Lane County WIC Program (Women, Infants and Children Supplemental Food & Nutrition Program) (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 Station 7 @ lookingglass.us
Emergency shelter for runaway and homeless youth (ages 11 - 17), 24-hour crisis intervention, emergency transportation, and family reconciliation.

Hosea Youth Services 541-689-9750
Volunteers provide food, propane, and limited prescription medication assistance to anyone in need.

Positive Community Kitchen * info@positivecommunitykitchen.org
254-499-4942, ext. 102 Meals for people experiencing health crises due to cancer or life-threatening illness. Prepared with love by teen volunteers and delivered free.

ShelterCare ~ Homeless Prevention Program * scadmin@sheltercare.org
499 West 4th Ave., Eugene 541-689-3785
Emergency rent assistance for families with children, the elderly and the disabled who are facing an unusual situation and normally pay rent without assistance.

CAFA (Christians As Family Advocates) 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 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.

CASA of Lane County
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Jasper Mountain* 541-747-1235
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 www.kidsfirstcenter.net
Intervention and advocacy for children who are victims of, or witnesses to, crimes. 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

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

14181 E St., Springfield Annie Wahto: 541-343-5256
Skill building, community inclusion, and enrichment programs for children (ages 5 - 18) 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

American Red Cross See MEDICAL • DENTAL

The Arc Lane County/Youth Start * www.arclane.org
24181 E St., Springfield Annie Wahto: 541-343-5256
Skill building, community inclusion, and enrichment programs for children (ages 5 - 18) who experience I/DD. After-school/ no-school/Saturday programs available.

The Survivors Justice Center See LEGAL ~ LANE COUNTY LEGAL AID/OREGON LAW CENTER

Oregon Cares 1-800-233-3543
Services for survivors of sexual violence and their supporters.

Relief Nursery, Inc. See FAMILY EDUCATION & SUPPORT

Sexual Assault Support Services (SASS) Crisis/Support Line: 541-343-SASS (7277)
www.sass-lane.org or 1-844-404-7700 (toll-free)

Womenspace 541-485-8232
Providing safety, hope, and healing for survivors of domestic violence. Serving people of all genders throughout Lane County. Servicios en Español.

211 Info See HELPLINES

CHILD CARE

211 Info See HELPLINES

CHILD ABUSE & NEGLECT DOMESTIC VIOLENCE ASSAULT & ABUSE

CHILD CARE CONTINUED ON NEXT PAGE
COUNSELING

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

Center for Community Counseling
www.ccceugene.org info@ccceugene.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
www.x-fd.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
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 students 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.cfcc.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). Center for Development and Rehabilitation Center
SEE MEDICAL • DENTAL

Direction Service Counseling Center
www.directionservice.org
576 Olive St., Suite 307, Eugene 541-344-7303
Outpatient counseling and mental health support for adults, children (ages 18 months and older), adolescents, and families. Private insurance and OHP accepted. Call for information on walk-in assessment program.

Laurel Hill Center
www.laurielhill.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 in the community.

Looking Glass Community Services
www.lkglass.org
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
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 Monday - Thursday, 3 - 6 p.m. Call for orientation information.

Options Counseling and Family Services
www.options.org
1255 Pearl St., Suite 102, Eugene 541-687-9835
173 West B St., Building #100, Springfield 541-762-1971
Focus and individual family therapy for children and teens. Circle of Security groups, intensive safety and reunification services, parent-child interaction therapy, intensive children's treatment services.

Oregon Community Programs
www.orcommunityprograms.org info@orcommunityprograms.org
1170 Pearl St., Eugene 541-743-4300
Scientifically-validated support for youth and families with behavioral concerns. Individual, group, and treatment fostering services with extended support for biological, adoptive, and foster families.

Relief Nursery, Inc.
SEE FAMILY EDUCATION & SUPPORT
White Bird Crisis Center
www.whitebirdclinic.org crisis@whitebirdclinic.org
990 West 7th Ave., Eugene 541-687-4000 or 1-800-422-7558
Cahoots (city non-emergency number): 541-682-8141
Lane County 24-hour crisis intervention service. New crisis center with phone and walk-in services in a trauma-informed space. No cost.

Willamette Family, Inc.
SEE SUBSTANCE ABUSE/RECOVERY

The Arc Families Connected
www.arcfamiliesconnected.org
1811 E. 13th St., Eugene 541-343-5326, ext. 100
Peer-led organization helping parents in their journey of raising a child with an intellectual and/or developmental disability. Services include parent support, trainings and advocacy.

The Lane County Community Linkline/Support for Child and Development and Rehabilitation Center
SEE MEDICAL • DENTAL

Direction Service
www.directionservice.org info@directionservice.org
1144 Gateway Loop, Suite 200, Springfield 541-684-5080
Planning and support for families who have youth (up to age 21) with disabilities or suspected disability. Information and referral for disability-related resources. No cost.

Early Childhood CARES
http://earlychildhoodcares.org
www.careresoure.org
541-346-2578 or 1-800-925-8694
1500 West 12th Ave., Eugene 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
– Vocational Rehabilitation Services (VRS)
McKenzie Center, 2885 Chad Dr., Eugene 541-684-2450
Springfield Main Street Center, 101 30th St. 541-749-7812
Employment counselors, skills training, and job placement for people with disabilities who meet state criteria.

Oregon Family Support Network
SEE FAMILY EDUCATION/SUPPORT
Positive Community Kitchen
SEE BASIC NEEDS

Pearl Buck Preschool
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.

Tamarack Aquatic Center
SEE RECREATION

University of Oregon Speech-Language-Hearing Center
https://hedcoclinic.uoregon.edu
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene 541-346-0923
Clinical and consultative speech/language services for all ages. Services for speech delays/disorders, cognitive impairments following TBI or stroke, stuttering, voice, etc. Sliding-fee scale available.

ACT for Families/Your Way
www.Actforfamilies.org
151 West 7th Ave., Suite 210, Eugene 541-833-0017
Free classes for childbirth and parenting from pregnancy to age 2. Individual and group classes, flexible scheduling and ease during pregnancy, birth and postpartum. Year round.

Adoption Connections of Oregon
www.adoptionconnectionsoregon.org acoi@peak.org
Non-profit organization of families and individuals offers support, education, and referral to anyone touched by or interested in adoption.

The Arc Families Connected
SEE DISABILITY
Bethel School District Young Mothers and Fathers Program
Stella.ghanfield@bethel.k12.or.us
541-689-0734, ext. 4119
Willamette High, 1801 Echo Hollow Rd., Eugene
Teen-parent support program, including high school diploma/GED, parenting education, free onsite child care, and more.

Catholic Community Services – Family Support and Connections
www.CCSL.org
541-345-3628, ext. 311
Programs with one-on-one support for families, including home visits with a professional case manager, connections with resources, budgeting, and support tools.

Center for Community Counseling
SEE COUNSELING
Center for Dialogue and Resolution
~ Parent/Teen Program
www.laneocrd.org info@laneocrd.org
1400 Cross St., Eugene
Private, personalized, and balanced opportunities for good communication between teens and parents for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, and more.

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

Child and Family Center
SEE COUNSELING

Eugene Family Resource Network
longoria@4j.lane.edu
541-790-7230
Support and consultation to Title One schools, including math and literacy events, family fun nights, information and referrals to community resources. Services offered in English and Spanish.

Family Relief Nursery
www.familyreliefnursery.org crystal@fmrcg.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
Bethel School District Family Center
541-607-1449
Cottage Grove School District A Primary Connection 541-942-4967
Creswell Family Resource Center 541-895-6175
Crow-Applegate-Lorane Family Resource Center 541-935-2100
Fern Ridge Family Resource Center 541-952-7049
Lowell Family Resource Center dislever@lowell.k12.or.us
Marine City Family Resource Center 541-913-2411, ext. 1216
McKenzie/Blue River Family Resource Center 541-822-3313
Oakridge-Westfir Family Resource Center 541-752-3281
Pleasant Hill Family Resource Center 541-736-0495
Springfield Family Resource Center 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
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 services, social services, advocacy, parenting education.
Healthy Families Lane County

sarah.closser@co.lane.or.us
151 West 7th Ave., Eugene
541-682-7425
Free parent support program provides parent education
to new parents, educating prenatally or after birth. Family
Support Specialists work with parents to strengthen and
cultivate a positive parent-child relationship.

Lane County Maternal Child Health Services

www.prch.org
455 Martin Luther King Jr Blvd., Eugene
541-482-4500
See Pregnancy • Childbirth • Postnatal Support • Adoption

Lane County Youth Services

www.laneys.org
info@laneys.org
1720 West 25th Ave., Eugene
541-342-2876
Support group providing encouragement, events, and
family events. Connect on Facebook, Twitter, or Instagram.

Lane Kids

www.lanekids.org
info@lanekids.org
3171 Gateway Loop, Springfield
541-741-6000
Lane County parenting education and family support hub.
Connections for local resources, parenting tools, and family-friendly
activities.

Oregon Family Support Network

www.ofsn.org
ofsnlane@ofsn.org
72A Centennial Loop, Suite 150, Eugene
541-342-2876
For families facing a youth with an emotional, behavioral,
or mental health challenges (no diagnosis needed). Respite,
support group, family events, advocacy. (IPFP404 support.

Parenting Now!

86 Centennial Loop, Eugene, OR 97401
www.parentingnow.org
info@parentingnow.org
Office: 541-404-5316
Fax: 541-404-1449
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 Children and; and Baby Connection (see Pregnancy • Childbirth
• Postnatal Support • Adoption).

Pearl Buck Preschool

www.reliefnursery.org
1202 West 25th Ave., Eugene
541-341-9706
505 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.

Triple P: Positive Parenting Program

www.lanetriplep.org
info@lanekids.org
3171 Gateway Loop, Springfield
541-741-6000
Online educational course to help manage common parenting
challenges. No cost for families on OHP.

Twins & Beyond

www.twinsandbeyond.org
info@lanekids.org
1121 East Broadway Ave., Springfield
541-205-7474
Grief support program for youth (1st-12th grades) and their
families, who have experienced the death of a loved one.

First Candle

www.firstcandle.org
1-800-221-7437
info@firstcandle.org
Bereavement support for those affected by the death of
a baby.

Innocence of Sacred Heart

www.peacehealth.org
677 East 12th Ave., Suite N 110, Eugene
458-205-7400
Adult grief support groups available, 8-week sessions. Call
to register.

WellMama, Inc. See Pregnancy • Childbirth • Postnatal
Support • Adoption

211 Info

www.211info.org
211 Info: 211
children@211info.org
Text “children” to 898211
Referrals and information for making connections with
local resources, including child care, parent counseling, support,
family counseling, school care, support, and special needs. Serving Oregon and
Washington communities.

Crisis Response Program

1-888-989-998
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.

Crisis Text Line

crisistextline.org
Text HOME to 741741
24/7 crisis support. Text to reach a trained crisis counselor.

First Candle See GRIEF/Loss

Fussy Baby Network

www.erikson.edu/fussybaby
fussybaby@erikson.edu
Facebook: fussybabynetwork
8-851-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 Eugene/ Springfield See Pregnancy
• Childbirth • Postnatal Support • Adoption

Postpartum Support International (PSI)

www.postpartum.net
1-800-544-4773
Weekly phone forums: every Wednesday for moms, first
Monday for dads. Visit website or call for information.

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Monday for dads. Visit website or call for information.
La Leche League of Eugene * LaLecheleagueoregon.com 541-744-6045

McKenzie-Willamette Medical Center Women's Health, Birth & Children's Center * www.mckweb.com 541-741-4640

March of Dimes * www.marchofdimes.org jrogovoy@marchofdimes.org 541-790-4445

March of Dimes SEE MEDICAL, DENTAL

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