



# 2023 Resources for Families

resources.parentingnow.org

## Basic Needs

### Catholic Community Services <sup>SP</sup>

www.CCSLC.org  
help@ccslc.org <sup>SP</sup> ayuda@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. Free.

**OASIS PROGRAM <sup>SP</sup>\*** oasis@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 <sup>SP</sup>

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 <sup>SP</sup>

www.svdp.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 <sup>SP</sup>

www.foodforlanecounty.org info@foodforlanecounty.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.

### Homes for Good Housing Agency <sup>SP</sup>

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.

### Hosea Youth Services <sup>SP</sup>

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 <sup>SP</sup>

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

www.lanecounty.org/WIC WIC@lanecounty.gov  
151 West 7th Ave., Suite 210, Eugene 541-682-4202

Healthy foods along with nutrition and lactation support for anyone pregnant or caring for a child under the age of five. Eligibility based on income.

## INTERPRETATION KEY

- <sup>ASL</sup> ASL interpretation available
- <sup>SP</sup> Spanish interpretation available
- <sup>SP\*</sup> Spanish interpretation available by request

### Looking Glass Station 7 <sup>SP</sup>

~Project Safe Place  
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 <sup>SP\*</sup>

~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

(ODHS) ~Self-Sufficiency Programs (SSP) <sup>SP</sup>  
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 Highway 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 <sup>SP\*</sup>

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

### 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.

## 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 <sup>SP</sup> (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.

### Hope & Safety Alliance <sup>SP</sup>

Crisis and Support Line: 541-485-6513 or 1-800-281-2800  
Online Web Chat: www.hopesafetyalliance.org/web-chat  
www.hopesafetyalliance.org  
info@hopesafetyalliance.org  
1577 Pearl St., 2nd Floor, Eugene Office: 541-485-8232  
Trauma-informed and survivor-centered services to all survivors of domestic and sexual violence.

NATIONAL POISON CONTROL CENTER  
1-800-222-1222

### Jasper Mountain <sup>SP\*</sup>

Crisis Response Program Hotline: 1-888-989-9990  
www.jaspermountain.org  
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 <sup>SP</sup>

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) <sup>SP</sup>  
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 Highway 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) <sup>SP</sup>**  
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 Office: 541-484-9791

Services for survivors of sexual violence and their supporters. 24-hour crisis line, advocacy, support groups, community outreach, and more. Free and confidential.

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

## Child Care & Preschool

**211 Info** SEE HELPLINES

**American Red Cross** SEE MEDICAL • DENTAL

### The Arc Lane County <sup>SP\*</sup>

arclane.org annie.wahto@arclane.org  
4181 E St., Springfield 541-914-4232  
Inclusive preschool and STEAM-based programs for youth ages 3-13. Jumpstart is now a Preschool Promise Program.

### Bethel School District Young Mothers and Fathers Program

SEE FAMILY SUPPORT/EDUCATION

### City of Eugene Recreation Services

SEE RECREATION

### Eugene Family YMCA

SEE RECREATION  
**Eugene School District 4J**  
www.4j.lane.edu  
200 North Monroe St. 541-790-7700 or <sup>SP</sup> 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.

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

## Oregon Department of Human Services

SEE BASIC NEEDS

### Quality Care Connections <sup>SP</sup>

[www.lanecce.edu/lfc](http://www.lanecce.edu/lfc) 541-463-3954 or 1-800-222-3290

Lane Community College,  
4000 East 30th Ave., Bldg. 24, Eugene

Training, support, and technical assistance to early childhood educators and child care providers. Child care job listings.

### 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.cceueugene.org](http://www.cceueugene.org) info@cceueugene.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 <sup>SP</sup>\*

[www.c-f-d.org](http://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 <sup>SP</sup>\*

[hedcoclinic.uoregon.edu/services/therapy-individual-and-relational](http://hedcoclinic.uoregon.edu/services/therapy-individual-and-relational)  
HEDCO Clinic,

1655 Alder St., Suite 170, Eugene 541-346-0923

Therapy for intimate relationships, families, and individuals provided by UO graduate student interns supervised by faculty and advanced clinicians. Weekday, evening, and telehealth hours available. Sliding-fee scale.

### Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT

#### Child and Family Center

[cfc.uoregon.edu](http://cfc.uoregon.edu) 541-346-4910

6217 University of Oregon, Eugene  
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](http://www.thechildcenter.org) 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).

### Direction Service Counseling Center <sup>SP</sup>\*

[www.directionservice.org](http://www.directionservice.org) 541-344-7303

576 Olive St., Suite 307, Eugene  
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 <sup>SP</sup>\*

[www.laurel.org](http://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 <sup>SP</sup>

[www.lookingglass.us](http://www.lookingglass.us) 541-484-4428

260 East 11th Ave., Eugene  
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.

### NAMI Lane County <sup>SP</sup>

*(National Alliance on Mental Illness)* [namilane.org](http://namilane.org)  
129 9th Street, Springfield 1-800-343-6264

A grassroots, confidential, peer-led mental health organization offering support, education, and advocacy services in Lane County. Resource center open to the public. Free.

### Ophelia's Place <sup>SP</sup>

[www.opheliasplace.net](http://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 and virtual counseling by appointment, after-school program, resources by appointment. Monday-Thursday, 3-6pm.

## Options Counseling and Family Services <sup>SP</sup>

[www.options.org](http://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 <sup>SP</sup>\*

[www.oregoncommunityprograms.org](http://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.

### Relief Nursery, Inc. SEE FAMILY EDUCATION/SUPPORT

### White Bird Crisis Center <sup>SP</sup>

[www.whitebirdclinic.org](http://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. Free.

### Willamette Family, Inc. SEE SUBSTANCE ABUSE/RECOVERY

## Disability & Special Needs

### The Arc Families Connected <sup>SP</sup>

[arclane.org/youthservices/families-connected](http://arclane.org/youthservices/families-connected)

[nancy.berge@arclane.org](mailto: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 SEE CHILD CARE

### Child Development and Rehabilitation Center

SEE MEDICAL • DENTAL

### Direction Service <sup>SP</sup>

[www.directionservice.org](http://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. Free.

### Early Childhood CARES <sup>SP</sup>

[earlychildhoodcares.uoregon.edu](http://earlychildhoodcares.uoregon.edu) 541-346-2578  
[eccares@uoregon.edu](mailto:eccares@uoregon.edu) <sup>SP</sup> 541-346-0742

1500 West 12th Ave., Eugene  
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) <sup>SP</sup> \* <sup>ASL</sup>

[www.oregon.gov/dhs/employment/VR/Pages/index.aspx](http://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 <sup>SP</sup>

[www.pearlbuckcenter.com](http://www.pearlbuckcenter.com)  
[crystal.morrison@pearlbuckcenter.com](mailto:crystal.morrison@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.

### Shangri-La

[www.shangri-laoregon.org](http://www.shangri-laoregon.org) 541-344-1121

398 High St., Eugene  
Residential services for individuals with intellectual or developmental disabilities, including 24-hour group home support, supported living, and a housing assistance program. Assistance with job placement. Small group, community-based activities.

### University of Oregon Speech-Language-Hearing Center <sup>SP</sup>\*

[hedcoclinic.uoregon.edu](http://hedcoclinic.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 <sup>SP</sup>\*

[ecco.4j.lane.edu](mailto: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.

### The Arc Families Connected SEE DISABILITY & SPECIAL NEEDS

### Bethel School District Young Mothers and Fathers Program

[Stella.ganfield@bethel.k12.or.us](mailto: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

SEE MEDICAL • DENTAL

### Catholic Community Services <sup>SP</sup>\*

*-Family Support and Connections Program*

[www.CCSLC.org](http://www.CCSLC.org) <sup>SP</sup> ayuda@ccslc.org  
FSC@ccslc.org

1025 G Street, Springfield 541-345-3628, ext. 311

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. Case managed support and resources for families. Free.

### Center for Community Counseling SEE COUNSELING

### Center for Dialogue and Resolution

*-Parent/Teen - Schools/Youth*

[www.lanecdr.org](http://www.lanecdr.org) info@lanecdr.org  
1400 Cross St., Eugene 541-344-5366

Mediation services and conflict coaching for teen/parents. Restorative processes for discipline and behavior, including training/workshops for the public.

### Centro Latino Americano <sup>SP</sup>

[www.centrolatinoamericano.org](http://www.centrolatinoamericano.org) 541-687-2667  
info@centrolatinoamericano.org

944 West 5th Ave., Eugene  
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

### Early Childhood Hub of Lane County <sup>SP</sup>

*(formerly LaneKids)*

[www.earlychildhoodlane.org](http://www.earlychildhoodlane.org) education@unitedwaylane.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.

### Eugene Family Resource Network <sup>SP</sup>

River Road/El Camino del Rio Elementary,  
120 W Hilliard Ln., Eugene 541-790-7230

[longoria@4j.lane.edu](mailto:longoria@4j.lane.edu)  
Support and consultation to all 4J schools, including math and literacy events, family fun nights, information and referrals to community resources.

### Family Relief Nursery <sup>SP</sup>

[frncg.org](http://frncg.org) carriew@frncg.org  
720 North 14th St., Cottage Grove (office) 541-942-4835

Early childhood preschool classes, parent education classes, referrals, resource library, food pantry, clothes closet, and respite. Serves South Lane and North Douglas counties.

### Family Resource Centers of Lane County <sup>SP</sup>

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](http://www.hsolc.org) [mbell@hsolc.org](mailto: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@lanecountyor.gov](mailto:sarah.closser@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 Family & Child Health

SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

## Lane County Family Mediation

SEE LEGAL  
LaneKids SEE FAMILY EDUCATION & SUPPORT ~ EARLY CHILDHOOD HUB OF LANE COUNTY

## Oregon Family Support Network

[www.ofsn.org](http://www.ofsn.org) [ofsnlane@ofsn.net](mailto: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

86 Centennial Loop, Eugene

[www.parentingnow.org](http://www.parentingnow.org) [info@parentingnow.org](mailto: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 & SPECIAL NEEDS  
Relief Nursery, Inc. [www.reliefnursery.org](http://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. Free.

## Safe Kids West Oregon

[www.safekidswestoregon.org](http://www.safekidswestoregon.org) [aburton@peacehealth.org](mailto:aburton@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.earlychildhoodlane.org/positive-parenting-program](http://www.earlychildhoodlane.org/positive-parenting-program)  
education@unitedwaylane.org  
3171 Gateway Loop, Springfield 541-741-6000  
Online education course to help manage common parenting challenges. Available in English and Spanish. No cost for Lane County families.

## Twins & Beyond

[www.twinsandbeyond.org](http://www.twinsandbeyond.org) [twinsandbeyond@gmail.com](mailto: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

Courageous Kids [www.courageouskidsoregon.org](http://www.courageouskidsoregon.org) 458-205-7474  
kpfeiffer@peacehealth.org  
Grief support program for youth (1st-12th grades) and their families, who have experienced the death of a loved one.

Hospice of Sacred Heart [www.peacehealth.org](http://www.peacehealth.org)  
677 East 12th Ave., Suite N 110, Eugene 458-205-7400  
Adult grief support groups, 8-week sessions.

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

## Helplines

### 211 Info

[www.211info.org](http://www.211info.org) Helpline: 211  
[children@211info.org](http://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

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](http://crisistextline.org) Text "HELLO" to 741741  
WhatsApp: 443-SUPPORT or 442-AYUDAME  
Free, 24/7, confidential mental health and crisis support in English or Spanish from a trained volunteer crisis counselor.

### Hope & Safety Alliance

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

### La Leche League Eugene/Springfield

SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION

### Postpartum Support International

[www.postpartum.net](http://www.postpartum.net) 1-800-944-4773  
support@postpartum.net  
Mental health resources for pregnant and postpartum parents via website, helpline, and online support groups.

### Sexual Assault Support Services

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

### White Bird Crisis Center

SEE COUNSELING

## Legal

### CASA of Lane County

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

### Catholic Community Services

### Immigration Legal Services

[www.CCSLC.org](http://www.CCSLC.org) RISP@ccslc.org  
1025 G Street, Springfield 541-345-3628, ext. 326  
Reduced cost or free legal assistance for DACA, family-based petitions, victims of violence, abuse, crime or trafficking, refugees, citizenship. Services offered in English, Spanish, Dari, Pashto and other languages.

### Center for Dialogue and Resolution

~Family Program

[www.lanecdr.org](http://www.lanecdr.org) [info@lanecdr.org](mailto: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 Family Mediation

(formerly Lane County Youth Services)

[www.lanecounty.org/mediation](http://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, Family Check-Up, Springfield Restorative Justice. Family Check-Up offered in Spanish and English. Preregistration required for Spanish Focus on Children class and must request interpretation for mediation services.

### Lane County Legal Aid

~Oregon Law Center

[oregonlawcenter.org](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 Child Support Program

[oregonchildsupport.gov](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.

NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-8255

## Victim Services Program

[www.co.lane.or.us/DA](http://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.

## Libraries

### The Child Center

### Eugene Public Library

[www.eugene-or.gov/library](http://www.eugene-or.gov/library)  
libraryaskus@ci.eugene.or.us  
[www.eugene-or.gov/biblioteca](http://www.eugene-or.gov/biblioteca)  
Downtown Library, 100 West 10th Ave. 541-682-5450  
marca 5 para español 541-682-5455

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.

### Springfield Public Library

[www.wheremindsgrow.org](http://www.wheremindsgrow.org)  
library@springfield-or.gov 541-726-3766  
225 5th St., Springfield  
Library materials available for download, streaming, and checkout. Free weekly programs for all ages. Households with youth in Springfield school district eligible for free card.

## Medical • Dental

### American Red Cross

~Southwest Oregon Chapter

[www.redcross.org/local/oregon](http://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.

### Bethel Health Center

[www.bethelhealthcenter](http://www.bethelhealthcenter) 541-607-1430  
1525 Echo Hollow Rd., Suite A, Eugene  
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

[ohsu.edu/doernbecher/child-development-and-rehabilitation-center](http://ohsu.edu/doernbecher/child-development-and-rehabilitation-center)  
901 East 18th Ave., CSB, Eugene 541-744-6540  
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](http://www.lanecounty.org/chc)  
BROOKSIDE CLINIC  
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

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

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

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

2073 Olympic St., Springfield 541-682-3550  
Family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

### SPRINGFIELD SCHOOLS HEALTH CENTER

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 <sup>SP</sup>

**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 <sup>SP</sup>**  
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  
nacersano.marchofdimes.org <sup>SP</sup> 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**  
www.ppsworegon.org

**HEALTH CENTERS**  
3579 Franklin Blvd., Eugene <sup>SP</sup> 541-344-9411  
793 North Danebo Ave., Eugene <sup>SP</sup> 541-344-9411

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

**Volunteers In Medicine Clinic <sup>(VIM) <sup>SP</sup></sup>**  
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 <sup>SP</sup>**  
www.whitebirdclinic.org  
dentalfrontoffice@whitebirdclinic.org  
1415 Pearl St., Eugene 541-344-8302  
Dental care for families. Emergency clinics. Income-based sliding-fee scale. OHP accepted.

**White Bird Medical Clinic <sup>SP</sup>\***  
www.whitebirdclinic.org/medical  
1400 Mill St., Eugene 541-484-4800  
General family medicine (no prenatal), Urgent care clinics (call for schedule), OHP and Medicare B. Labs and referrals.

## Pregnancy & Childbirth Postnatal Support • Adoption

**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. Free.

**Daisy C.H.A.I.N. <sup>SP</sup>**  
~Creating Healthy Alliances In New-Mothering  
www.daisychainlane.org 541-636-8918  
info@daisychainlane.org Text Line: 937-703-4462  
High-quality, culturally competent, full-spectrum doula, peer, lactation/feeding support and music class for pregnant and caregiving people. Free.

**Doulas of Lane County**  
www.doulasoflanecounty.com  
A network of birth and postpartum doulas offering information, physical comfort, emotional support, and practical help for childbirth experiences and the early weeks of caring for newborns.

**Healthy Families Lane County** SEE FAMILY EDUCATION/SUPPORT

**La Leche League of Eugene <sup>SP</sup>\***  
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. Free.

**Lane County Family & Child Health <sup>SP</sup>**  
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; **CaCoon**: 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 BASIC NEEDS

**March of Dimes** SEE MEDICAL • DENTAL

**McKenzie-Willamette Medical Center**  
www.mckweb.com

**WOMEN'S HEALTH, BIRTH & CHILDREN'S CENTER <sup>SP</sup>\***  
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 <sup>SP</sup>**  
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 <sup>SP</sup>**  
nurturely.org info@nurturely.org  
56 East 15th Ave, Eugene 541-579-8941  
Drop-in Perinatal Lounge, a boutique and wellness center for lactation and infant carrying support. Wellness cohorts for expectant parents to develop proactive solutions for a prepared postpartum.

**Open Adoption & Family Services <sup>SP</sup>**  
www.openadoption.org info@openadoption.org  
315 West 10th Ave., Eugene 541-343-4825  
Pro-choice, non-profit agency. Free options counseling for pregnant and parenting individuals. When choosing adoption, open adoptions include ongoing visits and lifelong services.

**Oregon Department of Human Services** SEE CHILD ABUSE/NEGLECT • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

**Our Community Birth Center <sup>SP</sup>**  
www.ourcommunitybirthcenter.org  
OurCommunityBirthCenter@gmail.com  
188 West B St., Bldg. O, Springfield 458-234-6800  
Programs include nurse midwifery birth center care for pregnancy, birth and postpartum, lactation services, childbirth preparation, family planning, and women's and LGBTQ+ health care.

**Planned Parenthood** SEE MEDICAL • DENTAL

**Postpartum Support International** SEE HELPLINES

**WellMama, Inc. <sup>SP</sup>**  
Warm Line: 1-800-896-0410 info@wellmamaoregon.org  
www.wellmamaoregon.org  
Maternal mental health support services for women and their families in Lane County struggling with emotions related to pregnancy and postpartum health issues. Free.

## Recreation

**City of Eugene Recreation Services <sup>SP</sup>\***  
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 <sup>SP</sup>\***  
www.eugeneymca.org holly@eugeneymca.org  
2055 Patterson St., Eugene 541-686-9622  
Certified child care (ages 3-12), swim lessons, family fitness and recreation, youth sports, summer camps (ages 3-17), and family events. Financial assistance available.

**Eugene Public Library** SEE LIBRARIES

**Eugene School District 4J** SEE CHILD CARE

**Family Resource Centers of Lane County**  
SEE FAMILY EDUCATION/SUPPORT

**River Road Park and Recreation District**  
www.rrpark.org 541-688-4052  
1400 Lake Dr., Eugene

Wide variety of preschool, prekindergarten, and after-school activities in education, recreation, crafts, and aquatics. Family-oriented special events and activities also offered.

**Springfield Public Library** SEE LIBRARIES

**Willamalane Park and Recreation District <sup>SP</sup>**  
www.willamalane.org  
250 South 32nd St., Springfield 541-736-4544  
Bob Keefer Center 541-736-4544  
Splash! At Live! Park 541-736-4244  
Willamalane Park Swim Center 541-736-4080  
Parent-child classes, preschool, after-school care, swim lessons, special events, and more.

## Substance Abuse & Recovery

**Adolescent and Family Services <sup>SP</sup>**  
www.afsclinic.org afs@oslc.org  
Oregon Social Learning Center Building,  
10 Shelton McMurphy Blvd., Eugene 541-284-7560  
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 <sup>SP</sup>\***  
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  
<sup>SP</sup> 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 Highway 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 <sup>SP</sup>**  
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. Free.

**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 for adults ages 18 and older. Most insurance accepted.

**Willamette Family, Inc. <sup>SP</sup>**  
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.

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

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

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