



# 2025-2026 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 <sup>SEE FAMILY EDUCATION/SUPPORT</sup>

Cornerstone Community Housing <sup>SP</sup>  
www.cornerstonecommunityhousing.org  
info@cornerstonecommunityhousing.org  
1175 Charnelton Street 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>

svdp.us/services/shelter-assistance/first-place-annex-night-shelter  
4060 W. Amazon Drive 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 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. 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 <sup>SP</sup>

www.homesforgood.org 541-682-3755  
100 W 13th Ave.

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. 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 210 541-682-4202

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.

### Looking Glass Station 7 <sup>SP</sup> -Project Safe Place

www.lookingglass.us Station7@lookingglass.us  
931 W 7th Ave. Crisis: 1-888-689-3111

Emergency shelter for runaway and homeless youth (ages 11-17), 24-hour crisis intervention, emergency transportation, and family reconciliation.

### NEW ROADS (LOOKING GLASS)

941 W 7th Ave. 541-686-4310

Open 365 days per year at 8am. For unhoused youth and young adults (16-24 years), Serving breakfast, lunch, dinner, and snacks.

### PEER SHELTER (LOOKING GLASS)

2517 Martin Luther King Blvd. 541-342-4293  
FREE Unhoused youth emergency shelter, 16-24. Pets permitted in pet dorm. Parenting guests w/children room together. Registered Nursing staff onsite. Case Management, SUDS, supplies.

### Nutrition Education Program <sup>SP</sup>\*

- Oregon State University Extension  
www.foodhero.org jillian.drewes@oregonstate.edu  
996 Jefferson St. 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 <sup>SP</sup>

(ODHS) - Self-Sufficiency Programs (SSP)  
www.oregon.gov/dhs

### Abuse/Neglect Reports (24/7) 1-855-503-7233

McKenzie Center 2885 Chad Dr., Eugene 541-686-7878

W Eugene Family Center, 2101 W 11th Ave. 541-686-7722

Gateway Ctr, 1040 Harlow Rd., Springfield 541-726-6644

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

Cottage Grove Family Center, 305 Coop Ct. 541-942-9186

Florence 3180 Highway 101N 541-997-8251

Oakridge Center, 48310 East First St. 541-782-4217

Safe children and support for families, child protection, foster care and adoptions.

### Positive Community Kitchen <sup>SP</sup>\*

positivecommunitykitchen.org 541-249-4942  
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 541-343-3328  
640 West 7th Ave.

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 541-686-6000  
921 Country Club Rd., Suite 222

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 541-984-3132  
174 Deadwood Ferry Rd., Springfield

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 Office: 541-485-8232

We provide trauma-informed and survivor-centered services to all survivors of domestic and sexual violence. Please call our crisis and support line for services.

INTERPRETATION KEY

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

For more resources: **SCAN HERE**

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

Crisis Care line: 1-888-989-9990

www.jaspermountain.org Jasper Mountain: 541-747-1235

37875 Jasper-Lowell Rd., Jasper

89124 Marcola Rd. 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 helpline).

### Kids FIRST <sup>SP</sup>

www.kidsfirstcenter.net 541-682-3938  
299 E 18th Ave.

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.

### Oregon Department of Human Services <sup>SP</sup>

(ODHS) - Child Welfare Programs (CWP) <sup>SEE BASIC NEEDS</sup>

### Relief Nursery, Inc. <sup>SEE FAMILY EDUCATION/SUPPORT</sup>

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)

902 Jefferson St, Suite #1 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

county legal aid/oregon law center <sup>SEE LEGAL - LANE</sup>

## Child Care & Preschool <sup>SEE HELPLINES</sup>

### 211 Info <sup>SEE HELPLINES</sup>

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

arclane.org info@arclane.org  
4181 E St., Springfield 541-914-4232

Inclusive preschool and ESTEAM-based programs for youth ages 3-13. Jumpstart is now a Preschool Promise Program.

### Bethel School District Young Mothers and Fathers Program

<sup>SEE FAMILY SUPPORT/EDUCATION</sup>

### City of Eugene Recreation Services <sup>SEE RECREATION</sup>

Eugene Family YMCA <sup>SEE RECREATION</sup>

### Eugene School District 4J <sup>www.4j.lane.edu</sup>

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 <sup>SEE FAMILY SUPPORT/EDUCATION</sup>

<sup>SEE BASIC NEEDS</sup>

### Oregon Department of Human Services <sup>SEE BASIC NEEDS</sup>

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

www.lanecounty.edu/lfc 541-463-9954

Lane Community College, 4000 East 30th Ave., Bldg. 294

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

## Counseling

### CAFA <sup>SEE CHILD ABUSE/NEGLECT - DOMESTIC VIOLENCE - SEXUAL ABUSE/ASSAULT</sup>

### Center for Community Counseling

www.cceugene.org intake@cceugene.org  
1465 Coburg Rd. 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 <sup>SP</sup>\*

www.c-f-d.org 541-342-8437  
261 East 12th Ave., Eugene (walk-in services)

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.

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255

NATIONAL POISON CONTROL CENTER 1-800-222-1222

## Center for Healthy Relationships <sup>SP</sup>\*

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

**Centro Latino Americano** SEE FAMILY EDUCATION/SUPPORT

## Child and Family Center

pages.uoregon.edu/cfc  
**6217 University of Oregon 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 info@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 <sup>SP</sup>\*

**www.directionservice.org**  
**576 Olive St., Suite 307 541-344-7303**

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 <sup>SP</sup>\*

**www.laurel.org info@laurel.org**  
**2145 Centennial Plaza 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**  
**260 East 11th Ave. 541-484-4428**

Outpatient Mental Health (all ages) & Substance use (12-23) services; Therapy, Skill-building, Peer Support, Psychiatry. LGBTQ+ & Latine Spanish speaking culturally specific; School-based & Early Childhood.

## NAMI Lane County <sup>SP</sup> namilane.org

(National Alliance on Mental Illness)

**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 info@opheliasplace.net**  
**1577 Pearl St., Suite 100 541-284-4333**

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 <sup>SP</sup>

**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 info@oregoncp.org**  
**1170 Pearl St. 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.

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

**www.whitebirdclinic.org crisis@whitebirdclinic.org**  
**Cahoots (Springfield): 541-726-3714**

**990 West 7th Ave. 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>

**4181 E St., Springfield 541-343-5256, ext. 100**

The Arc Lane County supports individuals with developmental disabilities through JumpStart Preschool and ESTEAM, a STEM-based program for children ages 6-13.

### Child Development and Rehabilitation Center

SEE MEDICAL · DENTAL

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

**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**  
**eccares@uoregon.edu 541-346-2578**  
**1500 West 12th Ave., Eugene 541-346-0742**

Early intervention and early childhood special education for children birth to school-age who have delays in development. Call for a free developmental screening. Free educational services to eligible children.

**March of Dimes** SEE MEDICAL · DENTAL

## Oregon Department of Human Services <sup>SP</sup>

(ASL) (ODHS)-Vocational Rehabilitation Services (VR)

**www.oregon.gov/dhs/employment/VR/Pages/index.aspx**  
**McKenzie Center, 2885 Chad Dr. 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

## Pearl Buck Preschool and Family Supports <sup>SP</sup>

**https://.pearlbuckcenter.com**  
**crystal.morrison@pearlbuckcenter.com**  
**3690 West 1st Ave. 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. 541-344-1121**

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- <sup>SP</sup>\*

**Language-Hearing Center**  
**hedcoclinic.uoregon.edu 541-346-0923**

## HEDCO Clinic, 1655 Alder St. Suite 170

A multi-disciplinary training clinic offering speech, language and hearing therapy, diagnostic testing, support groups and mental health counseling for families, partners, and individuals.

**CENTER FOR AUTISM AND BEHAVIORAL SUPPORTS**  
**hedcoclinic.uoregon.edu/center/center-autism-and-behavioral-supports**  
**clinics1@uoregon.edu 541-346-0923**

The Center for Autism and Behavioral Supports offers a wide range of ABA services to meet the needs of individuals and families. Services are tailored to each person's unique needs and goals.

## FAMILY EDUCATION & SUPPORT

### 4J Young Parent Program <sup>SP</sup>

**ecco.4j.lane.edu johnson\_ji@4j.lane.edu**  
**200 N Monroe 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.**

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 <sup>SP</sup>\*

-Family Support and Connections Program  
**www.CCSLC.org**

**FSC@ccslc.org** **ayuda@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. 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**  
**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

## Riverview Center for Growth

(formerly The Child Center) SEE COUNSELING

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

(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 <sup>SP</sup>

**River Road/El Camino del Rio Elementary,**  
**120 W Hilliard Ln., Eugene 541-790-7230**  
**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 carriew@frncg.org**  
**720 North 14th St., Cottage Grove 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 541-942-4967**  
**Creswell Family Resource Center 541-895-6175**  
**Crow-Applegate-Lorane Family Resource Ctr 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 <sup>SP</sup>

**anne.harris@lanecountyor.gov**  
**151 West 7th Ave. 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 <sup>SP</sup>

**www.ofsn.org ofsnlane@ofsn.net**  
**72A Centennial Loop, Suite 150 541-342-2876**

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.

**NATIONAL POISON CONTROL**  
**CENTER 1-800-222-1222**

**Safe Kids ~ Car Seat Safety Tips**  
**www.safekids.org/Car-Seat**

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

# Parenting Now <sup>SP</sup>

86 Centennial Loop, Eugene  
[www.parentingnow.org](http://www.parentingnow.org) [info@parentingnow.org](mailto:info@parentingnow.org)  
 Parenting education/support services. Open to all families.  
**Programs: Incredible INFANTS; Wonderful ONEs; Terrific TWOs; Thrilling THREES; Make Parenting A Pleasure; Baby Connection; Healthy Families; LGBTQ+ Parent Group; Triple P**

## Incredible INFANTS

Share your "new parent" experiences, learn to respond to your unique child, and meet other new parents.



## Wonderful ONEs

Join other parents to address topic such as discipline, emotion coaching, developmental milestones and more. Learn to be a friendly guide to your growing child.

## Terrific TWOs

Build a support network as you learn about TWO's emotional, cognitive, and physical development. Explore your values and goals to create the family life you want.

## Thrilling THREES

Develop the skills for positive parent/child relationships at an exciting and challenging time in your child's life. Gain information about development, emotional intelligence, discipline and common joys and challenges.

## MAKE PARENTING A PLEASURE<sup>®</sup>

Make Parenting A Pleasure is for families experiencing high stress. This includes the Program for Young Parents (parents aged 25 and under); and Crecer for parents of children aged birth to 8 years old, offered in Spanish.

## BABY CONNECTION

A weekly drop-in program for families with newborns that provides professional support for lactation and a community of parents that enjoy the safe, judgment-free space to connect and learn about their babies.

## LGBTQ+ PARENT GROUP

A supportive group for LGBTQ+ parents at Parenting Now in Eugene, fostering community, sharing experiences, and providing resources.

## HEALTHY FAMILIES LANE COUNTY

Healthy Families provides home visits, referrals, and follow-up calls.

## TRIPLE P<sup>®</sup>: POSITIVE PARENTING PROGRAM

Triple P equips parents and caregivers with the skills and confidence they need to handle parenting challenges and build strong relationships with their kids.

**Pearl Buck Preschool** SEE DISABILITY & SPECIAL NEEDS  
**Relief Nursery, Inc.** <sup>SP</sup>  
[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.safekids.org/coalition/safe-kids-west-oregon](http://www.safekids.org/coalition/safe-kids-west-oregon)  
[aburton@peacehealth.org](mailto:aburton@peacehealth.org)  
 3333 RiverBend Dr., Springfield 541-222-1794  
 Preventive education and resources to reduce the incidence and severity of injuries to children up to age 21.

**Triple P: Positive Parenting Program** <sup>SP</sup>  
[parentingnow.org/triple-p-positive-parenting-program](http://parentingnow.org/triple-p-positive-parenting-program)  
[info@parentingnow.org](mailto: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](http://www.facebook.com/twinsandbeyond)  
[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.

## Transponder Resource Directory



Scan here to find gender- and sexuality-affirming support

## FINANCIAL ASSISTANCE

**American Red Cross** SEE MEDICAL - DENTAL  
SEE BASIC NEEDS  
**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** <sup>SP</sup> \*  
<https://www.courageouskidseugene.org/>  
[kpfeiffer@peacehealth.org](mailto:kpfeiffer@peacehealth.org) 548-205-7474  
 Grief support program for youth (1st-12th grades) and their families, who have experienced the death of a loved one.

**Hospice of Sacred Heart**  
 123 International Way, 548-205-7400  
 Adult grief support groups, 8-week sessions.

**WellMama, Inc.** SEE PREGNANCY - CHILDBIRTH - POSTNATAL SUPPORT - ADOPTION

## HELPLINES

**211 Info** <sup>SP</sup>  
[www.211info.org](http://www.211info.org) **Helpline: 211**  
[children@211info.org](mailto: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** <sup>SP</sup> 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** <sup>SP</sup>  
**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

**Looking Glass Community Services**  
[www.lookingglass.us](http://www.lookingglass.us)  
 260 East 11th Ave. 541-484-4428

Crisis Line for community members having an immediate mental/health, emotional, or behavioral crisis. (English and Spanish)

**Postpartum Support International (PSI)** <sup>SP</sup>  
[www.postpartum.net](http://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**  
ABUSE & NEGLECT - DOMESTIC VIOLENCE - SEXUAL ABUSE/ASSAULT

**White Bird Crisis Center** SEE COUNSELING

## LEGAL

**CASA** SEE CHILD ABUSE/NEGLECT - DOMESTIC VIOLENCE - SEXUAL ABUSE/ASSAULT

**Catholic Community Services**  
**Immigration Legal Services** <sup>SP</sup>  
[www.CCSLC.org](http://www.CCSLC.org) **RISP@ccslc.org**  
 1025 G Street, Springfield 541-345-3628, ext. 1326  
 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** <sup>SP</sup>  
 - Family Program  
[www.lanecdr.org](http://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** <sup>SP</sup> \*  
 (formerly Lane County Youth Services)  
[www.lanecounty.org/mediationmediation@co.lane.or.us](http://www.lanecounty.org/mediationmediation@co.lane.or.us)  
 2727 Martin Luther King Jr. Blvd. 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.

## Mental Health Resource List



Lane County Mental Health & Suicide Prevention Resources

## Lane County Legal Aid <sup>SP</sup> <sup>ASL</sup>

- Oregon Law Center  
[oregonlawcenter.org](http://oregonlawcenter.org)  
 101 East Broadway, Ave., Suite 200 541-485-1017  
 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** <sup>SP</sup>  
[oregonchildsupport.gov](http://oregonchildsupport.gov)

**ChildSupportCustomerServe@doj.state.or.us**  
 165 East 7th Ave., Suite 300 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** <sup>SP</sup>  
[lanecounty.org/government/county\\_departments/district\\_attorney\\_s\\_office](http://lanecounty.org/government/county_departments/district_attorney_s_office)  
 125 East 8th Ave., Suite 400 541-682-4523  
 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

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

**Springfield Public Library** <sup>SP</sup>  
[www.wheremindsgrow.org](http://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  
 72B Centennial Suite 200 **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** <sup>SP</sup>  
[www.bethelhealth.center](http://www.bethelhealth.center)  
 1525 Echo Hollow Rd., Suite A 541-607-1430  
 Comprehensive health care services and mental health counseling for all students and families living in the Bethel Health District. Insurance billed, including OHP. Sliding-fee scale option.

**Child Development and Rehabilitation Center** <sup>SP</sup> \*  
<https://www.ohsu.edu/>  
 74 B Centennial Loop STE 100 541-744-6540  
 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** <sup>SP</sup>  
 1680 Chambers St., Suite 103 541-682-3550  
 Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services.

**CHARNELTON COMMUNITY CLINIC** <sup>SP</sup>  
 151 West 7th Ave., Suite 100 541-682-3550  
 Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

**DELTA OAKS CLINIC** <sup>SP</sup>  
 1022 Green Acres Rd. 541-682-3550  
 Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services. OHP enrollment assistance.

## Parenting Now Online Directory



Scan here for more resources in our online directory

**LANE COUNTY BEHAVIORAL HEALTH PRIMARY CARE** <sup>SP</sup>  
 2411 Martin Luther King Jr. Blvd. 541-682-3550  
 Primary medical care for families: family planning services, preventive medicine, chronic disease management, among other services.

**RIVERSTONE CLINIC** <sup>SP</sup>  
 2073 Olympic St., Springfield 541-682-3550  
 Family planning services, pediatrics, family practice, and internal medicine. OHP enrollment assistance.

**SPRINGFIELD SCHOOLS HEALTH CENTER** <sup>SP</sup>  
 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>

**CHURCHHILL HEALTH CENTER**  
 1850 Bailey Hill Rd. 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**  
 250 Silver Ln. 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 310 541-682-4041  
 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> 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** <sup>SEE BASIC NEEDS</sup>  
**Planned Parenthood of Southwestern Oregon**

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

**EDUCATION PROGRAMS**  
 education@ppsworegon.org  
 3579 Franklin Blvd. 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)** <sup>SP</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. 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. 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 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 541-505-1139  
 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.

Parenting Now  
 parentingnow.org  
 541-484-5316

**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> \*  
 Illi.org or Facebook: La Leche League of Eugene  
 msusanscott@gmail.com

**Sue K-541-554-4828 and Hattie- 541-514-7608**  
 Accredited LLL volunteers available for human milk feeding support by email, text, and Facebook. Free.

**Lane County Family & Child Health** <sup>SP</sup>  
 mch.referrals@lanecounty.org  
 151 West 7th Ave., Suite 210 541-682-8720

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** <sup>SEE BASIC NEEDS</sup>  
**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.

**Nurturely** <sup>SP</sup>  
 nurturely.org info@nurturely.org  
 56 East 15th Ave. 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.openadopt.org info@openadopt.org  
 150 Shelton McMurphy 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.

**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** <sup>SEE MEDICAL DENTAL</sup>  
**Postpartum Support International** <sup>SEE HELPLINES</sup>  
**WellMama, Inc.** <sup>SP</sup> 541-525-0495

www.wellmama.help info@wellmamaoregon.org  
 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.

**RECREATION**

**City of Eugene Recreation Services** <sup>SP</sup> \*  
 www.getrec.org recreation@eugene-or.gov  
 100 West 10th Ave., Suite 321 541-682-5333

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 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.

**Family Resource Center** <sup>SEE FAMILY EDUCATION/SUPPORT</sup>  
**River Road Park and Recreation District**  
 www.rrpark.org  
 1400 Lake Dr. 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.

GRACIAS, GABRIELA  
 SPANISH TRANSLATION BY GABRIELA FABIÁN-SANTIAGO IN COLLABORATION WITH HEAD START OF LANE COUNTY.

**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 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** <sup>SP</sup>  
 https://www.facebook.com/afscclinics afs@oslc.org  
**Oregon Social Learning Center Building,** 541-284-7560  
 10 Shelton McMurphy Blvd.

Evidence-based drug and alcohol treatment for teens. Treatment is provided at no cost to families as part of a research study.

**Centro Latino Americano** <sup>SEE FAMILY EDUCATION/SUPPORT</sup>  
**Chrysalis** -A program of White Bird <sup>SP</sup> \*  
 350 East 11th Ave. 541-683-1641

Outpatient drug and alcohol treatment for adults (ages 18 and older). DULL treatment for adults. Evening acupuncture clinic for detox, maintenance, and other medical needs for adults (ages 18 and older). \$10–\$20/session.

**Emergence** <sup>SP</sup> **Mental Health:** 541-741-7107  
**AOD and Gambling:** 541-741-7107

2149 Centennial Plaza, Suite 4 541-741-7107  
 1040 Oak St. 541-342-6987  
 1461 Oak St. 541-687-9141  
 374 Q St., Springfield 541-746-4041  
 4969 Highway 101, Suite 3, Florence 541-997-8509  
 78A Centennial Loop OD/Admin: 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** <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** <sup>SEE COUNSELING</sup>  
**Nar-Anon Family Eugene-Springfield Group**  
 wso@nar-anon.org  
 www.nar-anon.org 1-800-477-6291

Support group meetings for family members and friends affected by a loved one's drug or alcohol abuse. Free.

**Recovery Network of Oregon**  
 recoverynetworkoforegon.org  
 Offers peer support, healthcare, housing, employment aid, and financial guidance for recovery

**Relief Nursery, Inc.** <sup>SEE FAMILY EDUCATION/SUPPORT</sup>  
**Serenity Lane** admissions@serenitylane.org  
 www.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

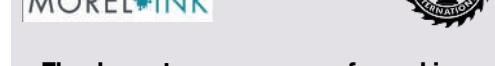
**Detoxification and Sobering** 541-343-6512  
**Rapid Access Center** 541-762-4300  
 195 West 12th Ave. (admissions to all services)

Quality substance abuse treatment, mental health, detoxification, primary medical, on-site child care, and family services. Residential and outpatient settings.



Eugene Active 20-30 Club of Eugene is now known as Children's Legacy Foundation (CLF) Network.

www.morelink.com  
**MORELINK**



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