

# Parenting Now!

<http://parentingnow.org/resources-for-families>

# 2017 Resources for Families

PARENTING QUESTIONS?  
CALL 211  
211 Info Family

## ANGER MANAGEMENT

**CAFA** (Christians As Family Advocates) SEE COUNSELING  
**Center for Community Counseling** SEE COUNSELING

## BASIC NEEDS

**Catholic Community Services** <sup>SP</sup>  
[www.CCSLC.org](http://www.CCSLC.org) info@CCSLC.org

**Community Service Centers**  
1464 West 6th Ave., Eugene 541-345-3628  
1025 G Street Springfield 541-345-3628

Help with basic needs. Services include food, energy assistance, clothing, personal care items, prescriptions, identification, day-use bus passes, information and referral, and temporary mailing addresses. No cost.

**G Street Oasis**  
First Baptist Church, 1175 G Street, Springfield 541-214-0260  
Day program for homeless families in Springfield providing access to laundry, showers, restrooms, and help finding jobs, housing, and other resources.

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

**Cornerstone Community Housing** <sup>SP</sup>  
[www.cornerstonecommunityhousing.org](http://www.cornerstonecommunityhousing.org)  
info@cornerstonecommunityhousing.org 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.FirstPlaceFamilyCenter.org](http://www.FirstPlaceFamilyCenter.org)  
1995 Amazon Parkway, Eugene 541-342-7728  
Services for families with children under 18, including food, kitchen, day shelter, free laundry, showers, phone, phone messages, mail service, use of computer with internet access, Night Shelter and Overnight Parking Programs, and clothing vouchers (restrictions apply).

**Fish**  
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](http://www.foodforlanecounty.org)  
info@foodforlanecounty.org  
770 Bailey Hill Rd., Eugene 541-343-2822  
County-wide distribution of emergency food through a network of 149 agencies. Food boxes, no-cost meal sites, gardens, nutrition education, children's and senior programs.

**Helping Hand Room**  
First Christian Church, 1166 Oak St., Eugene 541-344-1425  
Free baby layettes for newborns and clothing for children and adults. Bedding and kitchen items also available. Open Tuesday, Thursday, noon - 2 p.m.

**Hosea Youth Services** <sup>SP</sup>  
[www.hoseayouth.org](http://www.hoseayouth.org) info@hoseayouth.org  
834 Monroe St., Eugene 541-344-5583  
Hot home-cooked dinners, showers, laundry services, clothing, basic necessities, job and education support, mentorship and life skills opportunities. Open Monday, Wednesday, Thursday, 4:30 - 7 p.m.

NATIONAL POISON CONTROL CENTER  
1-800-222-1222

### INTERPRETATION KEY

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

## Housing And Community Services Agency (HACSA) of Lane County

<sup>SP</sup>  
[www.hacsa.org](http://www.hacsa.org)  
177 Day Island Rd., Eugene 541-682-3755  
300 West Fairview Dr., Springfield 541-682-4090  
Federal program assists families with rental housing from private landlords and HACSA-owned housing. Access HACSA's website for details on availability.

**Lane County WIC Program** <sup>SP</sup>  
(Women, Infants and Children Supplemental Food & Nutrition Program)  
[www.lanecounty.org](http://www.lanecounty.org) WIC@co.lane.or.us  
151 West 7th Ave., Room 210, Eugene 541-682-4202  
Nutrition and feeding information, breastfeeding support, referrals, and help purchasing healthy foods for pregnant and postpartum women and children (ages birth - 5). Eligibility based on health and income screenings.

**Looking Glass Station 7 ~ Project Safe Place** <sup>SP</sup>  
[www.lookingglass.us](http://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**  
~ Oregon State University Extension <sup>SP</sup>  
[www.foodhero.org](http://www.foodhero.org) jillian.drewes@oregonstate.edu  
996 Jefferson St., Eugene 541-344-0249, ext. 2  
Classes on how to prepare quick, tasty, and healthy family meals and snacks on a limited budget.

**Oregon Department of Human Services (DHS)**  
~ Self-Sufficiency Programs (SSP) <sup>SP</sup>  
[www.oregon.gov/dhs](http://www.oregon.gov/dhs)  
District Office, 2885 Chad Dr., Eugene 541-687-7373  
McKenzie Center, 2885 Chad Dr., Eugene 541-686-7878  
Springfield Main Street Center, 101 30th St. 541-726-3525  
West Eugene Family Center, 2101 West 11th Ave. 541-686-7722  
Cottage Grove Family Center, 305 Coop Court 541-942-9186  
Florence Central Coast Resource Center, 3180 Hwy. 101N 541-997-8251  
Employment Related Day Care (ERDC), Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP).

**Oregon Helpline** SEE HELPLINES  
**Parent Partnership** SEE FAMILY EDUCATION/SUPPORT  
**ShelterCare** ~ Housing, Health & Wellness  
[www.sheltercare.org](http://www.sheltercare.org) scadmin@sheltercare.org  
969 Highway 99 North, Eugene 541-689-7156

Emergency housing for families who are homeless, assistance finding rental housing, employment and income. Transitional and permanent housing for individuals experiencing homelessness, psychiatric, and/or physical disabilities.

**Springfield Salvation Army**  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
janise.hecker@usw.salvationarmy.org  
1275 Mill St., Springfield 541-747-6229  
Extremely limited rental assistance with 72-hour eviction notice and furniture assistance (no appliances). Clothing vouchers for children and adults (one per 12-month period). Call for hours.

## CHILD ABUSE & NEGLECT DOMESTIC VIOLENCE SEXUAL ABUSE & ASSAULT

**CAFA** (Christians As Family Advocates)  
[www.cafaweb.com](http://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 (Court Appointed Special Advocates) of Lane County

<sup>SP</sup>  
[www.casa-lane.org](http://www.casa-lane.org)  
174 Deadmond Ferry Rd., Springfield 541-984-3132  
CASA volunteers advocate in juvenile dependency court for children (ages birth - 18) who have been abused or neglected.

**Jasper Mountain** <sup>SP</sup>  
Crisis Response Program Hotline: 1-888-989-9990  
[www.jaspermountain.org](http://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** (Forensic Intervention Response & Support Team) <sup>SP</sup>  
[www.kidsfirstcenter.net](http://www.kidsfirstcenter.net)  
2675 Martin Luther King Jr. Blvd., 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 and Advocacy Center**  
SEE LEGAL  
**Options Counseling and Family Services**  
SEE COUNSELING

**Oregon Department of Human Services (DHS)**  
~ Child Welfare Programs (CWP) <sup>SP</sup>  
[www.oregon.gov/dhs](http://www.oregon.gov/dhs) Abuse/Neglect Reports: 541-349-4444  
Willamette Street Office, 1899 Willamette St., Eugene 541-686-7555  
West Eugene Family Center, 2101 West 11th Ave. 541-686-7722  
Gateway Center, 1040 Harlow Rd., Springfield 541-726-6644  
Cottage Grove Family Center, 305 Coop Court 541-942-9186  
Florence Central Coast Resource Center, 3180 Hwy. 101N 541-997-8251  
Adoptions, child protection, foster care, and safe children - strong support for families.

**Relief Nursery, Inc.** SEE FAMILY EDUCATION/SUPPORT  
**Sexual Assault Support Services (SASS)** <sup>SP\*</sup>  
Crisis/Support Line: 541-343-SASS (7277) or 1-800-788-4727  
[www.sass-lane.org](http://www.sass-lane.org) Office/TDD: 541-484-9791  
591 West 19th Ave., Eugene (drop-in center)

Services for survivors of sexual violence and their supporters. 24-hour crisis line, medical and legal advocacy, peer counseling, support groups, information and referral. Call for hours.

**The Survivors Justice Center** SEE LEGAL  
~ LANE COUNTY LEGAL AID AND ADVOCACY CENTER

**Womenspace** <sup>SP</sup>  
Crisis Line: 541-485-6513 or 1-800-281-2800  
[www.womenspaceinc.org](http://www.womenspaceinc.org) info@womenspaceinc.org  
1577 Pearl St., Suite 200, Eugene Office: 541-485-8232  
Prevention of domestic violence in intimate partner relationships in Lane County, and support services for survivors in claiming personal power.

## CHILD CARE

**211 Info Family** SEE HELPLINES  
**American Red Cross** SEE MEDICAL • DENTAL  
**The Arc of Lane County/Jumpstart** <sup>SP\*</sup>  
[www.arclane.org](http://www.arclane.org) kathryn.albert@arclane.org  
4110 River Rd., Eugene Kathryn Albert: 541-343-5256  
4181 E St., Springfield  
Skill building and enrichment program for children and young adults (ages 5 - 21) who experience I/DD. After-school/no-school/ Saturday programs available.

**City of Eugene Recreation Services** SEE RECREATION  
**Eugene Family YMCA** SEE RECREATION

~ CHILD CARE CONTINUED ON NEXT PAGE

## Eugene School District 4J

www.4j.lane.edu  
200 North Monroe St. 541-790-7700 or (SP) 541-790-7717

Student-run child care/preschool programs at North Eugene and South Eugene High Schools. Teen parent program at Early College and Career Options. After-school programs at some schools; contact schools for information.

## Family Connections of Lane and Douglas Counties (SP)

www.lanecce.edu/lfc 541-463-3954 or 1-800-222-3290

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

Training and technical assistance to early childhood educators and child care providers.

## Head Start and Early Head Start of Lane County

SEE FAMILY SUPPORT/EDUCATION

## Oregon Department of Human Services

SEE BASIC NEEDS

## Parent Partnership SEE FAMILY EDUCATION/SUPPORT

## River Road Park and Recreation District

SEE RECREATION

## Willamalane Park and Recreation District

SEE RECREATION

# COUNSELING

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

## Center for Community Counseling

www.cceugene.org info@cceugene.org  
1465 Coburg Rd., Eugene 541-344-0620

Low-cost counseling to uninsured and underinsured adults. Services include individual counseling, support groups, and classes. Sliding-fee scale, \$5-40.

## Center For Family Development (SP)

www.c-f-d.org 541-242-2937  
261 East 12th Ave., Eugene (walk in services)

Family and individual outpatient services for mental health issues and substance use disorders for children, adolescents, and adults. OHP and some other insurance accepted. Sliding-fee scale or funding assistance available for some services.

## Center for Family Therapy (SP)\*

https://education.uoregon.edu/hedco-clinic/center-family-therapy  
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. Day and evening weekday hours. Sliding-fee scale.

## Centro Latino Americano SEE FAMILY EDUCATION/SUPPORT

## Child and Family Center

http://cfc.uoregon.edu/services.htm  
1600 Millrace Dr., Suite 103, Eugene 541-346-4910

A range of low-cost, family-based services for children and adolescents (ages 2-17). Services include brief and longer-term intervention, assessment, family and child therapy, parenting help, and referrals.

## The Child Center (SP)

www.thechildcenter.org 541-726-1465  
3995 Marcola Rd., Springfield

Mental health services for families throughout Lane County, including outpatient counseling, mental health assessment, psychiatric day treatment (ages 3-13), wellness program, parenting classes, community resource library, and 24-hour Crisis Response Program (see Helplines).

## Child Development and Rehabilitation Center

SEE MEDICAL • DENTAL

## Direction Service Counseling Center (SP)\*

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 walk-in assessment program.

## Looking Glass Community Services (SP)

www.lookingglass.us 541-484-4428  
260 East 11th Ave., Eugene

Outpatient mental health treatment and substance abuse prevention for youth and their families. Individual, family, and group therapy. Family-focused, skill-based, and trauma-informed services. Locations in Eugene, Cottage Grove, and Junction City. OHP, private insurance, and sliding-fee scale.

## Ophelia's Place (SP)

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

Support and empowerment center for girl-identified youth (ages 10-18). On-site counseling by appointment, after-school program, resources Monday - Thursday, 3-6 p.m. Call for orientation information.

## Options Counseling and Family Services (SP)

www.options.org 541-687-6983  
1255 Pearl St., Suite 102, Eugene

175 West B St., Building D, Springfield 541-762-1971  
Individual and family therapy for children and teens; Circle of Security Groups; Intensive Safety & 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

Scientifically-validated support for youth/families with behavioral concerns. Individual, group, and treatment fostering services with extended support for biological, adoptive, and foster families.

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

## White Bird Crisis Center (SP)

www.whitebirdclinic.org crisis@whitebirdclinic.org  
341 East 12th Ave., Eugene 541-687-4000 or 1-800-422-7558

Cahoots (city non-emergency number): 541-682-5111  
Crisis counseling, long-term counseling, and mental health information and referral. Phone, walk-in, and mobile services available 24 hours. Mobile crisis intervention through Cahoots, daily, 11 a.m. - 3 a.m.

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

# FAMILY EDUCATION & SUPPORT

## 4J Young Parent Program (SP)

http://ecco.4j.lane.edu/543-2  
donnelly\_s@4j.lane.edu

Early College and Career Options (ECCO) High School  
Lane Community College

4000 East 30th Ave., Bldg. 10, Room 118, Eugene 541-463-3950

District-wide program designed to support pregnant and parenting students in their education and life goals. Many services available to young parents, including a state-certified child care option at ECCO High School at LCC.

## Act for Families/Birth Your Way (SP)\*

www.ActforFamilies.org 541-434-1621  
Research and Education Division, Oregon Research Institute  
Community and Evaluation Services (ORI-CES)  
1776 Millrace Dr., Eugene

Low-cost classes and workshops for childbirth and parenting from birth to age 2. Focus on reducing stress, strengthening relationships, and nurturing child well-being. Year round.

## Adoption Connections of Oregon

www.adoptionconnectionsforegon.org 541-434-1621  
AdoptionConnectionsOregon@gmail.com

Non-profit organization of families and individuals offers support, education, multi-cultural activities, and friendship to anyone touched by or interested in adoption.

## The Arc Families Connected SEE SPECIAL NEEDS

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

## Catholic Community Services (SP)

www.CCCLC.org 541-345-3628, ext. 312  
Lthompson@CCCLC.org

Programs with one-on-one support for families, including home visits with a professional case manager, connections with resources, budgeting, and parenting tools.

## Center for Community Counseling SEE COUNSELING

## Center for Dialogue and Resolution

~Parent/Teen Program (SP)  
www.lanecdr.org info@lanecdr.org  
93 Van Buren St., Eugene 541-344-5366

Private, personalized, and balanced opportunities for good communication between teens and parents for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, and more.

## Centro Latino Americano (SP)

www.centrolatinoamericano.org 541-687-2667  
info@centrolatinoamericano.org  
944 West 5th Ave., Eugene

Mental health, alcohol and addiction counseling, case management (e.g., food boxes, employment advocacy, housing) health resource navigation, youth mentoring, and wraparound services.

## Child and Family Center SEE COUNSELING

## The Child Center SEE COUNSELING

**Eugene Family Resource Network (SP)**  
longoria@4j.lane.edu 541-790-7200

Support and consultation to Title One schools offered in English and Spanish; may include math and literacy events, family fun nights, information and referrals to community resources.

## Family Relief Nursery (SP)

www.familyreliefnursery.org 541-942-4835  
720 North 14th St., Cottage Grove (office)

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 541-461-6421, ext. 2539  
Cottage Grove/Creswell: A Primary Connection 541-942-4967

Junction City Family Resource Network 541-998-2386  
Marcola Family Resource Center 541-933-2411, ext. 1216

McKenzie Family Resource Center 541-822-1108 or 541-822-1110  
Oakridge-Westfir Family Resource Center 541-782-3281

Pleasant Hill Family Resource Center 541-736-0493  
Springfield Public Schools Family Resource Centers 541-744-6769

Play and activities for families, including parenting classes, support groups, information and referrals, family literacy and math nights, computer access, after school activities, and volunteer opportunities.

## First Place Family Center SEE BASIC NEEDS

## Head Start and Early Head Start of Lane County (SP)

www.hsolc.org information@hsolc.org  
221 B St., Springfield 541-747-2425

Comprehensive early learning program for children (ages birth - 5) in families with low income. Part-day, full-day, and community child care. Health, social services, translation, advocacy, and parenting education. Applications accepted year round. Spring is best time to apply.

## Healthy Families Lane County (SP)

sarah.closser@co.lane.or.us 541-682-7425  
151 West 7th Ave., Eugene

Free home visiting program provides parenting education and support to new parents, beginning prenatally or after birth. Home Visitors bring information on child development, health, safety, nutrition, and other community resources.

## Lane County Family Mediation Program SEE LEGAL

**Oregon Family Support Network (SP)\***  
www.ofsn.org Dianah@ofsn.net

72A Centennial Loop, Suite 150, Eugene 541-342-2876

Family-led organization working with families dealing with mental health challenges by providing respite, family fun events, peer support, resources and referrals, systems navigation, wraparound partners, and advocacy.

## Parent Partnership

~McKinney Vento and First Steps Childcare  
www.parentpartnership.org kkparkers@qwestoffice.net

Facebook: parentpartnershipcg 541-942-2104  
1310 South 8th St., Cottage Grove

Four programs providing resources to encourage school attendance and promote student success. Collaborates with South Lane School District.

## Parenting Now! (SP)

86 Centennial Loop; Eugene, OR 97401

www.parentingnow.org info@parentingnow.org  
Office: 541-484-5316 Fax: 541-484-1449

Parenting education/support services for parents with infants and young children. Open to all families.

**Programs: Incredible INFANTS; Wonderful ONES; Terrific TWOS; Parents Again** for parents of siblings;  
**Program for Young Parents** (ages 12-21) who are pregnant or already parenting; **Make Parenting A Pleasure** for parents experiencing high levels of stress;

**Creceer** for Spanish-speaking families;  
and **Playtime for Parents and Children**.  
**Services:** Parenting column in *The Register-Guard*; Facebook page.

## Pearl Buck Preschool SEE 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. No cost.

## Saturday Circus SEE ACT FOR FAMILIES

## Twins & Beyond

www.twinsandbeyond.com twinsandbeyond@gmail.com

Support group for families in Lane County with twins, triplets, and higher order multiples.

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



## FINANCIAL ASSISTANCE

**American Red Cross** SEE MEDICAL • DENTAL

**Catholic Community Services** SEE BASIC NEEDS

**Cornerstone Community Housing** SEE BASIC NEEDS

**Housing And Community Services Agency of Lane County** SEE BASIC NEEDS

**Oregon Department of Human Services**  
SEE BASIC NEEDS

## GRIEF & LOSS

### The Compassionate Friends

www.eugenecompassionatefriends.org  
eugenecompassionatefriends@gmail.com 541-554-5510

Personal comfort, hope, and support offered to every family experiencing the death of a son or daughter, brother or sister, or grandchild. Assistance also offered to others to support the grieving family.

### Courageous Kids Grief Support for Youth <sup>SP</sup>\*

www.courageouskidsoregon.org ijennings@peacehealth.org  
677 East 12th Ave., Suite N 180, Eugene 541-242-8693

Grief support for bereaved children and teens (ages 6-17) and their families. Weekly support groups and annual summer camp. No fee, donation requested.

### First Candle

www.firstcandle.org 1-800-221-7437  
info@firstcandle.org

Bereavement support for those affected by the death of a baby.

### Hospice of Sacred Heart

www.peacehealth.org  
677 East 12th Ave., Suite N 110, Eugene 541-461-7550

Grief class and day and evening time-limited groups for those grieving the death of a loved one. Additional specialized groups intermittently offered, e.g., men's retreat, grief support, parent support.

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

## HELPLINES

### 211 Info Family <sup>SP</sup>

www.211info.org Helpline: 211  
children@211info.org Text "children" to 898211

Referrals and information, for Oregon and SW Washington communities, to make connections with local resources, including child care, parenting support, foster care support, school readiness, and more.

### 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.

**First Candle** SEE GRIEF/LOSS

### Fussy Baby Network <sup>SP</sup>

www.erikson.edu/fussybaby fussybaby@erikson.edu  
Facebook: fussybabynetwork 1-888-431-BABY (2229)

Specialists provide support and information to help parents with infant crying, sleeping, and feeding issues. Infant specialist will answer or return calls, and respond to email as soon as possible. No cost.

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

Lalecheleagueoregon.webs.com Breastfeeding Helpline:  
Facebook: La Leche League of Eugene 541-744-6055

Mother-to-mother breastfeeding help through monthly meetings and phone support.

### Oregon Helps

www.oregonhelps.org

Information and eligibility requirements for programs that offer food/nutrition, housing/utilities, children/family resources, health care, financial benefits, and support to seniors/people with disabilities.

### Postpartum Support International (PSI) <sup>SP</sup>

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

Weekly phone forums, every Wednesday for moms, first Monday for dads. Visit website or call for information. For local services, including warm line, see Pregnancy • Childbirth • Postnatal Support • Adoption ~ WellMama, Inc.

**Sexual Assault Support Services** SEE CHILD ABUSE/NEGLECT • DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

**White Bird Crisis Center** SEE COUNSELING

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

**CHILD SAFETY SEAT RESOURCE CENTER**  
childsafetyseat.org

## LEGAL

**CASA of Lane County** SEE CHILD ABUSE/NEGLECT  
• DOMESTIC VIOLENCE • SEXUAL ABUSE/ASSAULT

### Center for Dialogue and Resolution

~Family Program <sup>SP</sup>

www.lanecdr.org info@lanecdr.org  
93 Van Buren 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>

www.lanecounty.org/mediation mediation@co.lane.or.us  
151 West 7th Ave., Suite 360, Eugene 541-682-3962

Services include the parent education class "Focus on Children," custody and parenting time mediation, supervised parenting time, Family Check-Up, Springfield Restorative Justice, and custody evaluations.

### Lane County Legal Aid and Advocacy Center <sup>SP</sup> <sup>ASL</sup>

http://lclac.org  
376 East 11th Ave., 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, and landlord/tenant.

### Oregon Department of Justice

~Division of Child Support <sup>SP</sup>

http://oregonchildsupport.gov  
jessika.d.jenson@doj.state.or.us  
165 East 7th Ave., Suite 300, Eugene 541-686-7834

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>

www.co.lane.or.us/DA 541-682-4523

**District Attorney's Office, 125 East 8th Ave., Room 400, Eugene**  
Provides support to 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 <sup>SP</sup>** General: 541-682-5450

www.eugene-or.gov/library Children's Center: 541-682-8316

**Downtown Library,**

100 West 10th Ave.

**Bethel Branch, 1990 Echo Hollow Rd.**

**Sheldon Branch, 1566 Coburg Rd.**

Books on parenting and child development; children's books, movies, music CDs; online resources through library website. Storytimes for babies, toddlers, and preschoolers, plus special family events. All events free. Connect on Facebook and Twitter.

### Springfield Public Library <sup>SP</sup>

www.wheremindsgrow.org  
library@springfield-or.gov  
225 5th St. 541-726-3766

Parent resources, children's books, movies, audio books, magazines, CDs, theme kits, and online resources. Weekly lapsit and preschool storytimes. Regular family programs. Play and learn activity center. Internet and meeting rooms available. All programs free.

## MEDICAL & DENTAL

### American Red Cross ~ Southwest Oregon

Chapter <sup>SP</sup> www.redcross.org/cascades  
862 Bethel Dr., 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. Call or visit website to register for classes.

### Bethel Health Center <sup>SP</sup>

http://blogs.bethel.k12.or.us/bshc  
1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430

Comprehensive health care services provided by nurse practitioner for ages 1-19. Mental health counseling. Insurance billed, including OHP. Sliding-fee scale option.

### Child Development and Rehabilitation Center <sup>SP</sup>\*

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

Intake: 541-346-2613

Comprehensive diagnosis, evaluation, and management of various conditions, including developmental delay, autism, speech and language disorders, cerebral palsy, spina bifida, and orthopedic impairments.

### Children's Dental Center

~ Assistance League of Eugene

Churchill High School, Clinch: 541-790-5181  
1850 Bailey Hill Rd., Eugene Assistance League: 541-485-3721

Dental care for area public school children from families with low income and no insurance.

### Community Health Centers of Lane County

www.lanecounty.org/chc

**Brookside Clinic <sup>SP</sup>** 1680 Chambers St., Suite 103, Eugene 541-682-3550

Primary medical care for families: family planning services, preventive medicine and chronic disease management, more.

**Charnelton Community Clinic <sup>SP</sup>**

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 <sup>SP</sup>**

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 <sup>SP</sup>**

2411 Martin Luther King Jr. Blvd., Eugene 541-682-3550

Primary medical care for families: family planning services, preventive medicine, chronic disease management, more.

**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>** 541-744-4130

1050 10th St., Springfield Appointments: 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.

### Dove Medical

www.DoveMedical.org info@dovemedical.org  
487 East 11th Ave., Eugene 541-345-DOVE (3683)

Pregnancy diagnosis clinic. Services include pregnancy testing, decision coaching, and ultrasound for pregnancy diagnosis. Confidential, free of charge.

### Eugene School District 4J School Based Health Centers <sup>SP</sup>

District Office, 120 West Hilliard, Eugene 541-790-7216

Churchill Health Center, 1850 Bailey Hill Rd., Eugene 541-790-5227

North Eugene Health Center, 200 Silver Ln., Eugene 541-790-4445

Nurse practitioner and therapist provide medical and mental health services to students and siblings (ages birth-19) enrolled in 4J schools.

### Lane County Dental Society

www.lanedentalsociety.org office@lanedentalsociety.org  
2300 Oakmont Way, Suite 110, Eugene 541-686-1175

Free dental information and referral.

### Lane County Public Health Services <sup>SP</sup>

www.lanecounty.org  
151 West 7th Ave. (2nd and 3rd floors), Eugene 541-682-4041

Maternal/child health home visits, maternity case management, WIC, adult and child immunizations, STD testing and treatment. Call for appointment.

### March of Dimes

www.marchofdimes.org  
acorey@marchofdimes.org 541-225-5023

Preconception/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

1450 Birch Ave., Cottage Grove <sup>SP</sup> 541-344-9411

**Education Programs**

3579 Franklin Blvd., Eugene 541-344-1611

Birth control, reproductive/sexual healthcare by expert providers for adults and teens. Annual exams, pregnancy testing, HPV vaccination, testing/treatment for STDs, HIV testing, abortion, and vasectomy.

**Springfield Schools Health Center** SEE MEDICAL

~ COMMUNITY HEALTH CENTERS OF LANE COUNTY

### 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.

~ MEDICAL & DENTAL CONTINUED ON NEXT PAGE

## White Bird Community Dental Clinic <sup>SP</sup>

www.whitebirdclinic.org  
1400 Mill St., Eugene 541-344-8302  
Dental care on a sliding-fee scale for Lane County residents. OHP accepted. Emergency clinics for patients in pain. On-going dental care by appointment. Call for hours or check website.

## White Bird Medical Clinic <sup>SP</sup>\*

www.whitebirdclinic.org/medical  
1400 Mill St., Eugene 541-484-4800  
General family medicine (no prenatal). OHP and Medicare B. Labs, dispensary, and referrals. Call or come by for more information.

## PREGNANCY & CHILDBIRTH POSTNATAL SUPPORT • ADOPTION

### 1st Way Pregnancy Resource Center <sup>SP</sup>\*

www.1st-way.org firstwayeugene@gmail.com  
1162 B St., Suite 213, Springfield Terry: 541-687-8651  
Free pregnancy testing and ultrasound available on-site and in mobile unit. Baby and children's clothing, some furniture. Visit website for schedule.

### Adoption Connections of Oregon SEE FAMILY EDUCATION/SUPPORT

### Baby Connection

86 Centennial Loop, Eugene 541-222-3922  
Fun, free drop-in service located at Parenting Now!, every Wednesday, for baby weight checks and infant feeding support and education. Opportunity to meet and talk with other parents. Sign in 11 a.m.-noon.

### Daisy C.H.A.I.N. (Creating Healthy Alliances In New-Mothering) <sup>SP</sup>

www.daisychainmothering.org info@daisychainmothering.org  
Daisy's Place, 1244 Lawrence St., Eugene 541-505-1139  
Professional postpartum services for all families from IBLCs and postpartum doulas. Prenatal sign up for home visits, walk-in breastfeeding support, and music classes. Call/email/visit website for hours. No cost.

### Doulas of Lane County

www.doulofaneugene.com  
An association of birth and postpartum doulas offers information, physical comfort, emotional support, and practical help for childbirth experiences and the early weeks of caring for newborns. All income levels accommodated. Visit website for contact information.

### Dove Medical SEE MEDICAL • DENTAL

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

### La Leche League Eugene/Springfield SEE HELPLINES

Lane Childbirth Educators Association  
www.birthingeugene.com bebeclases@gmail.com  
A collaboration of independent childbirth educators serving Lane County. Visit website for contact information.

### Lane County Public Health Services SEE MEDICAL • DENTAL

### Lane County WIC Program SEE BASIC NEEDS

### March of Dimes SEE MEDICAL • DENTAL

### McKenzie-Willamette Medical Center

~Women's Health, Birth & Children's Center <sup>SP</sup>\*  
www.mckweb.com  
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.

### Open Adoption & Family Services <sup>SP</sup>

www.openadoption.org info@openadoption.org  
315 West 10th Ave., Eugene 541-343-4825  
Private, pro-choice, non-profit adoption agency dedicated to promoting reproductive choices. Free, all-options pregnancy counseling to women and couples. Adoption plans at no cost to birth parents. Lifelong services for clients.

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

Spanish translation by  
Gabriela Fabián-Santiago provided in  
collaboration with Head Start of Lane County.

## PeaceHealth Midwifery Services

Prenatal Clinic <sup>SP</sup>\* 541-682-8777  
Charnelton Community Clinic, 151 West 7th Ave., Ste. 310, Eugene  
Certified Nurse Midwives provide comprehensive prenatal care, birth, and postpartum services regardless of ability to pay.

### Nurse Midwifery Birth Center <sup>SP</sup>\*

353 Deadmond Ferry Rd., Springfield 541-222-7750  
Certified Nurse Midwives provide comprehensive prenatal care, birth, postpartum, and well-woman services. Birth attended at hospital or Birth Center.

### Planned Parenthood SEE MEDICAL • DENTAL

### Postpartum Support International SEE HELPLINES

WellMama, Inc. <sup>SP</sup> Warm Line: 1-800-896-0410  
www.wellmamaoregon.org info@wellmamaoregon.org

Pregnancy and postpartum mental health support services for women and their families in Lane County who are struggling with emotions related to reproductive health issues. No cost.

## RECREATION

### City of Eugene Recreation Services <sup>SP</sup>

www.eugene-or.gov 541-682-5333  
Child care, preschool education, kindergarten prep, school-age care, middle school programs, vacation and summer camps. Programs offered at various schools and community centers. Water safety, swimming lessons, and parent/child classes offered at local pools.

### Eugene Family YMCA <sup>SP</sup>\*

www.eugeneymca.org holly@eugeneymca.org  
2055 Patterson St., Eugene 541-686-9622  
Certified child care (ages 2½-11), swim lessons, family fitness and recreation, youth sports, summer camps, and family events. Child care available while parents work out. Financial assistance available.

### Eugene Public Library SEE LIBRARIES

### Eugene School District 4J SEE CHILD CARE

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

### River Road Park and Recreation District

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

### Springfield Public Library SEE LIBRARIES

### Tamarack Aquatic Center <sup>SP</sup>\*

www.tamarackaquatic.org info@tamarackaquatic.org  
3575 Donald St., Suite 300, Eugene 541-686-9290  
Warm water lessons for ages 6 months and up. Scholarships available with OHP and SNAP verification. SwimLife safety training classes for infants and children. Call for information.

### Willamalane Park and Recreation

District <sup>SP</sup> www.willamalane.org  
250 South 32nd St., Springfield 541-736-4544  
Early childhood recreation classes, part-time or full-time preschool and child-care programs. Parent/child classes: Bob Keefer Center for Sports and Recreation, 541-736-4544; Splash! at Lively Park, 541-736-4244; Willamalane Park Swim Center, 541-736-4080.

## SPECIAL NEEDS

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

www.arcfamiliesconnected.com  
4181 E St., Springfield Laura Dahill: 541-343-5256, ext. 113  
Programs to reduce isolation and build community connections for families raising a child with a developmental disability. Services include support groups, family trainings, mentoring, community access, and advocacy.

### The Arc of Lane County/Jumpstart SEE CHILD CARE

### Child Development and Rehabilitation Center

### Direction Service, Inc. <sup>SP</sup>

www.directionservice.org  
1144 Gateway Loop, Suite 200, Springfield 541-686-5060  
Information and referral on disability-related topics. Service coordination and advocacy for families who have children and young adults with disabilities or suspected disabilities. No cost.

## Early Childhood CARES

http://earlychildhoodcares.uoregon.edu  
eccares@uoregon.edu <sup>SP</sup> 541-346-0742  
299 East 18th Ave., Eugene 541-346-2578 or 1-800-925-8694  
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 (DHS) ~Vocational Rehabilitation Services (VRS) <sup>SP</sup> <sup>ASL</sup>

www.oregon.gov/dhs  
McKenzie Center, 2885 Chad Dr., Eugene 541-686-7878  
Springfield Main Street Center, 101 30th St. 541-726-3525  
Counseling, skills training, and job placement for people who meet state criteria.

### Oregon Family Support Network SEE FAMILY EDUCATION/SUPPORT

### Pearl Buck Preschool <sup>SP</sup>

www.pearlbuckcenter.com  
lise.schellman@pearlbuckcenter.com  
3690 West 1st Ave., Eugene 541-484-4666  
Specialized services for families with special needs: home-based parenting support for eligible parents and their babies, preschool (ages 2-5), case management, and home visits.

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

positivecommunitykitchen.org  
fran@positivecommunitykitchen.org Fran: 541-249-4942, ext. 102  
Meals for people in crisis due to cancer or life-threatening illness. Prepared by volunteer adults and teens and delivered free to clients' homes.

### Tamarack Aquatic Center SEE RECREATION

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

https://education.uoregon.edu/hedco-clinic/speech-language-hearing-center  
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene 541-346-0923  
Clinical and consultative speech/language services for all ages. Services include speech delays/disorders, cognitive impairments following TBI or stroke, stuttering, voice, etc. Sliding-fee scale available.

## SUBSTANCE ABUSE & RECOVERY

### 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.

### Emergence 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 541-687-9139

374 Q St., Springfield 541-746-4041

1932 Pine St., 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.

### Looking Glass Community Services SEE COUNSELING

Nar-Anon Family Eugene-Springfield  
Group <sup>SP</sup>\* 541-726-1880 or 1-800-477-6291  
www.nar-anon.org wso@nar-anon.org

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

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

### Serenity Lane

www.serenitylane.org  
info@serenitylane.org  
Residential Treatment 541-687-1110 or 1-800-543-9905  
Outpatient Treatment 541-485-1577  
Alcohol/drug treatment in Oregon and Washington for adults 18 and older. Most insurance accepted.

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

www.wfsts.org info@wfsts.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.



This resource poster is made possible by the financial support of the Eugene Active 20-30 Club.

Eugene Active 20-30 Club  
P.O. Box 365; Eugene, OR 97440  
www.eugene2030.org

"A person never stands so tall as when kneeling to help a child."