2019 Resources for Families

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

www.laneCounty.org

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

www.lookingglass.us

Station 7 @ lookingglass.us

Crisis: 1-888-689-3113

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

www.foodhero.org

jillian.drewes@oregonstate.edu

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

Oregon Department of Human Services ~ Self-Sufficiency Programs (SSP)

www.oregon.gov/dhs

District Office, 2885 Chad Dr., Eugene 541-687-7373

McKenzie Center, 2885 Chad Dr., Eugene 541-866-7878

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

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

www.sheltercare.org

scadmin@sheltercare.org Office: 541-686-1262

499 West 4th Ave., Eugene 541-747-1235

Rental assistance with 72-hour eviction notice. Call for hours.

Jasper Mountain

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

www.jaspermountain.org

37875 Jasper-Lowell Rd., Jasper 541-747-1235

SAFE Center: 541-747-7402

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)

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)

www.oregon.gov/dhs

Abuse/Neglect Reports: 541-349-4444

Portland: 541-686-7555 1-800-622-4444

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 Services

Sexual Assault Support Services (SASS)

www.oregon.gov/dhs

Crisis/Support Line: 541-343-5A9S (7277) or 1-800-281-7700 (toll-free)

99 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

www.womenspaceinc.org

Office: 541-485-8222

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

See medical/ dental

see recreation

see recreation

see recreation

see recreation

see recreation

see recreation

see recreation
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: parentpartnership
1440 Birch Ave., Cottage Grove 541-942-2104
Childcare for teen parents and personnel in the South Lane School District.
Quality Care Connections  
www.lancce.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.cccuene.org  info@cccucounseling.org
1465 Coburg Rd., Eugene 541-334-0620
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 *  
www.cf.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. OHHP and some commercial insurance accepted. Sliding-fee scale and funding assistance available for some services.
Center for Healthy Relationships  
https://hododoclinic.org/services/therapy-individual-and-relational
HEDCO Clinic, 1635 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://cf.c.uoregon.edu 1600 Milllrose 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  
www.direcionservice.org 576 Olive St., Suite 307, Eugene 541-344-7303
Outpatient counseling and mental health support for adults, children (ages 8 months and older), adolescents, and families. Private insurance and OHP accepted. Call for information about walk-in assessment program.
Laurel Hill Center  
www.laurell.com 2145 Centennial Pk., 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  
www.lookrclass.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. SEENATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255

Ophelia’s Place  
www.opheliasplace.net info@opheliasplace.net 1577 Pearl St., Suite 100, Eugene 541-284-4333
Supports empowering 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 1225 Pearl St., Suite 102, Eugene 541-687-6983
Oregon Community Programs  
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  
www.whitebirdcounseling.com crisis@whitebirdcounseling.com 331 East 12th St., Eugene 541-687-4000 or 1-800-422-7559
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, Cahoots, Cahoots.
Willamette Family, Inc. SEE SUBSTANCE ABUSE/RECOVERY
FAMILY EDUCATION & SUPPORT
4J Young Parent Program  
http://ecco.4j.lane.edu johnson_juli@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.com AdoptionConnectionsOregon@gmail.com
Non-profit organization of families and individuals offers support, education, multicultural 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 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  
www.CCSLC.org opflower@CCSCLC.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  
www.lanedrc.org info@landercd.org 1400 Cross St., Eugene 541-344-5366
Provides personalized, and balanced opportunities for good communication between teens and parents for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, and more.
Centro Latino Americano  
www.centrolatinoamerican.org info@centrolatinoamerican.org 941 West 34th 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  
longtandra@lfrn.org 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  
www.familyresources.org crystaln@frncg.org
270 North 41st 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  
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  
www.hsocl.org mbell@hsocl.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  
www.ofsn.org sfaneane@ofsn.net
72A Centennial Loop, Eugene, OR 97401 541-342-2876
Support and services raising families with emotional, behavioral, or mental health challenges (no diagnosis needed). Respite, support group, family events, advocacy, IEP/504 support.
Pearl Buck Preschool SEE SPECIAL NEEDS
Relief Nursery, Inc.  
www.reliefnursery.org
1720 West 15th Ave., Eugene 541-485-9706
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.

Parenting Now! 86 Centennial Loop, Eugene, OR 97401 541-484-1484
Office: 541-484-5316
Parenting education/support services for parents with infants and young children. Open to all families.
Programs: Incredible INFINITIES: Wonderful ONES; Teen TwoOs: Thrilling THREEEs; 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 Connect (see Pregnancy • Birth • Postnatal Support • Adoption).

SAFE KIDS -- CAR SEAT SAFETY TIPS  
www.safekids.org/car-seat
PREGNANCY & CHILD-BIRTH
POSTNATAL SUPPORT & ADOPTION

1st Way Pregnancy Resource Center
www.1st-way.org
1st Way Eugene
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
www.adoptionconnections.org
3220 SW 11th Ave., Suite 100
541-484-4800
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
487 East 11th Ave., Eugene
541-345-3005
Free pregnancy testing, decision coaching, and ultrasound for pregnancy diagnosis. Confidential, free of charge.

La Leche League Eugene/Springfield
www.lalechelane.org
407 East 11th Ave., Eugene
541-485-4070
Certified child care (ages 2½-11), swim lessons, family fitness and recreation, youth sports, summer camps, and family events. Child care available while parents work out. Financial assistance available.

Eugene Public Library
www.eugenepl.org
1060 Pearl St., Eugene
541-686-5450
No cost professional postpartum services from IBCLCs, postpartum doula. Walk-in IBCLC breastfeeding support and baby music classes open to all, registration unnecessary. Availability/hours on website.

Douglas County WIC Program
www.douglascountywic.org
3350 Beekman Ln., Roseburg
541-672-3462
Free pregnancy testing and ultrasound available on-site, programs for infants and children birth to school age who have delays in development.

Willamalane Park and Recreation District
www.wprd.org
6055 River Road South, Eugene
541-736-4000
In-person and online developmental screenings. Free developmental screening for infants and toddlers. Early intervention and early childhood special education for children ages birth to 3 years with developmental delays. Outreach and intervention for families and children with disabilities.

Willamette Family, Inc.
www.willamettefamily.org
195 West 12th St., Eugene
541-687-0860
Outpatient alcohol and drug 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). Sliding-fee scale available.

Emergence
www.emergence.uoregon.edu
541-484-4800
Program for mental health, substance abuse, and mental health services. Services include individual and group counseling, family therapy, and mental health education.

Looking Glass Community Services
www.lgcs.org
541-484-4800
Services include individual and group counseling, family therapy, and mental health education.

Oregon Department of Human Services (DHS)
www.oregon.gov/dhs/Pages/index.aspx
Services include individual and group counseling, family therapy, and mental health education.

Positive Community Kitchen
www.positivecommunitykitchen.org
541-499-4923, 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
www.amplifinovaquatics.com
541-485-4000
Free pregnancy testing and ultrasound available on-site, programs for infants and children birth to school age who have delays in development.

University of Oregon Speech-Language-Hearing Center
www.oregonstate.uoregon.edu
541-762-4000
Services include individual and group counseling, family therapy, and mental health education.

Willamette Family, Inc.
www.willamettefamily.org
195 West 12th St., Eugene
541-687-0860
Outpatient alcohol and drug 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). Sliding-fee scale available.

Emergence
www.emergence.uoregon.edu
541-484-4800
Program for mental health, substance abuse, and mental health services. Services include individual and group counseling, family therapy, and mental health education.

Looking Glass Community Services
www.lgcs.org
541-484-4800
Services include individual and group counseling, family therapy, and mental health education.

Oregon Department of Human Services (DHS)
www.oregon.gov/dhs/Pages/index.aspx
Services include individual and group counseling, family therapy, and mental health education.

Positive Community Kitchen
www.positivecommunitykitchen.org
541-499-4923, 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
www.amplifinovaquatics.com
541-485-4000
Free pregnancy testing and ultrasound available on-site, programs for infants and children birth to school age who have delays in development.

University of Oregon Speech-Language-Hearing Center
www.oregonstate.uoregon.edu
541-762-4000
Services include individual and group counseling, family therapy, and mental health education.

Willamette Family, Inc.
www.willamettefamily.org
195 West 12th St., Eugene
541-687-0860
Outpatient alcohol and drug 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). Sliding-fee scale available.

Emergence
www.emergence.uoregon.edu
541-484-4800
Program for mental health, substance abuse, and mental health services. Services include individual and group counseling, family therapy, and mental health education.

Looking Glass Community Services
www.lgcs.org
541-484-4800
Services include individual and group counseling, family therapy, and mental health education.

Oregon Department of Human Services (DHS)
www.oregon.gov/dhs/Pages/index.aspx
Services include individual and group counseling, family therapy, and mental health education.

Positive Community Kitchen
www.positivecommunitykitchen.org
541-499-4923, 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
www.amplifinovaquatics.com
541-485-4000
Free pregnancy testing and ultrasound available on-site, programs for infants and children birth to school age who have delays in development.

University of Oregon Speech-Language-Hearing Center
www.oregonstate.uoregon.edu
541-762-4000
Services include individual and group counseling, family therapy, and mental health education.

Willamette Family, Inc.
www.willamettefamily.org
195 West 12th St., Eugene
541-687-0860
Outpatient alcohol and drug 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). Sliding-fee scale available.

Emergence
www.emergence.uoregon.edu
541-484-4800
Program for mental health, substance abuse, and mental health services. Services include individual and group counseling, family therapy, and mental health education.

Looking Glass Community Services
www.lgcs.org
541-484-4800
Services include individual and group counseling, family therapy, and mental health education.

Oregon Department of Human Services (DHS)
www.oregon.gov/dhs/Pages/index.aspx
Services include individual and group counseling, family therapy, and mental health education.

Positive Community Kitchen
www.positivecommunitykitchen.org
541-499-4923, 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
www.amplifinovaquatics.com
541-485-4000
Free pregnancy testing and ultrasound available on-site, programs for infants and children birth to school age who have delays in development.

University of Oregon Speech-Language-Hearing Center
www.oregonstate.uoregon.edu
541-762-4000
Services include individual and group counseling, family therapy, and mental health education.

Willamette Family, Inc.
www.willamettefamily.org
195 West 12th St., Eugene
541-687-0860
Outpatient alcohol and drug 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). Sliding-fee scale available.

Emergence
www.emergence.uoregon.edu
541-484-4800
Program for mental health, substance abuse, and mental health services. Services include individual and group counseling, family therapy, and mental health education.

Looking Glass Community Services
www.lgcs.org
541-484-4800
Services include individual and group counseling, family therapy, and mental health education.

Oregon Department of Human Services (DHS)
www.oregon.gov/dhs/Pages/index.aspx
Services include individual and group counseling, family therapy, and mental health education.

Positive Community Kitchen
www.positivecommunitykitchen.org
541-499-4923, 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
www.amplifinovaquatics.com
541-485-4000
Free pregnancy testing and ultrasound available on-site, programs for infants and children birth to school age who have delays in development.

University of Oregon Speech-Language-Hearing Center
www.oregonstate.uoregon.edu
541-762-4000
Services include individual and group counseling, family therapy, and mental health education.

Willamette Family, Inc.
www.willamettefamily.org
195 West 12th St., Eugene
541-687-0860
Outpatient alcohol and drug 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). Sliding-fee scale available.

Emergence
www.emergence.uoregon.edu
541-484-4800
Program for mental health, substance abuse, and mental health services. Services include individual and group counseling, family therapy, and mental health education.

Looking Glass Community Services
www.lgcs.org
541-484-4800
Services include individual and group counseling, family therapy, and mental health education.