Parenting Now!

resources.parentingnow.org

2019 Resources for Families

ANGER MANAGEMENT

CAFA (Christians As Family Advocates) SEE COUNSELING

BASIC NEEDS

Catholic Community Services SP
www.CCSLC.org info@CCSLC.org
1464 West 6th Ave., Eugene 541-345-3628
1025 G Street, Springfield 541-345-3628
Services include food, energy assistance (as funding is available), personal care items, prescription assistance, ID and birth certificate assistance, day-use bus passes, information and referrals, and immigration services. No cost.

Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT

Cornerstone Community Housing SP
www.cornerstonecommunityhousing.org
info@cornerstonecommunityhousing.org
1175 Charnelton Street, Eugene 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 Housing Agency 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 provides rental housing managed by Homes for Good. Visit website for more information.

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.

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 5station7@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
Oakridge Center, 48310 East First St. 541-782-4217
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.

Salvation Army of Lane County
www.eugene.salvationarmy.org
640 West 7th Ave., Eugene 541-343-3328
www.springfieldor.salvationarmy.org
1275 Mill St., Springfield 541-747-6229
Food boxes, furniture assistance (no appliances), clothing vouchers for families (one per 12-month period), and limited rental assistance with 72-hour eviction notice. Call for hours.

ShelterCare ~ Housing, Health & Wellness SP*
www.sheltercare.org
scadmin@sheltercare.org Office: 541-686-1262
499 West 4th Ave., Eugene Rental Assistance: 541-689-3785
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.

INTERPRETATION KEY
ASL ASL interpretation available
SP Spanish interpretation available
SP* Spanish interpretation available by request

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 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
www.sass-lane.org
Crisis/Support Line: 541-343-SASS (7277) or 1-844-404-7700 (toll-free)
591 West 19th Ave., Eugene (drop-in center) Office: 541-484-9791
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
Providing safety, hope, and healing for survivors of domestic violence. Serving people of all genders throughout Lane County. Servicios en Español.

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, community inclusion, and enrichment program for children (ages 5 ~ 14) who experience I/DD. After-school/no-school/Saturday programs available.

Bethel School District Young Mothers and Fathers Program SEE FAMILY SUPPORT/EDUCATION

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 many elementary schools.

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

Oregon Department of Human Services SEE BASIC NEEDS

Parent Partnership ~ First Steps Childcare
www.parentpartnership.org parentpartner.ha@gmail.com
Facebook: parentpartnershipcg
1440 Birch Ave., Cottage Grove 541-942-2104
Childcare for teen parents and personnel in the South Lane School District.

Quality Care Connections SP
www.lanecc.edu/lfc 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 (18 and over). 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*
https://hedcoclinic.uoregon.edu/services/therapy-individual-and-relational
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
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 teen substance abuse treatment services. Individual and group treatment available in Eugene, Springfield, Junction City, and Cottage Grove. Accept OHP, most insurance, and self pay.

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 johnson_jul@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 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

Bethel School District Young Mothers and Fathers Program
Stella.ganfield@bethel.k12.or.us 541-689-0734, ext. 4119
Willamette High School, 1801 Echo Hollow Rd., Eugene
Teen parent support program, including high school diploma/GED, parenting education, free onsite childcare, and more. Ages up to 21.

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
1400 Cross 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.

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
720 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
Oakridge 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, 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
151 West 7th Ave., Eugene 541-682-7425
Free parent support program provides parent education to new parents, beginning prenatally or after birth. Family Support Specialists work with parents to strengthen and cultivate a positive parent-child relationship.

Lane County Youth Services SEE LEGAL

Oregon Family Support Network SP
www.ofsn.org ofsnlane@ofsn.net
72A Centennial Loop, Suite 150, Eugene 541-342-2876
Support for families raising a youth with emotional, behavioral, or mental health challenges (no diagnosis needed). Respite, support group, family events, advocacy, IEP/504 support.

Parent Partnership SEE CHILD CARE

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 ~ 25) who are pregnant or already parenting; *Make Parenting A Pleasure* for parents experiencing high levels of stress; *Crecer* for Spanish-speaking families; *Car Seat Inspections*; *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 Oregon
www.peacehealth.org/safekids jcole3@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 Housing Agency 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.

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

Courageous Kids Grief Support for Youth SP*
www.courageouskidsoregon.org kkintigh@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. Intake and pre-registration required. No cost.

First Candle 1-800-221-7437
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 458-205-7400
Adult grief support groups available, eight week sessions. Call to register.

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

HELPLINES

211 Info SP
www.211info.org Helpline: 211
children@211info.org 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 1-888-989-9990
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 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 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
1400 Cross 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 ASL
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
165 East 7th Ave., Suite 300, Eugene 1-800-850-0228
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
225 5th St. 541-726-3766
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.

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

MEDICAL & DENTAL

American Red Cross ~ Southwest Oregon Chapter
www.redcross.org/local/oregon
440 East Broadway Ave., Suite 200, 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
www.bethelhealth.center
1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430
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*
541-346-3575
www.ohsu.edu/xd/health/child-development-and-rehabilitation-center
901 East 18th Ave., CSB, Eugene 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
1680 Chambers St., Suite 103, Eugene 541-682-3550
Primary medical care for families: family planning services, preventive medicine and chronic disease management, among other services.
Charnelton Community Clinic SP
151 West 7th Ave., Suite 100, Eugene 541-682-3550
Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.
Delta Oaks Clinic SP
1022 Green Acres Rd., Eugene 541-682-3550
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
2411 Martin Luther King Jr. Blvd., Eugene 541-682-3550
Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services.
RiverStone Clinic SP
2073 Olympic St., Springfield 541-682-3550
Family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.
Springfield Schools Health Center SP
1050 10th St., Springfield 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 SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

Eugene School District 4J School Based Health Centers SP
PeaceHealth Pediatrics 541-222-6414
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
151 West 7th Ave. (2nd & 3rd floors), Eugene www.lanecounty.org
Immunizations, STD Treatment 541-682-4041
Maternal Child Health 541-682-8720
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://nacersano.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.

White Bird Community Dental Clinic SP
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 for patients in pain. On-going dental care by appointment. Call for dates and times or check website.

White Bird Medical Clinic SP*
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.

NATIONAL POISON CONTROL CENTER
1-800-222-1222

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, diapers, some furniture and maternity clothes. Resources for help with insurance and medical care.

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 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.doulasoflanecounty.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
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.

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 SP
Prenatal Clinic
Charnelton Community Clinic,
151 West 7th Ave., Suite 310, Eugene 541-682-8777
Certified Nurse Midwives provide comprehensive prenatal care, birth, and postpartum services regardless of ability to pay.
Nurse Midwifery Birth Center
www.peacehealth.org/nurse-midwifery-birth-center
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

WellMama, Inc. SP
Warm Line: 1-800-896-0410
www.wellmamaoregon.org info@wellmamaoregon.org
150 Shelton McMurphey 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 ½ ~ 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. Baby swims, family swims, and therapeutic exercise classes. Call for information.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255

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.org nancy.berge@arclane.org
4181 E St., Springfield Nancy Berge: 541-343-5256, ext. 100
Programs to reduce isolation and build community connections for families raising a child with an intellectual/developmental disability. Services include family support, trainings, mentoring and advocacy.

The Arc Lane County/Jumpstart SEE CHILD CARE

Child Development and Rehabilitation Center SEE MEDICAL • DENTAL

Direction Service SP
www.directionservice.org info@directionservice.org
1144 Gateway Loop, Suite 200, Springfield 541-686-5060
Planning and support for families who have youth (up to age 23) with disabilities or suspected disability. Information and referral on disability-related resources. No cost.

Early Childhood CARES SP
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

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. 541-736-7812
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 541-249-4942, ext. 102
Meals for people experiencing health crisis due to cancer or life-threatening illness. Prepared with love by teen volunteers and delivered free.

Tamarack Aquatic Center SEE RECREATION

University of Oregon Speech-Language-Hearing Center SP* https://hedcoclinic.uoregon.edu
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