



# Resources For Families 2010

Effective January 1, 2010

For parenting questions, call **Parent Helpline 541-485-5211**

## Anger Management

**Center for Community Counseling** 541-344-0620  
1465 Coburg Road, Eugene [w] www.cccueugene.org  
Anger Management for Parents class (11 weeks) offered three times a year; sliding-fee scale; free on-site child care. Pre-registration required. Call for phone screening, Monday–Thursday, 9 a.m.–3 p.m.  
**Relief Nursery, Inc.** see Family Education/Support

## Basic Needs

**Bosco House** 541-683-7517  
4488 Knoop Lane, Eugene [e] boscohouse@comcast.net  
Transitional housing for young mothers (ages 18–25) and their children. Space available for five mothers willing to work toward self-sufficiency and make positive changes in their lives.

**Catholic Community Services of Lane County**  
1464 West 6th Avenue, Eugene 541-345-3642  
1025 G Street, Springfield 541-747-0221  
[w] www.ccslc.org [e] jholland@ccslc.org

Assistance to meet basic needs includes food assistance, rent, utilities, prescriptions, clothing, ID assistance, bus tokens, free phone, and mailing address. Access to Family Support Workers, Family Shelter Program, Latino Housing, and long-term case management programs such as Housing Scholarship, Young Parents programs, Open Doors, and Housing Stabilization.

**Department of Human Services (DHS)**  
District Office, 2885 Chad Drive, Eugene 541-687-7373  
Gateway Center, 1040 Harlow Road, Springfield 541-726-6644  
McKenzie Center, 2885 Chad Drive, Eugene 541-686-7878  
Willamette Street Office, 1899 Willamette, Eugene 541-686-7555  
Springfield Main Street Center, 101 30th Street 541-726-3525  
West Eugene Family Center, 2101 West 11th Avenue 541-686-7722  
Cottage Grove Family Center, 305 Coop Court 541-942-9186  
Florence Central Coast Resource Center, 3180 Highway 101 North 541-997-8251  
**Self-Sufficiency services** (medical, child care, financial, food, employment). **Child Welfare services** (protection, foster care, adoptions). **Vocational Rehabilitation services** (counseling, skills training, job placement) to people who meet State criteria.

**Family Support & Connections**  
(a program of Catholic Community Services of Lane County)  
1025 G Street, Springfield 541-345-3628, ext. 306  
[w] www.ccslc.org [e] mgattis@ccslc.org  
Supportive information and services about resources for families living in Cottage Grove, Eugene, Fern Ridge, Florence, Junction City, McKenzie River Valley, Oakridge, Pleasant Hill, and Springfield. Helps families stabilize, eliminate risk factors, and improve their situations.

**First Place Family Development Center: St. Vincent de Paul**  
1995 Amazon Parkway, Eugene 541-342-7728  
[w] www.FirstPlaceFamilyCenter.org [e] dwise@svdp.us  
Services for families with children: food, kitchen facilities, day shelter, free laundry facilities, phones, phone messages, mail service, use of computer with internet access, free/low-cost therapeutically oriented preschool (ages 3–5), night shelter, Overnight Parking Program, case management, clothing vouchers, showers.

**Fish, Inc.** 541-689-9750  
Volunteer agency provides emergency services—food and clothing—on a limited basis to anyone in need; case by case assistance for prescription medication.

**Food For Lane County** 541-343-2822  
770 Bailey Hill Road, Eugene [w] www.foodforlaneconomy.org [e] info@foodforlaneconomy.org  
Countywide distribution of emergency and supplemental food through a network of 100 agencies and programs. Services include emergency food boxes and no-cost meal sites for people with low incomes who are hungry or at risk of hunger, as well as gardens, nutrition education programs, and summer lunches for children. Call for site locations and hours.

**Helping Hand Room** 541-344-1425  
First Christian Church, 1166 Oak Street, Eugene  
Free clothing, bedding, and layettes for anyone in need. Open Tuesdays/Thursdays, noon–2 p.m. Must have an appointment. Call Monday–Friday, 9 a.m.–4 p.m.

**Hosea Youth Services** 541-344-5583  
834 Monroe Street, Eugene [w] hoseayouth.org  
Drop-in center/outreach for youth (ages 22 and under) and single mothers with infants or toddlers. Meals, showers, laundry facilities, and clothing available. Open Monday/Wednesday/Friday, 3–7 p.m.; dinner at 5 p.m.

**Housing And Community Services Agency (HACSA) of Lane County, Oregon** 541-682-3755  
177 Day Island Road, Eugene 541-682-4090  
300 West Fairview Drive, Springfield [w] www.hacsa.org

**Section 8 Program:** Federal program assists families with rental housing payments to private landlords. Family member completes housing application, placed on waiting list; when eligible, family composition, income/assets verified. New families taken into program as vacancies occur.

**Agency-owned Housing:** Various types of housing owned and managed by HACSA. Family member completes housing application, placed on waiting list; when eligible, family composition, rental references, criminal history, income/assets verified. New families offered units as vacancies occur.

**Lane County WIC Program (Women Infant & Children Supplemental Food & Nutrition Program)** 541-682-4202  
1900 West 7th Avenue, Eugene (moving summer 2010: new address TBA)

Supplemental food and nutrition education program for women who are pregnant or breast-feeding, infants, and children up to age 5. Eligibility based on screening and income limits.

**Latino Housing Program** 541-345-3628, ext. 307  
(a program of Catholic Community Services of Lane County)  
1025 G Street, Springfield [w] www.ccslc.org  
Supportive services and housing subsidy for members of Latino community experiencing homelessness. Assistance provided to help with barriers to stability such as employment, ESL, parenting, and budgeting.

**Looking Glass Station 7/Project Safe Place**  
2485 Roosevelt Boulevard, Eugene Crisis: 1-888-689-3111  
Emergency shelter for runaway and homeless youth (ages 11–17) provides 24-hour crisis intervention, emergency transportation, and family reconciliation.

**Metropolitan Affordable Housing Corporation (Metro)** 541-683-1751  
P.O. Box 11923; Eugene, OR 97440 [w] www.metroaffordablehousing.org  
[e] metropolitanaff1@qwestoffice.net  
Affordable housing communities and support services available that promote opportunities for personal and economic growth and independence.

**Mother's Helper** 541-344-3273  
1509 Willamette Street, Eugene [w] www.ateasehomecare.com  
Medical and non-medical services to assist parents before and after baby's birth. Helps new parents adjust to their changed schedule to allow more time with baby.

**Murnane Mutual Home of Catholic Community Services** see Substance Abuse Recovery  
**Oregon Helps** see Helplines

**Oregon State University Extension—Lane County Nutrition Education Program** 541-682-4281  
950 West 13th Avenue, Eugene [w] http://extension.oregonstate.edu/lane/nutrition  
[e] tammy.white@oregonstate.edu  
Nutrition classes offered to families with limited resources. Nutrition, food safety publications available, as well as bilingual classes and materials.

**Parent Partnership** see Family Education/Support  
**ShelterCare Brethren Housing** 541-726-8125  
1062 Main Street, Springfield [w] www.sheltercare.org [e] bhousing@sheltercare.org  
Services for families who are homeless and single adults diagnosed with severe and persistent mental illness include food, clothing, transportation, counseling, advocacy, medication monitoring, money management, housing, and job search.

**ShelterCare Family Housing Program** 541-689-7156  
969 Highway 99 North, Eugene  
Temporary housing for families in crisis; aid in locating housing and/or other resources for residents of ShelterCare Family Housing Program; advocacy and problem-solving skills as needed.

**Springfield Salvation Army** 541-747-6229  
1275 Mill Street, Springfield  
Food boxes to residents west of Pioneer Parkway, furniture (50 percent discount), clothing vouchers, antibiotic prescription assistance, some Christmas boxes and Angel Tree gifts (ages 0–12). Open Monday–Friday, 9 a.m.–2 p.m.

## Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault

**CAFA (Christians As Family Advocates)** 541-686-6000  
921 Country Club Road, Suite 222, Eugene [w] www.cafaweb.com

Christian-based counseling for all life issues including trauma, adjustment, anger, domestic violence, parenting, marriage, depression, and anxiety. Individual and group therapy for children, teens, and adults; also filial, play, and neurofeedback therapy.

**CASA of Lane County** 541-984-3132  
174 Deadmond Ferry Road, Springfield  
CASA (Court Appointed Special Advocate) volunteers advocate in juvenile dependency court for children (ages 0–18) who have been abused or neglected.

**Child SASH (Child Sexual Abuse Stops Here)** 541-505-9567  
P.O. Box 42264; Eugene, OR 97404 [w] www.childsash.org  
Curriculum being developed to teach children and adults about grooming behaviors used by people who intend to sexually abuse children. Education provided on the importance of reporting sexual abuse, especially when abuser is family member.

**DHS Child Welfare Program** 541-686-7555  
McKenzie Center, 2885 Chad Drive, Eugene  
Protective services for children, both in home and through provision of foster care and permanency planning; adoption; foster home certification.

**Jasper Mountain** Jasper Mountain: 541-747-1235  
37875 Jasper Lowell Road, Jasper  
89124 Marcola Road, Springfield SAFE Center: 541-741-7402  
Services include intensive treatment for children (ages 14 and under) including day treatment, therapeutic foster care, crisis stabilization, and residential assessment and treatment.

**Kids' FIRST (Forensic Intervention Response & Support Team)** 541-682-3938  
2675 Martin Luther King Jr. Blvd., Eugene [w] www.lanecounty.org/KidsFIRST  
Child-focused environment where children can be interviewed in matters concerning child abuse. Child's well-being is first priority. Center enables effective investigations and coordinates child's legal and treatment needs through community resources.

**Lane County Legal Aid and Advocacy Center** see Legal Options Counseling Services of Oregon, Inc. see Counseling Relief Nursery, Inc. see Family Education/Support  
**Sexual Assault Support Services (SASS)** 541-484-9791  
Crisis: 541-343-SASS (7277) or 1-800-788-4727  
591 West 19th Avenue, Eugene [w] www.sass-lane.org

Services for survivors of sexual abuse/assault, their friends, and family. Services: 24-hour crisis line, Self Defense Program, Latina Connections Program, Engaging Change—LGBTIQ Outreach, advocacy, support groups, peer support, educational presentations, and information and referral.

**Womenspace** Helpline: 541-485-6513 or 1-800-281-2800  
Advocacy Center: 541-484-6103  
1577 Pearl Street, Suite 200, Eugene Office: 541-485-8232  
P.O. Box 50127; Eugene, OR 97405 (mailing) [w] www.womenspaceinc.org

Services, also in Spanish, for adult and child survivors of domestic violence: 24-hour helpline, information and referral, emergency shelter, peer counseling, children's program, advocacy by appointment, weekly support groups. Services in Oakridge, Junction City, and Cottage Grove.

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

## Child Care

**American Red Cross** see Medical • Dental

### The Arc of Lane County Lifespan Respite Referral Program

4181 E Street, Springfield [w] www.arclane.org  
Temporary, short-term care for children, adults, and seniors who have special needs, emotional and/or behavioral disorders, or are medically fragile. Qualified providers offer respite care in their home or client's home.

**City of Eugene Recreation Services** see Recreation

**DHS Community Human Services** see Basic Needs

**Eugene Family YMCA** see Recreation

### Eugene School District 4J

200 North Monroe Street [w] www.4j.lane.edu  
Student-run child care/preschool programs at Opportunity Center, North Eugene, South Eugene, and Churchill high schools. Teen parent program at Churchill High School and Opportunity Center. After-school programs at some schools; contact schools directly for information.

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

Lane Community College, 4000 East 30th Ave., Building 24, Eugene [w] www.lanecol.edu/lfc 541-463-3954 or 1-800-222-3290  
Customized referrals to potential child care; information and support to assist parents in securing reliable, quality care. Website provides on-line access for parents and providers. Child-care provider training, technical assistance, newsletter, and other services.

**Mother's Helper** 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

### Center for Community Counseling

1465 Coburg Road, Eugene [w] www.cceugene.org  
Counseling provided to uninsured adults of Lane County. More than 70 pro bono community counselors offer services on a sliding-fee scale. Nurturing Parent and Anger Management classes offered three times a year; free child care provided. Call for a phone screening, Monday–Thursday, 9 a.m.–3 p.m.

### Center For Family Development

1258 High Street, Eugene [w] www.c-f-d.org  
Family and individual counseling for children, adolescents, and adults. Outpatient treatment and groups for adults and adolescents with mental health and/or substance abuse/dependence problems. Spanish-speaking services available. OHP and some insurance accepted. Sliding-fee scale available: \$5–\$80/month.

### Center For Family Therapy

HEDCO Clinic, 1655 Alder Street, Suite 170, Eugene [w] http://education.uoregon.edu/feature.htm?id=411  
Therapy for couples, families, and individuals. Staffed by University of Oregon graduate student therapist interns trained to work with new parent couples, couple conflict, parent-child relationships, and closely supervised by doctoral-level faculty and clinicians. Day and evening weekday appointments available.

### Child and Family Center

195 West 12th Avenue, Eugene [w] http://cfc.uoregon.edu/services.htm 541-346-4805  
A range of low-cost, family-based services for children and adolescents (ages 2–17). Services can include brief and longer-term intervention, assessment, family and child therapy, parenting help, and/or referral.

### The Child Center

3995 Marcola Road, Springfield [w] www.childcenter.org 541-726-1465  
Outpatient therapy for children and families, intensive community-based treatment services, psychiatric day treatment for children (ages 3–12) in a therapeutic school environment, partner in 24-hour Crisis Response Program (see Helplines).

### Child Development and Rehabilitation Center

see Medical • Dental

### Direction Service Counseling Center

576 Olive Street, Suite 307, Eugene [w] www.directionservice.org 541-344-7303  
Outpatient counseling and mental health support to adults, children (ages 18 months and older), adolescents, and families. Private insurance and OHP accepted.

### Looking Glass Counseling Program

20 East 13th Avenue, Eugene [w] www.lookingglasscounseling.com 541-484-4428  
Outpatient mental health treatment for children, youth, adults, and families. Services provided at locations throughout Lane County.

### Ophelia's Place

1577 Pearl Street, Suite 100, Eugene [w] www.opheliasplace.org 541-284-4333  
Safe, supportive resource center for girls (ages 10–18) to drop in Monday–Thursday, 3–6 p.m. Services include resource information and referrals, and solution-focused brief therapy by appointment. Support groups, skill-building activities, and leadership opportunities also available.

### Options Counseling Services of Oregon, Inc.

1255 Pearl Street, Suite 102, Eugene [w] www.options.org 541-687-6983

Mental health counseling for all ages. Accepts OHP and some private insurance. Services include individual, group, and family counseling; women's domestic violence groups; family sexual abuse treatment; and medication management.

**Relief Nursery, Inc.** see Family Education/Support

### Saturday Circus/Lane Community College Counseling Department and Continuing Education Division

see Family Education/Support

**ShelterCare Brethren Housing** see Basic Needs

### White Bird Crisis Center

341 East 12th Avenue, Eugene [w] www.whitebirdcrisis.org 541-687-4000 or 1-800-422-7558  
Crisis counseling, intervention, and mental health information and referral, including phone, walk-in, and mobile services available 24 hours. Administers special transportation services for mentally disabled.

## Family Education/Support

### Adoption Connections of Oregon

P.O. Box 10581; Eugene, OR 97440 (mailing) [w] www.adoptionconnectionsoregon.org [e] aco@peak.org 541-554-1201  
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 of Lane County Lifespan Respite Referral Program** see Child Care

**The Arc of Lane County On Track Program** see Special Needs

### BIRTH TO THREE

Parent HelpLine: 541-485-5211 or 1-888-485-5211  
86 Centennial Loop; Eugene, OR 97401

[w] www.birthto3.org [e] birthtothree@birthto3.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; *Make Parenting A Pleasure* for young parents (ages 12–21) and parents experiencing high levels of stress; *Creecer* for Spanish-speaking families; *Healthy Start and Welcome Baby* (home visiting programs and parenting support for first-time parents); *Squishivities, Playtime For Parents and Children*. **Services:** Telephone Parent HelpLine; parenting column in *The Register-Guard*; Facebook page; website postings of community special events, activities, and groups for children and parents.

**CAFA** see Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault

**Center For Community Counseling** see Counseling

### Centro Latinoamericano Los Niños Program

944 West 5th Avenue, Eugene [w] www.cla1.org 541-687-2667  
Case management services for families with children, children's play group, and infant feeding classes.

**Child and Family Center** see Counseling

**The Child Center** see Counseling

### Committed Partners for Youth, Big Brothers

**Big Sisters** [w] www.committedpartners.org 541-344-0833  
935 Oak Street, Eugene  
Youth development enhanced through volunteer adult mentors who inspire personal growth, healthy relationships, and meaningful opportunities. CPY–BBBS serves youth (ages 6–18) in the highest need of extra support. Youth and mentors agree to a minimum of 12 months in the program/relationship.

### Community Mediation Services – Parent/Teen Program

59 East 11th Avenue, Suite 100, Eugene [w] www.communitymediationservices.com 541-344-5366  
[e] info@communitymediationservices.com  
Help for families with adolescents who are balancing their growing independence with increased responsibilities as they become adults. Mediation can help with such issues as communication, trust, privacy, chores, curfew, driving, grades, dating, drug-use, and friends.

**Douglas Supporting Teens** see Pregnancy • Childbirth • Postnatal Support • Adoption

### Family Relief Nursery

720 North 14th Street, Cottage Grove (office) [w] www.familyreliefnursery.org 541-942-4835  
P.O. Box 1207; Cottage Grove, OR 97424 (mailing)  
Therapeutic Early Childhood Program. Offers early childhood classes for parents of children (ages 6 weeks–4 years). Provides home visits, parenting education, respite care, crisis response, bilingual services (Spanish), mental health services, peer support for clients with substance abuse issues.



If you have any questions about your child's health and development, don't hesitate to call your doctor.

### Family Resource Centers of Lane County

Bethel Village Family Center, Eugene [w] www.bethel.org 541-461-6424, ext. 3061  
Cottage Grove/Creswell: A Primary Connection [w] www.primaryconnection.org 541-942-4967  
Eugene Family Resource Center

at Chavez Elementary [w] www.chavez.org 541-687-4276  
at Howard Elementary [w] www.howard.org 541-687-3365  
at River Road Elementary [w] www.riverroad.org 541-687-3307

Junction City Family Resource Network [w] www.junctioncityfamilyresource.com 541-998-2386, ext. 497  
or 541-998-5030, ext. 411 (message)

Lane County Department of Children and Families, Eugene [w] www.lane.gov 541-682-3817

Marcola Family Resource Center [w] www.marcola.org 541-933-2411, ext. 1216  
McKenzie Family Resource Center [w] www.mckenzie.org 541-822-1110 or 541-822-1108

Oakridge-Westfir Family Resource Center [w] www.oakridge.org 541-782-3281  
Patrick McCurdy Education Family Resource Center (Pleasant Hill) [w] www.pleasanthill.org 541-736-0493

**Springfield Family Resource Centers** [w] www.springfieldfamilyresource.com 541-744-6769  
Variety of support and activities for families includes parenting education, play groups, information and referrals to community resources, family fun nights, school and neighborhood connections, computer access, after-school activities, and volunteer opportunities. Many offer services in Spanish. Contact center in your area for location, hours of operation, and specific services.

**First Place Family Development Center: St. Vincent de Paul** see Basic Needs

### Focus on Children

777 High Street, Suite 100, Eugene [w] www.lanecounty.org/HHS\_fammed 541-682-2070

A 3½-hour class designed to help parents respond to their children's needs and minimize the negative impacts of divorce and separation. Pre-registration required.

### Head Start of Lane County

221 B Street, Springfield [w] www.head-start.lane.or.us 541-747-2425  
[e] info@head-start.lane.or.us  
Comprehensive preschool education for children (ages 3–5) of families with low incomes. Part-day, full-day, and community child care offered. Health, social services, translation, advocacy, and parenting education provided. Applications accepted year round; spring best time to apply.

### Healthy Start of Lane County

125 East 8th Avenue, Eugene [w] www.healthystart.org 541-682-7425  
Voluntary home visiting program provides parenting education, resource and referral, and child development information for first-time parents.

### Oregon Family Support Network

2411 Martin Luther King Jr. Blvd., Suite 274, Eugene [w] www.ofsn.org 541-342-2876 or 1-800-323-8521  
Families supporting families throughout Oregon who have children with emotional, mental, behavioral, and/or physical challenges. Services include family support groups, family fun activities, peer support and coaching, training, advocacy, education, outreach, warmline, referrals, and newsletter.

### Parent Partnership

1310 South 8th Street, Cottage Grove (office) [w] www.parentpartners.org 541-942-2104  
P.O. Box 1529; Cottage Grove, OR 97424 (mailing)  
[e] aspartners@qwestoffice.net  
Parent support and education for families in South Lane School District: Family Resource Center, teen parent child care, homeless youth assistance.

**Pearl Buck Center** see Special Needs

### Relief Nursery, Inc.

1720 West 25th Avenue, Eugene [w] www.reliefnursery.org 541-343-9706  
Outreach, crisis response, and therapeutic early childhood program for families under stress who are high-risk. Early intervention program serves children (ages birth–6). Anger management and parenting classes, mental health counseling and services, alcohol and drug recovery support services, and home visits offered to families. All services available in Spanish.

### Saturday Circus/Lane Community College Counseling Department and Continuing Education Division

1059 Willamette Street, Eugene [w] www.lanecol.edu/ccfc 541-463-5234  
Principles of Child Guidance (Saturday Circus) parenting education program, including parenting education groups. Saturdays, 9 a.m.–noon; Thursdays, 9 a.m.–noon (summer only). Child care available on a pre-registered, space available basis only. Parenting education telecourse information available. Low or no charge for most services.

### Twins & Beyond

[w] www.twinsandbeyond.com 541-463-8252  
Moral support for parents of multiples, monthly support meetings, club library material, family social events, and monthly newsletter.

### Young Fathers Program of Catholic Community Services

1025 G Street, Springfield [w] www.ccscl.org 541-345-3628, ext. 308  
[e] mgattis@ccscl.org  
Services for young fathers (ages 14–28), include a 12-week parenting class focused on issues of fatherhood, weekly support group, Options to Anger group, and supportive case management to address barriers to successful parenting and self-sufficiency.

## Young Parents Program of Catholic Community Services

1025 G Street, Springfield 541-345-3628, ext. 309  
[w] www.ccslc.org [e] mgattis@ccslc.org  
Intensive case management and housing subsidy for pregnant or parenting young adults (ages 14–21). Services include parenting education, connection to resources, and assistance finding housing.

## Financial Assistance

**American Red Cross** see Medical • Dental

**Catholic Community Services of Lane County**  
see Basic Needs

**DHS Community Human Services** see Basic Needs

**Easter Seals Oregon** 1-800-556-6020

5757 SW Macadam Avenue; Portland, OR 97239  
[w] www.or.easterseals.com [e] info@or.easterseals.com  
Grants for equipment and services available for children and young adults with disabilities (ages 0–21) to enable them to attend and excel in school. Referral by professional (doctor, teacher, case manager, etc.) needed for grant eligibility.

**Housing And Community Services Agency of Lane County** see Basic Needs

**Family Connections of Lane and Douglas Counties**  
see Child Care

**Metropolitan Affordable Housing Corporation (Metro)**  
see Basic Needs

## Grief/Loss

**BabyLoss Eugene** 541-870-8367

[w] www.wix.com/babylosseugene/BabyLoss-Eugene  
[e] babyloss.eugene@gmail.com  
**BabyLoss Support Group**  
University of Oregon, Many Nations Longhouse,  
1630 Columbia Street (on campus, behind Law School), Eugene  
Group offers opportunity for grieving parents to connect with other parents who have experienced loss of a child. Meets monthly.

**Pregnancy and Parenting After a Loss**

Group for parents who are considering becoming pregnant, are currently pregnant, or have given birth after experiencing pregnancy loss or loss of a child. For current meeting information, call, e-mail, or visit website.

**Compassionate Friends/Eugene Chapter**

St. Mary Catholic Church, 541-689-1626 or 541-344-8025  
11th and Charnelton, Eugene (entrance off 10th)  
Support group for parents, grandparents, and siblings who have experienced the death of a child. Also provides information and education to bereaved parents. Counseling not provided. Call for meeting times and room.

**Courageous Kids Grief Support for Youth**

1121 Fairfield Avenue, Eugene 541-461-7577  
[w] www.peacehealth.org/willamette  
Grief support for bereaved children and teens (ages 6–18). Weekly support groups offered at agency. Annual four-day residential summer camp. Peer and parent support. Age-appropriate activities designed to facilitate emotional healing.

**First Candle** 1-800-221-7437

Support and 24-hour hotline for families experiencing stillbirth, miscarriage, or death of a baby. Also provides current information about Sudden Infant Death Syndrome and ways to reduce the risk of infant death. Bilingual crisis counselors available 24 hours/day.

**Hospice of Sacred Heart** 541-242-8753

1121 Fairfield Avenue, Eugene [w] peacehealth.org  
Grief class and day and evening time-limited groups for those grieving the death of a loved one.

**WellMama** see Pregnancy • Childbirth • Postnatal Support • Adoption

## Helplines

**211Lane**

[w] www.211Lane.org [e] 211Lane@unitedwaylane.org  
Comprehensive health and human services on-line database designed to provide easy information and referral (I&R) for individuals, caseworkers, and I&R specialists.

**Crisis Response Program** 1-888-989-9990

Free 24-hour service to families in Lane County provided by The Child and Adolescent Network (The Child Center, Looking Glass-New Roads, and Jasper Mountain). Responds to mental health crisis situations of children and adolescents: telephone crisis intervention, community crisis intervention, community brief case management and referral services, crisis care (up to three days).

**First Candle** see Grief/Loss

**Fussy Baby Warmline**

[w] www.erikson.edu/fbn.aspx 1-888-431-BABY (2229)  
Infant specialists provide support and information to help parents with infant crying, sleeping, and feeding issues. All services available in English and Spanish. Calls answered Monday–Friday, 9 a.m.–5 p.m. CST. Messages checked on weekends and calls returned. No charge.

**Info Line** (a program of White Bird) 541-342-4357

341 East 12th Avenue, Eugene 1-800-422-7558  
Comprehensive human services information and referral for all Lane County residents. Special programs for people with low incomes include phone access, voucher for free eye exam and eye glasses to those on waiting list, and mail/message service.

**La Leche League**

Helpline: 541-744-6055

Breast-feeding information, support, encouragement through telephone help and monthly meetings for anyone interested in breast-feeding. Children always welcome. Library and literature available. Call 541-744-6055 for breast-feeding help and/or meeting schedule.

**Oregon Helps**

[w] www.oregonhelps.org

Website provides qualification deadlines for food stamps and other programs that offer food, housing, health insurance, tax credits, and cash assistance for families with children.

**Parent HelpLine**

541-485-5211 or

1-888-485-5211 (Lane County)

Free, confidential line for support and information about parenting and community resources, Sunday–Friday, 9 a.m.–4 p.m.

**Postpartum Support International (PSI)**

[w] www.postpartum.net 1-800-944-4773

Free phone forum, “Chat With an Expert,” on Wednesdays for anyone with questions and concerns about themselves, a loved one, friend, or family member. Talk with a PSI expert about resources, symptoms, options, and general information about perinatal mood disorders. Visit website or call for information, schedule, and access codes. Limited to first 15 callers. For local PSI services, see WellMama under Pregnancy • Childbirth • Postnatal Support • Adoption.

**Sexual Assault Support Services (SASS)** see Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault

**White Bird Community Crisis Center** see Counseling

**Womenspace** see Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault

## Legal

**CASA of Lane County** see Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault

**Community Mediation Services—Family Program**

59 East 11th Avenue, Suite 100, Eugene 541-344-5366

[w] www.communitymediationservices.com  
[e] info@communitymediationservices.com  
Help for families that need professional assistance with negotiating child custody, child support, and parenting time plans, including modifying previous plans when circumstances change. Services can also include negotiation assistance with other separation or divorce issues.

**Lane County Legal Aid and Advocacy Center**

376 East 11th Avenue, Eugene 541-485-1017

Legal assistance to persons with low incomes in civil matters such as government benefits, immigration, eviction, denial of visitation, custody, and abuse. Cases prioritized and referrals made.

**Oregon Department of Justice—Division of Child Support**

165 East 7th Avenue, Suite 300, Eugene 541-686-7834

[w] www.dcs.state.or.us  
Assistance dedicated to establishing paternity and child support orders and enforcing child support obligations in cases involving families who are receiving or have received public assistance, and in certain non-assistance cases.

**Victim Services Program**

District Attorney's Office, 125 East 8th Ave., Room 400, Eugene

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

Assistance, criminal-justice education, guidance, support to crime victims. Supplies ongoing case management/crisis intervention for victims experiencing domestic violence and persons petitioning for Family Abuse Prevention Act restraining orders.

## Libraries

**Eugene Public Library** [w] www.eugene-or.gov/library

Downtown, Adult Reference Desk: 541-682-5450

100 West 10th Avenue Youth Reference Desk: 541-682-8316

Bethel Branch Library, 541-682-5766

1990 Echo Hollow Road, Eugene 541-682-5778

Sheldon Branch Library, 541-682-5778

1566 Coburg Road, Eugene

Books on child development and care; parenting magazines; children's books, audio books, magazines, movies, and music CDs. Storytimes for babies, toddlers, and preschoolers, plus special family events. All programs free of charge.

**La Leche League** see Helplines

**Springfield Public Library**

225 North 5th Street Hours: 541-726-3765

[w] www.wheremindsgrow.org Information: 541-726-3766

Parent resource collection: child management, child development books. Children's books, videos, and tapes. Lapsit and preschool storytimes for children (ages 0–6). Puppet shows and other programs for children. Computer time. Meeting rooms available.

## Medical • Dental

**American Red Cross—Oregon Pacific Chapter**

862 Bethel Drive, Eugene Voice/TDD: 541-344-5244

[w] oregonpacific.redcross.org

[e] lane@oregonpacific.redcross.org

Weekly Infant and Child CPR/First Aid courses: breathing and cardiac emergencies, anti-choking skills, and injury prevention. Babysitting, “Super Safety,” Basic Aid Training classes for youth. Call for current schedule. USDA Child Care Food Program reimburses child-care providers for meals served.

**Centro Latinoamericano Los Niños Program** see Family Education/Support

**Child Development and Rehabilitation Center**

901 East 18th Avenue, CSB, Eugene 541-346-3575

[w] www.ohsu.edu/outreach/cdrc Intake: 541-346-2613

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

**Children's Dental Center/Assistance League of Eugene**

Churchill High School, Assistance League: 541-485-3721

1850 Bailey Hill Road, Eugene Clinic: 541-790-5181

Dental care for area public school children from families with low incomes.

**DHS Human Services** see Basic Needs

**Eugene School District 4J School Based Health Centers**

Health Services: District Office, 541-790-7216

120 West Hilliard, Eugene

North Eugene Health Center 541-790-4445

South Eugene Health Center 541-790-8020

Churchill Health Center 541-790-5227

Sheldon Health Center 541-790-6644

Medical services to students and siblings (ages birth–19) enrolled in 4J and Bethel School Districts. Physicals; routine exams, including sports physicals; immunizations; vision/blood pressure screening; diagnosis/treatment of minor illness/injuries; reproductive care; tobacco/drug/alcohol prevention/cessation. Lab tests sent out at no charge. Insurance billed, including OHP; sliding-fee scale; discount if not insured. No service withheld due to inability to pay. Open Monday–Friday, 8 a.m.–4 p.m. Call for appointment.

**Lane County Dental Society**

2300 Oakmont Way, Suite 110, Eugene 541-686-1175

[w] www.lanedentalsociety.com

Free dental information and referral.

**Lane County Public Health Services**

135 East 6th Avenue (2nd floor), Eugene 541-682-4013

(July/August 2010: new address TBA) [w] www.lanecounty.org

Maternal/child health information and home visits; maternity case management/referral; WIC services; immunization appointments; communicable disease prevention; HIV counseling and testing, and sexually transmitted disease appointments. Sliding-fee scale to zero.

**March of Dimes**

115 West 8th Avenue, Suite 360, Eugene 541-686-2170

[w] www.marchofdimes.com [e] aknabe@marchofdimes.com

Preconception/prenatal education to improve the health of babies by preventing birth defects, infant mortality, and premature birth. Public health education materials and audio visuals.

**Planned Parenthood**

1670 High Street, Eugene Clinic: 541-344-9411

793 North Danebo Avenue, Eugene Clinic: 541-463-9731

225 Q Street, Springfield Clinic: 541-744-7121

4969 Highway 101, Florence Clinic: 541-902-7861

1450 Birch Avenue, Cottage Grove Clinic: 541-514-3107

360 East 10th Ave., Ste. 104, Eugene Education: 541-344-1611

Reproductive health services for adult and teen women, and men. Gynecological exams, birth control, vasectomy counseling, pregnancy testing, midlife services, HPV vaccination, screening and treatment for sexually transmitted infections, HIV testing, options information and referral. Free services available for those eligible.

**Springfield Schools Health Center**

1050 North 10th Street, Springfield 541-744-4130

Full-time Family or Pediatric Nurse Practitioner at clinic. Offers expert, comprehensive health care to Springfield students and their families, with uninsured children and adults seen on a sliding-fee scale based on the federal poverty level. Services at low cost to uninsured students, such as well or sick child checks, immunizations, injury and wound care, family planning, medication or contraceptive management and counseling. Fee of \$50 for sports physicals, \$15 administration fee for vaccines; vaccines free to students as needed. Assistance also available to sign up for OHP. Open Monday–Friday, 8 a.m.–12:30 p.m. and 1:30–4:30 p.m., year round. Call for appointment.

**Volunteers In Medicine Clinic (VIM)**

3321 West 11th Avenue, Eugene 541-685-1800

Primary care medical services to people with low incomes and no insurance. Eligibility requirements include Lane County residency, non-eligibility for any other type of health insurance coverage, and income within 85–200 percent of the federal poverty level. Visits by appointment only.

## White Bird Community Dental Clinic

1400 Mill Street, Eugene 541-344-8328  
For emergency care dates/times: 541-344-8302

Low/no income and ongoing dental care for Lane County residents. Emergency care offered. Come to clinic to fill out screening paperwork.

## White Bird Medical Clinic

1400 Mill Street, Eugene 541-484-4800  
General family medicine (no prenatal); sliding-fee scale (mornings); full fees/some insurance (afternoons). Referrals, labs, dispensary. Call or come by for more information.

## Pregnancy • Childbirth • Postnatal Support • Adoption

**Adoption Connections of Oregon** see Family Education/Support

**DHS Child Welfare Program** see Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault

## Douglas Supporting Teens

P.O. Box 1811; Eugene, OR 97440 (mailing) 541-344-1091  
[w] www.doulassupportingteens.org

Support and education for teens who are pregnant or parenting in Lane County; free doula (professional labor coach) services, teen-centered childbirth classes, and parenting groups.

## First Way of Eugene

1667 High Street, Eugene 541-687-8651  
[w] possiblypregnant.org  
Pregnancy support service. Free pregnancy tests, ultrasound, clothing.

**Healthy Start of Lane County** see Family Education/Support

**La Leche League** see Helplines

**Lane County Public Health Services** see Medical • Dental

**Lane County WIC Program** see Basic Needs

## Lane Pregnancy Support Center

142 East 13th Avenue, Eugene 541-345-0400  
819 A Street, Springfield 541-744-3303  
1238 South 6th Street, Cottage Grove 541-942-2333  
245 West 6th Avenue, Junction City 541-998-7920

Pregnancy tests, maternity and baby clothes, diapers once a month when available, prenatal classes for first-time mothers, referrals for prenatal care. Post-abortion support group. No charge for programs and services.

**March of Dimes** see Medical • Dental

## McKenzie-Willamette Medical Center Women's Health and Birth Center

1460 G Street, Springfield 541-741-4649  
[w] www.mckweb.com  
Tours and several childbirth class options for women who are expecting and their families. Breast-feeding assistance available 24 hours/day. Maternity Care Coordinator will help create an individualized birth plan prior to delivery.

## Open Adoption and Family Services

315 West 10th Avenue, Eugene 541-343-4825  
[w] www.openadopt.org [e] info@openadopt.org  
Free all-options counseling and non-biased support and referrals to women who are pregnant and couples to help make informed decisions. When the choice is adoption, OA&FS facilitates an ongoing relationship with the child and the adoptive family.

## PeaceHealth Midwifery Services

**Prenatal Clinic** 541-222-6520  
3377 RiverBend Drive, Springfield  
Certified Nurse Midwives provide comprehensive prenatal care, birth, and postpartum services regardless of ability to pay. Se habla español.

**Birth Center** 541-222-7750

1162 Willamette Street, Eugene (until May 2010)  
353 Deadmond Ferry Road, Springfield (May 2010)  
Certified Nurse Midwives provide comprehensive prenatal care, birth, and postpartum services. Birth attended at hospital or birth center. Well woman services also provided.

**Planned Parenthood** see Medical • Dental

**Postpartum Support International** see Helplines

## WellMama

[w] wellmama.org 1-800-896-0410  
Emotional, social, and mental health support related to pregnancy, child birth, birth trauma, pregnancy/infant loss. Support groups in Eugene and Corvallis, phone/e-mail support, counseling, resources, referrals, advocacy. Call for group meeting times and places.

## Recreation

### City of Eugene Recreation Services

[w] 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, parent/child classes offered at local pools.

### Eugene Family YMCA

2055 Patterson Street, Eugene 541-686-9622  
[w] www.eugeneymca.org [e] holly@eugeneymca.org  
Certified child care (ages 2½–11), swim lessons, family fitness and recreation, youth sports, summer camps, 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

1400 Lake Drive, 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 Wellness Center Pool

3575 Donald Street, Suite 210, Eugene 541-686-9290  
Warm water! Parent/child, private/semi-private lessons (specialized water orientation and beginning swim levels) for children of any age with disabilities or children without disabilities up to age 10. Parent/baby swim, non-instructional playtime.

### Willamalane Park and Recreation District

250 South 32nd Street, Springfield 541-736-4544  
[w] www.willamalane.org  
Early childhood recreation classes; part-time or full-time preschool and child-care programs. Parent/child classes: Community Recreation Center, 541-736-4544; Lively Park Swim Center, 541-736-4244; Willamalane Park Swim Center, 541-736-4080.

## Special Needs

**The Arc of Lane County Lifespan Respite Referral Program** see Child Care

### The Arc of Lane County On Track Program

4181 E Street, Springfield 541-343-5256, ext. 100  
[w] www.arclane.org [e] jil.kennedy@arclane.org  
Parenting issues and child development instruction for parents who are expecting and parents with intellectual disabilities. One-on-one and classroom settings available.

### Child Development and Rehabilitation Center

see Medical • Dental

### Direction Service

3411-A Willamette Street, Eugene (office) 541-686-5060  
P.O. Box 51360; Eugene, OR 97405-0906 (mailing) TDD: 541-284-4740  
[w] www.directionservice.org  
Information and referral on disability-related topics. Case coordination and advocacy for families who have children and young adults with disabilities. Free.

### Easter Seals Children's Therapy Center

290 Moyer Lane NW, Salem (office) 1-503-370-8990  
P.O. Box 5193; Salem, OR 97304 (mailing)  
[w] oreasterseals.com [e] salem@oreasterseals.com  
Therapy services available to children (ages birth–18) including physical, occupational, and speech therapy; mental health services; Easter Seals Healthy Start; the Postpartum Depression Prevention program; recreation and respite programs.

**Easter Seals Oregon** see Financial Assistance

### Early Childhood CARES

299 East 18th Avenue, Eugene 541-346-2578 or 1-800-925-8694  
Early intervention and early childhood special education to children (ages birth–school age) who have developmental delays. Educational services may include home visits and parent consultation; education in community preschools; speech, physical, or occupational therapy; behavior or autism consultation. Concerns about a child's development may be referred for free developmental screening. All educational services free to eligible children.

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

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



For more information:  
**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."

## Eugene Hearing and Speech Center

1500 West 12th Avenue, Eugene 541-485-8521  
[w] www.eugenehearingspeech.org  
Hearing evaluations and hearing aid services; speech/language therapy. Infant/toddler program for deaf and hard of hearing. Preschool/toddler speech program. Cochlear implant program.

**March of Dimes** see Medical • Dental

**Oregon Family Support Network** see Family Education/Support

## Pearl Buck Preschool

3690 West 1st Avenue, Eugene 541-484-4666  
[w] www.pearlbuckcenter.com  
[e] jan.aho@pearlbuckcenter.com  
Specialized services to families with special needs; home-based parenting support to eligible parents and their babies, preschool for children (ages 2–5), case management, and home visits.

**Tamarack Wellness Center Pool** see Recreation

## University of Oregon Speech-Language-Hearing Center

HEDCO Clinic, 1655 Alder Street, Suite 170, Eugene 541-346-0923  
Full range of clinical and consultative speech, language, and hearing services for individuals of all ages.

**White Bird Community Crisis Center** see Counseling

## Substance Abuse Recovery

**Center For Family Development** see Counseling

### Chrysalis (a program of White Bird)

323 East 12th Avenue, 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 available for adults (ages 18 and older); \$10–\$20/session.

### Emergence

1040 Oak Street, Eugene 541-342-6987  
1461 Oak Street, Eugene 541-687-9139  
2149 Centennial Plaza, Eugene 541-344-2237 or 541-687-9141 or 1-800-344-2237  
1485 Market Street, Springfield 541-746-4041  
P.O. Box 7125; Eugene, OR 97401 (mailing)

Outpatient alcohol and drug treatment and education.

2149 Centennial Plaza, Eugene 541-741-7107 or 1-877-695-4648  
Gambling treatment only.

### Looking Glass Adolescent Recovery Program

20 East 13th Avenue, Eugene 541-484-4428  
Outpatient substance abuse prevention and treatment for youth (ages 20 and under) and their families. Services provided at locations throughout Lane County.

### Murnane Mutual Home of Catholic Community Services

522 East 13th Avenue, Eugene 541-345-3628, ext. 311  
[e] tbrown@ccslc.org  
Residential transitional housing for mothers coming out of substance abuse recovery programs. Must be referred by DHS Child Welfare. Provides intensive on-site support services including parenting education and self-sufficiency skills.

### Nar-Anon Family Groups

[w] www.nar-anon.org 541-726-1880 or 1-800-477-6291  
Twelve-Step fellowship for individuals concerned about and dealing with the addiction problems of someone they care about. Meets Monday, Tuesday, and Friday; call for meeting times and places.

**Relief Nursery, Inc.** see Family Education/Support

### Serenity Lane New Hope Program

2133 Centennial Plaza, Eugene 541-284-8627  
Alcohol and drug treatment for clients (ages 18 and older). OHP accepted. DUII treatment available, as well as intensive outpatient and recovery support. Dual diagnosis group also.

### Willamette Family Treatment Services/Buckley Center Detox

605 West 4th Avenue, Eugene 541-343-6512  
Twenty-four hour medically monitored detoxification services for adults (ages 18 years and older); sliding-fee scale. For ongoing treatment, adults may be referred to center's own residential or outpatient programs or to outside agency.

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

**CHILD SAFETY SEAT RESOURCE CENTER**  
1-800-772-1315



Please recycle your  
2009 Resources For Families poster.

