

Parenting
Now!

2016 Resources for Families

PARENTING
QUESTIONS?
CALL
211, ext. 5
211 Info
Family

ANGER MANAGEMENT

Center for Community Counseling SEE COUNSELING

BASIC NEEDS

Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT
Cornerstone Community Housing **SP**

www.cornerstonecommunityhousing.org
info@cornerstonecommunityhousing.org 541-683-1751
Quality affordable housing for people living on limited incomes and on-site support services that promote opportunities for personal growth and economic independence.

Eugene Community Service Center **SP**

~ Catholic Community Services
www.CCSLC.org Chris Pickering: cpickering@CCSLC.org
1464 West 6th Ave., Eugene 541-345-3628
Assistance with basic needs includes utility bill payment, food boxes, hygiene items, prescriptions, clothing, identification, birth certificates, bus tokens, information and referral, computer access, phone, and mailing address.

Family Support & Connections **SP**

~ Catholic Community Services
www.CCSLC.org fsc@CCSLC.org
1025 G St., Springfield 541-345-3628, ext. 311
Case manager support to help families find resources to reduce stress factors and increase opportunities for success. Serves all of Lane County.

First Place Family Center **SP** 541-342-7728

1995 Amazon Parkway, Eugene www.FirstPlaceFamilyCenter.org
Services for families with children under 18 include food, kitchen, day shelter, free laundry, showers, phone, phone messages, mail service, use of computer with internet access, Night Shelter and Overnight Parking Program, and clothing vouchers (certain restrictions apply).

Fish

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

Food For Lane County **SP**

www.foodforlaneconomy.org info@foodforlaneconomy.org
770 Bailey Hill Rd., Eugene 541-343-2822
County-wide distribution of emergency and supplemental food through a network of 153 agencies and programs. Services include emergency food boxes and no-cost meal sites for people with low income who are hungry or at risk of hunger, as well as gardens, nutrition education programs, and summer lunches for children. Call for site locations and hours.

Helping Hand Room

First Christian Church, 1166 Oak St., Eugene 541-344-1425
Free baby layettes for newborns and clothing for children and adults. Bedding and kitchen items also available. Open Tuesday/Thursday, noon-2 p.m.

Hosea Youth Services **SP**

www.hoseayouth.org info@hoseayouth.org
834 Monroe St., Eugene 541-344-5583
Hot home-cooked dinners, showers, laundry services, clothing, basic necessities, job and education support, mentorship, and life skills opportunities. Open Monday, Wednesday, Thursday, 4:30-7:30 p.m.

Housing And Community Services Agency (HACSA) of Lane County, Oregon **SP**

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

Section 8 Program: Federal program assists families with rental housing payments to private landlords. When waiting list open, family member completes housing application. Lottery establishes waiting list. When eligible, family composition, income/assets verified. New families accepted as vouchers returned to agency. **HACSA-owned Housing:** Family member completes application to be placed on open waiting list(s). When eligible, family composition, rental references, criminal history, income/assets verified. New families offered units as vacancies occur.

INTERPRETATION KEY

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

Housing Counseling ~ Catholic Community Services **SP**

1025 G St., Springfield www.CCSLC.org
1464 West 6th Ave., Eugene 541-345-3628
Connects homeless households to centralized wait list and offers limited financial assistance to renters.

Lane County WIC Program (Women, Infants and Children Supplemental Food & Nutrition Program) **SP**

151 West 7th Ave., Room 210, Eugene 541-682-4202
Supplemental food and nutrition education program for women who are pregnant or breastfeeding, infants, and children up to age 5. Services include nutrition and feeding information, breastfeeding help, referrals to community resources, vouchers for healthy food. Eligibility based on screening and income.

Looking Glass Station 7 ~ Project Safe Place **SP**

www.lookingglass.us Station7@lookingglass.us
931 West 7th Ave., Eugene Crisis: 1-888-689-3111
Emergency shelter for runaway and homeless youth (ages 11-17) provides 24-hour crisis intervention, emergency transportation, and family reconciliation.

Nutrition Education Program ~ Oregon State University Extension **SP**

www.foodhero.org jillian.drewes@oregonstate.edu
996 Jefferson St., Eugene 541-344-0249
Classes on how to prepare quick, tasty, and healthy family meals and snacks on a limited budget. Call for more information.

Oregon Department of Human Services (DHS)

~ Self-Sufficiency Programs (SSP) **SP**
www.oregon.gov/dhs
District Office, 2885 Chad Dr., Eugene 541-687-7373
McKenzie Center, 2885 Chad Dr., Eugene 541-686-7878
Springfield Main Street Center, 101 30th St. 541-726-3525
West Eugene Family Center, 2101 West 11th Ave. 541-686-7722
Cottage Grove Family Center, 305 Coop Court 541-942-9186
Florence Central Coast Resource Center, 3180 Hwy. 101N 541-997-8251
Employment Related Day Care (ERDC), Temporary Assistance Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP).

Oregon Helpline SEE HELPLINES

Parent Partnership SEE FAMILY EDUCATION/SUPPORT

ShelterCare Housing Health and Wellness

www.sheltercare.org scadmin@sheltercare.org
969 Highway 99 North, Eugene 541-689-7156
Emergency housing for families who are homeless, assistance finding rental housing and employment, and income searches. Transitional and permanent housing for individuals experiencing homelessness, psychiatric, and/or physical disabilities.

Springfield Community Service Center **SP**

~ Catholic Community Services
www.CCSLC.org Brandon McNutt: bmcnutt@CCSLC.org
1025 G St., Springfield 541-345-3628

Assistance with basic needs includes utility bill payment, food boxes, hygiene items, prescriptions, clothing, identification, birth certificates, bus tokens, information and referral, phone, and mailing address.

Springfield Salvation Army

www.salvationarmyusa.org janise.hecker@usw.salvationarmy.org
1275 Mill St., Springfield 541-747-6229
Extremely limited rental assistance with 72-hour eviction notice and furniture assistance (no appliances). Clothing vouchers for children and adults (one per 12-month period). Call for hours.

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

CAFA (Christians As Family Advocates) www.cafaweb.com
921 Country Club Rd., Suite 222, Eugene 541-686-6000

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

CASA (Court Appointed Special Advocates)

of Lane County **SP** www.casa-lane.org
174 Deadmond Ferry Rd., Springfield 541-984-3132
CASA volunteers advocate in juvenile dependency court for children (ages birth-18) who have been abused or neglected.

Jasper Mountain **SP**

www.jaspermountain.org
Crisis Response Program Hotline: 1-888-989-9990
37875 Jasper-Lowell Rd., Jasper Jasper Mountain: 541-747-1235
89124 Marcola Rd., Springfield SAFE Center: 541-741-7402
Intensive mental health treatment for children (ages 4-13) includes residential treatment, day treatment school, therapeutic foster care, crisis stabilization, and partners in 24-hour Crisis Response Program (see Helplines).

Kids' FIRST (Forensic Intervention Response

& Support Team) **SP** www.kidsfirstcenter.net
2675 Martin Luther King Jr. Blvd., Eugene 541-682-3938
Intervention and advocacy for children who are victims of, or witnesses to, crime. Child-focused environment where children are interviewed and medically examined by highly trained professionals. Child's well-being is first priority. Facilitates a multidisciplinary investigation of child abuse while providing support to children and their non-offending family members.

Lane County Legal Aid and Advocacy Center SEE LEGAL
Options Counseling and Family Services SEE COUNSELING
Oregon Department of Human Services (DHS)

~ Child Welfare Programs (CWP) **SP**
www.oregon.gov/dhs Abuse/Neglect Reports: 541-686-7555
Willamette Street Office, 1899 Willamette St., Eugene 541-686-7555
West Eugene Family Center, 2101 West 11th Ave. 541-686-7722
Gateway Center, 1040 Harlow Rd., Springfield 541-726-6644
Cottage Grove Family Center, 305 Coop Court 541-942-9186
Florence Central Coast Resource Center, 3180 Hwy. 101N 541-997-8251
Adoptions, child protection, foster care, and safe children-strong support for families.

Relief Nursery, Inc. SEE FAMILY EDUCATION/SUPPORT

Sexual Assault Support Services (SASS) **SP***
Crisis/Support Line: 541-343-5ASS (7277) or 1-800-788-4727
www.sass-lane.org Office/TDD: 541-484-9791

591 West 19th Ave., Eugene (drop-in center)
Services for survivors of past and present sexual abuse/assault, their friends, and family. Includes 24-hour crisis and support line, on-call advocacy, medical and legal advocacy, peer counseling, support groups, educational presentations, and information and referral. Call for hours.

The Survivors Justice Center SEE LEGAL ~ LANE COUNTY
LEGAL AID AND ADVOCACY CENTER

Womenspace **SP** Crisis Line: 541-485-6513 or 1-800-281-2800
www.womenspaceinc.org info@womenspaceinc.org
1577 Pearl St., Suite 200, Eugene Office: 541-485-8232
Prevention of domestic violence in intimate partner relationships in Lane County, and support services for survivors in claiming personal power.

CHILD CARE

American Red Cross SEE MEDICAL • DENTAL

The Arc of Lane County/Jumpstart **SP***

www.arclane.org kathryn.albert@arclane.org
4181 E St., Springfield Kathryn Albert: 541-343-5256
4110 River Rd., Eugene

After-school enrichment program for children and young adults (ages 5-21) who experience I/DD. Open Monday - Friday, with extended hours on no-school days and during holiday breaks. Jumpstart Saturday offered twice monthly to participants and siblings to give parents respite.

City of Eugene Recreation Services SEE RECREATION

Eugene Family YMCA SEE RECREATION

Eugene School District 4J www.4j.lane.edu
200 North Monroe St. 541-790-7700 or **SP** 541-790-7717

Student-run child care/preschool programs at North Eugene and South Eugene high schools. Teen parent program at Early College and Career Options. After-school programs at some schools; contact schools directly for information.

Family Connections of Lane and Douglas Counties **SP**

www.laneccc.edu/lfc 541-463-3954 or 1-800-222-3290
Lane Community College, 4000 East 30th Ave., Bldg. 24, Eugene
Customized referrals to potential child care; information and support to assist parents in securing reliable, quality care. Website provides on-line access for parents and providers. Child-care provider training, technical assistance, newsletter, and other services.

Child Care ~ continued on next page

NATIONAL POISON CONTROL CENTER
1-800-222-1222

Head Start and Early Head Start of Lane County

SEE FAMILY SUPPORT/EDUCATION

Oregon Department of Human Services SEE BASIC NEEDS

Parent Partnership SEE FAMILY EDUCATION/SUPPORT

River Road Park and Recreation District SEE RECREATION

Willamalane Park and Recreation District SEE RECREATION

COUNSELING

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

Center for Community Counseling

www.cceugene.org
1465 Coburg Rd., Eugene
lesley@cceugene.org
541-344-0620

Counseling provided to uninsured adults of Lane County. More than 90 pro bono community counselors offer services on a sliding-fee scale, \$1-\$52. Free on-site child care during parenting classes. Ten-week Changing Anger class assists parents with children of any age in learning new tools to help raise healthy, successful children (not designed for those who are court mandated); offered three times a year. Grandparents Raising Grandchildren support group offered throughout the year. Anxiety and Depression support group (ten-week sessions) offered three times a year. Call for phone screening for counseling, required pre-registration for classes, and hours.

Center For Family Development

www.c-f-d.org
261 East 12th Ave., Eugene (walk in services)
541-342-8437
Family and individual counseling for children, adolescents, and adults. Outpatient treatment and groups for adults and adolescents with mental health and/or substance abuse/dependence problems. Spanish-speaking services available. OHP and some insurance accepted. Sliding-fee scale available: \$5-\$80/hour.

Center For Family Therapy

https://education.uoregon.edu/hedco-clinic/center-family-therapy
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene
541-346-0923
Therapy for intimate relationships, families, and individuals. Staffed by University of Oregon graduate student therapist interns trained to work with relationships, individuals, new parent couples, couple conflict, parent-child relationships, and closely supervised by faculty and advanced clinicians. Sliding-fee scale. Day and evening weekday hours.

Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT

Child and Family Center

http://cfc.uoregon.edu/services.htm
1600 Millrace Dr., Suite 103, Eugene
541-346-4910
A range of low-cost, family-based services for children and adolescents (ages 2-17). Services can include brief and longer-term intervention, assessment, family and child therapy, parenting help, and/or referral.

The Child Center

www.thechildcenter.org
3995 Marcola Rd., Springfield
541-726-1465
Mental health services for children, teens, and families throughout Lane County including outpatient counseling, mental health assessment, psychiatric day treatment (ages 3-13), wellness program, parenting classes, community resource library, and 24-hour Crisis Response (see Helpline).

Child Development and Rehabilitation Center

SEE MEDICAL • DENTAL

Direction Service Counseling Center

www.directionservice.org
576 Olive St., Suite 307, Eugene
541-344-7303
Outpatient counseling and mental health support to adults, children (ages 18 months and older), adolescents, and families. Private insurance and OHP accepted. Please call for information about our walk-in assessment program.

Looking Glass Community Services

www.lookingglass.us
260 East 11th Ave., Eugene
541-484-4428
Outpatient mental health treatment for children, adolescents, adults, and their families. Individual, family, and group therapy. Family-focused, skill-based, and trauma-informed services. Locations in Eugene, Cottage Grove, Junction City, Veneta, and Oakridge. OHP, private insurance, and sliding-fee scale.

Ophelia's Place

www.opheliasplace.net
1577 Pearl St., Suite 100, Eugene
info@opheliasplace.net
541-284-4333
Empowering resource and support center for girls and girl-identified youth (ages 10-18) to drop in Monday - Thursday, 3-6 p.m. Services include resource information and referrals, strength-based counseling by appointment, support groups, skill-building activities, and leadership opportunities.

Options Counseling and Family Services

www.options.org
1255 Pearl St., Suite 102, Eugene
541-687-6983
175 West B St., Building D, Springfield
541-762-1971
Individual and family therapy for children, adolescents, and teens; Circle of Security groups for parents of young children; Intensive Safety and Reunification Services; Parent-Child Interaction Therapy; Intensive Children's Treatment Services; and Psychiatric Medication Management Services.

Relief Nursery, Inc. SEE FAMILY EDUCATION/SUPPORT

White Bird Crisis Center

www.whitebirdclinic.org
341 East 12th Ave., Eugene
crisis@whitebirdclinic.org
541-687-4000 or 1-800-422-7558

Cahoots (city non-emergency number): 541-682-5111

Crisis counseling, long-term counseling, and mental health information and referral. Phone, walk-in, and mobile services available 24 hours. Mobile crisis intervention through Cahoots available daily, 11 a.m.-3 a.m.

Willamette Family, Inc. SEE SUBSTANCE ABUSE/RECOVERY

FAMILY EDUCATION/SUPPORT

4J Young Parent Program

www.ecco.4j.lane.edu/page_id=543
541-463-3950
Early College and Career Options (ECCO) High School, Lane Community College, 4000 East 30th Ave., Bldg. 10, Room 218, Eugene
District-wide program designed to support pregnant and parenting students in their education and life goals. Many services available to young parents, including a state-certified child care option at ECCO High School on the Lane Community College campus.

Act for Families

www.ActForFamilies.org
541-434-1621
Research and Education Division, Oregon Research Institute Community and Evaluation Services (ORI-CES), 1776 Millrace Dr., Eugene
Low-cost classes and workshops to help parents and professionals reduce stress, strengthen relationships, decrease conflict, and nurture child well-being. Services offered year round on evenings and weekends.

Adoption Connections of Oregon

www.adoptionconnectionsofOregon.org
AdoptionConnectionsOregon@gmail.com
Non-profit organization of families and individuals offers support, education, multi-cultural activities, and friendship to anyone touched by or interested in adoption.

The Arc Families Connected SEE SPECIAL NEEDS

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

Center For Community Counseling SEE COUNSELING

Center for Dialogue and Resolution

~ Parent/Teen Program
www.lanecdr.org
93 Van Buren St., Eugene
info@lanecdr.org
541-344-5366
Private, personalized, and balanced opportunities for good communication between teens and parents for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, and more.

Centro Latino Americano

www.centrolatinoamericano.org
944 West 5th Ave., Eugene
info@centrolatinoamericano.org
541-687-2667
Mental health counseling, basic needs assistance (e.g., food boxes, job search advocacy, housing), health insurance enrollment assistance, parenting classes, English tutoring, mentoring and youth advocacy, and citizenship classes.

Child and Family Center SEE COUNSELING

The Child Center

www.childcenter.org
Eugene Family Resource Network
longoria@4j.lane.edu
541-790-7200
Support and consultation to Title One schools offered in English and Spanish; may include math and literacy events, family fun nights, information and referrals to community resources

Family Relief Nursery

www.frncg.org
720 North 14th St., Cottage Grove (office)
cristain@frncg.org
541-942-4835
Programs for parents include parent education groups, support groups, parent training, parent resource library, and referrals to child passenger seat programs. Families under stress supported with comprehensive early childhood and parenting programs including case management, home visitation, early intervention/early childhood special education, early classrooms for toddlers and preschoolers, and a parent-infant support group. Clothing closet also available for participants. Serves South Lane and North Douglas counties.

Family Resource Centers of Lane County

Bethel School District Family Center, Eugene
541-461-6421, ext. 2539
Cottage Grove/Creswell: A Primary Connection
541-942-4967
Junction City Family Resource Network
541-998-2386
Marcola Family Resource Center
541-933-2411, ext. 1216
McKenzie Family Resource Center
541-822-1108 or 541-822-1110
Oakridge-Westfir Family Resource Center
541-782-3281
Pleasant Hill Family Resource Center
541-736-0493
Springfield Public Schools Family Resource Centers
541-744-6769
Support and activities for families including parenting education, play groups, parent/toddler literacy groups, information and referrals to community resources, family fun nights, school and neighborhood connections, computer access, after-school activities, and volunteer opportunities. Many offer services in Spanish. Contact center for address, hours, and specific services.

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

First Place Family Center SEE BASIC NEEDS

Head Start and Early Head Start of Lane County

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

Comprehensive early learning program for children ages birth-5 for families with low income. Part-day, full-day, and community child care. Health, social services, translation, advocacy, and parenting education. Applications accepted year round. Spring is best time to apply.

Healthy Families Lane County

151 West 7th Ave., Eugene
541-682-7425
Free home visiting program provides parenting education and support to new parents, beginning prenatally or after birth. Home Visitors bring information on child development, health, safety, nutrition, and other resources in the community.

Healthy Nests SEE COUNSELING ~ CENTER FOR FAMILY THERAPY

Lane County Family Mediation Program SEE LEGAL

Oregon Family Support Network
www.ofsn.org
72A Centennial Loop, Suite 150, Eugene
Dianah@ofsn.net
541-342-2876

Family-led organization working with other parents with children who experience mental, behavioral, and emotional health challenges. Family fun nights, peer support, resource and referral, systems navigation, respite care, support groups, Wraparound family partners, and policy advocacy.

Parent Partnership ~ A Primary Connection

www.parentpartnership.org
Facebook: parentpartnershipcg
1310 South 8th St., Cottage Grove
kpartners@qwestoffice.net
541-942-2104
Four programs providing resources to encourage school attendance and promote student success. Collaborates with South Lane School District.

Parenting Now!

86 Centennial Loop; Eugene, OR 97401

www.parentingnow.org
info@parentingnow.org

Office: 541-484-5316
Fax: 541-484-1449

Parenting education/support services for parents with infants and young children. Open to all families.
Programs: *Incredible INFANTS*; *Wonderful ONES*; *Terrific TOWOs*; *Parents Again* for parents of siblings; *Program for Young Parents* (ages 12-21) who are pregnant or already parenting; *Make Parenting A Pleasure* for parents experiencing high levels of stress; *Creer* for Spanish-speaking families; *Squishivities*; and *Playtime for Parents and Children*.
Services: Parenting column in *The Register-Guard*; Facebook page.

Pearl Buck Preschool SEE SPECIAL NEEDS

Relief Nursery, Inc.

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

Strength-based family support services for families with low income who have children under age 6; includes home visits, crisis response, therapeutic early childhood classes for children, individual and group parenting classes, mental health counseling for adults and children, and group and individual alcohol and drug recovery support services. All services free of charge.

Saturday Circus SEE ACT FOR FAMILIES

Twins & Beyond

www.twinsandbeyond.com
twinsandbeyond@gmail.com
Support group for families in Lane County with twins, triplets, and higher order multiples.

Young Fathers' Program ~ Catholic Community Services

www.CCSLC.org
1025 G St., Springfield
yfp@CCSLC.org
541-345-3628, ext. 308
Group sessions and one-on-one support for fathers focused on increasing parent/child time together, increasing parent ability to maintain and support his child/family, and improving parenting and relationship skills.

FINANCIAL ASSISTANCE

American Red Cross SEE MEDICAL • DENTAL

Cornestone Community Housing SEE BASIC NEEDS

Family Connections of Lane and Douglas Counties

SEE CHILD CARE

Housing And Community Services Agency of Lane County SEE BASIC NEEDS

Oregon Department of Human Services SEE BASIC NEEDS

Springfield Community Service Center SEE BASIC NEEDS

GRIEF/LOSS

See next page.

The Compassionate Friends

www.eugenecompassionatefriends.org
eugenecompassionatefriends@gmail.com 425-289-9659
Personal comfort, hope, and support offered to every family experiencing the death of a son or daughter, brother or sister, or grandchild. Assistance also offered to others to help the grieving family.

Courageous Kids Grief Support for Youth

www.courageouskidsoregon.org jjennings@peacehealth.org
677 East 12th Ave., Suite N 180, Eugene 541-242-8693
Grief support for bereaved children and teens (ages 6-18) and their caregivers. Weekly support groups offered at office and upon request in schools. Annual four-day residential summer camp for grieving youth. Age-appropriate activities designed to facilitate emotional healing. No fees; donations requested.

First Candle

www.firstcandle.org info@firstcandle.org 1-800-221-7437
Compassionate grief support and 24-hour dedicated crisis hotline for those affected by the death of a baby. Current priorities are to eliminate stillbirth, Sudden Infant Death Syndrome (SIDS), and other Sudden Unexpected Infant Deaths (SUID) through research, education, and advocacy.

Hospice of Sacred Heart

www.peacehealth.org
677 East 12th Ave., Suite N 110, Eugene 541-461-7550
Grief class and day and evening time-limited groups for those grieving the death of a loved one. Additional specialized groups intermittently offered, e.g., Men's Retreat, Grief Support, Parent Support.

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

HELPLINES

211 Info Family

www.211info.org children@211info.org Helpline: 211, ext. 5
Text "children" to 898211
Free, confidential information about behavior, development, and education of children, up to age 8, by parent educator. Call 211, text, e-mail, or visit website.

Crisis Response Program

1-888-989-9990
Free 24-hour service to families in Lane County provided by The Child and Adolescent Network (The Child Center, Looking Glass, and Jasper Mountain). Responds to mental health crisis situations of children and adolescents: telephone crisis intervention, community crisis intervention, community brief case management and referral services, and brief crisis care in some situations.

First Candle SEE GRIEF/LOSS

Fussy Baby Network

www.erickson.edu/fussybaby fussybaby@erickson.edu
Facebook: [fussybabynetwork](https://www.facebook.com/fussybabynetwork) 1-888-431-BABY (2229)
Specialists provide support and information to help parents with infant crying, sleeping, and feeding issues. All services available in English and Spanish. Infant specialist will answer or return calls, and respond to email as soon as possible. Free of charge.

La Leche League Eugene/Springfield

lalecheleagueoregon.webs.com Breastfeeding Helpline: 541-744-6055
Facebook: La Leche League of Eugene/Springfield
Mother-to-mother breastfeeding support through monthly meetings and phone support.

Oregon Helps

www.oregonhelps.org
Website provides information and eligibility requirements for programs that offer food/nutrition, housing/utilities, children/family resources, health care, financial benefits, and support to seniors/people with disabilities.

Postpartum Support International (PSI)

www.postpartum.net 1-800-944-4773
Spanish language phone support, dial extension 1. English language weekly phone forums, "Chat With an Expert" every Wednesday for moms, first Monday for dads. Visit website or call for information, schedule, and access codes. For local services, including warm line, see Pregnancy • Childbirth • Postnatal Support • Adoption • WellMama, Inc.

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

White Bird Crisis Center SEE COUNSELING

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

LEGAL

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

Center for Dialogue and Resolution

www.lanecdr.org info@lanecdr.org
93 Van Buren St., Eugene 541-344-5366
Family mediators provide fair and balanced opportunities for parents to collaboratively design child custody, parenting time plans, or modification of existing custody and parenting plans. Services can also include negotiation assistance with other separation or divorce issues. Also offers parent/youth and other family services.

CHILD SAFETY SEAT RESOURCE CENTER
childsafetyseat.org

Lane County Family Mediation

www.lanecounty.org/mediation
151 West 7th Ave., Suite 360, Eugene 541-682-3962
Personal conflict information and referral on domestic relations matters, the parent education class "Focus on Children," custody and parenting time mediation by court-approved domestic relations mediators, custody evaluations, supervised parenting time, and family check-up services.

Lane County Legal Aid and Advocacy Center

<http://ldac.org>
376 East 11th Ave., Eugene 541-485-1017
Free legal assistance to persons with low income in civil matters such as government benefits, immigration, and eviction. Survivors Justice Center program offers free legal and advocacy services specializing in safety planning, domestic violence, sexual assault, custody, and visitation. Senior Law Service program helps those over sixty who may have different legal needs than others. Referrals.

Oregon Department of Justice

~ Division of Child Support
<http://oregonchildsupport.gov> melissa.whitten@doj.state.or.us
165 East 7th Ave., Suite 300, Eugene 541-686-7834
Assistance locating absent parents; establishing paternity; establishing, modifying, and enforcing child support orders; and receiving and distributing child support payments.

Victim Services Program

www.co.lane.or.us/DA 541-682-4523
District Attorney's Office, 125 East 8th Ave., Room 400, Eugene
Assistance, criminal-justice education, guidance, support to crime victims. Supplies ongoing case management/crisis intervention for victims experiencing domestic violence and persons petitioning for Family Abuse Prevention Act restraining orders.

LIBRARIES

The Child Center SEE COUNSELING

Eugene Public Library

www.eugene-or.gov/library General: 541-682-5450
Downtown Library, 100 West 10th Ave. Children's Center: 541-682-8316
Bethel Branch, 1990 Echo Hollow Rd.
Sheldon Branch, 1566 Coburg Rd.
Books on parenting and child development; children's books, movies, music CDs; many online resources through Library website. Storytimes for babies, toddlers, and preschoolers, plus special family events. All events free. Connect on Facebook and Twitter.

Springfield Public Library

www.wheremindsgrow.org library@springfield-or.gov
225 5th St. 541-726-3766
Parent resources, children's books, movies, audio books, magazines, CDs, theme kits, and online resources. Weekly library and preschool storytimes. Regular family programs. Play and learn activity center. Internet and meeting rooms available. All programs free.

MEDICAL • DENTAL

American Red Cross ~ Southwest Oregon Chapter

www.redcross.org/cascades Voice/TDD: 541-344-5244
862 Bethel Dr., Eugene 541-726-3766
Weekly Infant and Child CPR/First Aid courses: breathing and cardiac emergencies, anti-choking skills, and injury prevention. Babysitting, Basic Aid Training classes for youth. Call 1-800 REDCROS for current schedule.

Bethel Health Center

<http://blogs.bethel.k12.or.us.bshc>
1525 Echo Hollow Road, Suite A, Eugene 541-607-1430
Comprehensive health care services to youth living in the Bethel School District (ages birth-19), as well as Bethel School District staff and their dependents. Call for appointment; same day visits usually available. Nurse Practitioner provides routine exams, sports physicals, immunizations, diagnosis/treatment of chronic/acute illness, and prescription medication. Mental health counseling also available. Insurance billed, including OHP, or on sliding-fee scale. No one turned away due to inability to pay.

Child Development and Rehabilitation Center

www.ohsu.edu/xd/health/child-development-and-rehabilitation-center
901 East 18th Ave., CSB, Eugene 541-346-3575
Intake: 541-346-2613

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

Children's Dental Center ~ Assistance League of Eugene

Churchill High School, Clinic: 541-790-5181
1850 Bailey Hill Rd., Eugene Assistance League: 541-485-3721
Dental care for area public school children from families with low income and no insurance.

Community Health Centers of Lane County

www.lanecounty.org/chc
Brookside Clinic
1680 Chambers St., Suite 103, Eugene Appointments: 541-682-3550
Primary medical care for families: family planning services, preventive medicine and chronic disease management, among other services.

Charnelton Community Clinic

151 West 7th Ave., Suite 100, Eugene Appointments: 541-682-3550
Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

Delta Oaks Clinic

1022 Green Acres Road, Eugene Appointments: 541-682-3550
Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services.

Lane County Behavioral Health Primary Care

2411 Martin Luther King Jr. Blvd., Eugene Appointments: 541-682-3550
Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services.

RiverStone Clinic

2073 Olympic St., Springfield Appointments: 541-682-3550
Family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

Springfield Schools Health Center

1050 10th St., Springfield Appointments: 541-682-3550
Primary medical care for Springfield School District students and families. Uninsured children and adults seen on a sliding-fee scale based on federal poverty level. Well/sick child checks, immunizations, injury/wound care, reproductive health care. \$50 fee for sports physicals for uninsured patients or private insurance. OHP enrollment assistance.

Dove Medical

www.DoveMedical.org info@dovemedical.org
487 East 11th Ave., Eugene 541-345-DOVE (3683)
Pregnancy diagnosis clinic. Services include pregnancy testing, decision coaching, limited obstetrical ultrasound, and Care Net Mom's prenatal education class. Confidential services provided free of charge. Call for hours.

Eugene School District 4J School Based Health Centers

District Office, 120 West Hilliard, Eugene 541-790-7216
Churchill Health Center 541-790-5227
North Eugene Health Center 541-790-4445
Medical services to students and siblings (ages birth-19) enrolled in 4J schools. Routine exams, including sports physicals; immunizations; vision/blood pressure screening; diagnosis/treatment of minor illness/injuries; reproductive care; tobacco/drug/alcohol prevention/cessation; mental health counseling. Insurance billed, including OHP; sliding-fee scale. No service withheld due to inability to pay. Call for appointments.

Lane County Dental Society

www.lanedentalsociety.org office@lanedentalsociety.org
2300 Oakmont Way, Suite 110, Eugene 541-686-1175
Free dental information and referral.

Lane County Public Health Services

www.lanecounty.org
151 West 7th Ave. (2nd and 3rd floors), Eugene 541-682-4041
Maternal/child health information and home visits, maternity case management/referral, WIC services, child and adult immunization appointments, communicable disease prevention, HIV counseling and testing, and STD information/referrals for testing and treatment. Sliding-fee scale to zero.

March of Dimes

www.marchofdimes.org acorey@marchofdimes.org
115 West 8th Ave., Suite 360, Eugene 541-225-5023
Preconception/prenatal education to improve the health of babies by preventing birth defects, infant mortality, and premature birth. Public health education materials and audio visuals.

Oregon Department of Human Services SEE BASIC NEEDS

Planned Parenthood of Southwestern Oregon

www.ppsworegon.org
Health Centers
3579 Franklin Blvd., Eugene **SP** Appointments: 541-344-9411
793 North Danebo Ave., Eugene **SP** Appointments: 541-344-9411
1450 Birch Ave., Cottage Grove Appointments: 541-344-9411
Education Programs
3579 Franklin Blvd., Eugene 541-344-1611
Low cost or free birth control and reproductive/sexual health care for adults and teens by caring, expert providers. Annual exams, free pregnancy testing, HPV vaccination, testing and treatment for STDs, HIV testing, abortion, and free vasectomy.

Springfield Schools Health Center ~ SEE MEDICAL/COMMUNITY HEALTH CENTERS OF LANE COUNTY

Volunteers In Medicine Clinic (VIM)

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

White Bird Community Dental Clinic

www.whitebirdclinic.org
1400 Mill St., Eugene 541-344-8302
Dental care on a sliding-fee scale for Lane County residents. OHP accepted. Emergency clinics offered to patients in pain. On-going dental care by appointment. Call for dates and times or check website.

White Bird Medical Clinic

www.whitebirdclinic.org/medical
1400 Mill St., Eugene 541-484-4800
General family medicine (no prenatal). OHP and Medicare B. Labs, dispensary, and referrals. Call or come by for more information.

PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

Adoption Connections of Oregon SEE FAMILY EDUCATION/SUPPORT

Baby Connection

86 Centennial Loop, Eugene

541-222-3922

Fun, free drop-in service, located at Parenting Now!, every Wednesday, for baby weight checks and infant feeding support and education. Opportunity to meet and talk with other parents. Sign in 11 a.m. - noon.

Daisy C.H.A.I.N. (Creating Healthy Alliances In New-Mothering) **SP**

www.daisychainmothering.org

info@daisychainmothering.org

Daisy's Place, 1244 Lawrence St., Eugene

541-505-1139

Free postpartum doula care and in-home breastfeeding consults from an IBCLC during the first two weeks after baby is born/adopted. Walk-in breastfeeding support for duration of breastfeeding. New-Mothering peer support group; Baby Pop Music: Singing and Signing; Nursing Nook at Springfield Library Lapsit Storytime.

Doulas of Lane County

www.doulaseugene.weebly.com

An association of birth and postpartum doulas offers information, physical comfort, emotional support, and practical help for childbirth experiences and the early weeks of caring for newborns. All income levels accommodated. Visit website for contact information.

Dove Medical SEE MEDICAL • DENTAL

First Way of Eugene **SP** *

www.1st-way.org

firstwayeugene@gmail.com

1667 High St., Eugene

Terry; 541-687-8651

Free pregnancy testing. Free ultrasound. Baby and children's clothing; some furniture. Mobile unit with free pregnancy testing and ultrasound. Visit website for schedule.

Healthy Families Lane County SEE FAMILY EDUCATION/SUPPORT

La Leche League Eugene/Springfield SEE HELPLINES

Lane Childbirth Educators Association

www.birthingeugene.com

bebeclasses@gmail.com

A collaboration of independent childbirth educators serving Lane County. Visit website for contact information.

Lane County Public Health Services SEE MEDICAL

• DENTAL

Lane County WIC Program SEE BASIC NEEDS

March of Dimes SEE MEDICAL • DENTAL

McKenzie-Willamette Medical Center ~ Women's Health, Birth & Children's Center **SP** *

www.mckweb.com

1460 G St., Springfield

541-741-4649

Birth Center tours and childbirth classes. Inpatient pediatric services and pediatric hospitalist. Maternity Care Coordinator helps create individualized birth plan and is available to connect families to community resources as needed. Breastfeeding assistance available 24 hours a day.

Open Adoption & Family Services **SP**

www.openadopt.org

info@openadopt.org

315 West 10th Ave., Eugene

541-343-4825

Private, pro-choice, non-profit adoption agency dedicated to promoting reproductive choices. Free, all-options pregnancy counseling to women and couples. Adoption plans at no cost to birth parents. Lifelong services for clients.

Oregon Department of Human Services SEE CHILD

ABUSE/NEGLECT • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

PeaceHealth Midwifery Services

Prenatal Clinic **SP** *

541-682-8777

Charnelton Community Clinic, 151 West 7th Ave., Suite 310, Eugene

Certified Nurse Midwives provide comprehensive prenatal care, birth, and postpartum services regardless of ability to pay.

Nurse Midwifery Birth Center **SP** *

353 Deadmond Ferry Rd., Springfield

541-222-7750

Certified Nurse Midwives provide comprehensive prenatal care, birth, postpartum, and well-woman services. Birth attended at hospital or Birth Center.

Planned Parenthood SEE MEDICAL • DENTAL

Postpartum Support International SEE HELPLINES

Sacred Waters Birthing Center **SP**

www.sacredwatersbirth.com

sacredwatersbirths@hotmail.com

2035 West 12th Ave., Eugene

Anita Rojas, CPM, LDM; 541-344-7974

Licensed independent midwives specializing in healthy natural birth. Birthing Center or home birth; waterbirth available. Complete and personal care, pregnancy through postpartum. Also offers well-woman gynecological care. Tours of the center available.

WellMama, Inc.

www.wellmamaoregon.org

Emotional, social, and mental health support related to pregnancy, childbirth, birth trauma, pregnancy/infant loss, adoption, and fertility issues. Free pregnancy and postpartum peer support groups, 24/7 message Warm Line, phone/e-mail support, resources, referrals, and advocacy. Call or visit website for group meeting times, locations, and information.

Warm Line: 1-800-896-0410

info@wellmamaoregon.org

RECREATION

City of Eugene Recreation Services **SP**

www.eugene-or.gov

541-682-5333

Child care, preschool education, kindergarten prep, school-age care, middle school programs, vacation and summer camps. Programs offered at various schools and community centers. Water safety, swimming lessons, and parent/child classes offered at local pools.

Eugene Family YMCA **SP** *

www.eugeneymca.org

holly@eugeneymca.org

2055 Patterson St., Eugene

541-686-9622

Certified child care (ages 2½-11), swim lessons, family fitness and recreation, youth sports, summer camps, and family events. Child care available while parents work out. Financial assistance available.

Eugene Public Library SEE LIBRARIES

Eugene School District 4J SEE CHILD CARE

Family Resource Centers of Lane County SEE FAMILY

EDUCATION/SUPPORT

River Road Park and Recreation District

www.rrpark.org

1400 Lake Dr., Eugene

541-688-4052

Wide variety of preschool activities in education, recreation, crafts, and aquatics. Family-oriented special events and activity times also offered.

Springfield Public Library SEE LIBRARIES

Tamarack Aquatic Center **SP** *

www.tamarackwellness.org

info@tamarackwellness.org

3575 Donald St., Suite 300, Eugene

541-686-9290

Warm water! Parent/child, private/semi-private lessons (specialized water orientation and beginning swim levels) for children of all ability levels who are 6 months and older. Parent/baby swim and non-instructional playtime. Scholarships available with OHP or SNAP verification; call for more information.

Willamalane Park and Recreation District **SP**

www.willamalane.org

250 South 32nd St., Springfield

541-736-4544

Early childhood recreation classes; part-time or full-time preschool and child-care programs. Parent/child classes: Willamalane Center for Sports and Recreation, 541-736-4544; Splash! at Lively Park, 541-736-4244; Willamalane Park Swim Center, 541-736-4080.

SPECIAL NEEDS

The Arc Families Connected **SP** *

www.arcfamiliesconnected.com

4181 E St., Springfield

Laura Dahill; 541-343-5256, ext.113

Reduces isolation and builds community connections for families raising a child with a developmental disability. Services include support groups, family trainings, mentoring, community access, and advocacy.

The Arc of Lane County/Jumpstart SEE CHILD CARE

Child Development and Rehabilitation Center

SEE MEDICAL • DENTAL

Direction Service **SP**

www.directionservice.org

1411-A Willamette St., Eugene (office)

541-686-5060

Information and referral on disability-related topics. Case coordination and advocacy for families who have children and young adults with disabilities or suspected disabilities. Free of charge.

Early Childhood CARES 541-346-2578 or 1-800-925-8694

http://earlychildhoodcares.uoregon.edu

eccares@uoregon.edu

299 East 18th Ave., Eugene

SP 541-346-0742

Early intervention and early childhood special education to children (ages birth - school age) who have developmental delays. Services may include home visits and parent consultation; education in community preschools; speech, physical, or occupational therapy; behavior or autism consultation. Parents may call for a free developmental screening. Educational services free to eligible children.

March of Dimes SEE MEDICAL • DENTAL

Oregon Department of Human Services (DHS)

~ Vocational Rehabilitation Services (VRS) **SP** **ASL**

www.oregon.gov/dhs

McKenzie Center, 2885 Chad Dr., Eugene

541-686-7878

Springfield Main Street Center, 101 30th St.

541-726-3525

Counseling, skills training, and job placement for people who meet state criteria.

Oregon Family Support Network SEE FAMILY EDUCATION/SUPPORT

Pearl Buck Preschool **SP**

www.pearlbuckcenter.com

renee.vannorman@pearlbuckcenter.com

3690 West 1st Ave., Eugene

541-484-4666

Specialized services to families with special needs: home-based parenting support to eligible parents and their babies, preschool (ages 2-5), case management, and home visits.

Positive Community Kitchen **SP**

positivecommunitykitchen.org

Fran Calciano; 541-249-4942 ext.102

fran@positivecommunitykitchen.org

Meals for people who are in crisis due to cancer or life-threatening illness. Prepared by volunteer adults and teens and delivered free to clients' homes.

Tamarack Aquatic Center SEE RECREATION

University of Oregon Speech-Language-Hearing Center **SP** *

https://education.uoregon.edu/hedco-clinic/speech-language-hearing-center

HEDCO Clinic, 1655 Alder St., Suite 170, Eugene

541-346-0923

Full range of clinical and consultative speech, language, and hearing services for individuals of all ages. Services include speech delays/disorders, cognitive impairments following TBI or stroke, stuttering, voice, etc. Sliding-fee scale available.

SUBSTANCE ABUSE RECOVERY

Center For Family Development SEE COUNSELING

Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT

Chrysalis ~ a program of White Bird **SP** *

350 East 11th Ave., Eugene

541-683-1641

Outpatient drug and alcohol treatment for adults (ages 18 and older). DUII treatment for adults. Evening acupuncture clinic for detox, maintenance, and other medical needs available for adults (ages 18 and older); \$10 - \$20/session.

Emergence Mental Health/SP AOD and Gambling; 541-741-7107

2149 Centennial Plaza, Suite 4, Eugene

541-741-7107

1040 Oak St., Eugene

541-342-6987

1461 Oak St., Eugene

541-687-9139

374 Q St., Springfield

541-746-4041

1932 Pine St., Florence

541-997-8509

78B Centennial Loop, Eugene AOD/Administration; 541-687-8820

Outpatient alcohol and drug treatment, gambling treatment, and mental health counseling. OHP accepted for AOD treatment and mental health services.

Looking Glass Community Services **SP**

260 East 11th Ave., Eugene

541-484-4428

Outpatient substance abuse prevention and mental health assessment for youth (ages 11-20) and their families. Individual, family, and group therapy. Family-focused, skill-based, and trauma-informed services. Locations in Eugene, Cottage Grove, Veneta, and Junction City. OHP, private insurance, sliding-fee scale. Grant funding for clients with low income who qualify.

Nar-Anon Family Eugene-Springfield Group **SP** *

www.nar-anon.org

wso@nar-anon.org

541-726-1880 or 1-800-477-6291

Support group meetings for family members and friends affected by a loved one's drug or alcohol abuse. Call for meeting times and places. No dues or fees.

Relief Nursery, Inc. SEE FAMILY EDUCATION/SUPPORT

Serenity Lane

www.serenitylane.org

info@serenitylane.org

Residential Treatment

541-687-1110 or 1-800-543-9905

Outpatient Treatment

541-485-1577

Alcohol/drug treatment for adults 18 and older. Most insurance accepted.

Willamette Family, Inc. **SP**

www.wfpts.org

info@wfpts.org

Detoxification and Sobering

541-343-6512

Rapid Access Center

541-762-4300

195 West 12th St., Eugene (admissions to all services)

Quality mental health and substance abuse/addiction care for adults, youth, and families in an atmosphere that promotes compassion, respect, and well-being. **Adult Outpatient:** Eugene, Springfield, Cottage Grove. **Adult Residential Treatment:** Women and Children, Women Without Children, Men. **Mental Health Services:** Adults, Children. **Diversion Services:** DUII in Eugene, Springfield, Cottage Grove. **Transitional Program:** Intensive Day Treatment, Dads Program.

**Spanish translation by
Gabriela Fabián-Santiago provided in
collaboration with Head Start of Lane County.**

*Parenting
Now!*



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

Eugene Active 20-30 Club
P.O. Box 365; Eugene, OR 97440
www.eugene2030.org

"A person never stands so tall as when kneeling to help a child."