2020 Resources for families

resources.parentingnow.org

BASIC NEEDS

Catholic Community Services
www.CCSLC.org
info@CCSLC.org

Community Service Centers
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.

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

Day program for families experiencing homelessness in Springfield. Access to laundry, showers, case management, and help finding jobs and housing. Call for intake appointment.

Centro Latino Americano
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
www.FirstPlaceFamilyCenter.org
info@positivecommunitykitchen.org
541-249-4942, ext. 102

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

Food For Lane County
www.foodforlaneco.org
info@foodforlaneco.org
770 Bailey Hill Rd., Eugene
541-343-2822

County-wide distribution of emergency food through a network of 157 agencies. Food boxes, meal sites, gardens, nutrition education, job training, 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
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
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.

NATIONAL POISON CONTROL CENTER
1-800-222-1222

INTERPRETATION KEY

ASL interpretation available

Spanish interpretation available

Spanish interpretation available by request

Lance County WIC Program
(Women, Infants and Children Supplemental Food & Nutrition Program)
www.wic.lane.co.or.us
151 West 7th Ave., Suite 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
www.lookingglass.org
Station 7 @ lookingglass us
931 West 7th Ave., Eugene
City 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
www.foodhero.org
jillian.drewes@oregonstate.edu
996 Jefferson St., Eugene
541-344-0249, ext. 2

Classes on how to prepare quick, tasty, 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
541-686-7878
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
Pendleton Community Resource Center, 3180 Hwy. 101N
541-997-8251
Oakridge Community Center, 483 10th East St.
541-722-4217

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.

Positive Community Kitchen ~ positivecommunitykitchen.org
info@positivecommunitykitchen.org
541-499-4492, ext. 102
Meals for people experiencing food crises due to career or life-threatening illness. Prepared with love by teen volunteers and delivered free.

Salvation Army of Lane County
www.eugene.salvationarmy.org
541-344-0249

Food boxes, limited rental assistance with 72-hour eviction notice. Call for hours.

ShelterCare ~ Homeless Prevention Program
www.sheltercare.org
scadmin@sheltercare.org
541-790-7707

Emergency rent assistance for families with children, the elderly and the disabled who are facing an unusual situation and normally pay rent without assistance.

Jasper Mountain
www.jaspermountain.org
Crisis Response Program Hotline: 1-888-989-9990
37875 Jasper-Lowell Rd., Jasper Mountain
541-747-1235
89724 Marcola Rd., Springfield
541-741-7462

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
541-582-7800

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

Oregon Department of Human Services (DHS) ~ Child Welfare Programs (CWP)
www.oregon.gov/dhs
Abuse/Neglect Reports (24/7): 1-855-503-7233
Billamette Street Office, 1990 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
Pendleton Community Resource Center, 3180 Hwy. 101N
541-997-8251
Safe children and support for families, child protection, foster care and adoptions.

Relief Nursery, Inc. SEE FAMILY EDUCATION & SUPPORT

Sexual Assault Support Services (SASS)
www.sass-lane.org

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, drop-in center, advocacy, support groups, community outreach, counseling and more. Free and confidential. Call for hours.

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

Womenspace
www.womenspaceinc.org
info@womenspaceinc.org
1577 Pearl St., Springfield
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/Start
www.arclane.org

anny.walsh@arclane.org
4181 SE St., Springfield
Annie Walsh: 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

Eugene School District 4J
www.4j.lane.edu

For community: Child care and preschool programs at North Eugene and South Eugene High Schools.

For students: Teen parent program. Before- and after-school child care programs at many elementary schools.

SUSCARE ~ CHILD CARE CONTINUED ON NEXT PAGE
Options Counseling and Family Services  
www.options.org  
1255 Pearl St., Suite 102, Eugene  
541-687-6983  
175 West B St., Building B, Springfield  
541-762-1971  
Offers and individual counseling 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.oregoncommunityprograms.org  
info@oregoncp.org  
1170 Pearl St., Eugene  
541-743-4300  
Scientifically-valid supported for youth and families  
with behavioral concerns. Individual, group, and treatment  
services with extended support for biological,  
adoptive, and foster families.

Relief Nursery, Inc.  
www.familyeducationandsupport.org  
524 May Street, Springfield  
541-728-7170  
On-site counseling and telephone triage  
with referrals to local and regional  
services.

The Arc Families Connected  
www.arcfamiliesconnected.org  
info@arcfamiliesconnected.org  
Bethel School District Young Mothers and  
Fathers Program  
990 West 7th Ave., Eugene  
541-687-4000 or 1-800-422-7558  
Counseling and treatment services. No cost.

Willamette Family, Inc.  
www.willamettefamily.org  
1641 East 12th Ave., Eugene  
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.

The Ched Center  
www.chedcenter.org  
1090 Turner St., Eugene  
541-346-1681  
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  
www.medical-dental.org  
9500 West 12th Ave., Eugene  
541-346-0742  
Early intervention and early childhood special education  
services for children birth to age 3 who have delays in  
development. Call for a free developmental screening.  
Free educational services to eligible children.

Close to Home  
www.close-to-home.org  
900 West 7th Ave., Eugene  
541-687-2667  
Mental health, alcohol and addiction counseling, case  
management (e.g., food boxes, employment advocacy, housing)  
and other services.

Family Resource Network  
www.familyresource.org  
720 North 4th St., Cottage Grove (office)  
541-942-4835  
Assistance with parenting classes, paralegal education classes,  
referrals, resource library, food pantry, clothes closet,  
and respite. Serves South Lane and North Douglas counties.

Family Resource Centers of Lane County  
www.familyresource.org  
541-942-4835  
Support and consultation to Title One schools, including  
math and literacy events, family fun nights, information,  
referrals to community resources. Services offered in  
English and Spanish.

Head Start and Early Head Start of Lane County  
www.oregonheads.org  
info@oregonheads.org  
541-942-4967  
Support and consultation to Title One schools,  
including math and literacy events, family fun nights, information,  
referrals to community resources. Services offered in  
English and Spanish.

Oregon Department of Human Services  
www.odhs.state.or.us  
541-684-2450  
Support and referral services for families with  
youth who have youth up to 23) with disabilities  
or suspected disability. Information and referral  
for disability-related resources. No cost.

Oregon Family Support Network  
www.oregonfams.org  
info@oregonfams.org  
541-942-4967  
Support and consultation to Title One schools, including  
math and literacy events, family fun nights, information,  
referrals to community resources. Services offered in  
English and Spanish.

Oregon Parent/Teen Program  
www.oregonparentteen.org  
541-868-8190  
Support and consultation to Title One schools, including  
math and literacy events, family fun nights, information,  
referrals to community resources. Services offered in  
English and Spanish.

Options Counseling and Family Services  
www.options.org  
1255 Pearl St., Suite 102, Eugene  
541-687-6983  
175 West B St., Building B, Springfield  
541-762-1971  
Individual and 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.oregoncommunityprograms.org  
info@oregoncp.org  
1170 Pearl St., Eugene  
541-743-4300  
Scientifically-valid supported for youth and families  
with behavioral concerns. Individual, group, and treatment  
services with extended support for biological,  
adoptive, and foster families.

Relief Nursery, Inc.  
www.familyeducationandsupport.org  
524 May Street, Springfield  
541-728-7170  
On-site counseling and telephone triage  
with referrals to local and regional  
services.

The Arc Families Connected  
www.arcfamiliesconnected.org  
info@arcfamiliesconnected.org  
541-942-4835  
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info@oregonheads.org  
541-942-4967  
Support and consultation to Title One schools, including  
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referrals to community resources. Services offered in  
English and Spanish.
**La Leche League of Eugene**
Lalecheleagueoregon.org
Helpline: 541-744-6055

**County of Lane**
Healthcare
Lane County Health
1460 G St., Springfield
541-741-4649

**March of Dimes**
www.marshofdimes.org
The March of Dimes helps mothers and families have healthy babies.

**Postpartum Support International**
See Helplines.

**Eugene Active 20-30 Club**
1-800-477-6291

**Willamalane Park and Recreation District**
www.willamalane.org

**Willamalane Park Swim Center**
Parent-child classes, preschool, afterschool care, swim lessons, special events, and more.

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