety of the occupants, or could cause rapid deterioration of the structure.
<a href="#">Regional Housing Rehabilitation Program</a>	541-743-7128 <a href="mailto:andy.clay@svdp.us">andy.clay@svdp.us</a>	Home repair loan program for people living in small towns and unincorporated areas of Lane County. The program provides financial assistance for health and safety repairs. Must qualify by income.

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## ENERGY ASSISTANCE

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

Agency	Notes
<a href="#">Community Sharing Program</a>	Utility assistance, warming center, and other supports for residents of Cottage Grove. 1440 Birch Ave, Cottage Grove <b>541-942-2176</b> <a href="mailto:info@communitysharing.org">info@communitysharing.org</a>
<a href="#">Springfield Utility Board</a>	For information on whether you qualify or to make an appointment, email at <a href="mailto:projectshare@ccslc.org">projectshare@ccslc.org</a> or call them at <b>541-345-3642</b> . Call <b>541-726-2395</b> for Electric Service Center or <b>541-726-2396</b> for Water Service Center.
<a href="#">Emerald People's Utility District Emerald Rate Assistance Program (ERAP)</a>	ERAP provides a total of \$300, spread out at \$75 per month for four months. Program starts in March, and is available to households of senior or disabled persons, or those with children aged 18 and under. Funds and space are limited. Call <b>541-682-3378</b> for information.
<a href="#">EWEB Customer Care</a>	EWEB offers a \$280 bill credit annually to eligible customers. Applications open on the first business day of each month and funds are available on a first-come, first-served basis. Social security number / legal status not required. Apply online: <a href="http://www.eweb.org/residential-customers/income-based-assistance/customer-care-application">http://www.eweb.org/residential-customers/income-based-assistance/customer-care-application</a> or call EWEB at <b>541-685-7000</b> M-F 9 a.m. - 6:30 p.m.
<a href="#">Lane County Low Income Home Energy Assistance Program (LIHEAP) &amp; Water Assistance (WA)</a>	Federal programs that provide assistance to low-income households for home heating, energy, and water bills. Funds disbursed on a first-come, first-served basis. Seasonal program. Apply on the website here: <a href="https://www.lanecounty.org/cms/One.aspx?portalId=3585881&amp;pageId=9773412">https://www.lanecounty.org/cms/One.aspx?portalId=3585881&amp;pageId=9773412</a> .
<a href="#">Helping Hands (EPUD)</a>	Funds for this program are available starting in February and are first-come, first-served. There are no waiting lists. If you are approved, a one-time grant of up to \$300 is credited to your electric bill. For more information about the program, email Customer Service ( <a href="mailto:CustomerService@epud.org">CustomerService@epud.org</a> ) or call <b>541-746-1583</b> .
Oregon Energy Assistance Program (Pacific Power)	This program is available to Pacific Power customers who meet income qualifications.  <u>OEAP Agencies:</u> Catholic Community Services in Eugene 541-345-3628 Catholic Community Services in Springfield 541-345-3628 Community Sharing in Cottage Grove 541-942-2146
NW Natural Oregon Low-income Gas Assistance	<u>Senior citizens, ages 60 &amp; older, call Campbell Community Center in Eugene 541-682-5318</u>  <u>General Public:</u> <b>Eugene</b> Community Service Center, 1464 W. 6th Avenue, <b>541-345-3628</b> , opens @ 9:00 am <b>Springfield</b> Community Service Center, 1025 G Street, <b>541-345-3628</b> , opens @ 9:00 am <b>Cottage Grove</b> Community Sharing 1440 Birch Ave, <b>541-942-2176</b> , opens @ 11:00 am

## TELEPHONE ASSISTANCE

Agency	Contact	Notes
<a href="#">Oregon Lifeline</a>	<a href="https://www.oregon.gov/puc/Pages/RSPF.aspx">https://www.oregon.gov/puc/Pages/RSPF.aspx</a>	Reduces bill. Apply online / print application from the website.

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## BUDGETING & MONEY MANAGEMENT

Agency	Contact	Español	Fees	Notes
<a href="#">DevNW</a>	212 Main Street, Springfield <b>541-345-7106</b>	◆	\$75 annual membership	Financial wellbeing, personal finance counseling, student debt counseling, and homeowner and foreclosure information. Affordable rentals, homeownership, and real estate. Access to funds such as development accounts, down-payment assistance, lending, and emergency assistance. Thriving communities with community building, health assistance, equity, and advocacy.
<a href="#">Prosperity Program</a> (Goodwill Employment and Training Services)	855 Seneca Rd, Eugene <b>541-431-3307</b> <a href="mailto:trystad@goodwill-oregon.org">trystad@goodwill-oregon.org</a>	Interpreter	FREE	Training and education programs, financial planning, budgeting, debt reduction, investment information, income support and tax assistance. Assistance with resumes, applications, cover letters, networking, interviewing, referrals and more. Online job connections workshops.
<a href="#">St. Vincent de Paul</a>	2890 Chad Drive, Eugene <b>541-687-5820</b>		FREE	Individual Development Accounts for home purchase, home repair, transportation, and education.
<a href="#">Homes for Good</a>	100 W 13th Ave, Eugene, <b>541-682-3755</b>	◆	FREE	Individual Development Accounts for home purchase, home repair, and education. Must be a current client.

## FINANCIAL ASSISTANCE

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

## ADULT EDUCATION

Agency	Contact	Español	Fees	Notes
<a href="#">Adult Basic &amp; Secondary Education</a> (Lane Community College)	LCC Campus 4000 E 30 <sup>th</sup> Ave, Bdg 11, Rm 201 <b>541-463-5214</b> <a href="mailto:ABSE@lanec.edu">ABSE@lanec.edu</a>	◆	FREE	GED prep in English and Spanish, classes to improve reading / math scores, support applying to LCC. Preparación para GED en inglés y español, clases para mejorar los puntajes de lectura/matemáticas, apoyo para postularse a LCC.
<a href="#">Eugene Mission</a>	1542 W 1 <sup>st</sup> Ave, Eugene <b>541-344-3251</b>		FREE	GED classes and long term wellness solutions for people in shelters.
<a href="#">Plaza de Nuestra Comunidad</a>  944 W 5th Ave, Eugene <b>541-687-2667</b>  ◆	Programas educativos gratuitos y de bajo costo para inmigrantes adultos y sus familias. inglés básico como segundo idioma (ESL); ciudadanía estadounidense y educación cívica; habilidades informáticas bilingües; preparación para el examen de licencia de conducir de Oregón; alfabetización/educación básica de adultos en español, y GED Readiness. El Programa de Alfabetización Familiar Pilas (gratis para familias de habla hispana) se ofrece dos veces al año; Pasos al Futuro, un programa gratuito de verano de liderazgo y transición profesional para jóvenes hispanos de 16 a 21 años. Free and low-cost educational programs for adult immigrants and their families. Basic English as a second language (ESL); U.S. citizenship and civics; bilingual computer skills; Oregon Driver License test preparation; literacy / adult basic education in Spanish, and GED Readiness. Pilas Family Literacy Program, (free for Spanish-speaking families) is offered twice a year; Pasos al Futuro, a free youth career-transitioning and leadership summer program for Hispanic youth ages 16-21.			

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## EMPLOYMENT SERVICES

Agency	Contact	Español	Fees	Notes
<a href="#">Alternative Work Concepts</a>	<b>541-345-3043</b> Email: <a href="mailto:awc@efn.com">awc@efn.com</a>			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
<a href="#">Job Connections (Goodwill)</a>	Assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, and community resource referrals. Online workshops about job search techniques, overcoming a criminal background barrier, interviewing, financial education, and workplace success. To speak with an Employment Specialist, call <b>541-431-3309</b> . Check website for workshop schedule: <a href="https://goodwill-oregon.org/job-connections/">https://goodwill-oregon.org/job-connections/</a>			
<a href="#">Lane Small Business Development Center</a>	101 W 10th Ave, #133, Eugene <b>541-463-6200</b> <a href="mailto:lanesbdc@lanecc.edu">lanesbdc@lanecc.edu</a>	Interpreter	Varies	Support services for small businesses, workshops and free business advising.
<a href="#">Northwest Youth Corps</a>	2621 Augusta Street, Eugene <b>541-349-5055</b>	Some programs	See notes	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
<a href="#">Pearl Buck Center</a>	3690 W 1 <sup>st</sup> Ave, Eugene <b>541-484-4666</b>		FREE	Support finding housing / employment for adults with developmental disabilities
<a href="#">Plaza de Nuestra Comunidad</a>	944 W 5 <sup>th</sup> , Eugene <b>541-687-2667</b>	◆ Todos los servicios	FREE	Employment & resume support.
				Apoyo laboral y de currículum.
<a href="#">Quality Care Connections</a>	Lane Community College Campus 4000 E 30 <sup>th</sup> Bldg. 24, Eugene <b>541-463-3954</b> <a href="mailto:qualitycareconnections@lanecc.edu">qualitycareconnections@lanecc.edu</a>	◆	Class prices vary	Child Care Resource and Referral Agency; support for child care and early learning workforce and education for parents regarding child care options.
<a href="#">Supported Employment Services</a>	711 Country Club Rd 1-A, Eugene <b>541-687-0687</b>		FREE	Supported employment, independent living, and employer resources for adults with disabilities.
<a href="#">Vocational Rehabilitation</a>	2885 Chad Dr, Eugene <b>541-684-2450</b>	◆	FREE	Training / job placement for adults with disabilities.
	101 30 <sup>th</sup> Ave, Springfield <b>541-736-7812</b>			
<a href="#">WorkSource Oregon</a>	2510 Oakmont Way, Eugene <b>541-686-7601</b>	◆	FREE	Career coaching, free workshops, one-on-one support, customized services based on the individual's needs and goals. Resume, interviewing, and job search support.

## EMPLOYMENT WITH A CRIMINAL RECORD

Agency	Contact	Notes
<a href="#">Felony Record Hub</a>	Searchable "Jobs for Felons" by typing in a city, zip code, or keywords. This website also has support for finding housing, legal assistance, re-entry programs, and a Facebook community.	
<a href="#">Job Connections (Goodwill)</a>	Assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, and community resource referrals. Online workshops about job search techniques, <b>overcoming a criminal background barrier</b> , interviewing, financial education, and workplace success. To speak with an Employment Specialist, call <b>541-431-3309</b> . Check website for workshop schedule: <a href="https://goodwill-oregon.org/job-connections/">https://goodwill-oregon.org/job-connections/</a>	
<a href="#">Re-entry Resource Center at Sponsors</a>	338 Hwy 99 N, Eugene <b>541-505-5690</b>	Resume, interviews, jobs search, clothes <b>for people with a conviction history.</b>



## RURAL LANE COUNTY

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

Agency	Notes	
<a href="#">Community Meal Sites</a>	<b>Meal sites with a fee:</b>	
	<p><b>Elks Lodge #1904 541-942-3554 755 N. River Road, Cottage Grove</b>            Open to the public, membership not required. Fee per meal.            Dinners every Friday 5-6:30 pm.            Bingo Burger Wednesday – 5-7 pm.</p> <p><b>Veterans of Foreign Wars 541-942-7099 3160 Hillside Drive, Cottage Grove</b>            Breakfast every 1st Sunday monthly, 8 a.m. - 11 a.m. Fee per meal.</p>	
	<b>FREE meal sites:</b>	
	<p><b>New Hope Baptist 541-895-4436 597 S. Front Street, Creswell</b>            Free meals every Wednesday 5-6pm. Check Facebook page for updates.</p> <p><b>Trinity Lutheran Church 541-942-2373 675 S. 7th Street, Cottage Grove (Entrance on 7th Street)</b>            Free meal served "To Go" Tuesdays, 5:15 p.m. - 6:00 p.m.</p>	
<b>Meals for Seniors</b>		
<a href="#">Café 60 Senior Meals</a>	700 E. Gibbs Avenue, Cottage Grove <b>541-942-9261</b> (call ahead) T/TH	Meals served "To Go" for people ages 60+ that are eligible on a donation basis. \$3 fee per meal is preferred. Guests under age 60 are welcome to attend for \$8 per meal. <b>Please call ahead.</b>  <b>Cottage Grove</b> - Meals served Tuesday, Wednesday, and Thursday
	Crestview Villa, 350 S. 2 <sup>nd</sup> St, Creswell <b>541-895-2338</b> (call ahead) M/W/F	
<a href="#">Meals On Wheels</a>	Call <b>541-682-7804</b> if enrolled or call <b>541-682-3353</b> to enroll or visit <a href="http://www.sdslane.org">www.sdslane.org</a>	The Senior Meals Program helps people age 60+ by providing food, friendship and safety checks.
<b>Meals for Youth</b>		
<a href="#">Looking Glass</a>	<b>Office: 541-767-3823</b> <b>Hotline: 541-689-3111</b> 620 E. Whiteaker Avenue, Cottage Grove <a href="http://www.lookingglass.us">www.lookingglass.us</a>	Free meals for youth (ages 11-21). Serving breakfast, lunch, dinner and snacks. Meal Schedule: Breakfast served 8:30 a.m. - 9:30 a.m. and lunch served 12:00 p.m. - 4:00 p.m. ♦ Servicios en español
<a href="#">Community Sharing Program</a>	1440 Birch Ave. Cottage Grove <b>541-942-2176</b> Email: <a href="mailto:info@communitysharing.org">info@communitysharing.org</a> <a href="http://www.communitysharing.org">www.communitysharing.org</a>	Clothing closet, firewood, food, utility & prescription assistance, 15 minute free showers, laundry vouchers, propane. Help to avoid eviction, foreclosure assistance, and rental entry costs. ♦ Servicios en español

See next page for more SOUTH LANE SERVICES

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# Community Resource Guide

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## SOUTH LANE SERVICES Continued

Agency	Contact	Notes
<a href="#">Community Sharing Program</a>	1440 Birch Ave. Cottage Grove <b>541-942-2176</b> Email: <a href="mailto:info@communitysharing.org">info@communitysharing.org</a> <a href="http://www.communitysharing.org">www.communitysharing.org</a>	Clothing closet, firewood, food, utility & prescription assistance, 15 minute free showers, laundry vouchers, propane. Help to avoid eviction, foreclosure assistance, and rental entry costs.
<a href="#">Community Sharing Warming Shelter</a>	1440 Birch Ave. Cottage Grove <b>541-942-2176</b> Email: <a href="mailto:info@communitysharing.org">info@communitysharing.org</a> <a href="http://www.communitysharing.org">www.communitysharing.org</a>	Normally operates between November 1 and March 31, and activates when temperatures fall to or below 29 degrees Fahrenheit. While at the shelter, individuals also have access to hot food, blankets, hats, socks, first aid supplies, etc. based on available donations. When Active, doors are open between 7 PM and 10 PM. Check out time is 8 AM. The site will be closed down if nobody shows up by 10PM. Pets are not allowed.  Para obtener información sobre el refugio de calentamiento en español, comuníquese con Community Sharing: (541)942-2176. (Los hispano hablantes siempre son bienvenidos, es posible que no tengamos un traductor en el lugar.) ♦ Servicios en español
<a href="#">Cottage Grove Community Center</a>	700 E. Gibbs Ave, Cottage Grove <b>541-942-3828</b>	Yoga, crafts, support groups. Room space available for rent for events, trainings and classes.
<a href="#">Cottage Grove Public Library</a>	700 E. Gibbs Avenue, Cottage Grove <b>541-942-3828</b> <a href="http://www.cottagegrove.org/library">www.cottagegrove.org/library</a>	Books and media for children and adults. Public computers / internet. Programs for children, teens and adults. ♦ Servicios en español
<a href="#">Cottage Grove Senior Center</a>	700 E. Gibbs Ave, Cottage Grove <b>541-942-8751</b>	Senior Center, monthly newsletters and event calendar, bingo, card games, pinochle, painting and woodcarving, needle arts & crafts, and quilting.
<a href="#">Creswell Pantry</a>	364 Cobalt Lane, Creswell <b>541-870-2252</b>	Food Pantry and "Grab and Go" meals every Thursday from 9 a.m. - 12 p.m.
<a href="#">Creswell YMCA</a>	996 W. A Street, Creswell <b>541-686-9622</b>	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services (Cottage Grove)	305 Coop Court, Cottage Grove <b>541-942-9186</b>	Childcare assistance to eligible families. SNAP (Food stamps) for eligible low-income families and individuals. ♦ Servicios en español
<a href="#">Early Education Program</a>	Creslane Elementary School 996 West A, Module 2 Creswell <b>541-895-6174</b>	Structured preschool for children age 3-5 with and without special needs. Classes focused on language development, social skills and self-regulation.
<a href="#">Emergence Counseling</a>	710 Adams, Cottage Grove <b>541-767-3057</b>	Addiction outpatient treatment and intensive outpatient therapy for ages 18+. Accepts OHP.
<a href="#">Family Relief Nursery</a>	720 N. 14th Street, Cottage Grove <b>541-942-4835</b> 75 S. 4 <sup>th</sup> St., Creswell <b>541-942-4835</b>	Therapeutic early childhood program, home visiting, parenting support, Latino Outreach, developmental screenings, respite, parenting classes, for qualifying families with children under age 6.
Habitat for Humanity of Central Lane	78314 OR-99, Cottage Grove <b>541-741-1707</b>	Supports local needs for housing and restoration of homes for people in need. <a href="http://www.habitatlane.org">www.habitatlane.org</a> ♦ Servicios en español
<a href="#">Peace Health Cottage Grove Community Medical Center</a>	1515 Village Drive, Cottage Grove <b>541-767-5500</b>	Walk-in clinic, 24-hour emergency department, hospital, physicians.
<a href="#">Café 60 Senior Meals</a>	700 E. Gibbs Avenue, Cottage Grove <b>541-942-9261</b> (call ahead) T/W/TH Crestview Villa, 350 S. 2 <sup>nd</sup> St, Creswell <b>541-895-2338</b> (call ahead) M/W/F	Serving ages 60+. Guests under age 60 are welcome to attend for \$8 per meal.
<a href="#">Family Resource Center - Peggy's Primary Connection</a>	1310 S. 8 <sup>th</sup> St, Cottage Grove <b>541-767-3532</b>	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays - 8:30am - 12:30pm and 1:30pm - 3:30pm Fridays 8:30am - 12:30pm (bilingual) ♦ Servicios en español

See next page for more SOUTH LANE SERVICES

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# Community Resource Guide

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## SOUTH LANE SERVICES Continued

Agency	Contact	Notes
<a href="#">Creswell Family Resource Center</a>	Creslane Elementary School, 996 West A St., Module #4 <b>541-895-6175</b> <a href="mailto:kdumas@creswell.k12.or.us">kdumas@creswell.k12.or.us</a>	Parenting workshops, early literacy activities and story times, STEM activities, family fun & educational events, free computer use and printing, clothing closet, parenting book check-out, recruitment for KITS, Preschool Promise, and Family Relief Nursery, referrals to other community resources. ♦ Servicios en español
<a href="#">Hope and Safety Alliance (formerly Womenspace)</a>	<b>541-485-6513</b> (24-hour crisis line) <b>541-485-8232</b> (office) 1557 Pearl St., 2 <sup>nd</sup> floor, Eugene	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, shelter, support groups, Latina bilingual advocacy. Al servicio de sobrevivientes de violencia de pareja y sus familias. Apoyo entre pares, defensa, planificación de seguridad, transporte de emergencia, refugio, grupos de apoyo, defensa bilingüe para latinas. ♦ Personal que habla español
<a href="#">South Lane Mental Health</a>	37 N. 6 <sup>th</sup> St. and 1345 Birch Ave, Cottage Grove <b>541-942-3939</b>	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, neurofeedback, LGBTQIA+ services, recovery program for ages 14 and up. Supported housing and supported employment. ♦ Personal que habla español
<a href="#">South Valley Athletics</a>	700 E Gibbs Avenue, Cottage Grove <b>541-942-3079</b>	Kid's Sports, Adult Softball
<a href="#">Warren H. Daugherty Aquatic Center</a>	1440 S 8 <sup>th</sup> St., Cottage Grove <b>541-942-5533</b>	Public pool, swim programs for all ages, lessons, fitness classes, warm water therapy pool. ♦ Personal que habla español
<a href="#">90 by 30 Welcome Baby Bundle</a>	1244 Walnut St., Cottage Grove <b>541-870-0689</b> or <b>541-346-7484</b> <a href="mailto:friends@90by30.com">friends@90by30.com</a>	Free box for the families of all infants born in the South Lane region. Contains diapers, clothes, wipes, other necessities, and a guide to community resources.
<a href="#">WIC</a> (Women, Infants, and Children)	1275 S. River Rd. Ste. 200, Cottage Grove <b>541-682-4202</b>	Nutrition education, breastfeeding support, and access to healthy foods. ♦ Personal que habla español

## MARCOLA SERVICES

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

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

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## LOWELL SERVICES

Agency	Contact	Notes
<a href="#">Head Start of Lane County</a> ◆ Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County  Central Office: 221 B St, Springfield <b>541-747-2425</b>	<p><b>Early Head Start</b> - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills.</p> <p><b>Head Start</b> - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.</p>

## PLEASANT HILL SERVICES

Agency	Contact	Notes
<a href="#">Pleasant Hill Education Foundation</a>	<b>541-736-0759</b>	<p><a href="#">Innovative Educator Grants</a> are offered twice yearly. These grants are open to Pleasant Hill School District administrators, teachers, staff, and student groups. Our grant cycles for the 2024-2025 school year are as follows:</p> <p><a href="#">Multiple student scholarships</a> are available. All applicants must fill out General Scholarship Form and indicate which of the scholarships they are applying for.</p>

## OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
<a href="#">Early Childhood CARES</a> All services are free to eligible children. No insurance required	1500 W 12th Ave, Eugene <b>541-346-2578</b> <a href="mailto:eccares@uoregon.edu">eccares@uoregon.edu</a>	Early Intervention (EI) and Early Childhood Special Education (ECSE) services for children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding.
<a href="#">Head Start of Lane County</a> ◆ Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County  Central Office: 221 B St, Springfield <b>541-747-2425</b>	<p><b>Early Head Start</b> - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills.</p> <p><b>Head Start</b> - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.</p>
Oakridge Food Box	<b>541-782-2192</b> 47674 School Street, Oakridge	
Oakridge School District Homeless Liaison	<b>541-782-2231 or 541-782-3226</b> <a href="mailto:rdasher@oakridge.k12.or.us">rdasher@oakridge.k12.or.us</a>	Help for students and their families who are homeless, living in a hotel/car/trailer/campground.
Oakridge Animal Clinic	<b>541-782-4281</b> 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	<b>541-686-7855</b> 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Oakridge Public Library	<b>541-782-2258</b> 48318 E 1st St, Oakridge	
Oakridge Eye Clinic	<b>541-782-5000</b> 48247 Hills St, Oakridge	
<a href="#">Orchid Health Oakridge Clinic</a>	<b>541-782-8304</b> 47815 OR-58, Oakridge	Primary care, preventative, & mental health services.

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## JUNCTION CITY SERVICES

Agency	Contact	Notes
<a href="#">Junction City Local Aid</a>	210 E 6th Ave, Junction City <b>541-998-3992</b>	Basic needs assistance and economic relief to people living in Junction City area. This includes food, utility and energy assistance, prescription/medical assistance, transportation assistance, clothing, referrals for area resources. <a href="mailto:info@JunctionCityLocalAid.org">info@JunctionCityLocalAid.org</a>
<a href="#">Head Start of Lane County</a>  ◆ Spanish speaking staff. Interpretation for all other languages  All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County  Central Office: 221 B St, Springfield <b>541-747-2425</b>	<b>Early Head Start</b> - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills.  <b>Head Start</b> - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
<a href="#">Viking Sal Senior Center</a>	245 W 5th Ave, Junction City <b>(541) 998-1556</b>	Community recreation center serving area residents, 55 and over. Services and activities include education, leadership development, volunteer opportunities, health, nutrition, and social work. The Center also serves as a community resource for information on aging.
<a href="#">JC Community Center</a>	175 W. 7th, Junction City <b>541-998-4767</b>	The Community Center offers program and services for all ages, and rental space for youth, family, and adult activities, including a classroom, meeting space, and kitchen.
<a href="#">JC Public Library</a>	726 Greenwood St, Junction City <b>541-998-8942</b>	The library holds over 22,000 items including books, magazines, DVDs and audio books. These are available for check out. Free borrowing privileges to people living within the city limits, along with on-site and on-line services.

## VENETA, ELMIRA & FERN RIDGE SERVICES


Agency	Contact	Notes
<a href="#">Emergency Assistance</a> <a href="#">Mid Lane Cares</a>	<b>541-935-0948</b> 25035 W Broadway Ave, Veneta	Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
<a href="#">Fern Ridge Library</a>	<b>541-935-7512</b> 88026 Territorial Hwy, Veneta	Open Tuesday - Friday 10-7 / Saturday and Monday 10-5 / Closed Sunday
<a href="#">Fern Ridge Family Resource Center</a>	Veneta Elementary 888131 Territorial Rd <b>541-935-2253</b> <a href="mailto:frc@fernridge.k12.or.us">frc@fernridge.k12.or.us</a>	Activities, programs & resources for families with children of all ages in the Fern Ridge area. Parenting classes, clothing closet, lending library, free diapers and pull ups.
<a href="#">Mid Lane Cares</a>	<b>541-935-4555</b> 25035 W Broadway Ave, Veneta <a href="mailto:midlanecares2@gmail.com">midlanecares2@gmail.com</a>	<ul style="list-style-type: none"> <li>• <a href="#">Love Project Food Pantry</a></li> <li>• <a href="#">Community Garden</a></li> <li>• <a href="#">Emergency Assistance</a></li> <li>• <a href="#">Senior Meals &amp; Programs</a></li> <li>• <a href="#">Free Medical Clinic</a></li> <li>• <a href="#">Scholarship Assistance</a></li> <li>• <a href="#">SANTA &amp; Silver Tree</a></li> </ul>
<a href="#">Olivet Baptist Church</a> <a href="#">Lillies of the Field</a>	<b>541-935-1988</b> 25027 Dunham Ave, Veneta	Provides family clothing & housewares for no cost for those in Fern Ridge Area, Tu/Th 2:00-4pm.
<a href="#">Rural Oregon Accessible Medicine</a> (Mid Lane Cares)	<b>541-234-3255</b>  Orchid Medical Clinic 24934 Fir Grove Ln, Elmira	Free medical clinic on the 2 <sup>nd</sup> Sunday of each month at the Valley United Methodist Church in Veneta. The 2 <sup>nd</sup> Saturday in May & November we hold Project Community Connect at Veneta's Olivet Baptist Church, with free medical, dental, foot care, blood pressure checks, childcare & representatives of various health services. Facebook:
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	Veneta Elementary 88131 Territorial Rd, Veneta	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund Mid Lane Cares	<b>541-935-4555</b>	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

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## FLORENCE & MAPLETON SERVICES

Please see the Florence Community Resource Guide, maintained by Western Lane Fire & EMS Authority for a more comprehensive list of Western Lane County Resources: <https://www.wlfea.org/mobile-crisis-response/>

 <b>Siuslaw Outreach Services Crisis Hotline 541-997-4444</b> 24 hour support and advocacy for anyone experiencing domestic violence or sexual assault. This confidential support line is also available to anyone in crisis or just needing someone to talk to. Also provides emergency assistance and resource and referral information.		
Agency	Contact	Notes
<a href="#">Alcoholics Anonymous</a>	<b>AA Florence: 541-902-0152</b> <b>AA Hotline: 888-203-1432</b>	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up-to-date list of meetings. <a href="http://www.florenceareacc.org/alcohol.aspx">www.florenceareacc.org/alcohol.aspx</a>
<a href="#">Beacon of Hope Recovery Center</a>	88896 Hwy 101 A-1, Florence <b>541-997-3690</b>	Location for a wide variety of 12-step recovery meetings. See website for calendar: <a href="https://beaconofhopealanoclub.com/">https://beaconofhopealanoclub.com/</a>
Boys and Girls Club	<b>541-902-0304</b> 1501 Airport Rd., Florence	Tutoring, sports. During the school year, a hot meal is served each day. During the summer, two hot meals & snacks are served. Fees vary. Scholarships available.
DHS Self Sufficiency Program	<b>541-997-8251</b> 3180 Hwy 101 N, Florence	Food benefits (SNAP), financial assistance for families (TANF), employment related day care assistance, refugee services.
<a href="#">Early Childhood CARES</a>	1500 W 12th Ave, Eugene <b>541-346-2578</b> <a href="mailto:eccares@uoregon.edu">eccares@uoregon.edu</a>	Provides Early Intervention (EI) and Early Childhood Special Education (ECSE) services to children birth to kindergarten who have developmental delays or disabilities. Services could help your child with speech and language skills, behavior and social skills, moving and playing, learning and understanding. All services are free to eligible children. No insurance required. ♦ Spanish-speaking staff, interpreters available.
<a href="#">Emergence</a>	<b>541-997-8509</b> 1932 Pine St, Florence	Intensive, comprehensive counseling programs for adult and teen chemical dependence / gambling addictions. Accepts OHP, sliding scale, and payment plans.
<a href="#">Florence Area Community Coalition</a>	<b>541-999-2927</b>	Online resource directory at: <a href="http://www.florenceareacc.org/service_directory.aspx">www.florenceareacc.org/service_directory.aspx</a>
<a href="#">Florence Cold Weather Shelter</a>	Shelter is open when wind-chill is 32 degrees or lower. Separate areas for men & women. Crates for pets out of the rain. <b>FREE</b> <a href="http://www.standrewsflorence.org/florence-emergency-cold-weather-shelter.html">www.standrewsflorence.org/florence-emergency-cold-weather-shelter.html</a>	
Florence United Methodist Church	333 Kingwood Street, Florence <b>541-997-6025</b>	Free lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
<a href="#">Head Start of Lane County</a> ♦ - Spanish speaking staff. Interpretation for all other languages All services are FREE for eligible families. Full Day wrap around childcare may require an affordable co-pay.	Locations and services throughout Lane County  Central Office: 221 B St, Springfield <b>541-747-2425</b>	<b>Early Head Start</b> - Home visiting and play groups for expectant parents and children up to age 3 (when children are old enough to participate in a preschool classroom). Promotes healthy birth outcomes, enhanced child development and positive parenting skills.  <b>Head Start</b> - High-quality preschool for 3 to 5 year olds that promotes school readiness by enhancing social and cognitive development. Medical, dental, and nutritional services, parenting education, networking opportunities and other supports for children and families. Parental engagement, cultural responsiveness and inclusive programming is emphasized. Part Day, Extended Day and Full Day classrooms are available.
Helping Hands Coalition	<b>541-997-5057</b> 4590 US-101, Florence	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance.
Job Connections (Goodwill)	1310 Hwy 101, Florence <b>541-590-3541</b>	Job search, resume assistance, career counseling. For Job Seeking STEP participants: Assistance with birth certificates / IDs, bus passes, short term training, employment supports.

See next page for more **Florence and Mapleton Services**

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## FLORENCE & MAPLETON SERVICES (Continued)

Agency	Contact	Notes
<a href="#">Mapleton Food Share and Resource Center</a>	10718 Hwy 126, Mapleton <b>541-268-2715</b> <a href="mailto:Karen@mapletonfoodshare.com">Karen@mapletonfoodshare.com</a>	Food pantry, clothing closet, household items. Open on the 2nd Thursday and 4th Saturday of every month. Proof of address required.
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. <b>FREE</b> <a href="mailto:MinisterEventServices@gmail.com">MinisterEventServices@gmail.com</a>	
<a href="#">Options Counseling &amp; Family Services</a>	<b>541-997-6261</b> 1445 8th St, Florence	Family and individual counseling for adults & children. OHP, private pay, some private insurance, sliding scale.
<a href="#">Peace Harbor Medical Center</a> 400 Ninth St, Florence <b>541-997-8412</b>	Behavioral Health - <b>541-997-8412</b>	Diabetes Wellness Clinic - <b>541-203-6458</b>
	Emergency Services - <b>541-997-8412</b>	Orthopedics - <b>541-997-7104</b>
	End-of-Life Care- <b>541-997-8412</b>	Walk-In Clinic - <b>541-203-6458</b>
	Imaging Services - <b>541-997-2804</b>	Women's Services - <b>541-997-8412</b>
	Rehabilitation and Wellness Center - <b>541-902-1669</b>	Birth Services – <b>541-997-8412</b>
<a href="#">PFLAG (Parents &amp; Friends of Lesbians &amp; Gays)</a>	<b>541-991-8550</b> <a href="mailto:pflagflo@gmail.com">pflagflo@gmail.com</a>	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
<a href="#">Pregnancy &amp; Parenting Center</a>	<b>541-902-2273</b> 1525 12th Street, Suite G, Florence	Prenatal Education, diapers, maternity clothes, baby clothes / supplies. Pregnancy tests; parenting, pre-natal, & birth education; family mentoring, peer counseling. *This organization does not offer or refer for pregnancy terminations or birth control.
<a href="#">Reconnections Counseling</a>	<b>541-997-1697</b> 1720 34th St, Florence	Addictions & mental health counseling. Peer support, and support for people who have used substances during their pregnancy. OHP, sliding scale.
<a href="#">Siuslaw Outreach Services</a>	<b>541-997-2816</b> office <b>541-997-4444</b> hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & human trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance. Self-sufficiency education.
<a href="#">Siuslaw Public Library</a>	1460 9th St, Florence <b>541-997-3132</b>	Story times & activities for children. Computer lab. Library cards are free for residents, \$15 nonresidents
	88148 Riverview Ave, Mapleton <b>541-268-4033</b>	
Western Lane Crisis Response (WLCR)	<b>541-997-3515</b>	Responds to emergencies in the greater Florence area (including Dune City, Mapleton, SwissHome & Deadwood). Emotional support, assessment, community resources and follow up to help community members navigate unexpected traumatic situations and mental health crises.

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