

**Eugene School District 4J
School-Based Health Centers** **SP**
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
nacersano.marchofdimes.org **SP** **541-686-2170**
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 **SP** **541-344-9411**
793 North Danebo Ave., Eugene **SP** **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 **(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. 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 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. **SP**
~ Creating Healthy Alliances In New-Mothering
www.daisychainlane.org **541-505-1139**
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 **SP**
illi.org or **Facebook: La Leche League of Eugene**
Sue K-541-554-4828 and Hattie- 541-514-7608
Facebook: La Leche League of Eugene msusanscott@gmail.com
Accredited LLL volunteers available for human milk feeding support by email, text, and Facebook. Free.

Lane County Family & Child Health **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; **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 **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 **SP**
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**
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 **SP**
www.openadopt.org **info@openadopt.org**
150 Shelton McMURPHEY Blvd., Ste. 204, **1-800-772-1115**
Provides unbiased options counseling for pregnant and parenting individuals. When choosing adoption, our child-centered open adoptions include ongoing visits and lifelong services. Not religiously affiliated.

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
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. **SP** **www.wellmama.help**
info@wellmamaoregon.org **541-525-0495**
WellMama provides peer support services for parents, including individual & groups in a variety of topics, & operates a 24/7 text and phone support line at 541-525-0495.

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 **youth@eugeneymca.org**
600 E 24th Ave, Eugene **541-686-9622**
New Y opened in January 2024 - Child Care (3-12 ages), Summer Camps (3-17 ages), swim lessons, family fitness, youth sports, 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
1400 Lake Dr., Eugene **541-688-4052**
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 **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.

Substance Abuse & Recovery

Adolescent and Family Services **SP**
https://www.facebook.com/afscinics **afs@oslc.org**
Oregon Social Learning Center Building,
10 Shelton McMURPHEY 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 **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.

Emergence **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 Highway 101, Suite 3, Florence **541-997-8509**

78A Centennial Loop, Eugene
AOD/Administration: **541-393-0777**
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 **wso@nar-anon.org**
www.nar-anon.org **541-485-1577**
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 **admissions@serenitylane.org**
www.serenitylane.org **541-687-1110 or**
Residential Treatment
1-800-543-9905
Outpatient Treatment
Alcohol/drug treatment in Oregon 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 Ave., 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

Morelink | www.morelink.com



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

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



Parenting Now

2024 Resources for Families

resources.parentingnow.org

Basic Needs

Catholic Community Services ^{SP}

www.CCSLC.org
help@ccslc.org

^{SP} 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 ^{SP}* 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 ^{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}

svdp.us/services/shelter-assistance/first-place-annex-night-shelter
4060 W. Amazon Drive, 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.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, work experience, children's and senior programs.

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.

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-Thursdays.

Lane County WIC Program ^{SP}

(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, nutrition education & lactation support for anyone pregnant, post-partum, or caring for a child from birth to age 5. Eligibility based on income; many families qualify.

INTERPRETATION KEY

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

Looking Glass Station 7 ^{SP} - 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 ^{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

(ODHS) - Self-Sufficiency Programs (SSP) ^{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

30th St. Office, 101 30th St., Springfield 541-726-3525

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.

Positive Community Kitchen ^{SP*}

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 ^{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.

Hope & Safety Alliance ^{SP}

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 ^{SP*}

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 ^{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. 541-686-7555

West Eugene Family Cntr, 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) ^{SP}

24 hr. Crisis/Support Line: 541-343-SASS (7277)

www.sass-lane.org or 1-844-404-7700 (toll-free)

1902 Jefferson St, Suite #1, Eugene Office: 541-484-9791

Services for survivors of sexual violence and their friends, family,

and partners. 24-hour crisis line, advocacy, support groups,

community outreach, and more. Free and confidential.

The Survivors Justice Center SEE LEGAL ~ LANE

COUNTY LEGAL AID/OREGON LAW CENTER

Child Care & Preschool

211 Info SEE HELPLINES

American Red Cross SEE MEDICAL • DENTAL

The Arc Lane County ^{SP*}

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 ^{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.

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.lanec.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.cceugene.org Intake@cceugene.org
1465 Coburg Rd., Eugene 541-344-0620
Low-cost counseling for uninsured and under-insured adults (18
and over). Services include individual and couples counseling,
groups, and skills building courses. Sliding 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}*

hedclinic.uoregon.edu/services/therapy-individual-and-relational
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene 541-346-0923
A graduate training program that offers individual, partners,
relationship, family, and group therapy services at the
HEDCO Clinic.

Centro Latino Americano

SEE FAMILY EDUCA-
TION/SUPPORT

Child and Family Center

pages.uoregon.edu/cfc
6217 University of Oregon, Eugene 541-346-4910
A graduate training program that offers diagnostic and other
mental health related assessments and evidence-based
psychotherapy for individual adults ages 18 and older.

Riverview Center for Growth

(formerly The Child Center)

riverviewgrowth.org
3995 Marcola Rd., Springfield 541-726-1465
Outpatient therapy, intensive psychiatric, crisis, parent
education, mental health assessments, and wellness
services. (SEE HELPLINES).

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 treat-
ment (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 ^{SP}

(National Alliance on Mental Illness) 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 ^{SP}

www.opheliasplace.net info@opheliasplace.net
1577 Pearl St., Suite 100, Eugene 541-284-4333
Ophelia's Place is a community-centered organization dedicated to
the empowerment, education, and support of girls and the adults
who impact their lives.

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.

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. Free.

Willamette Family, Inc. SEE SUBSTANCE ABUSE/RECOVERY

Disability & Special Needs

The Arc Families Connected ^{SP}

ardane.org/youthservices/families-connected
nancy.berge@ardane.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 ^{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. Free.

Early Childhood CARES ^{SP}

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}
<https://pearlbuckcenter.com>
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
398 High St., Eugene 541-344-1121
Residential services for individuals with intellectual or develop-
mental 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 ^{SP}*

hedclinic.uoregon.edu 541-346-0923
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene
A multi-disciplinary training clinic offering speech, language
and hearing therapy, diagnostic testing, support groups and
mental health counseling for families, partners, and individuals.

Family Education & Support

4J Young Parent Program ^{SP}*

ecco.4j.lane.edu johnson_ji@4j.lane.edu
200 N Monroe, Eugene 541-790-6850
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 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 ^{SP} ayuda@ccslc.org
FSC@ccslc.org
1025 G Street, Springfield 541-345-3628, ext. 311
FSC is a home visiting program offering emotional support,
advocacy in the community and referrals to resources to
reduce stress and increase opportunities for success. Free.

Center for Community Counseling

SEE COUNSELING

Center for Dialogue and Resolution

-Parent/Teen - Schools/Youth
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 ^{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 search-
es), youth mentoring, parenting classes, wraparound services.

Child and Family Center

SEE COUNSELING

Riverview Center for Growth

(formerly The Child Center) SEE
COUNSELING

Early Childhood Hub of Lane County ^{SP}

(formerly LaneKids)
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 ^{SP}

River Road/El Camino del Río Elementary,
120 W Hilliard Ln., Eugene
longoria@4j.lane.edu 541-790-7230
Support and consultation to all 4J schools, including math
and literacy events, family fun nights, information and
referrals to community resources.

Family Relief Nursery ^{SP}

frncg.org carrie@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 ^{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.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 **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 TOWs; 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; **Creceer** for Spanish-speaking families; and **Baby Connection** (SEE PREGNANCY • CHILDBIRTH • POSTNATAL SUPPORT • ADOPTION).

Pearl Buck Preschool SEE DISABILITY & SPECIAL NEEDS

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. Free.

Safe Kids West Oregon

www.safekids.org/coalition/safe-kids-west-oregon
aburton@peacehealth.org

3333 RiverBend Dr., Springfield

Preventive education and resources to reduce the incidence and severity of injuries to children up to age 21.

Triple P: Positive Parenting Program **SP**
parentingnow.org/triple-p-positive-parenting-program
info@parentingnow.org

86 Centennial Loop, Eugene 541-484-5316

Online and in-person education courses to help manage common parenting challenges. Available in English and Spanish. No cost for Lane County families.

Twins & Beyond

www.facebook.com/twinsandbeyond 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 **SP*** 548-205-7474

<https://www.courageouskidseugene.org/>

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

peacehealth.org
458-205-7400

Adult grief support groups, 8-week sessions.

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 **SP**

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 (PSI) **SP**

www.postpartum.net
support@postpartum.net 1-800-944-4773

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 **SP**

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 **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 Family Mediation **SP***

(formerly Lane County Youth 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, 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 **SP ASL**

~Oregon Law Center

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 **SP**

oregonchildsupport.gov

ChildSupportCustomerService@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 **SP**

lanecounty.org/government/county_departments/district_attorney_s_office 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 SEE COUNSELING

Eugene Public Library **SP**

www.eugene-or.gov/library

libraryaskus@ci.eugene.or.us

www.eugene-or.gov/biblioteca **SP**
Downtown Library, 100 West 10th Ave. 541-682-5450

marca 5 para español **SP** 541-682-545

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 **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 programs for all ages. Households with youth in Springfield school district eligible for free card.

Medical • Dental

American Red Cross

~Southwest Oregon Chapter

redcross.org/local/oregon/about-us/locations/southwest-oregon-chapter.html

72B Centennial Suite 200, Eugene Voice/TDD: 541-344-5244

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 **SP**

www.bethelhealth.center

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*** <https://www.ohsu.edu/>

74 B Centennial Loop STE 100, 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

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.