

ANGER MANAGEMENT

CAFA SEE COUNSELING

BASIC NEEDS

Catholic Community Services ^{SP}

www.CCSLC.org info@CCSLC.org

Community Service Centers

1464 West 6th Ave., Eugene 541-345-3628
1025 G Street Springfield 541-345-3628

Help with basic needs. Services include food, energy assistance, clothing, personal care items, prescriptions, identification, day-use bus passes, information and referral, and immigration services. No cost.

G Street Oasis

First Baptist Church, 1175 G Street, Springfield 541-214-0260

Day program for homeless families in Springfield providing access to laundry, showers, restrooms, and help finding jobs, housing, and other resources.

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. On-site support services that promote opportunities for personal growth and economic independence.

First Place Family Center ^{SP}

www.FirstPlaceFamilyCenter.org
1995 Amazon Parkway, Eugene 541-342-7728

Services for families with children under 18: food, kitchen, laundry, showers, phone, mail service, computers with internet access, two overnight programs. Call for appointment.

Fish

P.O. Box 2412, Eugene 97402 541-689-9750

Volunteers provide food, propane, and limited prescription medication assistance to anyone in need.

Food For Lane County ^{SP}

www.foodforlanecounty.org info@foodforlanecounty.org
770 Bailey Hill Rd., Eugene 541-343-2822

County-wide distribution of emergency food through a network of 150 agencies. Food boxes, no-cost meal sites, gardens, nutrition education, children's and senior programs.

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.

Homes for Good (formerly HACSA) ^{SP}

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

Federal program assists families with rental housing from private landlords and HACSA-owned housing. Access HACSA's website for details on availability.

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 - 6:30 p.m.

INTERPRETATION KEY

-  ASL interpretation available
-  Spanish interpretation available
-  Spanish interpretation available by request

Lane County WIC Program ^{SP}

(Women, Infants and Children Supplemental Food & Nutrition Program)

www.lanecounty.org WIC@co.lane.or.us
151 West 7th Ave., Room 210, Eugene 541-682-4202

Nutrition and feeding information, breastfeeding support, referrals, and help purchasing healthy foods for pregnant and postpartum women and children (ages birth - 5). Eligibility based on health and income screenings.

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), 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, ext. 2

Classes on how to prepare quick, tasty, and healthy family meals and snacks on a limited budget.

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, Temporary Assistance for Needy Families, Temporary Assistance for Domestic Violence Survivors, and food benefits with training and employment opportunities via our STEP partners.

Parent Partnership SEE FAMILY EDUCATION/SUPPORT

ShelterCare ~ Housing, Health & Wellness ^{SP}*

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

Springfield Salvation Army

www.salvationarmyusa.org
janise.spencer@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}*

Crisis Response Program Hotline: 1-888-989-9990

www.jaspermountain.org
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 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. Facilitates multidisciplinary child abuse investigations while providing support to children and their families.

Lane County Legal Aid/Oregon Law 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: 541-349-4444
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-SASS (7277) or 1-800-404-7700
www.sass-lane.org Office/TDD: 541-484-9791
591 West 19th Ave., Eugene (drop-in center)

Services for survivors of sexual violence and their supporters. 24-hour crisis line, medical and legal advocacy, individual and peer counseling, support groups, information and referral. Call for hours.

The Survivors Justice Center SEE LEGAL ~ LANE

COUNTY LEGAL AID/OREGON LAW 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

211 Info SEE HELPLINES

American Red Cross SEE MEDICAL • DENTAL

The Arc Lane County/Jumpstart ^{SP}*

www.arclane.org annie.wahto@arclane.org
4181 E St., Springfield Annie Wahto: 541-343-5256
Skill building and enrichment program for children and young adults (ages 5 - 21) who experience I/DD. After-school/no-school/Saturday programs available.

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} 541-790-7707

For community: Childcare/preschool programs at North Eugene and South Eugene High Schools. For students: Teen parent program. Before/after-school childcare available at some schools.

~ CHILD CARE CONTINUED ON NEXT PAGE

Family Connections SEE CHILD CARE ~ QUALITY CARE CONNECTIONS

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

Quality Care Connections **SP**
www.lanecce.edu/ffc 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.

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 info@cceugene.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 **SP***
www.c-f-d.org
261 East 12th Ave., Eugene (walk in services) 541-342-8437

Outpatient services for mental health and substance use disorders for children, adolescents, and adults. OHP and some commercial insurance accepted. Sliding-fee scale and funding assistance available for some services.

Center for Healthy Relationships **SP***
(formerly 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 provided by UO graduate student interns supervised by faculty and advanced clinicians. Day and evening weekday hours. Sliding-fee scale.

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 include brief and longer-term intervention, assessment, family and child therapy, parenting help, and referrals.

The Child Center
www.thechildcenter.org
3995 Marcola Rd., Springfield 541-726-1465

Mental health services for families throughout Lane County, including assessment, outpatient counseling, intensive outpatient counseling, psychiatric day treatment, wellness, parenting classes, ABA autism, and 24-hour Crisis Response Program (see Helplines).

Child Development and Rehabilitation Center
SEE MEDICAL • DENTAL

Direction Service Counseling Center **SP***
www.directionservice.org
576 Olive St., Suite 307, Eugene 541-344-7303

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.

Laurel Hill Center **SP***
www.laurelhill.org
2145 Centennial Plaza, Eugene 541-485-6340

Services to help people with psychiatric disabilities make choices and acquire skills that increase their self-reliance and ability to live and work in the community.

Looking Glass Community Services **SP**
www.lookingglass.us
260 East 11th Ave., Eugene 541-484-4428

Mental health and adolescent substance abuse treatment services. Individual, family and group therapy in Eugene, Springfield and Junction City. OHP, private insurance, and sliding-fee scale.

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

Ophelia's Place **SP**
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 **SP**
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 and teens, Circle of Security Groups, Intensive Safety & Reunification Services, Parent-Child Interaction Therapy, Intensive Children's Treatment Services.

Oregon Community Programs **SP***
www.oregoncommunityprograms.org info@oregoncp.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 **SP**
www.whitebirdclinic.org crisis@whitebirdclinic.org
341 East 12th Ave., Eugene 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, daily, 11 a.m. - 3 a.m.

Willamette Family, Inc. SEE SUBSTANCE ABUSE/RECOVERY

FAMILY EDUCATION & SUPPORT

4J Young Parent Program **SP**
http://ecco.4j.lane.edu/543-2 donnelly_s@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 Way
www.ActForFamilies.org actforfamilies@gmail.com
151 West 7th Ave., Room 210, Eugene 541-833-0017

Free classes for childbirth and parenting from pregnancy to age 2. Focus on finding confidence and ease during pregnancy, birth and postpartum. Year round.

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

Catholic Community Services **SP**
www.CCSLC.org
cpickering@CCSLC.org 541-345-3628, ext. 312

Programs with one-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 **SP**
www.lanecdr.org info@lanecdr.org
93 Van Buren St., Eugene 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 **SP**
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 wraparound services.

SAFE KIDS ~ CAR SEAT SAFETY TIPS
www.safekids.org/car-seat

Child and Family Center SEE COUNSELING

The Child Center SEE COUNSELING

Eugene Family Resource Network **SP**
longoria@4j.lane.edu 541-790-7230
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 **SP**
www.familyreliefnursery.org crystaln@frncg.org
1720 North 14th St., Cottage Grove (office) 541-942-4835

Early childhood preschool classes, parent education classes, referrals, resource library, food pantry, clothes closet, and respite. Serves South Lane and North Douglas counties.

Family Resource Centers of Lane County **SP**
Bethel School District Family Center 541-607-1449
Cottage Grove/Creswell: A Primary Connection 541-942-4967

Fern Ridge Family Resource Center 541-952-7049
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 541-736-0495

Springfield Public Schools Family Resource Centers 541-744-6769

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 **SP**
www.hsolc.org mbell@hsolc.org
221 B St., Springfield 541-747-2425

Comprehensive early learning programs for pregnant women and children to age 5 in families with limited income. Health, social services, advocacy, parenting education.

Healthy Families Lane County **SP**
sarah.closser@co.lane.or.us 541-682-7425
151 West 7th Ave., Eugene

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 community resources.

Lane County Youth Services SEE LEGAL

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

Family-led 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 ~ McKinney Vento and First Steps Childcare
www.parentpartnership.org parentpartner.ha@gmail.com
Facebook: parentpartnershipcg
1440 Birch Ave., Cottage Grove 541-942-2104

Four programs providing resources to encourage school attendance and promote student success. Collaborates with South Lane School District.

Parenting Now! **SP**

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 TWOS; Thrilling THREES; Program for Young Parents* (ages 12-21) who are pregnant or already parenting; *Make Parenting A Pleasure* for parents experiencing high levels of stress; *Creecer* for Spanish-speaking families; *Playtime for Parents and Children*; and *Baby Connection* (see Pregnancy • Childbirth • Postnatal Support • Adoption).

Pearl Buck Preschool SEE SPECIAL NEEDS

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

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 counseling, and recovery support. No cost.

Safe Kids West Eugene ~ sponsored

by PeaceHealth

www.peacehealth.org jqole3@peacehealth.org
3333 RiverBend Dr., Springfield 541-222-1787

Preventive education and resources to reduce the incidence and severity of injuries to children up to age 21.

Twins & Beyond

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

FINANCIAL ASSISTANCE

American Red Cross SEE MEDICAL • DENTAL

Catholic Community Services SEE BASIC NEEDS

Cornerstone Community Housing SEE BASIC NEEDS

Homes For Good SEE BASIC NEEDS

Oregon Department of Human Services SEE BASIC NEEDS

GRIEF & LOSS

The Compassionate Friends

www.eugenecompassionatefriends.org
eugenecompassionatefriends@gmail.com 541-554-5510

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 support the grieving family.

Courageous Kids Grief Support

for Youth **SP***

www.courageouskidsoregon.org ijennings@peacehealth.org
677 East 12th Ave., Suite N 180, Eugene 541-461-7577

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 1-800-221-7437
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 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 **SP**

www.211info.org children@211info.org **Helpline: 211**
Text "children" to 898211

Referrals and information, for Oregon and SW Washington communities, to make connections with local resources, including child care, parenting support, foster care support, school readiness, and more.

Crisis Response Program **SP**

24-hour service to families in Lane County by The Child and Adolescent Network, providing telephone and community-based mental health crisis intervention for children and adolescents.

First Candle SEE GRIEF/LOSS

Fussy Baby Network **SP**

www.erikson.edu/fussybaby fussybaby@erikson.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. Infant specialist will answer or return calls, and respond to email as soon as possible. No cost.

La Leche League of Eugene **SP***

lalecheleagueoregon.webs.com **Breastfeeding Helpline:**
Facebook: [La Leche League of Eugene](https://www.facebook.com/LaLecheLeagueofEugene) 541-744-6055

Mother-to-mother breastfeeding help through monthly meetings and phone support.

Postpartum Support International (PSI) **SP**

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 ~ 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

~ Family Program **SP**

www.lanecdr.org info@lanecdr.org
93 Van Buren St., Eugene 541-344-5366

Family mediators provide opportunities for parents to collaboratively design child custody, parenting plans, or modifications of existing plans. Services include separation or divorce, parent/youth, elder, and other family issues.

Lane County Youth Services ~ Mediation and Restorative Services **SP***

www.lanecounty.org/mediation mediation@co.lane.or.us
2727 Martin Luther King Jr. Blvd., 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/Oregon Law Center **SP AS**

<http://oregonlawcenter.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 **SP**

<http://oregonchildsupport.gov>
EugeneCustomerService@doj.state.or.us 541-686-7834
165 East 7th Ave., Suite 300, Eugene

Assistance locating absent parents; establishing paternity; establishing, modifying, and enforcing child support orders; and receiving and distributing child support payments.

Victim Services Program **SP**

www.co.lane.or.us/DA 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.

LIBRARIES

The Child Center SEE COUNSELING

Eugene Public Library **SP** General: 541-682-5450
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, 1566 Coburg Rd.

Books, movies, music, and more for parents and children. Free storytimes and activities for kids and family. Internet. Connect on Facebook and Twitter.

Springfield Public Library **SP**

www.wheremindsgrow.org
library@springfield-or.gov 541-726-3766
225 5th St.

Parent and children's materials for check-out or library use. Free weekly storytimes and programs for all ages. Play and learn center. Internet and meeting rooms.

MEDICAL & DENTAL

American Red Cross ~ Southwest Oregon Chapter

www.redcross.org/local/oregon
440 East Broadway Ave., Eugene **Voice/TDD: 541-344-5244**

First Aid/CPR/AED training for pediatrics and adults, as well as babysitting and other health and safety classes. Call or visit website to register for classes.

Bethel Health Center **SP**

<http://blogs.bethel.k12.or.us/bshc> 541-607-1430
1525 Echo Hollow Rd., Suite A, Eugene

Comprehensive health care services provided by nurse practitioner for ages 1-19. Mental health counseling. Insurance billed, including OHP. Sliding-fee scale option.

Child Development and Rehabilitation Center **SP***

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.

Community Health Centers of Lane County

www.lanecounty.org/chc

Brookside Clinic **SP** 541-682-3550
1680 Chambers St., Suite 103, Eugene

Primary medical care for families: family planning services, preventive medicine and chronic disease management, more.

Charnelton Community Clinic **SP** 541-682-3550
151 West 7th Ave., Suite 100, Eugene

Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

Delta Oaks Clinic **SP** 541-682-3550
1022 Green Acres Rd., Eugene

Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services. OHP enrollment assistance.

Lane County Behavioral Health Primary Care **SP** 541-682-3550
2411 Martin Luther King Jr. Blvd., Eugene

Primary medical care for families: family planning services, preventive medicine, chronic disease management, more.

RiverStone Clinic **SP** 541-682-3550
2073 Olympic St., Springfield

Family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

Springfield Schools Health Center **SP** 541-744-4130
1050 10th St., Springfield **Appointments: 541-682-3550**

Primary medical care to Springfield School District students and families. Well child checks, sports physicals, immunizations, reproductive health care. Sliding-fee scale available for uninsured patients.

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, and ultrasound for pregnancy diagnosis. Confidential, free of charge.

Eugene School District 4J School Based Health Centers **SP**

District Office, 120 West Hilliard, Eugene 541-790-7216
Churchill Health Center, 1850 Bailey Hill Rd., Eugene 541-790-5227

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@lanedentalsociety.org
2300 Oakmont Way, Suite 110, Eugene 541-686-1175

Information on low-cost dental services without specific dental practitioner recommendations.

Lane County Public Health Services **SP**

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 jrogovoy@marchofdimes.org
<http://nacarsano.marchofdimes.org> **SP** 971-270-2885

Preconception/prenatal 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 Health Centers

www.ppsworegon.org
3579 Franklin Blvd., Eugene **SP** 541-344-9411
793 North Danebo Ave., Eugene **SP** 541-344-9411

1450 Birch Ave., Cottage Grove **SP** 541-344-9411

Education Programs

3579 Franklin Blvd., Eugene 541-344-1611

Birth control, reproductive/sexual healthcare by expert providers for adults and teens. Annual exams, pregnancy testing, HPV vaccination, testing/treatment for STDs, HIV testing, abortion, and vasectomy.

Springfield Schools Health Center SEE MEDICAL

~ COMMUNITY HEALTH CENTERS OF LANE COUNTY

Volunteers In Medicine Clinic (VIM) **SP**

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.

~ MEDICAL & DENTAL CONTINUED ON NEXT PAGE

NATIONAL POISON CONTROL CENTER
1-800-222-1222

White Bird Community Dental Clinic **SP**
www.whitebirddental.com
 1400 Mill St., Eugene 541-344-8302
 Dental care on a sliding-fee scale for Lane County residents. OHP accepted. Emergency clinics for patients in pain. On-going dental care by appointment. Call for hours or check website.

White Bird Medical Clinic **SP***
www.whitebirddental.com/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

1st Way Pregnancy Resource Center **SP***
www.1st-way.org firstwayeugene@gmail.com
 1162 B St., Suite 213, Springfield 541-687-8651
 Free pregnancy testing and ultrasound available on-site and in mobile unit. Baby and children's clothing, some furniture. Visit website for schedule.

Adoption Connections of Oregon SEE FAMILY EDUCATION/SUPPORT

Baby Connection
 86 Centennial Loop, Eugene 541-484-5316
 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
 990 West 7th Ave., Eugene 541-505-1139

No cost professional postpartum services from IBCLCs, postpartum doulas. Walk-in IBCLC breastfeeding support and baby music classes open to all, registration unnecessary. Availability/hours on website.

Doulas of Lane County
www.doulaoflaneocounty.com
 A network of birth and postpartum doulas offering information, physical comfort, emotional support, and practical help for childbirth experiences and the early weeks of caring for newborns.

Dove Medical SEE MEDICAL • DENTAL

Healthy Families Lane County SEE FAMILY EDUCATION/SUPPORT

La Leche League Eugene/Springfield SEE HELPLINES

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 connects families to community resources as needed. Level II Nursery and 24/7 Laborist in-house.

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., Ste. 310, Eugene
 Certified Nurse Midwives provide comprehensive prenatal care, birth, and postpartum services regardless of ability to pay.

Nurse Midwifery Birth Center
www.peacehealth.org/sacred-heart-riverbend/nurse-midwifery-birth-center
 353 Deadwood 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

WellMama, Inc. **SP** Warm Line: 1-800-896-0410
www.wellmamaoregon.org info@wellmamaoregon.org
 150 Shelton McMurphy Blvd., Suite 208, Eugene
 Maternal mental health support services for women and their families in Lane County struggling with emotions related to pregnancy and postpartum health issues. No cost.

RECREATION

City of Eugene Recreation Services **SP**
www.getrec.org
 100 West 10th Ave., Suite 321, Eugene 541-682-5333
 Pools, outdoor programs, senior and family activities, and child care.

Eugene Family YMCA **SP***
www.eugeneymca.org holly@eugeneymca.org
 2055 Patterson St., Eugene 541-686-9622
 Certified child care (ages 2 1/2 - 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 and afterschool 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.tamarackaquatic.org info@tamarackaquatic.org
 3575 Donald St., Suite 300, Eugene 541-686-9290
 Warm water lessons for ages 6 months and up. Scholarships available with OHP and SNAP verification. SwimLife safety training classes for infants and children. Call for information.

Willamalane Park and Recreation District **SP** www.willamalane.org
 250 South 32nd St., Springfield 541-736-4544
 Bob Keefer Center 541-736-4544
 Splash! At Lively Park 541-736-4244
 Willamalane Park Swim Center 541-736-4080
 Parent-child classes, preschool, after-school care, swim lessons, special events, and more.

SPECIAL NEEDS

The Arc Families Connected **SP***
www.arcfamiliesconnected.com
 4181 E St., Springfield Laura Dahill: 541-343-5256, ext. 113
 Programs to reduce isolation and build community connections for families raising a child with a developmental disability. Services include support groups, family trainings, mentoring, community access, and advocacy.

The Arc Lane County/Jumpstart SEE CHILD CARE
Child Development and Rehabilitation Center
 SEE MEDICAL • DENTAL

Direction Service, Inc. **SP**
www.directionservice.org
 1144 Gateway Loop, Suite 200, Springfield 541-686-5060
 Information and referral on disability-related topics/resources. Service coordination and planning for families who have youth with disabilities or suspected disabilities. No cost.

Early Childhood CARES
<http://earlychildhoodcares.uoregon.edu>
eccares@uoregon.edu 541-346-2578 or 1-800-925-8694
 1500 West 12th Ave., Eugene **SP** 541-346-0742
 Early intervention and early childhood special education for children birth to school age who have delays in development. Call for a free developmental screening. Free educational services to eligible children.

March of Dimes SEE MEDICAL • DENTAL

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

Oregon Department of Human Services (DHS)
 ~Vocational Rehabilitation Services (VRS) **SP ASL**
www.oregon.gov/dhs
 McKenzie Center, 2885 Chad Dr., Eugene 541-684-2450
 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
lise.schellman@pearlbuckcenter.com
 3690 West 1st Ave., Eugene 541-484-4666
 Specialized services for parents with cognitive limitations: home based parenting support for qualifying parents and their babies, preschool (ages 2-5), home visits, case management, outreach.

Positive Community Kitchen **SP**
positivecommunitykitchen.org info@positivecommunitykitchen.org Fran: 541-249-4942, ext. 102
 Meals for people 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
 Clinical and consultative speech/language services for 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 for adults (ages 18 and older), \$10 - \$20/session.

Emergence Mental Health: 541-741-7107
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 SEE COUNSELING

Nar-Anon Family Eugene-Springfield Group
www.nar-anon.org 541-726-1880 or 1-800-477-6291
wso@nar-anon.org

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
admissions@serenitylane.org
 Residential Treatment 541-687-1110 or 1-800-543-9905
 Outpatient Treatment 541-485-1577
 Alcohol/drug treatment in Oregon and Washington for adults 18 and older. Most insurance accepted.

Willamette Family, Inc. **SP**
www.wfts.org info@wfts.org
 Detoxification and Sobering 541-343-6512
 Rapid Access Center 541-762-4300
 195 West 12th St., Eugene (admissions to all services)
 Quality substance abuse treatment, mental health, detoxification, primary medical, on-site child care, and family services. Residential and outpatient settings.



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."