



2021 Resources for Families

resources.parentingnow.org

Basic Needs

Catholic Community Services ^{SP}

www.CCSLC.org
COMMUNITY SERVICE CENTERS FSC@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.

G STREET OASIS gstreet@CCSLC.org
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 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.svdip.us/what-we-do/homeless-services/first-place-family-center
 1995 Amazon Parkway, Eugene 541-342-7728
 Day Access Center for families with children under 18. Food, kitchen, laundry, showers, phone, mail service, computers with internet access, emergency shelter and housing services.

FISH Food Pantry

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.foodforlane.org
info@foodforlane.org
 770 Bailey Hill Rd., Eugene 541-343-2822
 County-wide distribution of food through a network of 150+ agencies. Emergency 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-2pm.

Homes for Good Housing Agency ^{SP}

www.homesforgood.org
 100 W 13th Ave., Eugene 541-682-3755
 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
 Provides youth (ages 16-24) a safe place to hang out, shower, do laundry, get warm clothing, and enjoy two meals per day. Lunch 1-3pm, dinner at 5pm. Open 1-6pm, Monday-Thursday.

Lane County WIC Program ^{SP}

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

www.lanecounty.org WIC@co.lane.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 ^{SP}

www.lookingglass.us Station7@lookingglass.us
 931 West 7th Ave., Eugene Crisis: 1-888-689-3111
 Emergency shelter for runaway and homeless youth (ages 11-17), 24-hour crisis intervention, emergency transportation, and family reconciliation.

Nutrition Education Program ^{SP}

- 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 ^{SP}

(ODHS) - 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
 Florence Central Coast Resource Center,
 3180 Hwy. 101N 541-997-8251
 Oakridge Center, 48310 East First St. (Mon./Wed.) 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.

Positive Community Kitchen ^{SP}*

positivecommunitykitchen.org 541-249-4942, ext. 102
info@positivecommunitykitchen.org
 Meals for people experiencing health crises due to cancer or life-threatening illness. Prepared with love by teen volunteers and delivered free.

Salvation Army of Lane County

www.eugene.salvationarmy.org
 640 West 7th Ave., Eugene 541-343-3328
 Food boxes, limited rental assistance with 72-hour eviction notice. Call for hours.

ShelterCare - Homeless Prevention Program ^{SP}*

www.sheltercare.org 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.

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 of Lane County ^{SP}

(Court Appointed Special Advocates)
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 ^{SP}

www.kidsfirstcenter.net
 299 E 18th Ave., 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
(ODHS) - Child Welfare Programs (CWP) ^{SP}
www.oregon.gov/dhs

Abuse/Neglect Reports (24/7) 1-855-503-7233
 Willamette St. 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
 Safe children and support for families, child protection, foster care and adoptions.

Relief Nursery, Inc. SEE FAMILY EDUCATION/SUPPORT

Sexual Assault Support Services (SASS) ^{SP}

24 hr. Crisis/Support Line: 541-343-SASS (7277)
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, confidential. Call for hours.

The Survivors Justice Center SEE LEGAL ~ LANE COUNTY

Womenspace ^{SP}

Crisis and Support Line: 541-485-6513 or 1-800-281-2800
www.womenspaceinc.org info@womenspaceinc.org
 1577 Pearl St., 2nd Floor, 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 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 ^{SP}

www.4j.lane.edu
 200 North Monroe St. 541-790-7700 or ^{SP} 541-790-7707
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.

NATIONAL POISON CONTROL CENTER
 1-800-222-1222

INTERPRETATION KEY

- ^{ASL} ASL interpretation available
- ^{SP} Spanish interpretation available
- ^{SP}* Spanish interpretation available by request

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

Oregon Department of Human Services SEE BASIC NEEDS

Quality Care Connections **SP**
www.lanecce.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 under-insured 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://hedcodinic.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. Weekday, evening, and telehealth hours available. Sliding-fee scale.

Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT

Child and Family Center http://cfc.uoregon.edu

6217 University of Oregon, 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 children/families in Lane County. Outpatient counseling, mental health assessment, day treatment (ages 3-13), ABA autism therapy, parenting classes, 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 rapid access assessment program.

Laurel Hill Center **SP***
www.laurel.org info@laurel.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 services (all ages) and substance abuse treatment (ages 11-21). Individual, family, and group therapy 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, 3-6pm. 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 and 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
Free foster and kinship family support group to promote child well-being, reduce foster parent stress, and prevent placement breakdowns. Parenting Through Change program coming in 2021.

Relief Nursery, Inc. SEE FAMILY EDUCATION/SUPPORT
White Bird Crisis Center **SP**

www.whitebirdclinic.org crisis@whitebirdclinic.org
Cahoots (city non-emergency number): 541-682-5111
990 West 7th Ave., Eugene 541-687-4000 or 1-800-422-7558
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
Disability

The Arc Families Connected **SP**
www.arclane.org nancy.berge@arclane.org

4181 E St., Springfield Nancy Berge: 541-343-5256, 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 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 for disability-related resources. No cost.

Early Childhood CARES **SP**
http://earlychildhoodcares.uoregon.edu

eccares@uoregon.edu 541-346-2578
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

(ODHS) - Vocational Rehabilitation
Services (VRS) **SP*** **ASL**

www.oregon.gov/dhs/employment/VR/Pages/index.aspx
McKenzie Center, 2885 Chad Dr., Eugene 541-684-2450
Springfield Main Street Center, 101 30th St. 541-736-7812
Employment counseling, 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 and Family Supports **SP**

www.pearlbuckcenter.com
lise.schellman@pearlbuckcenter.com 541-484-4666
3690 West 1st Ave., Eugene
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.

University of Oregon Speech-Language-Hearing Center **SP***

https://hedcodclinic.uoregon.edu 541-346-0923
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene
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 and telehealth appointments available.

Family Education & Support

4J Young Parent Program **SP***
http://ecco.4j.lane.edu johnson_ji@4j.lane.edu

200 N Monroe, Eugene 541-790-6860
District-wide program supporting pregnant and parenting students in their education and life goals. Services for young parents include a child care option at ECCO High School.

ACT for Families/Birth Your Way **SP**
www.birthyourway.org team@birthyourway.org

151 West 7th Ave., Suite 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 aco@peak.org

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 DISABILITY
Bethel School District Young Mothers and Fathers Program

Stella.ganfield@bethel.k12.or.us 541-689-0731, ext. 4119
Willamette High School, 1801 Echo Hollow Dr., Eugene
Teen-parent support program, including high school diploma/GED, parenting education, free onsite child care, and more. Ages up to 21.

CAFA SEE CHILD ABUSE/NEGLECT • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT
Catholic Community Services **SP**

-Family Support and Connections Program
www.CCSLC.org 541-345-3628, ext. 311
fsc@CCSLC.org
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 **SP**

-Parent/Teen Program
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
Behavioral health counseling and treatment, case management/resource navigation (e.g., food boxes, housing advocacy, job searches), youth mentoring, parenting classes, 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, including math and literacy events, family fun nights, information and referrals to community resources. Services offered in English and Spanish.

Family Relief Nursery **SP**
https://frmcg.org/ carriew@frmcg.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 Family Center: 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 dsilver@lowell.k12.or.us
Marcola Family Resource Center 541-933-2512
McKenzie/Blue River Family Resource Center 541-822-3313
Oakridge-Westfir Family Resource Center 541-782-3281
Pleasant Hill Family Resource Center 541-736-0495
Springfield 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

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 **SP**
sarah.dossier@lanecountyor.gov

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 Maternal Child Health Services
SEE PREGNANCY • CHILD BIRTH • POSTNATAL SUPPORT • ADOPTION

Lane County Youth Services SEE LEGAL

LaneKids ^{SP}

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 ^{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.

Parenting Now ^{SP}

86 Centennial Loop, Eugene

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; and Baby Connection (see Pregnancy • Childbirth • Postnatal Support • Adoption).

Pearl Buck Preschool SEE DISABILITY

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.

Triple P: Positive Parenting Program ^{SP}

www.lanetriplep.org info@lanekids.org
3171 Gateway Loop, Springfield 541-741-6000
Online education course to help manage common parenting challenges. New section on parenting during COVID-19. No cost for families on OHP.

Twins & Beyond

www.twinsandbeyond.org twinsandbeyond@gmail.com
Support group providing encouragement, events, and playdates for families with twins, triplets, and higher-order multiples in the greater Lane County area.

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 Danelle: 541-525-4857
eugenecompassionatefriends@gmail.com MarDee: 541-870-5427
Personal comfort, hope, and support offered to families experiencing the death of a son or daughter, brother or sister, or grandchild.

Courageous Kids ^{SP}*

www.courageouskidsoregon.org kpfeiffer@peacehealth.org
677 East 12th Ave., Suite N 180, Eugene 458-205-7474
Grief support program for youth (1st-12th grades) and their families, who have experienced the death of a loved one.

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, 8-week sessions. Call in advance for current schedule and registration. Groups meet online until COVID-19 restrictions are lifted.

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 making connections with local resources, including child care, parenting support, foster care support, school readiness. Serving Oregon and SW Washington communities.

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.

Crisis Text Line

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

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 Eugene/Springfield SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

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 ^{SP}

~Family Program
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 ^{SP}*

~Mediation and Restorative Services
www.lanecounty.org/mediation mediation@co.lane.or.us
2727 Martin Luther King Jr. Blvd., Eugene 541-682-4709
Services include 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 ^{SP} ^{ASL}

~Oregon Law Center http://oregonlawcenter.org
101 East Broadway, Ave., Suite 200, 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, landlord/tenant issues.

Oregon Department of Justice ^{SP}

~Division of Child Support
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., Suite 400, Eugene
Support for 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.

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255

Libraries

The Child Center SEE COUNSELING

Eugene Public Library ^{SP}

www.eugene-or.gov/library libraryaskus@ci.eugene.or.us
Downtown Library, 100 West 10th Ave. 541-682-5450
Bethel Branch, 1990 Echo Hollow Rd.
Sheldon Branch, 1566 Coburg Rd.
Books, movies, music, technology, online resources and more for children and parents. Free storytimes and family events. Connect on Facebook, Twitter, or Instagram.

Springfield Public Library ^{SP}

www.wheremindsgrow.org library@springfield-or.gov
225 5th St., Springfield 541-726-3766
Library materials available for download, streaming, and checkout. Free weekly storytimes and programs for all ages. Play & Learn Center, Internet, meeting rooms and study areas.

Medical • Dental

American Red Cross - Southwest Oregon Chapter

www.redcross.org/local/oregon Voice/TDD: 541-344-5244
440 East Broadway Ave., Suite 200, Eugene
First Aid/CPR/AED training for pediatrics and adults, as well as babysitting and other health and safety classes. Free smoke alarm installation. Call or visit website to register.

Bethel Health Center ^{SP}

www.bethelhealthcenter
1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430
Comprehensive health care services and mental health counseling for all students and families living in the Bethel School District. Insurance billed, including OHP. Sliding-fee scale option.

Child Development and Rehabilitation Center ^{SP}*

www.ohsu.edu/doernbecher/child-development-and-rehabilitation-center
901 East 18th Ave., CSB, Eugene 541-346-3575
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, 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.

Eugene School District 4J School-Based Health Centers ^{SP}

PEACEHEALTH PEDIATRICS 541-222-8500
CHURCHILL HEALTH CENTER
1850 Bailey Hill Rd., Eugene 541-790-5227
Nurse Practitioner and therapist provide medical and mental health services to all students (ages 5-19) who reside in Lane County.

NORTH EUGENE HEALTH CENTER
200 Silver Ln., Eugene 541-790-4445
Nurse Practitioner and therapist provide medical and mental health service to 4J students (ages 5-19).

Lane County Public Health Services ^{SP}

www.lanecounty.org
151 West 7th Ave., Suite 310, Eugene 541-682-4041
Adult and child immunizations, STI testing and treatment. Call for appointment.

March of Dimes

www.marchofdimes.org jrogovoy@marchofdimes.org
http://nacersano.marchofdimes.org ^{SP} 971-270-2885
Preconception and 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

EDUCATION PROGRAMS

3579 Franklin Blvd., Eugene 541-344-1611
Birth control, reproductive and sexual healthcare by expert providers for adults and teens. Annual exams, pregnancy testing, HPV vaccination, testing/treatment for STIs, HIV testing, abortion, and vasectomy. Telehealth appointments available.

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
dentalfrontoffice@whitebirdclinic.org
1415 Pearl St., Eugene 541-344-8302
Dental care for families. Emergency clinics. Call for dates and times. Income-based sliding-fee scale. OHP accepted.

White Bird Medical Clinic ^{SP*}

www.whitebirdclinic.org/medical
1400 Mill St., Eugene 541-484-4800
General family medicine (no prenatal), Urgent care clinics (call for dates), OHP and Medicare B. Labs and referrals.

Pregnancy & Childbirth Postnatal Support • Adoption

Adoption Connections of Oregon

SEE FAMILY EDUCATION/SUPPORT

Baby Connection

www.parentingnow.org/parents/baby-connection
86 Centennial Loop, Eugene 541-484-5316
Talk with a lactation and feeding specialist, and meet other parents at Baby Connection, every Wednesday, 11am-noon. Baby Connection offered virtually over Zoom until COVID-19 restrictions are lifted. No cost.

Daisy C.H.A.I.N. ^{SP}

~ Creating Healthy Alliances In New-Mothering
www.daisychainlane.org 541-505-1139
info@daisychainlane.org Text Line: 937-703-4462

Professional full-spectrum doulas, IBCLCs and peers provide individualized support during the prenatal period, birth, and post pregnancy, for all pregnancy and birth outcomes. Lactation and feeding support from trained lactation professionals, children's music classes. More info on website. No cost.

Doulas of Lane County

www.doulaoflanecounty.com
A network of birth and postpartum doulas offering information, physical comfort, emotional support, and practical help for child-birth experiences and the early weeks of caring for newborns.

Healthy Families Lane County

SEE FAMILY EDUCATION/SUPPORT
La Leche League of Eugene ^{SP*}
Lalecheleagueoregon.webs.com Helpline: 541-744-6055
Facebook: La Leche League of Eugene msusanscott@gmail.com
Accredited LLL volunteers available for breastfeeding support by warmline, email, text, and Facebook. Contact for meeting times. No cost.

Lane County Maternal Child Health Services ^{SP}

mch.referrals@lanecountyor.gov
151 West 7th Ave., Suite 210, Eugene 541-682-8720
Parent Support Programs. **Babies First!**: Subsequent births, children ages 3 and under; **CaCooon**: Children with special health-care needs; **Nurse-Family Partnership**: Women pregnant with their first child; **Oregon Mother's Care**: OHP enrollment for pregnant women.

Lane County WIC Program

SEE MEDICAL • DENTAL

McKenzie-Willamette Medical Center

www.mckweb.com
WOMEN'S HEALTH, BIRTH & CHILDREN'S CENTER ^{SP*}
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.

MCKENZIE MIDWIVES AND LACTATION SERVICES

960 N. 16th Street, Suite 108, Springfield 541-744-8660
Certified Nurse Midwives provide comprehensive prenatal care, birth, postpartum, and well-woman services. Birth attended at hospital.

Nurturely ^{SP}

nurturely.org info@nurturely.org
2852 Willamette Street, Suite 389, Eugene 541-579-8941
Programs with focus on equity in perinatal wellness. Join wellness cohorts for expectant parents to develop proactive solutions for a prepared postpartum.

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

Our Community Birth Center ^{SP}

www.ourcommunitybirthcenter.org
OurCommunityBirthCenter@gmail.com
Programs include lactation classes, baby gear network, health care options counseling, community support circle.

PeaceHealth Midwifery Services ^{SP}

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.

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 recreation@eugene-or.gov
100 West 10th Ave., Suite 321, Eugene 541-682-5333
Programs, classes, and activities for all ages, including swimming, camps, sports leagues, outdoor programs, trips, adaptive recreation opportunities, and early learning and after-school enrichment.

Eugene Family YMCA ^{SP*}

www.eugeneymca.org holly@eugeneymca.org
2055 Patterson St., Eugene 541-686-9622
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

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.rroad.org 541-688-4052
1400 Lake Dr., Eugene
Wide variety of preschool and after-school activities in education, recreation, crafts, and aquatics. Family-oriented special events and activity times also offered.

Springfield Public Library

SEE LIBRARIES

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 SEE DISABILITY

Substance Abuse & Recovery

Adolescent and Family Services

www.afsclinic.org afs@oslc.org
Oregon Social Learning Center Building,
10 Shelton McMurphey Blvd., Eugene 541-284-7560
Centro Latino Americano Building,
944 West 5th Ave., Eugene ^{SP} 541-687-2667
Evidence-based drug and alcohol treatment for teens. Treatment is provided at no cost to families as part of a research study.

Center For Family Development

SEE COUNSELING

Centro Latino Americano

SEE FAMILY EDUCATION/SUPPORT
Chrysalis - A program of White Bird ^{SP*}
350 East 11th Ave., Eugene 541-683-1641
Outpatient drug and alcohol treatment for adults (ages 18 and older). DUII treatment for adults. Evening acupuncture clinic for detox, maintenance, and other medical needs for adults (ages 18 and older), \$10-\$20/session.

Emergency

Mental Health: 541-741-7107
^{SP} AOD and Gambling: 541-741-7107
2149 Centennial Plaza, Suite 4, Eugene 541-741-7107
1040 Oak St., Eugene 541-342-6987
1461 Oak St., Eugene 541-687-9141
374 Q St., Springfield 541-746-4041
4969 Hwy. 101, Suite 3, Florence 541-997-8509
78B Centennial Loop, Eugene AOD/Administration: 541-687-8820
Outpatient alcohol and drug treatment, gambling treatment, and mental health counseling. OHP accepted for AOD treatment and mental health services.

G Street Integrated Health ^{SP}

www.gstih.org contactus@gstih.org
1435 G St., Springfield 541-735-9420
Integrated services for family medicine, pediatrics, mental health counseling, drug and alcohol treatment, and urgent care services.

Looking Glass Community Services

SEE COUNSELING
Nar-Anon Family Eugene-Springfield Group 1-800-477-6291
www.nar-anon.org wso@nar-anon.org

Support group meetings for family members and friends affected by a loved one's drug or alcohol abuse. Call for meeting times and places. No cost.

Relief Nursery, Inc.

SEE FAMILY EDUCATION/SUPPORT
Serenity Lane
www.serenitylane.org admissions@serenitylane.org
Residential Treatment 541-687-1110 or 1-800-543-9905
Outpatient Treatment 541-485-1577

Alcohol/drug treatment in Oregon and Washington for adults ages 18 and older. Most insurance accepted.

Willamette Family, Inc. ^{SP}

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

Thank you to our sponsors for making this resource poster possible.

Eugene Active 20-30 Club | www.eugene2030.org

SELCO Community Credit Union | www.selco.org



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

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