Eugene School District 4J
www.4j.lane.edu
200 North Monroe St.  541-790-7700 or  541-790-7717
Student-run child care/play/early education programs at North Eugene and South Eugene High Schools. See parent program at Early College and Career Options. After-school programs at some schools; contact schools for information.

Family Connections of Lane and Douglas Counties
www.lane.educare.org  541-463-3954 or 1-800-222-3290
Lane Community College, 4000 East 30th Ave., Bldg. 24, Eugene
Training and technical assistance to early childhood educators and child care providers.

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 ASSAULT

Center for Community Counseling
www.cceugene.org  info@cc Eugene.org
1465 Coburg Rd., Eugene  541-344-0620
Low-cost counseling to uninsured and underinsured adults. Services include individual counseling, support groups, and classes. Sliding-fee scale: $5–$40.

Center for Family Development
www.cf.org
261 East 12th Ave., Eugene (walk in services)  541-242-2937
Family and individual counseling for mental health issues and substance use disorders for children, adolescents, and adults. OHP and some other insurance accepted. Sliding-fee scale or funding assistance available for some services.

Center for Family Therapy
https://education.uoregon.edu/hedo-clinic/center-family-therapy
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene  541-346-0923
Therapy for intimate relationships, families, and individuals provided by OUS graduate student interns supervised by faculty and advanced clinicians. Day and evening weekdays.

Centro Latino Americano
SEE FAMILY EDUCATION/SUPPORT

Child and Family Center
www.cfcc.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 include brief and longer-term intervention, assessment, family and child therapy, parenting help, and referrals.

The Child Center
www.thetchildcenter.org
3995 Marcola Rd., Springfield  541-726-1465
Mental health services for 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 Program (see Helplines).

Child Development and Rehabilitation Center
SEE MEDICAL • DENTAL

Direction Service Counseling Center
www.directionservice.org
576 Olive St., Suite 307, Eugene  541-344-7203
Outpatient counseling and mental health support for adults, children (ages 18 months and older), adolescents, and families. Private insurance and OHP accepted. Call for information about walk-in assessment program.

Looking Glass Community Services
www.lookingglass.org
260 East 11th Ave., Eugene  541-484-4428
Outpatient mental health treatment and substance abuse prevention for youth and their families. Individual, family, and group therapy; family-focused, skill-based, and trauma-informed services. Locations in Eugene, Cottage Grove, and Junction City. OHP, private insurance, and sliding-scale fee.

Ophelia’s Place
www.opheliasplace.net  info@opheliasplace.net
1577 Pearl St., Suite 100, Eugene  541-284-4333
Support and empowerment center for girl-identified youth (ages 10–18). On-site counseling by appointment, after-school program, resources Monday–Thursday, 3–6 p.m. Call for orientation information.

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

Oregon Community Programs
www.orcommunityprograms.org  info@orcommunityprograms.org
1170 Pearl St., Eugene  541-743-4340
Scientifically-validated support for youth/families with behavioral concerns. Individual, group, and treatment fostering services with extended support for biological, adoptive, and foster families.

Relief Nursery, Inc.
SEE FAMILY EDUCATION/SUPPORT

White Bird Crisis Center
www.whitebirdclinic.org
341 East 12th Ave., Eugene  541-687-4000 or 1-800-422-7558
Cohorts of non-emergency numbers: 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, daily, 11 a.m.–3 a.m.

Willamette Family, Inc.
SEE SUBSTANCE ABUSE/RECOVERY

FAMILY EDUCATION & SUPPORT

4J Young Parent Program
http://ecco.4j.lane.edu/543-2
Doerrle@4j.lane.edu
Early College and Career Options (ECCO) High School
Lane Community College
4000 East 30th Ave., Bldg. 10, Room 118, Eugene  541-463-3950
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 at LCC.

Act for Families/Birth Your Way
www.ActForFamilies.org
Research and Education Division, Oregon Research Institute
1776 Millrace Dr., Eugene  541-434-1621
Low-cost classes and workshops for childbirth and parenting from birth to age 2. Focus on reducing stress, strengthening relationships, and nurturing child well-being. Year round.

Adoption Connections of Oregon
www.adoptionconnectionsoregon.org
AdoptionConnectionsOregon@gmail.com
Non-profit organization of families and individuals offering support, education, multi-cultural activities, and friendship to anyone touched by adoption. Information and referral services.

The Arc Families Connected
SEE SPECIAL NEEDS

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

Catholic Community Services
www.CCSSC.org
Linthompson@CCSC.org
541-345-3628, ext. 312
Programs with on-one support for families, including home visits with a professional case manager, connections with resources, budgeting, and parenting tools.

Center for Community Counseling
SEE COUNSELING CENTER FOR DIALOGUE AND RESOLUTION • PARENT/TEEN PROGRAM

Center for Community Counseling
www.lancedrc.org
info@lancedrc.org
93 Van Buren St., Eugene  541-344-5366
Private, personalized, and balanced opportunities for good parenting relationships between teens and parents for issues involving trust, privacy, chores, curfew, dating, grades, drug-use, friends, and more.

Centro Latino Americano
www.centrolatinoamericano.org
info@centrolatinoamericano.org
944 West 5th Ave., Eugene  541-687-2667
Mental health, alcohol and addiction counseling, case management (e.g., food boxes, employment advocacy, housing) health resource navigation, youth mentoring, and wrap-around services.

Child and Family Center
SEE COUNSELING

The Child Center
www.childcenter.org
1400 East 12th Ave., Eugene  541-774-0990
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.familylefrenchu.org
info@frmc.org
720 North 14th St., Cottage Grove (office)  541-942-4835
Early childhood preschool classes, parent education classes, referrals, resource library, clothing closet, and respite. Serves South Lane and North Douglas counties.

Family Resource Centers of Lane County
Bethel School District Family Center  541-461-6241, ext. 2539
Cottage Grove/Creswell: A Primary Connection  541-942-4967
Marcola Family Resource Center
541-933-2411, ext. 1216
McKenzie Family Resource Center  541-822-1108 or 541-822-1110
Pleasant Hill Family Resource Center
541-782-3281
Springfield Public Schools Family Resource Centers
541-744-7679
Support and activities for families, including parenting classes, play groups, information and referrals, family literacy and math nights, computer access, after school activities, and volunteer opportunities.

First Place Family Center
SEE BASIC NEEDS.

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

Oregon Family Support Network
www.ofsn.org
info@ofsn.org
724 Centennial Loop, Suite 150, Eugene  541-342-2876
Family-mediated organization working with families dealing with mental health challenges by providing respite, family fun events, peer support, resources and referrals, systems navigation, wraparound partners, and advocacy.

Parent Partnership
SEE FUNDING/RESOURCES • DENTAL

ParentingNow! - McKenzie Vento and First Steps Childcare
www.parentingnow.org
kkpartners@qwestoffice.net
1310 South 8th St., Cottage Grove  541-942-2104
Four programs providing resources to encourage school attendance and promote student success. Collaborates with South Lane School District.

Parenting Day
86 Centennial Loop, Eugene, OR 97401
www.parentingday.org
info@parentingday.org
Office: 541-484-5316
Fax: 541-484-1449
Parenting education/support services for parents with services for parents experiencing high levels of stress.

Relief Nursery, Inc.
www.reliefnursery.org
1730 West 25th Ave., Eugene  541-485-0007
850 South 42nd St., Springfield
Strength-based support for families with low income and children under 6; crisis response, home visiting, therapeutic classrooms, early childhood special education, parenting classes, child development, and respite support. No cost.

Statewide Parenting Circus
SEE ACT FOR FAMILIES

Twins & Beyond
www.twinsandbeyond.com
info@twinsandbeyond.com
Support group for families in Lane County with twins, triplets, and higher order multiples.
The Compassionate Friends
www.eugenecompassionatefriends.org
eugenecompassionatefriends@gmail.com
541-354-5510
Personal comfort, hope, and support offered to everyone who has experienced the death of a son or daughter, brother or sister, or grandchild. Assistance also offered to others to support the grieving family.

Courageous Kids Grief Support for Youth*
www.courageouskidsoregon.org
jennings@peacehealth.org
677 East 12th Ave., Suite N 180, Eugene
541-242-8693
Grief support for bereaved children and teens (ages 6-17) and their families. Weekly support groups and annual summer camp. No fee, donation requested.

First Candle
www.firstcandle.org
info@firstcandle.org
Bereavement support for those affected by the death of a baby.

Hospice of Sacred Heart
www.peacehealth.org
677 East 12th Ave., Suite N 110, Eugene
541-461-7550
Grief classes 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

La Leche League of Eugene
www.lclaeag.org
165 East 7th Ave., Suite 300, Eugene
541-866-7834
Assistance absent and supporting parents; establishing, modifying, and enforcing child support orders; and parent/child support payments.

Victim Services Program
www.co.lane.or.us/VS
541-682-4523
District Attorney’s Office, 125 East 8th Ave., Room 400, Eugene
Provides support to crime victims, Criminal-justice education, and ongoing case management/crisis intervention for victims experiencing domestic violence and persons petitioning for Family Abuse Prevention Act restraining orders.

The Child Center SEE COUNSELING
Eugene Public Library
www.eugene-or.gov/library
Children’s Center: 541-682-8316
Downtown Library,
100 West 10th Ave.
Bethel Branch, 1990 Echo Hollow Rd.,
Sheldon Branch, 1556 Gahrbur Rd.,
Books on parenting and child development; children’s books, movies, music CDs; online resources through library website. Storytimes for babies, toddlers, and preschoolers, plus special family events. All events free. Connect on Facebook and Twitter. 541-625-9501

La Leche League of Eugene*
www.lclaeag.org
Breastfeeding Helpline: Facebook: La Leche League of Eugene 541-744-6055
Mother-to-mother breastfeeding help through monthly meetings and phone support.

Oregon Coparenting
www.oregoncoparenting.org
541-744-6055
Information and education resources for parents who have experienced the death of a child, including informational resources, support groups, and counseling.

Postpartum Support International (PSI)
www.postpartum.net
1-800-944-4773
Weekly phone forums, every Wednesday for moms, first Monday for dads. Visit website or call for information. For local services, including warm line, see Pregnancy • Childbirth • Postnatal Support • Adoption. www.WellMama, Inc.

White Bird Crisis Center SEE COUNSELING
Women’space SEE CHILD ABUSE/NEGLECT • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

CHILD SAFETY SEAT RESOURCE CENTER
childsafetyseat.org

American Red Cross SEE MEDICAL • DENTAL
Catholic Community Services SEE BASIC NEEDS
Cornerstone Community Housing SEE BASIC NEEDS
Housing and Community Services Agency of Lane County SEE BASIC NEEDS
Oregon Department of Human Services SEE BASIC NEEDS

GRIEF & LOSS

LEGAL

CASA of Lane County SEE CHILD ABUSE/NEGLECT
• DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT
Center for Dialogue and Resolution — Family Program
www.lanedcr.org
93 Van Buren St., Eugene
541-344-3566
Family members provide opportunities for parents to collaboratively design child custody, parent planning, or modifications of existing plans. Services include separation or divorce, parent/youth, elder, and other family issues.

Lane County Family Mediation
www.lanecourtofjustice.org/mediation/mccm.lane.or.us
151 West 7th Ave., Suite 360, Eugene
541-682-3962
Services include the parent education class “Focus on Children,” custody and parenting time mediation, supervised parenting time, Family Check-Up, Springfield Restorative Justice, and custody evaluations.

Lane County Legal Aid and Advocacy Center
www.lcclac.org
376 East 11th Ave., Eugene
541-485-1017
Quality civil legal services at no cost for residents with low income in Lane County. Legal matters include senior law, domestic violence, government benefits, immigration, and landlord/tenant.

Oregon Department of Justice — Division of Child Support
http://orchildsupport.gov
jesica.d.jenson@doj.state.or.us
165 East 7th Ave., Suite 300, Eugene
541-866-7834
Assistance absent and supporting parents; establishing, modifying, and enforcing child support orders; and parent/child support payments.

Victim Services Program
www.co.lane.or.us/VS
541-682-4523
District Attorney’s Office, 125 East 8th Ave., Room 400, Eugene
Provides support to crime victims, Criminal-justice education, and ongoing case management/crisis intervention for victims experiencing domestic violence and persons petitioning for Family Abuse Prevention Act restraining orders.

The Child Center SEE COUNSELING
Eugene Public Library
www.eugene-or.gov/library
Children’s Center: 541-682-8316
Downtown Library,
100 West 10th Ave.
Bethel Branch, 1990 Echo Hollow Rd.,
Sheldon Branch, 1556 Gahrbur Rd.,
Books on parenting and child development; children’s books, movies, music CDs; online resources through library website. Storytimes for babies, toddlers, and preschoolers, plus special family events. All events free. Connect on Facebook and Twitter. 541-625-9501

Oregon Department of Justice — Division of Child Support
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Victim Services Program
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541-682-4523
District Attorney’s Office, 125 East 8th Ave., Room 400, Eugene
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Children’s Dental Center — Assistance League of Eugene
Churhill High School,
1850 Bailey Hill Rd., Eugene
Assistance League of Eugene 541-485-3721
Dental care for at-risk public school children from families with low income and no insurance.

Community Health Centers of Lane County
www.lancounty.org/chc
Brookside Clinic
1608 Chalmers St., Suite 103, Eugene
541-682-3550
Primary medical care for families: family planning services, preventive medicine and chronic disease management, more.

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

Delta Oaks Clinic
1022 Green Acres Rd., Eugene
541-682-3550
Primary medical care for families: family planning services, preventive medicine, chronic disease management, more.

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

Springfield Schools Health Center
541-744-4130
Appointments: 541-682-3550
Primary medical care to Springfield School District students and families. Well checks, sports physicals, immunizations, reproductive health care. Sliding-scale fee available for uninsured patients.

Dove Medical
www.dovemedical.org
info@dovemedical.org
487 East 11th Ave., Eugene
541-345-DOVE (3683)
See pregnancy counseling. Services include pregnancy testing, decision coaching, and ultrasound for pregnancy diagnosis. Confidential, free of charge.

Eugene School District 4J School Based Health Centers
District Office, 120 West Hilliard, Eugene
541-790-7216
Eugene School District #4J, 1580 Bailey Hill Rd., Eugene
541-790-5287
North Eugene Health Center, 200 Silver Ln., Eugene
541-790-4445
Nurse practitioner and therapist provide medical and mental health services to students and siblings (ages birth-19) enrolled in 4J schools.

Lane County Dental Society
www.lanedentalsociety.org
office@lancedentalsociety.org
2300 Oakmont Way, Suite 110, Eugene
541-686-1175
See 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 home visits, maternity case management, WIC, adult and child immunizations, STD testing and treatment. Call for appointment.

March of Dimes
www.marchofdimes.org/acorey@marchofdimes.org
541-225-5023
Preconception/pheranatal education to improve the health of babies by preventing birth defects, infant mortality, and premature birth. Public health education materials.

Oregon Department of Human Services SEE BASIC NEEDS
Planned Parenthood of Southwestern Oregon
www.ppsoworegon.org
Health Centers
3579 Franklin Blvd., Eugene
541-344-9411
955 Siderman Ave., Eugene
541-344-9411
1450 Birch Ave., Cottage Grove
541-344-9411
Education Programs
3579 Franklin Blvd., Eugene
541-344-9411
Birth control, reproductive/sexual healthcare by expert providers for adults and families. Abortion, pregnancy testing, HIV testing, treatment/STDS, pregnancy testing, HIV testing, treatment, and vasectomy.

Springfield Schools Health Center
SEE MEDICAL — COMMUNITY HEALTH CENTERS OF LANE COUNTY
Volunteers In Medicine Clinic (VIM)
www.vim.org
541-790-8888
See medical information.

~ MEDICAL & DENTAL CONTINUED ON NEXT PAGE
Spanish translation by Gabriela Fabián-Santiago provided in collaboration with Head Start of Lane County.