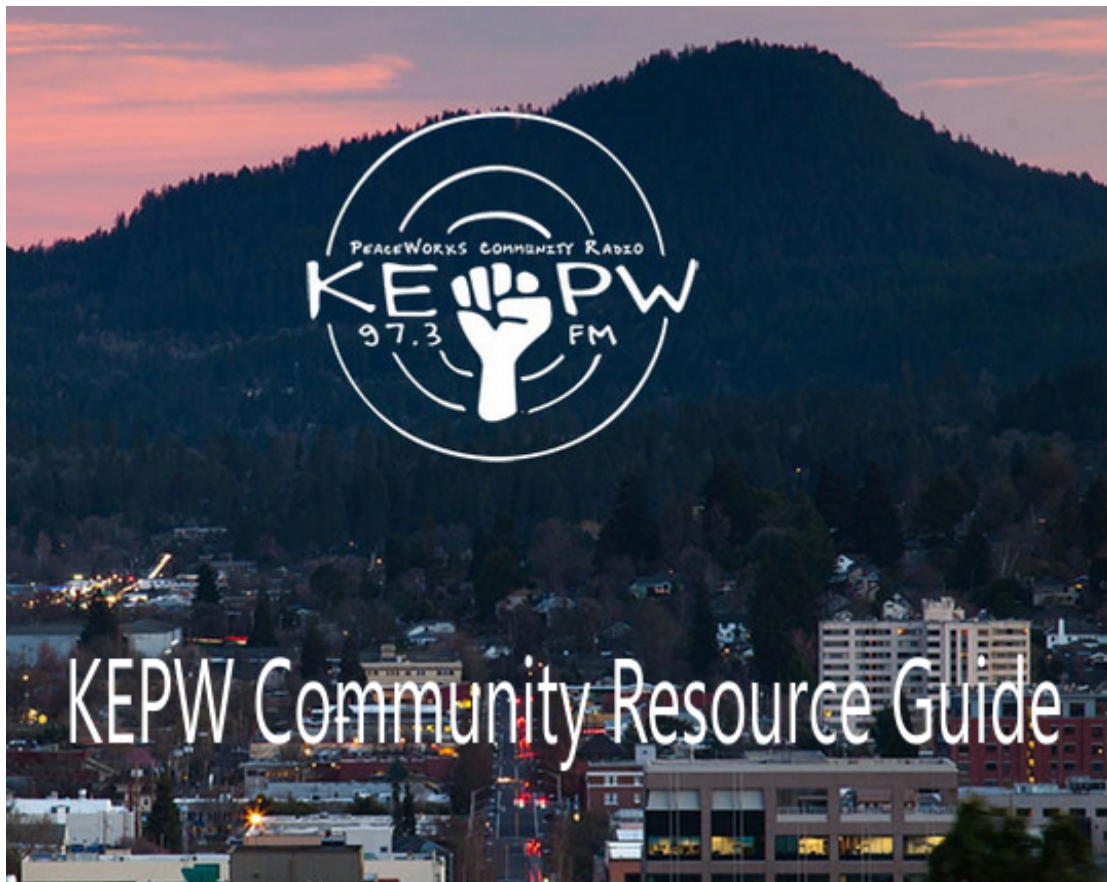




Compiled by Neal McDermott

Notes for User:

- This is a second draft of a document created in 2023. Some of the entries no longer have current information but most do. A little over half the entries are formatted, but even the unformatted ones have plenty of information. There are very few categories with no entries.
- To use the document, browse the table of contents for the subject, and click on the title and it will take you to the relevant subject in the guide. The most valuable section in each entry is the “Notes” section which gives practical advice, when available, on using each service, often from personal experience.
- If you need a quick answer, or want to talk to a human being, just call 211. They have operators who know many of the services in Lane County and can email you

the information you need. They get thousands of calls daily and their database is constantly being updated. The database is easy to use and available directly:

<https://www.211info.org/>

- Please note that this resource guide is based on the “Little Help Book” from White Bird and the “Community Resource Guide” from Relief Nursery. (And also an internal document donated anonymously from a social service organization.) All three are excellent and the first two are linked on the KEPW website resources page. Lindsay Weiss from the WorkForce STEP program has also been a great resource. The KEPW Community Resource Guide owes its existence to these guides and we are grateful to all those who created them.

The KEPW Community Resource Guide takes the information from their guides (along with resources we have found on our own) and modifies them to be useful mainly to adults in need, but there are links to the White Bird Little Help Book and the Relief Nursery Community Resource Guide below.

- If you don't find what you need in the KEPW Resource Guide, you can check the Little Help Book and Relief Nursery Community Resource Guide out here:

<https://little-help-book.netlify.app/>

<https://reliefnursery.org/wp-content/uploads/2022/03/Relief-Nursery-Community-Resource-Guide-April-2022.pdf>

Table of Contents

[Addiction-Non Substance \(Gambling, internet, etc..\)](#)

[Addiction-Substance \(See Substance Use\)](#)

[Budgeting/Money Management](#)

[Child Abuse/Neglect](#)

[Clothing](#)

[Culturally Specific Resources \(Ethnic/Sexual Identity\)](#)

[Asian-American-and-Pacific Islander Resources](#)

[Black/African American Resources](#)

[Indigenous Peoples Resources](#)

[LGBTQIA Resources](#)

[Death/Dying/Grieving](#)
[Disabilities-Physical](#)
[Disabilities-Developmental/Emotional](#)
[Domestic Violence/Sexual Assault](#)
[Driver License](#)
[Education-Adult \(Including GED, College, English as a Second Language \[ESL\]\)](#)
[Education-Adult-Self Directed Learning](#)
[Emergency/Crisis/Hotline Phone Numbers](#)
[English as a Second Language \(See Education-Adult\)](#)
[Financial Assistance](#)
[Food-Food Boxes and Pantries](#)
[Food-Meals Meals for Seniors see Food-Senior Meals](#)
[Food-SNAP Benefits](#)
[Gardening Resources \(empty at the moment. Maybe delete\)](#)
[Hail Mary Resources \(People to try when all other options exhausted\)](#)
[Health-Birth Control](#)
[Health-Exercise \(See Health-Wellness\)](#)
[Health-Hygiene Items](#)
[Health-Natural Remedies](#)
[Health-Nutrition](#)
[Health-Pregnancy-Postnatal Care \(Baby\)-Postpartum Care \(Mother\)-Counselling-Birth Control](#)
[Health-Wellness \(Healthy Habits for Physical and mental Well Being.\)](#)
[Help By Phone](#)
[Household-Bedding-Furniture-Kitchen-](#)
[Housing Assistance \(front door assessments, access to waitlists, etc. low income rentals.\)](#)
[Waiting Lists](#)
[Low Income Rental Listings](#)
[Renter's Education and Rehabilitation](#)
[Housing Assistance/Supported Living For People With Disabilities](#)
[Housing-Seniors \(See Seniors-Housing\)](#)
[Housing- Other Transitional Housing Options \(See Shelter-Transitional\)](#)
[Housing-Emergency-Short Term Shelter \(See Shelter-Short Term-Emergency\)](#)
[Identification and Driver Licenses](#)
[Help Paying For I.D. and Driver Licenses](#)
[Department of Motor Vehicles Portal](#)
[Birth Certificate and Other Kinds of I.D./ Medical Cards](#)
[Social Security Cards](#)
[Immigration-and-Migrant Services N/A see Relief Nursery Resource Guide or White Bird Little Help Book](#)
[Income-Employment-Casual Labor](#)
[Temp and Employment Agencies](#)

[In Home Care Work](#)

[Security and Fire Watch Work](#)

[Side Hustles](#)

[Income-Employment-Employment Services \(Help Finding Work\)](#)

[Income-Employment Services-People with Disabilities](#)

[Income-Employment-STEP Programs](#)

[Income-Employment-Training](#)

[Income-Government Benefits \(Examples: Social Security Disability Insurance \(SSDI\) and Supplemental Security Income \(SSI\)\)](#)

[Income-Government-Benefits-Seniors-Retirement-Social Security \(See: Income-Government-Benefits-Seniors-Retirement-Social Security\)](#)

[Income-Workman's Compensation and Unemployment Insurance](#)

[Internet Access](#)

[Laundry Service](#)

[Legal-Legal Aid](#)

[Legal-Criminal-Conviction-Expungement](#)

[Legal-Rights \(Discrimination/Civil Rights Violations\)](#)

[General](#)

[Domestic Violence/Sexual Assault \(See Domestic Violence/Sexual Assault\)](#)

[Ethnic/Sexual Orientation \(See: Culturally Specific Resources\)](#)

[Legal-Mediation](#)

[Legal-Parents-Parental Custody](#)

[Legal-Victims of Crime Services](#)

[Libraries](#)

[Medical Needs sorting](#)

[Medical-Mental Health-Behavioral Health](#)

[Medical-Mental Health-Behavioral Health-Assessments](#)

[Medical-Mental Health-Behavioral Health-Counselling](#)

[Medical-Mental Health-Behavioral Health-Psychiatry](#)

[Medical-Mental Health-Behavioral Health-Crisis](#)

[Medical-Mental Health-Behavioral Health-Self-Help](#)

[Medical-Behavioral-Health-Mental-Health-Treatment \(EMDR, CBT, Biofeedback, Anger Management.\)](#)

[Medical-Mental Health-Behavioral Health-Suicide/Grief-Support](#)

[Medical-Birth-Control](#)

[Medical-Chronic-Conditions \(heart failure, high blood pressure, diabetes, HIV\)](#)

[Medical-Chronic Pain](#)

[Medical-Dental](#)

[Medical-Dental-Drop-In](#)

[Medical-Drop In-Emergency-Urgent Care](#)

[Medical-Health-Insurance-Oregon-Health-Plan](#)

[Medical-Hearing \(Hearing just normal hearing here. Deafness goes in disabilities.](#)

[Medical-Hospice and Palliative Care](#)

[End-of-Life Counseling](#)

[Medical-Mental-Health \(See Behavioral Health\)](#)

[Medical-Prescription-Assistance](#)

[Medical-Primary-Care](#)

[Medical-sexually-Transmitted-Infections](#)

[Medical-Transportation](#)

[Medical-Urgent-and-Emergency-Care](#)

[Medical-Vision-and-Glasses](#)

[Moving Out Resources](#)

[Other-Resource-Guides](#)

[Parenting-Custody \(See Legal-Parental-Custody\)](#)

[Parenting-Education-Support](#)

[Pets](#)

[Post-Incarceration-Services](#) Make a category called exconvicts and link to here.

[Sponsors, Inc. - Re-Entry Resource Center – Women's Assistance Program](#)

[Professional-Development-Social-Service-Providers](#)

[Recreation-Centers \(Pools, gyms. etc..\)](#)

[Recreation-Nature](#)

[Recreation-Outdoor](#)

[Senior-Services](#)

[Senior & Disability Services](#)

[Food-Senior-Meals](#)

[Food-Senior-Pantries and Food Boxes](#)

[Housing](#)

[Income-Government-Benefits-Senior/Poverty- Supplemental Security Income \(SSI\)](#)

[Income-Government-Benefits-Seniors-Retirement-Social Security](#)

[Income-Senior-Easter Seals Internships SCSEP](#)

[Medical-Health-Insurance](#)

[Wellness](#)

[Shelter-Day-Centers](#)

[Shelter-Short Term/Emergency](#)

[Shelter-Transitional](#)

[Staff Resources/Training](#)

[Cahoots De-escalation Training](#)

[Substance Use](#)

[Substance Use-Chemical Dependency Treatment--Residential](#)

[Substance Use-Chemical Dependency Treatment-Out Patient](#)

[Substance-Use-Chemical Dependency Treatment-Smoking Cessation](#)
[Substance Use-Harm Reduction \(Needle Exchange etc.\)](#)
[Telephone-Assistance](#)
[Transportation-Assistance](#)
[Veterans-Services](#)
[West 11th Resource Guide](#)
[Workers Compensation](#)
[Villager Aftercare \(Issues ex-villagers may face after leaving village and need help with\)](#)
[Eviction Prevention](#)
[Energy Assistance \(Financial\)](#)
[Housing-Shelters](#)
[Youth \(Services specifically for young adults\)](#)

Addiction-Non Substance (Gambling,internet, etc..) (Not Formatted)

Co-Dependents Anonymous (CoDA)
 341 E 12th Ave Eugene541-341-1657 or 541-505-2956
 A 12-step recovery program from co-dependence. The only requirement for membership is a desire for healthy and loving relationships. Local meeting times and places are available by phone, or by visiting the web site. Hours: Sa 12-1pm
coda.org
 Emergence Addiction and Behavior Therapies Counseling Program
 2149 Centennial Plaza, Ste. 4 Eugene 541-741-7107
 Provides gambling, substance abuse, addiction and mental health treatment. Support groups, and outpatient care. Specializes in DBT (Dialectical Behavior Therapy). OHP accepted. Call for appointment, no walk in.
 Laurel Hill Center – Psychiatric Rehabilitation Services 2145 Centennial Plaza Eugene..... 541-485-6340
 Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have OHP. Hours: M-F 8-5 ♦♦♦♦♦
 Odyssey Community Counseling
<http://www.4emergence.com/programs/mental-health-program>
 2149 Centennial Plaza #4, Eugene 541-741-7107

Notes: Therapists trained in LGBTQ issues, including writing letters of support for medical transition; accepts OHP; some services available in Spanish (Gambling and Substance Abuse)

Addiction-Substance (See Substance Use)

Budgeting/Money Management

Good Will Prosperity Program

<https://goodwill-oregon.org/prosperity-program/>

855 Seneca Rd, Eugene 541-431-3307 trystad@goodwill-oregon.org

Notes: Classes and one-on-one financial counseling. Free financial literacy class. Student loan counseling. Support with financial recovery: budgeting, credit counseling, debt reduction, and goal setting. Workplace Success and Financial workshops. Individual Development Account matched savings provider.

Arc of Lane County (Representative Payee Services)

arclane.org

4181 E St. Springfield 541-343-5256 Hours: M - F 9 - 5

Notes: Provides representative payee services for those who need assistance managing their finances. A representative payee is a person who manages the benefits of someone who is not competent to do it themselves. Government definition: <https://www.ssa.gov/ssi/text-repayee-ussi.htm>

Child Abuse/Neglect

90x30

1244 Walnut Street, Eugene friends@90by30.com

Notes: Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.

CAFA - Christians As Family Advocates

921 Country Club Rd #222

Eugene 541-686-6000

Notes: OHP accepted. Supervision of DHS parent-child visits for a fee. Counseling, domestic violence class, parenting class.

CASA (Court Appointed Special Advocates)

174 Deadmond Ferry Rd,

Springfield 541-984-3132

FREE. Volunteers are trained to advocate in court for children involved in the child welfare system.

Natl. Child Abuse Hotline

1-800-422-4453 (24/7)

Notes: Professional crisis counselors, 24/7. Crisis intervention, information, referrals to resources. All calls are confidential.

Clothing**Catholic Community Services Springfield Center**

www.ccslc.org/food-clothing-and-emergency-help

1025 G St, Springfield 541-345-3628 ext 324 Hours: Tuesday to Saturday from 9:30 a.m. to 12 p.m.

Notes:**First Christian Church - Helping Hearts Room**

www.heartofeugene.org

1166 Oak St, Eugene, 97401 541-344-1425 Hours: Tuesdays and Thursdays 12 p.m. to 2 p.m.

Notes: Helping Hearts Greeters will meet you in the back parking lot. Be sure to bring a mask for every person in your party. We will practice social distancing and be wearing masks at all times. Helping Hearts provides clothing, **light bedding** and protective outdoor gear, and personal hygiene items to those who come seeking such assistance. A light snack is typically available, as well.

St. Vincent de Paul – Eugene Service Station

www.svdp.us/what-we-do/homeless

450 Highway 99 North Eugene 541-461-8688

Notes: The Eugene Service Station, a day access center for adults 18 and over, provides gift cards that can be used for clothes at a St. Vinnie's thrift store. Call for days and times. Not recommended. Runs out of vouchers fast and vouchers don't buy much.

Eugene Mission Do they do this? no!

1542 W 1st Ave., Eugene..... 541-344-3251

Clothing is available to those who request items before 9am, Monday-Friday. Meals, overnight shelter, day shelter, showers and hygiene items are also available. Hours: M-F 7am-1pm
eugenemission.org/about/faqs/

Culturally Specific Resources (Ethnic/Sexual Identity)

Asian-American-and-Pacific Islander Resources

Asian American Council of Oregon

<http://www.asiancouncil.org/>

541-225-5982 info@asiancouncil.org

Notes: Nonprofit based in Eugene that promotes education, arts, and cultural programs related to Chinese, Chinese Americans, and Asian Americans.

Japanese American Association of Lane County

<http://eugenelife.com/jaalanecounty/>

1863 Pioneer Pkwy. E #123, Springfield 541-521-9078 james3374@gmail.com

Notes: Bringing together community, celebrating culture, supporting activities that promote Asian culture, including the Oregon Asian Celebration, the Asian Kite Festival by the Asian Council, and DisOrient Asian American Film Festival of Oregon.

Black/African American Resources

BEAM

<https://www.beam.community/>

Notes: This is a national, not local group. A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities and removing the barriers that Black people experience accessing emotional health care and healing.

Black Lives Matter (Eugene)

<https://www.facebook.com/groups/283681563038502/>

Notes: The official Facebook page for BLMEUG, Black Lives Matter: Eugene. "We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon."

NAACP Eugene Springfield

<https://naacplanecounty.org/>

<https://naacplanecounty.org/contact/>

Notes: The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.

Black Owned Businesses in Eugene Oregon

<https://blackbusinesseseugene.github.io/bbe/>

Notes: During the pandemic, 40% of Black-owned businesses have closed, and many have systematically been shut out from receiving federal assistance. Even during non-Covid times, the median wealth for white families is about 12 times that for Black families.

Communities of Color &
Allies Network

Carol Knobbe
541-461-8213

First Fridays Communities of Color and Allies Network's goal is to create a safe space that fosters friendships and networks for people of color, social justice allies, and equity workers in the local area. Due to COVID, in-person First Fridays are currently cancelled.

HONEY (Honoring Our
New Ethnic Youth)

Support and advocacy for the enhancement and acceptance of multiracial persons and their families.

<https://www.facebook.com/groups/681640111932023/>

Showing Up for Racial
Justice - SURJ

info@surjaction.org SURJ focuses on educating and mobilizing white people, in partnership with

Communities of Color, to combat racism and white privilege.

Indigenous Peoples Resources

Many Nations Longhouse

University of Oregon 541-346-3036 jyounger@uoregon.edu

Notes: A place of community, welcome, peace, harmony, cultural exchange, and of individual support, respecting the diversity of numerous American Indian cultures and beliefs.

Natives Program

2295 Four Oaks Grange Rd.
Eugene 541-790-5900

Notes: Native Americans Towards Improved Values in Education and Society. Provides free education and learning activities for Native American/Alaska Native students.

Strong Hearts Native Helpline

<https://strongheartshelpline.org/>

1-844-7NATIVE (762-8483)

Notes: 24/7 safe, confidential, anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Culturally appropriate peer support, advocacy, safety planning, crisis intervention and resource referrals.

LGBTQIA Resources

(Note: Since we have a partnership with HIV Alliance, that is probably the best place to start.)

Basic Rights Oregon

<http://www.basicrights.org/>

503-222-6151

Notes: Working for policies to support the LGBTQIA community.

HIV Alliance

<https://hivalliance.org/>

1195 Cityview, Eugene 541-342-5088

Notes: Free testing, syringe exchange, education, sexual health clinic and counseling services. Free drop-in telehealth counseling. Peer support. Culturally responsive services for LGBTQ+.

LGBTQIA+ Support Group

<http://sass-lane.org/>

541-484-9791 supportgroup@sass-lane.org

Notes: Call or email to schedule. 18 years+. FREE

Odyssey Community Counseling

<http://www.4emergence.com/programs/mental-health-program>

2149 Centennial Plaza #4, Eugene 541-741-7107

Notes: Therapists trained in LGBTQ issues, including writing letters of support for medical transition; accepts OHP; some services available in Spanish (Gambling and Substance Abuse)

TransPonder

Transponder Community Resource Directory: <https://transponder.community/resource-directory/>
541 Willamette St, #310, Eugene 508-443-6337 info@transponder.community

Notes: Monthly meetings, support groups, special events for trans/gender diverse folks and allies, trainings and consultation for businesses. Online resource guide. Staff to help with resource navigation.

Latinx/Hispanic Resources**Citywide Unión de Activistas**

<https://www.calclane.org/programs/citywide/>
458 Blair Boulevard, Eugene 541-485-1755

Notes: Helps Latinx youth develop cultural identity; understand the cultural, colonial and resistance histories of their ancestors; and develop political knowledge and advocacy skills. Youth mentorship, tutoring, professional skill development, and leadership development.

Downtown Languages

<https://downtownlanguages.org/>
532 C St, Springfield 541-686-8483

Notes: English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.

Grupo Latino de Acción Directa

<https://grupolatinodeacciondirecta.org/> Facebook: <https://www.facebook.com/grupolatinodeacciondirecta/>
313 E 8th Ave, Eugene 541-525-0507 gladoflanecounty@gmail.com

Notes: An independent, non-partisan gathering of Latino members and allies working to increase participation and visibility of Latinx communities in conversations and decisions that affect them. On

Centro Latino Americano

<https://centrolatinoamericano.org/>
944 W 5th Ave, Eugene 541-687-2667

Notes: Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.

LatinX Network

541-701-4630

Notes: La Red de Apoyo esta compuesta por diferentes organizaciones de servicios sociales en la area de Lane County que provee apoyo, servicios, asesoria. (The Support Network is made up of different social service organizations in the Lane County area that provide support, services, counseling.)

(See Also [Senior Services](#) and [Veterans Services](#))

Death/Dying/Grieving

Grief-Resources

Cascade Hospice Bereavement

2650 Suzanne Way #200, Eugene 541-228-3083 dwolfe@cascadehealth.org

Notes: Free Individual / Family Counseling for those adjusting to death, loss and grief. Grief Support Groups meet weekly by Zoom for 10 weeks. Resources: Articles on grief and loss mailed to bereaved family members upon request. Lending Library: Books and pamphlets focused on grief and loss.

Compassionate Friends

541-689-0824

Notes: FREE Support for families grieving the death of a child or grandchild of any age.

GriefShare Grief Recovery Support Groups in Eugene.

www.griefshare.org/countries/us/states/or/cities/eugene

Notes: See website for locations, dates and times.

McKenzie Willamette Bereavement Group

541-726-4478

Notes: Weekly general bereavement support group. Call for location.

MISS Foundation

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

Notes: Free. Online support forums and peer support for parents and grandparents who have lost a child of any age.

Parents of Murdered Children

888-818-7662

Notes: Free. Support and referrals for family members who have suffered the murder of a child.

Peace Health Bereavement Groups

677 E. 12th Ave., Eugene 458-205-7400

Notes: 8-week support groups for any adult grieving the recent death of a loved one. Daytime and evening meetings.

Suicide Bereavement Group

darlene@jenniferbakerfund.org

Notes: Free. Support group for survivors of suicide loss; peer-support setting for people to share their pain with others.

Healing Conversations

(American Foundation for Suicide Prevention)
survivingsuicideloss@afsp.org

Notes: Peer support for survivors of suicide loss.

WellMama Pregnancy & Infant Loss Support

150 Shelton McMurphy Blvd, #208, Eugene

Call or text SUPPORT to 541-525-0495 to connect with a peer support volunteer.

Notes: Free. Support for parents who have experienced pregnancy loss or the loss of a child. Pregnancy and Postpartum Depression Support Groups.

Category Notes: Add these numbers to emergency number sheet?

Funeral/Burial/Cremation Costs**Lane County Medical Examiner**

125 E 8th Ave. Suite #400, Eugene, 97401 (541)-682-4261 (Ask the District Attorney's office to connect you to the ME) Hours: Monday to Friday, 9 a.m. to 5 p.m.

Notes: The Medical Examiner investigates deaths and provides information about the cause of death to next-of-kin. If you call the Medical Examiner, you first speak to the administrative assistant of the District Attorney.

[GoFundMe](#)

Notes: As you can see there are almost no services in Eugene to help with burial costs.. We did have success with a GoFundMe once and if it is combined with sharing with many networks of concerned people, it can work.

Disabilities-Physical

Disability Rights Oregon

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

503-243-2081 welcome@droregon.org

Notes: Legal representation and advice, confidential advocacy, safety planning, and referrals to other services

Goodwill Employment and Training Services

855 Seneca Rd, Eugene 541-431-3309

Notes: “Adults 21 years or older who have an Intellectual or Developmental Disabilities can receive assistance in learning basic skills necessary to maintain employment and gain work independence through paid work experience and training.”

Lane Independent Living Alliance (LILA)

20 E 13th Ave., Eugene 541-607-7020

Notes: “Free Independent living skills classes, service navigation, counseling, support groups, clubhouse & more.”

RideSource

240 Garfield St, Eugene 541-682-5566

Notes: Transportation for people who cannot ride the LTD bus due to disability / other circumstances.

Senior & Disability Services

<https://www.lcog.org/sdslane>

1015 Willamette Street Eugene 541-682-4038

Notes: “Free Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.”

Hearing Disabilities (Deaf and Hard of Hearing)

[Lion's Club Hearing Aid Project](#)

971-270-0203 lionsclubsreferrals@olshf.org

Notes: Covers the cost of hearing aids for people below 200% of the federal poverty line. Also covers the cost of the hearing test, ear impression(s), and the fitting of the aid(s).

Oregon Health Plan: PacificSource

888-691-8209 HealthServices@PacificSource.com

Notes: If your Oregon Health Plan CCO (Coordinated Care Organization) is PacificSource, high quality hearing aids are available. See your primary care provider or call PacificSource. It may be a long wait, but the hearing aids are top quality.

National Deaf Domestic Violence Hotline

855-812-1001

Notes: Advocates available for crisis intervention, education, information and referrals for Deaf, DeafBlind, and DeafDisabled callers.

Oregon Deaf and Hard of Hearing Service Program

<https://nrd.gov/resource/detail/8531079/Oregon%27s+Deaf+&+Hard+of+Hearing+Services>

503-945-5600 TTY: 503-945-6214

Notes: "Offers advice and referrals to resources, tools, and information to improve quality of life for deaf and hard of hearing people and their families. Oregon Deaf and Hard of Hearing Services partners with public services and programs to make them more accessible."

DEAF and HARD OF HEARING RESOURCES

Agency Contact Notes

Hearing Loss Association of
America (Lane County chapter)

541-510-2094

clarkoa@msn.com

Monthly newsletter and monthly meetings (virtual and/or in-person depending of health risk). Check website: www.hearinglosslane.org

Lions Clubs Hearing Aid Project 971-270-0203

lionsclubsreferrals@olshf.org

Covers the cost of hearing aids, hearing test, ear impressions, and fitting of the aid(s) for people below 200% of federal poverty line.

Love is Respect

Deaf Advocates Available

Video phone: 855.812.1001

nationaldeafhotline@adwas.org

Confidential support for teens, young adults, and their loved ones

seeking help, resources, or information related to dating, healthy relationships, boundaries, personal safety, interactive safety planning

National Deaf Domestic Violence
Hotline

1-855-812-1001 (Voice/VP).
Email: hotline@adwas.org

24/7 advocates provide crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.

Oregon Association of the Deaf oad1921@gmail.com Advocating the rights of Deaf and Hard of Hearing citizens in Oregon.
Oregon Deaf and Hard of Hearing
Service Program

503-945-5600
TTY: 503-945-6214

A resource to improve quality of life for Deaf and Hard of Hearing people and their families.

Oregon Deafblind Project 503-838-8328
rhoadsc@wou.edu

Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.

Oregon Deaf Empowerment &
Advocacy for Families

Online contact form on website:
<http://lanecounty.us/odeaf/>

Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.

Oregon Registry of Interpreters
for the Deaf <https://www.orid.org/> Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.

Oregon School for the Deaf

999 Locust Street NE, Salem
info@osd.k12.or.us
Phone: 503-378-3825
Videophone: 503-400-6180

K-12 school for children who are eligible for special education in Oregon because of a hearing impairment. There is no tuition cost to families. Transportation may be provided by the child's school district. Residential program available.

Blindness and Impaired Vision

Guide Dogs for the Blind

Junction City 541-998-6737

Notes: “Highly qualified guide dogs that serve and empower individuals who are blind or have low vision. All services are free, including training and post-graduation support. Financial assistance for veterinary care, if needed.”

Oregon Commission for the Blind

541 Willamette, Rm #408, Eugene 541-686-7990

Notes: “Vocational rehabilitation (age 14 and older), independent living services(age 55 and older), adaptive equipment.”

Oregon Talking Books and Braille Library

Talkingbooks.info@state.or.us 800-452-0292

Notes: Braille and downloadable audio books and magazines and descriptive videos available on loan.

VISION/HEARING AIDS

Lions Clubs International – State of Oregon

.....541-484-0452

The Lions Club is a service club which provides financial assistance for children and adults who need visual aids, hearing aids, eye or ear surgery. Phone referrals only, and services available only to qualifying applicants. <https://lionsclubs.org> ???

Oregon Relay 711

..... Dial 711

Free, 24-hour, statewide for deaf, hard of hearing, deaf-blind, speech disabled, to place and receive calls. Hours: 24/7

www.oregonrelay.com ???

White Bird – Front Rooms Resource Center

..... 541-342-8255

White Bird Front Rooms provides vouchers for no cost vision exams, lenses and frames. They also provide water, a mail/messaging service, phone access, clothing, bathrooms, and indoor shelter for up to two hours at a time. Referrals and information are available by phone or walk in. Hours: 7 days 8am-10pm

whitebirdclinic.org/front-rooms

Disabilities-Developmental/Emotional

[**CDC Description of Developmental Disabilities**](#)

[Maryland Coalition of Families Definition of Emotional Disorder](#)

Notes: Some examples of developmental disorders: ADHD, Autism spectrum disorder, Cerebral palsy, Intellectual disability, Learning disability. (Vision impairment and Hearing loss are often included but we categorize them under medical in this guide.) Some examples of emotional disorders: Anxiety disorders, bipolar disorder, conduct disorder, eating disorders, and schizophrenia.

Center for Autism & Related Disorders

134 E 13th Ave Ste 2B, Eugene 541-505-9398

Notes: OHP, other insurance. Communication, social, adaptive therapies and for children and adults.

Eugene Therapy

401 East 10th Avenue, # 330, Eugene 541-868-2004 info@eugenetherapy.com

Notes: “Adult, child, couples, and family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.”

Lane County Behavioral Health

2411 Martin Luther King, Jr. Blvd, Eugene 541-682-3608

Notes: This is the primary place in Lane County to get a diagnosis to receive treatment. Call first. Sometimes they aren't taking walk-ins. OHP. Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.

Laurel Hill Center

2145 Centennial Plaza, Eugene 541-485-6340

Notes: For emotional disorders. OHP, Medicaid, Supported housing and counseling services for people with psychiatric disabilities. Hit and miss. Some have had great results though.

[For more disability resources see Relief Nursery Community Resource Guide](#)

Domestic Violence/Sexual Assault

Hope and Safety Alliance (formerly Womenspace)

<https://www.hopesafetyalliance.org/get-help/locale=en>

1557 Pearl St., Suite 400, Eugene 541-485-6513 (office)

800-281-2800 (24-hour crisis line)

Notes: Serving survivors of intimate partner violence and their families. Call day or night to speak with someone who will listen, knows community resources, and can help you make a safety plan for you and your children and provide access to a range of services and referrals: emergency transportation, shelter, supplies, food, and emotional support and encouragement.

SASS - Sexual Assault Support Services

591 West 19th Ave, Eugene 541-484-9791 (office) 541-343-7277 (24-hour Hotline)

Notes: "Legal advocacy, peer counseling, support groups. Can accompany victim to doctor/hospital."

CAFA - Christians As Family Advocates

921 Country Club, #222, Eugene 541-686-6000

Notes: Domestic violence classes for survivors. 36-week class for perpetrators.

Domestic Violence Advocate at DHS

2885 Chad Dr, Eugene 541-686-7878

Notes: "Help with restraining orders, court appearances. Referral made by caseworker."

Lane County Victim Services Division ()

125 E 8th Ave, Room 400, Eugene 541-682-4523

Notes: "Information and assistance for crime victims. Apply for a restraining order or stalking order. Victims of crime may qualify for financial assistance for medical, mental health, rehabilitation, funeral, and loss of income."

National Domestic Violence Hotline ()

800-799-7233 (24/7)

Department of Human Services

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

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Also, apply for free phones, search for jobs, bathrooms. Apply for services by paper or by computers provided. Hours: M-F 7am-6pm ♦♦♦♦♦

Department of Human Services

1899 Willamette St., Eugene 541-686-7555

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Also, apply for free phones, search for jobs, bathrooms. Apply for services by paper or by computers

provided. Hours: M-F 8am-5pm ♦♦♦♦♦

Driver License

Education-Adult (Including GED, College, English as a Second Language [ESL])

Lane Community College GED Preparation

4000 E 30th Ave, Building 11, Eugene, 97405 541-463-5214 abse@lanecc.edu

Notes: "Finish your basic education with a GED certificate, which will prepare you for college. Many tests and courses are low cost or free for some students. Free tuition. Scholarships available for those in the program. Spanish language GED program available."

Lane Community College English as a Second Language

_(541) 463-5253 eslstudentservices@lanecc.edu

Notes: "For adult students who wish to improve their oral and written communication skills for work, community, and academic goals. Has students from more than 40 different nations. Two locations: Main Campus and the Mary Spilde Center in downtown Eugene."

Lane Community College Financial Aid

4000 E 30th Ave, Building 1, Eugene, 97405 541-463-3400 finaid@lanecc.edu

Notes: "Provides information and assistance obtaining grants or financial aid to attend college."

Adult Basic & Secondary Education (Lane Community College)

LCC main campus, Bdg 11, Rm 207 541-463-5785

Notes: "GED prep, classes to improve reading / math scores, support applying to LCC."

University of Oregon Admissions

<https://admissions.uoregon.edu/>

1217 University of Oregon Eugene, OR 97403 Office: Oregon Hall P: 800-BE-A-DUCK Text: 541-346-3201

Notes: Very often you can walk right into the office, ask for an admissions counselor, and be taken to one on the spot. This is the best way to explain your situation and get the best advice.

University of Oregon Financial Aid & Scholarships

<https://financialaid.uoregon.edu/>

1278 University of Oregon Eugene , OR 97403-1278 P: 541-346-3221

Notes: Like the admissions counselors, financial aid counselors are often not busy, and if you visit the office, you can ask for an appointment with one on the spot. A great way to find out what sort of aid you are eligible for.

Nontraditional Students at the University of Oregon

<https://dos.uoregon.edu/nontrad>

Office of the Dean of Students

5216 University of Oregon Eugene, OR 97403 P: 541-346-3216

Notes: Being homeless or low income or a senior qualifies. See what other forms of support you can get for your education. Best thing is to go to the website first.

Downtown Languages

532 C St, Springfield 541-686-8483

Notes: "English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes."

Women in Transition (Lane Community College)

LCC - 4000 E 30th, Eugene 541-463-5353 GenderEquityCenter@lanecc.edu

Notes: Financial aid. 11-week class to help women plan to reach personal and career goals.

Education-Adult-Self Directed Learning

Free classes at OSU online:

<https://workspace.oregonstate.edu/catalog-pagehsCtaTracking=e866f581-a2d8-498b-9c8a-da7603c742db%7Ced65854d-7721-45e6-99fc-6b01def776a6#all-courses>

edX Free Online Courses

[3000 Free Online Courses All Subjects at edX](#)

Notes: EdX's mission is to increase access to high-quality education for all individuals, regardless of location or financial status. This non-profit supports that mission by aggregating courses from some of the world's most renowned universities and allowing students to audit them free of charge.

Memrise: Learn languages for free.

<https://www.memrise.com/>

Notes: Memrise makes learning a foreign language easy and accessible with dozens of free lessons covering basic and advanced skills in popular languages like Spanish, Arabic, Korean, American Sign Language, and more.

Category Notes: (This includes learning for its own sake, and not just practical reasons. In person and online. Maybe latter goes under wellness)

Emergency/Crisis/Hotline Phone Numbers

[Emergency/Crisis/Hotline Phone Numbers](#)

Employment ([See Income](#))

English as a Second Language ([See Education-Adult](#))

Financial Assistance

(Not much out there. Need more research.)

Food-Food Boxes and Pantries

Catholic Community Services 541-345-3628

Eugene Community Service Center

1464 West 6th Avenue Eugene, Oregon 97402

Food Pantry Hours: Monday, Wednesday, and Friday from 8 a.m. to 12:00 p.m.

Springfield Community Service Center

1025 G Street Springfield, Oregon 97477

Food Pantry Hours: Monday, Wednesday, and Friday from 8 a.m. to 12:00 p.m.

Notes: You can show up at either location during hours above to get a food box. Must sign in by 12 pm. You can also order a food box ahead of time at the Springfield location, and have it ready for you when you drive up. There is also a foodbox delivery service for people who are over 60 with a chronic health condition. Call to see if you qualify: 541-345-3628

[Sign Up Here to Pick Up Drive Through Food Box](#)

Food for Lane County (Map of Food Box Locations)

770 Bailey Hill Rd, Eugene, 97402 541-343-2822

[Find Out Here If You Are Eligible For a Food Box](#)

[Food For Lane County Food Pantry Map.](#)

Notes: From Food for Lane County. Check eligibility before visiting. Excellent time saving guide. This is the best place to start. Click on a blue marker on this map that is near you, and it will tell you the location and hours. You can also use the "Directions" function of the map to see bus routes. All the big, established food pantries are on this map.

Food For Lane County Senior Food Box Delivery Program (Put under seniors)

[Another List of Pantry Locations and Times](#)

Notes: This is a Pdf document that can be downloaded to your phone.

Waste to Taste Eugene (Food Boxes)

<https://burritobrigade.org> info@burritobrigade.org

1775 W 6th Ave Eugene OR 97402 541-632-3239

Notes: By appointment only. Slots fill up fast, so sign up on Sunday. Waste to Taste is a food rescue and food box program that works in collaboration with local grocery stores, bakeries, restaurants, and farms to rescue food and redistribute it to the community. When to make an appointment: the schedule is posted every Sunday evening at 6pm on this page for folks to schedule an appointment for the upcoming week. Appointments are limited to one household per week. If you have mobility/transportation/accessibility issues, email waste2taste@burritobrigade.org to inquire about free box delivery. You can make an appointment directly on the calendar here: <https://burritobrigade.org/waste-to-taste/>

Need to put catholic community here.

Alluvium Free Market

<https://www.facebook.com/events/417749336687851/470169601445824/>

810 W 3rd Ave, Eugene, OR 97402 alluviumeugene@gmail.com

Every Sunday at 1 pm to 3 pm. Always free.

Notes: Duration: 2 hr. Free market, mostly consisting of food and some clothing at Alluvium, Show up early. Pretty big lines.

Double Up Food Bucks

[Double Up Food Bucks Oregon](#)

[Find Participating Market/Food Stands](#)

[Frequently Asked Questions](#)

Eugene Saturday Farmers' Market

Farmers Market Pavilion, 8th & Oak Eugene OR Market hours: (February 4 - December 16)

9:00 am - 3:00 pm (Winter Hours, Feb - March: 10:00am - 2:00pm)

Eugene Tuesday Farmers' Market

Farmers Market Pavilion, 8th & Oak Eugene OR Market Hours: (May 2 - October 31) 10:00 am - 3:00 pm

Notes: A great healthy way to double your food stamp benefits. Go to any participating market or food stand, like the Eugene Farmers Market, find the information tent. (You can ask any vendor, they can direct you.) Tell them how much you want to spend. They will swipe your EBT card and give you tokens to spend that day. They will also give you "Double Up Food Bucks" which match the amount you spend.

These can be spent that day or later. They don't expire until December 31st. The limit is 20 dollars a day. **Food bucks can only buy fruit, vegetables, mushrooms, herbs, and edible plant starts,** meaning you can buy plants to take home and grow as long as they are edible.

Food-Meals [Meals for Seniors see Food-Senior Meals](#)

(Because we get so much food delivered to the village, this section will just list some of the larger meal sites around town for when villagers are out and about and could use a home cooked meal.)

The Dining Room (Weekday Lunches)

270 W 8th Ave, Eugene (Between Lincoln and Charnelton) 541-343-2822. Hours: We are open for inside dining from noon to 1:45 p.m., and to-gos from 2 to 2:45 p.m., Monday through Thursday (with the exception of every other Wednesday starting Nov. 23, on which we serve to-go meals only, from noon to 2:45 p.m.).

Notes: Really healthy home cooked meals. While checking in, guests are asked to register with WellSky Community Services, a Management Information System used by Lane County to record and share information among service providers on services provided to at-risk, homeless, or near homeless clients.

St. Mary's Episcopal (Saturday Breakfast)

<http://www.saint-marys.org/>

1300 Pearl St, Eugene, 97401 541-343-9253 Hours: The second and fourth Saturday of every month at 9:30 a.m.

Notes: The mother of all free breakfasts. By far the best free breakfast in town. They have everything. Long lines, show up early.

Food-SNAP Benefits

Oregon Department of Human Services (DHS) - West Eugene Family Center

Address: 2101 W 11th Ave, Eugene, OR 97402 Phone: (541) 686-7722

Hours: Monday to Friday 8 AM to 5 PM

Online signup here: <https://one.oregon.gov/>

Create account here: <https://one.oregon.gov/UserRegistration/LoginCA>

Information you will need to sign up:

<https://www.oregon.gov/odhs/benefits/Documents/one-document-checklist-en.pdf>

Notes: With the online account you can sign up and update your EBT benefits without having to make a trip down to the local office.

You can also get an authorized representative, giving a trusted individual the right to help with your application. Add them as an Authorized Representative or Alternate Payee.

You can also do your periodic reports for EBT here, apply for new card. You can also change healthcare providers. (Which is recommended, many doctors refuse to accept Trillium. PacificSource is the way to go.)

Gardening Resources (empty at the moment. Maybe delete)

Hail Mary Resources (People to try when all other options exhausted)

The Hope Project

www.hopeprojecthelps.com/ask

Notes: Online application for needs falling through the cracks of traditional systems. Give as much detail as you can. No ask is too big or too small

PacificSource Flex Funds (Medical)

[Flex Funds FAQ](#)

[Flex Funds Request Form](#)

Notes: If your OHP provider is PacificSource, they have something they call "Flex Funds." This is money put aside for medical procedures, services, or equipment that is needed but not covered by OHP. The information is in the links above. Often these requests have to be made through your primary care provider, so get one of those first if you don't have one. This works.

Health-Birth Control

Health-Exercise ([See Health-Wellness](#))

Health-Hygiene Items

This is the White Bird "Little Help Book" entry for "Basic Needs."

<https://little-help-book.netlify.app/subcategory.html?category=recYtWC2H01X9ZQeZ&subcategory=recmnCTnHXvojShw&city=NA>

This link is a list of all the organizations in Eugene and Springfield who can provide personal grooming supplies:

https://www.211info.org/search/97402/10/?search_term=Personal/Grooming%20Supplies

Category Notes: (We have village resources. This may go in exit guide.) Maybe put in entries from Little Help Book.

Health-Natural Remedies

Notes: The natural remedies listed below are life savers for anyone, but especially someone who lives on the road.

[Manuka Honey](#) Put on burns/wounds for fast healing. Take a spoonful when you feel sore throat coming on. Good for digestive problems.

[Tea Tree Oil](#) When used topically, tea tree oil is believed to be antibacterial. Tea tree oil is commonly used to treat acne, athlete's foot, lice, nail fungus and insect bites. A life saver when you are on the road. External use only. Mix with oil if it irritates skin.

[Clove Oil](#) Best thing for tooth pain. Put some on a cotton swab and rub the area that hurts.

Health-Nutrition

Food for Lane County (Nutrition Education)

Healthy Recipes: <https://foodforlanecounty.org/go-learn-more/other-programs/recipes/>
770 Bailey Hill Rd, Eugene 541-343-2822

Notes: Call for nutrition education classes.

OSU Extension Service (Nutrition Education)

Sign up free classes online: <https://extension.oregonstate.edu/lane/nutrition-education-program>
996 Jefferson St, Eugene 541-344-0249

Notes: Online and hands-on cooking, nutrition, food safety, food shopping & physical activity classes for adults in English & Spanish. Mostly free

Health-Pregnancy-Postnatal Care (Baby)-Postpartum Care (Mother)-Counselling-Birth Control

(This section will be organized in a chronological way. Starting with being pregnant and trying to decide what to do. Then resources for ending pregnancy. Then resources for bringing baby to term. Then resources for giving birth and getting resources needed for mother and baby.)

Section One: Am I Pregnant, and if so, What Are My Options

1st Way Pregnancy Resource Center

<https://www.1st-way.org/>

1162 B street #213 Springfield, OR 97477 541.687.8651 Hours: Mon - Wed: 10:00 am - 1:00 pm

firstwayeugene@gmail.com

Notes: Free. "It is always best if you can talk about your pregnancy with your partner or family. However, this is often difficult with an unplanned pregnancy. We offer person to person guidance, understanding and reassurance. Your well-being is our primary concern. We provide a 24/7 Hotline so you can talk to someone whenever you need or want to.

Your financial situation can be a big worry. First Way can help direct you to the programs and people that can work with you to get public assistance. Contact us for more information on how we can help.

Education and a job can provide a future for you and your baby. Let's talk about your needs and your possibilities to move forward. We can help you find medical assistance and local support programs. After delivery we offer baby clothing and other infant supplies.

1st Way Mobile Unit Provides pregnancy tests, baby and toddler clothes, baby wipes, diapers, and furniture for all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. [Mobile Unit Ultrasound Calendar](#)

Planned Parenthood of Southwestern Oregon

<https://www.plannedparenthood.org/planned-parenthood-southwestern-oregon/patient-resources>

3579 Franklin Boulevard Eugene, 97403 541-344-9411 Hours: Monday, Tuesday, Wednesday, Friday 9:30 a.m. to 6 p.m. and Thursday 10:30 a.m. to 6 p.m.; Saturday 8:30 a.m. to 4 p.m.

Notes: "A private family-planning agency providing pregnancy tests, birth control, STI screening and treatment, HIV testing, pregnancy testing, men's and women's health care services, reproductive health counseling, and education. Menstrual care packets and condoms are available. Accepts Oregon Health Plan.

Erb Center Open Adoption & Family Services

315 W. 10th Ave., Eugene 541-343-4825

<https://www.openadopt.org/about-open-adoption-family-services/>

Get rid of erb center part

Notes: All-options pregnancy counseling for pregnant and parenting women & partners. Arranges open adoptions. Adoption counseling.

All-Options

www.all-options.org

888-493-0092

Notes: Support for all pregnancy, parenting, abortion, adoption, and pregnancy loss and infertility experiences, and post-abortion counseling

The All-Options Talkline is staffed by volunteer peer-counselors. If you call the Talkline and hear a voicemail message, please leave a message with your first name, your telephone number, and the time zone from which you are calling. We will return your call as soon as we can, within 48 hours. We will call back from a blocked number. Please let us know if we can leave a voicemail if you don't answer.

Faith Aloud (Pro-Choice Family Planning-Christian)

www.faithaloud.org

888-717-5010 Open M-F 7a-3p ET

Notes: If you are looking for compassionate religious and spiritual support for abortion and pregnancy options, you've come to the right place. Faith Aloud believes that nothing can separate us from the love of God.

Section Two: Choosing Not to Give Birth

Planned Parenthood (See entry above)

All-Options (For post abortion counseling resources) (See entry above)

National Abortion Hotline (Access to Resources)

1-800-772-9100 Monday - Friday 5 am - 4 pm PST Saturday & Sunday 5 am - 1 pm PST

Northwest Abortion Access Fund

Find the closest providers on their website

866-692-2310

<https://nwaafund.org/>

Provides abortion information and referral services over the phone, as well as funding for abortions and abortion access issues (transportation, childcare, lodging). You can leave a Spanish-language voicemail.

Translation assistance available for other languages. . . . Read more

Hours: They will return your call within 24 hours

Section Three: Choosing to Give Birth

1st Way Pregnancy Resource Center (See entry above)

Charnelton Health Clinic

lanecounty.org/chc

151 W 7th Ave, #100 Eugene, 97401 541-682-3550 Hours: Monday to Friday, 8 a.m. to 5 p.m.

Notes: Prenatal Clinic, Family Planning Services, Well Baby and Well Child Exams. Health care center for all, accepts Oregon Health Plan. Masks are required and all visitors and staff are screened on entry.

Maternal/Child Health (Support for Pregnancy/Birth/Parenting)

https://www.lanecounty.org/government/county_departments/health_and_human_services/public_health/family_child_health_programs

(Lane County Public Health)

541-682-8720

MCH.Referrals@co.lane.or.us

Notes: MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs Babies First; CaCoon; Healthy Families; Nurse Family Partnership all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs. Eligibility: If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one of our programs.

Sacred Heart Pregnancy & Parenting Education

<https://www.peacehealth.org/locations/springfield/childbirth-services-peacehealth-sacred-heart-medical-center-riverbend>

3333 Riverbend Dr, Springfield 541-222-7074

Notes: “The birth of a baby is one of the most important events in a woman’s life. At PeaceHealth Sacred Heart Medical Center, we have created a special place to take good care of you and your baby — before, during and after birth.”

Lane County Prenatal Care Clinic

51 W 7th Ave #310, Eugene 541-682-3550

Provides pre-natal care and maternity case management, as well as post-partum support. Arranges for midwives to deliver at a hospital. Only accepts OHP clients. Walk in available. Hours: T-F 8-5

lanecounty.org/chc ◆◆◆◆◆

Parenting Now

86 Centennial Loop, Eugene 541-484-5316

Provides free parenting education and support to families with young children. Free car seats by arrangement. Hours: M-Th 9-4
parentingnow.org/

Section Three: Post Partum Care for Child and Mother

Relief Nursery (Parent/Pregnancy Education and Home Visits)

<https://reliefnursery.org/programs-services/healthy-families/>

1720 West 25th Avenue Eugene, OR 97405 (541) 343-9706 Hours: Monday – Thursday: 9:00am – 4:00pm, Friday: 8:30am – 12:30pm

Notes: Healthy Families is a voluntary family support and parent education home visiting program offered to families in Lane County who are pregnant or have recently given birth. Families interested in joining the Healthy Families Program may contact Lane County Family and Child Health at (541) 682-8720

La Leche League (Nursing Assistance)

541-744-6055 (help line) FREE

Notes: Breastfeeding support line.

Post-Partum Support International

800-944-4773

support@postpartum.net

Notes: Email / phone support, referrals for post-partum services. Leave voicemail message if no one is there to talk immediately.

Well Mama (Mama to Mama Peer Support)

150 Shelton McMurphy Blvd, #208, Eugene 800-896-0410

info@wellmamaoregon.org

Notes: WellMama groups are led by trained facilitators, with lived experience, and are designed to help and support all birthing people. We offer support of a number of topics and we offer opportunities to learn to handle stress related to becoming parents. We focus on depression, anxiety, birth trauma and more. Non-birthing people are also welcome

Health-Wellness (Healthy Habits for Physical and mental Well Being.)

Wellness is such a cool principle and a great way for villagers to improve their quality of life in ways they might not have thought of, and a reminder that more than just getting income and a place to live, life is meant to be creative, meant to be lived with enjoyment and meaning. It is too big a topic for a complete list of resources, so for now a general description and a few resources will have to do:

[From the School of the Art Institute of Chicago:](#)

“Well-being is actually a combination of 8 elements: “physical/nutritional, emotional, social, spiritual, intellectual, financial, and environmental” and occupational wellness

1. **Physical/Nutritional:** Focuses on physical activity, diet, sleep and nutrition.
2. **Emotional:** Focuses on navigating through your feelings and being able to share those feelings with others.

3. **Social:** Focuses on developing a sense of connection, belonging, and a well developed support system.
4. **Spiritual:** Focuses on expanding our sense of purpose and meaning in life.
5. **Intellectual:** Focuses on creating abilities and finding ways to expand knowledge and skills.
6. **Financial:** Focuses on having satisfaction with current and future financial situations.
7. **Environmental:** Focuses on your personal surrounding and how your environment supports your health, wellbeing and safety.
8. **Occupational:** Focuses on personal satisfaction and enrichment derived from one's work"

Spending Time in Nature:

[Eugene Parks and Nature Areas](#)

Exercise:

Free Health Club Memberships From Pacific Source

Notes: PacificSource has something they call "Flex funds" that can be used to pay for a health club membership. You have to ask your primary care provider to fill out a flex funds form saying you need exercise. [Flex Funds FAQ](#) [Flex Funds Request Form](#)

[Eugene City Recreational Guide](#)

[All Eugene City Free Programs \(Not Just Exercise\)](#)

Social Life (Connecting with Community):

[Free Events and Classes in Eugene](#)

[Shared Interest Group Meetings in Eugene](#)

[Eugene Weekly Calendar of Events in Eugene](#)

[Community Listings on Craigslist](#)

Meditation

Volunteering

<https://www.loveforlanecounty.org/getinvolved/>

Help By Phone (Not formatted)

Emergency and crisis numbers. Link to separate sheet.

911 Emergencies only Hours: 24/7

211Info Dial 211 or text your zip code to 898211

Ask for info via email: help@211info.org Helping people in Oregon navigate and connect with local resources they need.

Hours: M- F 8am-6pm

Alzheimer's Association Helpline 800-272-3900

Help for sufferers of dementia and their families or caregivers. Sometimes out of the office, but leave a number and they will call back.

Boys and Girls Aid 503-222-9661

Pregnancy counseling to discuss options when pregnant. You can also text "Askme" to 503.841.2672 Phone, chat or text only.

Information – Crisis Lines/Hotlines 53

Live chat on website available evenings and weekends. Hours: M-F 8:30-5pm

www.boysandgirlsaid.org/options

CAHOOTS – Eugene only 541-682-5111

Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line. Hours: 24/7

CAHOOTS – Springfield only 541-726-3714

Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line. Hours: 24/7

Eugene Police non-emergency line 541 682-5111

Eugene Police non-emergency line Hours: 24/7

Lane County Police non-emergency line 541 682-3729 Lane

County Police non-emergency line Hours: 24/7

Lines for Life Alcohol Drug Help Line 1-800-923-4357

For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information. 24/7. Or text "RecoveryNow" to 839863 (8am-11pm) Hours: 24/7

www.linesforlife.org/get-help-now/

Looking Glass Crisis Response Line 1-888-989-9990

24 hour crisis prevention helpline for families with children or runaways for ages 17 and under Hours: 24/7

Military Helpline 888-457-4838

24/7 resource for military service members, veterans and their families. Text "MILT" to 839863 (8am-11pm) Hours: 24/7

www.linesforlife.org/get-help-now/

National Child Abuse Hotline 1-800-422-4453

Provide counseling concerning child abuse 24/7 (interpretation available for 140 languages). Hours: 24/7

www.childhelp.org

National Suicide Prevention Lifeline 1-800-273-8255

Free and confidential counseling for those who are in a suicide crisis. Hours: 24/7

suicidepreventionlifeline.org/

54 Information – Crisis Lines/Hotlines

Oregon Abuse Hotline for Children & Adults

..... 1-855-503-7233

Report suspected child abuse to DHS. Be ready to provide identifying information and the whereabouts of the child if known.

TTY/Voice: 503-945-5811 Hours: 24/7

www.oregon.gov/DHS/abuse/Pages/index.aspx ☎☎☎

Public Benefits Hotline 800-520-5292

Provides assistance for those who are having trouble with government benefits, such as social security, food stamps, Oregon Health Plan and others. Hours: MTH 1-4; TW 9-12
oregonlawhelp.org/resource/public-benefits-information-hotline

Sexual Assault Support Services (SASS) ... 1-800-788-4727 or 541-343-7277

Crisis and support line for those who are sexually assaulted.

Hours: 24/7

Trans Lifeline 877-565-8860

Offering direct emotional and financial support to trans people in crisis - for the trans community, by the trans community. Hours: 7am-1am daily.

www.translifeline.org/ ☎☎☎

Trevor Lifeline 1-866-488-7386

24/7 crisis intervention and suicide prevention p Hours: 24/7

www.thetrevorproject.org/

Veterans Crisis Hotline 800-273-8255 press 1

Support line for all veterans, service members, National Guard members and their family. Hours: 24/7

Veterans Homeless Services Hotline 877-424-3838

A national line that provides referral to services for veterans without a home. Hours: 24/7

White Bird 24/7 Crisis Line 541-687-4000, 1-800-422-7558

Crisis intervention, mental health referral and transportation assistance for people with mental health needs in Eugene or Springfield without homes. Hours: 24/7

whitebirdclinic.org/

Womenspace 24-hr. Hotline 541-485-6513

24/7 crisis line for all victims and survivors of domestic violence, intimate partner violence, sexual assault and stalking in Lane County. Hours: 24/7

Information – Referral and Information Services 55

Youthline 877-968-8491

24/7 crisis line staffed by and for teenagers 4-10pm daily (adults available at other times). Text “teen2teen” to 839863. Chat and email also available. Hours: 24/7

oregonYouthline.org

REFERRAL AND INFORMATION SERVICES

211 Info

..... Dial 211 or email help@211info.org

Provides free information on over 2,700 community agencies providing over 30,000 programs to people throughout Oregon and Southwest Washington. text your zip code to 898211 . One can also get information from the website or email. Hours: M - F 8 - 6, Texting available M - F 9 - 5 211

info.org ☎☎☎

Aunt Bertha

A national, searchable online database that connects people with services in their communities for a range of issues.

www.auntbertha.com/find-social-services/oregon

Community Alliance of Tenants

..... 503-288-0130

Helps tenants and renters in Oregon understand their rights.

Basic information is provided on the website. The hotline is staffed by volunteers Hours: MWFSa 1-5pm and Tues 6-8pm

oregoncat.org/know-your-rights/

First Place Family Center

1995 Amazon Parkway, Eugene 541-342-7728

Offers a day time facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery.

Hours: 7 days 8am-5pm

www.svdp.us/what-we-do/homeless-services/first-place-family-center/ ♦♦♦♦♦♦♦♦

FOOD for Lane County

770 Bailey Hill Rd. Eugene 541-343-2822

info@foodforlanecounty.org Call for a location to pick up food.

Hours: M-F 9-4

foodforlanecounty.org ♦♦♦♦

Foreclosure Hotline

..... 503-288-0130

Free or reduced cost legal help with foreclosures. Hours: M-F 9-4

56 Information – Referral and Information Services

oregonlawhelp.org/resource/oregon-legal-aid-offices?ref=D0GoW

Homeownership Preservation Foundation

..... 1-888-995-HOPE

Referrals and counseling provided for homeowners facing foreclosure.

homeownershippreservation.org

Housing and Urban Development

..... 1-800-669-9777

HUD takes on cases when housing rights have been violated.

Make a complaint on the website or by phone. Hours: M-F 8-4:30

www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint

Love Inc. of Eugene

..... 541-653-8537

The Call Center will listen to your needs and try to find a service that will provide assistance. (Unable to help in crisis or housing situations) Hours: M-Th 10am-2pm

loveinlanecounty.com/index.html

National Alliance on Mental Illness Lane County (NAMI) 2411

Martin Luther King Jr. Blvd., Ste. 246 Eugene 541-343-7688

Provides information, education, support and advocacy for the mentally ill and their families. Provides referrals for a variety of

services. Services are free. Hours: M - Th 10 - 2

namilane.org ☎☎☎☎☎

National Clearinghouse for Alcohol & Drug Information

(NCADI) 877-726-4727

National resource for information about substance abuse prevention and addiction treatment. Free publications are available on its website. Hours: 24/7

store.samhsa.gov/ ☎☎☎

National Health Information Center

Email: info@nhic.org 24/7 health information referral service that links consumers and health professionals who have health questions to organizations best able to provide answers. Hours: 24/7

healthfinder.gov ☎☎☎

Oregon Helps Social Service Eligibility Calculator

This free web service can tell you whether your family is eligible for 33 programs and assistance, including Food Stamps, Oregon Health Plan, Employment Related Day Care (ERDC), Temporary

Information – Referral and Information Services 57

Assistance for Needy Families (TANF), Federal Housing Assistance, Low-Income Home Energy Assistance Program (LIEAP), federal and state Earned Income Tax Credits, Oregon's Working Family Tax Credit, Individual Development Accounts (IDAs), National School Lunch Program, Women, Infants, and Children Nutrition Program (WIC), and Emergency Food.

ww1.oregonhelps.org/ ☎☎☎

Parenting Now

86 Centennial Loop, Eugene 541-484-5316

Provides free parenting education and support to families with young children. Free car seats by arrangement. Hours: M-Th 9-4
parentingnow.org/

Senior & Disability Services

1015 Willamette St. Eugene 541-682-3353

Provides a variety of services to seniors and family caregivers

throughout Lane County including information and referral, short-term assistance (e.g. - Energy Assistance certification), in-home

help, Medicaid and SNAP, Meals on Wheels, grocery/medical transport, and case management for persons 60 years and older and persons with disabilities (age 18 & older). Hours: M-F 9-4

sdslane.org ☎☎☎☎☎☎

Trans*Ponder

.....508-443-6337

Email: info@transponder.community Trans*Ponder provides community and resources for transgender individuals. They provide a yoga class and support groups for transgender folks, questioning and parents. Website provides a list of providers that are LGBTQ affirmative. Please contact via phone or email for their full services, places and times. Leave a message and they will get back.

www.transponder.community

White Bird – Front Rooms Resource Center

341 E. 12th Ave, Eugene 541-342-8255
White Bird Front Rooms provides water, a mail/messaging service, phone access, clothing, bathrooms, and indoor shelter for up to two hours at a time. Referrals and information are available by phone or walk in. Also provides vouchers for no cost vision exams, lenses and frames. Hours: 7 days 8am-10pm
whitebirdclinic.org/front-rooms ◆◆◆

Category Notes: (This needs to be compared against the crisis/hotline datasheet and organized. Do hotlines go with hotlines, or with the category of hotline they are?) Do i need separate help line category.

Household-Bedding-Furniture-Kitchen-

Our best source of these supplies is the weekly run to the Eugene Mission. Other options are in this section.

First Christian Church - Helping Hearts Room

www.heartofeugene.org

1166 Oak St, Eugene, 97401 541-344-1425 Hours: Tuesdays and Thursdays 12 p.m. to 2 p.m.

Notes: Helping Hearts Greeters will meet you in the back parking lot. Be sure to bring a mask for every person in your party. We will practice social distancing and be wearing masks at all times. Helping Hearts provides clothing, **light bedding** and protective outdoor gear, and personal hygiene items to those who come seeking such assistance. A light snack is typically available, as well.

Church of the Resurrection Home Starter Kit (Moving out into a new apartment)

<https://resurrectioneugene.org/serving-gods-world/home-starter-kits-a-brief-history/>

3925 Hilyard, Eugene 541-686-8462

[Home Starter Kit Request Form](#)

Notes: The Home Starter Kit Program (HSK) is an all-volunteer ministry of the Church of the Resurrection which partners with other local churches and social service agencies. The program provides basic kitchen, bedroom and bathroom goods to individuals and families who are moving out of treatment, homeless, abusive, mental health and prison situations into permanent housing.

Love for Lane County

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

PO Box 23452, Eugene, OR 97402 541-653-8537

info@loveforlanecounty.org

Notes: Furniture – Furniture of all nature including beds, mattresses, living, kitchen, and dining room furniture. Household Items – Kitchen wares, small appliances, sheets, towels, etc.

Housing Assistance (front door assessments, access to waitlists, etc. low income rentals.)

(Villagers should get all of their housing navigation from our dedicated housing navigator, Savannah, however if they want to do some of this on their own, the resources are in this section.)

Front Door Assessments

Front Door Assessments in Person

https://www.lanecounty.org/government/county_departments/health_and_human_services/human_services_division/coordinated_entry/what_is_coordinated_entry

Online Front Door Assessment Signup:

https://www.lanecounty.org/government/county_departments/health_and_human_services/human_services_division/coordinated_entry

Notes: If you fill out this web form, someone will call you to set up an in person front door assessment. The Front Door assessment must be applied for again after 6 months. While part of the intake system, this process does not lead to housing for most people. Be sure to have other strategies in place.

Waiting Lists

Homes For Good

[Homesforgood.org](https://www.homesforgood.org)

100 W 13th Ave Eugene, OR 97401 (541) 682-3755 Monday - Friday 9:00AM to 4:00PM

[Homes For Good Section 8 Waitlist \(Closed\)](#)

[Public Housing Waitlists. \(Mostly Closed\) Referrals based on need come from the front door assessment.](#)

[Getting Started \(Front Door Assessment\) through Homes for Good](#)

[Homes For Good Affordable Properties Search \(Not many available\)](#)

Notes: “Homes for Good is Lane County’s housing agency and our primary work is to help low-income residents with the logistics of affordable housing. Low-income Lane County residents who need affordable housing should consider Homes for Good their first stop on the path to finding housing that’s within reach. Our team can help identify options that include public housing placements or vouchers that can help pay the rent of a private rental. “

You can sign up for their newsletter to see when Section 8 waitlist opens, otherwise, most listings are low rent apartments for people who already have income, and the rents aren’t actually *that* low.

St. Vinnies Rental Waitlist

[St. Vinnies Property Management Page](#)

2890 Chad Drive Eugene OR 97408 (541) 743-7164 Monday to Friday 8:30 am to 11:30 am and 1:00 pm to 5:00 pm. waitlist@svdp.us

Notes: The St. Vinnies quarterly low income waiting list opens on specific days of the year at specific times, and if you aren’t on it within 20 minutes, forget it till the next time it opens. Your best bet is to find out the date and time of the next opening, download and fill out an application for their quarterly waiting list, and email it **the minute** the waitlist opens. It is that popular. Call to see when next waiting list opens. Generally you can download an application about a week before.

Low Income Rental Listings

[Affordable Housing Online Website](#)

<https://cornerstonecommunityhousing.org/housing-communities/>

Cornerstone Community Housing
www.cornerstonecommunityhousing.org
541-683-1751

Notes: Cornerstone has some excellent properties, but they are on the higher end of low income housing. They have onsite services that promote personal growth & economic independence. In general, think \$800 a month range, and you need to be below the poverty level for the state, but making one and a half times the rental cost to be eligible. It is worth calling individual properties though. For example [West Town Apartments](#) has something called a 'home unit' for extremely low income folks that is under \$300 a month. They will also work with Section 8 and other subsidized housing programs, so it might be worth a call. **(need to follow up on low income units.)**

Cornerstone Community Housing: 541-606-4455
1175 Charnelton St., Eugene, OR 97401
Affordable housing communities

Homes For Good: 541-682-3755
100 W 13th Ave, Eugene, OR 97401

Olive Plaza: 541-683-3247
1133 Olive St., Eugene, OR 97401
https://www.humangood.org/hubfs/_Refresh/AH/Application%20Package%20Olive%20Plaza%202021.pdf
62+ community

Ya-Poo-Ah

Square One Villages: 541-525-0501
15 N. Polk St., Eugene, OR 97402
Check to see which villages have openings and to download applications/guidelines
<https://www.squareonevillages.org/>

St. Vincent de Paul Housing Programs: 541-485-9759
Check online to see if waitlist is open
<https://www.svdv.us/what-we-do/affordable-housing/>

Renter's Education and Rehabilitation

[St. Vinnies Renters Education Class](#)

Notes: For anyone who has a not so great rental history, or no rental history at all, there are things they can do to make themselves look more attractive to landlords, like taking a rental education class.)

Rent Well Classes;

<https://rentwell.org/tenants/>

Housing Assistance/Supported Living For People With Disabilities

<https://pearlbuckcenter.com/about/about-us/>

others

Housing-Seniors [\(See Seniors-Housing\)](#)

Housing- Other Transitional Housing Options [\(See Shelter-Transitional\)](#)

Housing-Emergency-Short Term Shelter [\(See Shelter-Short Term-Emergency\)](#)

Identification and Driver Licenses

Help Paying For I.D. and Driver Licenses

White Bird NEST (Navigation Empowerment Services Team)

<https://whitebirdclinic.org/nest>

<https://whitebirdclinic.org/birthcertificate>

323 E 12th Ave Eugene OR 97401 541-342-1295 (Phone hours: 9:30am–3:00pm) Hours: Tuesday through Thursday, 9:30am to 12:30pm and 2:00pm to 4:00pm.

Notes: Always start with White Bird Nest. Catholic Community Services helps with this too, but it can take longer. **(need to check if they do out of state birth certificates.0**

Catholic Community Services

<https://www.ccslc.org/food-and-emergency-help>

1464 West 6th Avenue Eugene, Oregon 97402 541-345-3628 Hours: Monday - Friday 8 am-4:00 pm, Thursday 9 am-4:00 pm

Notes: You can call for information or drop by. **(Need to check out of state birth certificates)**

STEP - SNAP Training & Employment Program

2510 Oakmont St. Eugene, OR 97401 541-972-1351

craig.wilson@lanecountyor.gov

Notes: If you are enrolled in the Lane County STEP program, they will help you pay for licenses, I.D., and driving lessons. To be eligible for this job training and work search program, you need to be receiving SNAP benefits, need job search or training assistance, and be homeless or in danger of losing housing.

See More here: https://drive.google.com/drive/folders/12zPxKkUVyWMG_An6ueMlljsbP0vJ5c1e

Department of Motor Vehicles Portal

<https://www.oregon.gov/odot/DMV/Pages/DriverID/Index.aspx>

Notes: Start here to see what you need for state identification. This is the website for information about all business with the DMV: driver licenses including commercial driver license (CDL), learners permits, state identification, vehicle registration, change of address and more.

Always call first to see what the wait is for appointments. DMV appointments can be weeks out at the Eugene DMV. If you need DMV services right away, best bet is to go to Springfield DMV before it opens and get in line. You might be able to pay for a license or take a vision test right away. Eugene DMV is now at Valley River Center and stand-by appointments move quickly.

Eugene DMV

<https://www.oregon.gov/odot/dmv/pages/offices/eugenedtc.aspx>

499 Valley River Center Eugene, OR 97401 541-686-7855 Hours: 8:00 AM - 5:00 PM, Monday and Tuesday, 10:00 AM - 5:00 PM, Wednesday, 8:00 AM - 5:00 PM, Thursday and Friday

Springfield DMV

<https://www.oregon.gov/odot/dmv/pages/offices/springfield.aspx>

204 N 30th St Springfield, OR 97478 503-945-5000 Hours: 8:00 AM - 5:00 PM, Monday and Tuesday, 10:00 AM - 5:00 PM, Wednesday, 8:00 AM - 5:00 PM, Thursday and Friday

Birth Certificate and Other Kinds of I.D./ Medical Cards

[Government Site For Replacing Social Security Cards, Birth Certificates, and Others](#)

Notes: The link above is a gold mine. For Oregon birth certificates, go straight to White Bird Nest, for out of state, or if you can pay for it yourself, follow the link above to find the vital records office website for your state and follow their directions. This site also tells how to replace Medicare card, Medicaid card, U.S. passport, Permanent Resident (Green) Card, Naturalization certificate, and Military ID card. The link below is the local Vital Records Office for Oregon documents:

[Lane County Vital Records Office](#)

Social Security Cards

Eugene Social Security Office

2504 Oakmont Way, Eugene, OR 97401 (800) 772-1213 Hours: Weekdays 9 AM to 4 PM

[Online Instructions for Replacing Social Security Card](#)

Notes: You can get a free replacement of your Social Security Card. Follow the instructions at the link above, and you can either do it online, or download and print an application, fill it out and bring to the local office, drop by the local office, or call the number above.

Immigration-and-Migrant Services N/A see **[Relief Nursery Resource Guide](#)** or **[White Bird Little Help Book](#)**

Income-Employment-Casual Labor

Notes: A lot of great information from Lindsay Weiss at the WorkForce STEP program. Many different options that are good fits for different kinds of people. Some hire people with criminal records. Some are good jobs for people who like to work alone. A lot of options in this section.

Anyone looking for short term casual labor type work could do worse than start out on Craigslist. Check out the "Gigs" section: <https://eugene.craigslist.org/search/ggg#search=1~thumb~0~0>

Nextdoor.com is a great resource as well. It is a social media site that is strictly local. All you need to do is join and make a post telling people a little about yourself and what kind of jobs you are looking for. A villager has gotten some well paying work this way. Sign up here:

https://help.nextdoor.com/s/article/How-to-join-Nextdoorlanguage=en_US

Also, many small, privately owned groceries and natural grocery stores have bulletin boards out front where people put up notices about what they need, and you can post about what you want to do. There are always landscaping jobs in the summer. Some spots with good bulletin boards are Red Barn Natural grocery, in the Whiteaker at 357 Van Buren St, the Jesco Club right across the street from Red Barn, and Sundance Natural Food at 748 E 24th Ave. Very active bulletin boards.

Temp and Employment Agencies

All Star Labor & Staffing

<https://allstarlabor.com/eugene/>

235 W 10th Avenue, Eugene 541-228-9751

Notes: All-Star is mainly production work but has the advantage of knowing second chance employers, **good for people with criminal records.**

Express Employment Professionals

945 Garfield St. Eugene OR 97402 (541) 686-0001 Hours Monday-Thursday 7:30 am to 5:00 pm. Fridays 7:30 am to 5:30 pm.

<mailto:jobs.eugeneor@expresspros.com>

Job Openings: <https://expresspros.com/EugeneOR/Job-Openings.aspx>

Notes: Full, part-time, and temporary positions. Excellent Google reviews.

Elwood Staffing

Employment options: <https://www.elwoodstaffing.com/employment-options/index.php>

Job Search Eugene:

https://www.elwoodstaffing.com/jobsearch/index.php?action=search&raw=Eugene+Or&zip=97402&state=OR&branch_location=

2435 Oakmont Way, Eugene 541-342-6055

<mailto:Eugene.OR@elwoodstaffing.com>

Notes: Temporary and permanent work. Great Google reviews.

Personnel Source Inc.

Jobs in Eugene:

<https://jobboard.ontempworks.com/personnelsource/Jobs/SearchKeywords=&Location=Eugene%2C+OR%2C+USA&Distance=Fifteen&SortBy=Relevance>

Apply online: <https://www.personnelsource.com/applicant-resources>

555 Lincoln Street Suite A, Eugene 541-342-5310

Notes: Temp and temp-to-hire. Excellent Google reviews.

Staffing Partners

Apply online: <https://jobs.staffingoregon.com/>

Jobs in Eugene: <https://jobs.staffingoregon.com/index.smpl>

2888 Crescent Avenue, Eugene 541-345-9675 Monday -Friday 7 am to 5 pm.

Notes: Temporary. Temp-to-hire. Direct hire. Mostly good Google reviews.

In Home Care Work

Notes: There is a lot of work for in home care workers. In order to become one you have to apply with the state to be a Personal Care worker (PCW) and pass a background check.

Apply to be a Personal Care Worker: <https://ohccworkforce.org/applications/>

Information about Health Worker Certification Agencies:

<https://www.oregon.gov/dhs/SENIORS-DISABILITIES/HCC/PSW-HCW/Documents/thw-certification-agencies.pdf>

Once you have done this, you can work in the state of Oregon in personal care. Below are some agencies that will employ care workers. It is worth it to contact agencies even if you don't have certification as some will help you get it:

Care.com

Sign up to find care jobs: <https://www.care.com/>

New Horizons (Local Company)

Job listings and signing up for care jobs:

<https://nhcares.com/who-we-are/jobs>

Rise Services (Local Company)

Caregiving jobs with Rise: <https://jobs.riseservicesinc.org/caregiving-jobs>

Contact Rise about employment: <https://riseservicesincor.org/contact/>

Security and Fire Watch Work

Notes: Security and Fire Watch work is a good fit for people who don't like to work with other people, and also for night owls as many of these jobs are graveyard shifts.

DPI Services

DPI Eugene Apply Online: https://thedpigroup.com/jobs/rpid=GYL_jDmMvC8

DPI security jobs: https://thedpigroup.com/jobs/rpid=GYL_jDmMvC8

DPI staffing (Security and other jobs like Fire Watch) <https://dpistaffing.com/jobs/>

55 E. 10th Ave., Eugene, OR 97401 971-865-1353 Monday – Friday, 8 AM – 5 PM

Notes: Security and Fire Watch are good jobs for loners. They are mostly solo work and often overnight too, so also good for night owls. Long term and contract work available.

Side Hustles

Notes: Side hustles are part-time flexible work you can do to supplement income or make a little extra money. Some you do in person, some you can do online.

Side Hustles for People With Cars

Notes: If you have a car you can make extra money delivering things or taxiing people around. You need to be 18 or older and have a car, insurance, valid driver license and a smartphone for most of these jobs. Find more information at their websites:

Instacart

Sign up to shop and deliver things to people: <https://shoppers.instacart.com/role/full-service>

Grubhub

Sign up to deliver food: <https://careers.grubhub.com/drivers>

Notes: Grubhub allows delivery by bike in some cities. It will let you know if this is an option when you sign up.

DoorDash

Sign up to deliver food. Bikes too. <https://dasher.doordash.com/en-us>

UberEats

Sign up to deliver food: <https://www.uber.com/us/en/deliver/>

Uber

Sign up to give people rides: <https://www.uber.com/>

Lyft

Sign up to give people rides: <https://www.lyft.com/drive-with-lyft>

Other Side Hustles

Notes: The ‘Notes’ section directly below the “**Income-Employment-Casual Labor**” has some good information about finding local side hustles.

There are several apps for your phone that will help you find local work. Not all of them have service in Eugene. Villagers will have to try them out to find out which ones work here. Here is a list of them: <https://www.makeuseof.com/apps-that-help-find-side-job/>

Other side hustles are things you can do remotely, over the internet, but most require a skill like writing or typing. An example is: <https://www.fiverr.com/> The only online side hustle that a villager has direct experience with is Prolific.co which is a site that pays you to participate online in research studies that you can do entirely on your own time, when you want to, for as long or short a time as you want. Payment averages to about \$15 an hour. Sign up: <https://app.prolific.co/register/participant>

Income-Employment-Employment Services (Help Finding Work)

WorkSource Lane

2510 Oakmont Way, Eugene OR 541-686-7601
Online Resources: <https://worksourceoregon.org/workshops>

Notes: If you just want a job and don't need the extra support of a STEP program, this is the place to start in Eugene. They provide career coaching, free educational workshops, one-on-one support, customized services, based on the individual's needs and goals, and resume, interviewing, and job search support.

You can also learn about free training to help you advance in your career or learn a new industry, explore paid internships, apprenticeships, on-the-job training, GED programs, and college classes. You also have access to computers, internet, phones, fax, copiers, and printers in our Resource Rooms and can get help with transportation, childcare, food, internet access, tuition, textbooks, school fees, identification, work clothes and tools, and more.

Goodwill Job Connections

<https://goodwill-oregon.org/job-connections/>

855 Seneca Road Eugene, OR 97402 541-431-3309 Hours: Monday-Friday: 8 am-4 pm

Notes: Like WorkSource Lane, this is one of the major resources for people looking for work. Their services are open to the public and are self-directed, including job search assistance, workshops, job leads, computer resources, job fairs and referrals to both Goodwill programs and community partners. One on one employments specialists are also available to identify skills and interests and help with resumes, interviewing techniques, and applications. Like WorkSource they also offer job related workshops which can be accessed at the link above.

Cardinal Services

<https://employee.cardinal-services.com/Applicantportal/jobboard>

405 Lincoln Street, Eugene 541-726-8060

Notes: To see available jobs, go to the link above, click on "Quick Search," and select "Eugene" as the city.

Other Employment/Temp Agencies ([See under Income-Employment-Casual Labor](#))

Department of Human Services

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

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Also, apply for free phones, search for jobs, bathrooms. Apply for services by paper or by computers provided. Hours: M-F 7am-6pm 

Department of Human Services

899 Willamette St., Eugene 541-686-7555

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Also, apply for free phones, search for jobs, bathrooms. Apply for services by paper or by computers provided. Hours: M-F 8am-5pm 

Income-Employment Services-People with Disabilities

Vocational Rehabilitation Services

How to sign up: <https://www.oregon.gov/dhs/EMPLOYMENT/VR/Pages/Client-Information.aspx>

Frequently Asked Questions: <https://www.oregon.gov/dhs/EMPLOYMENT/VR/Pages/FAQs.aspx>

Eugene: McKenzie Center 2885 Chad Drive Eugene, OR 97408 541-684-2450 Hours: Monday to Friday, 8 a.m. to 5 p.m.

Notes: “The Department of Human Services, Vocational Rehabilitation is a statewide resource for people with disabilities. We assist individuals with disabilities in getting and keeping a job that matches their skills, interests and abilities.

Department staff work in partnership with the community and businesses to develop employment opportunities for people with disabilities. Vocational Rehabilitation is a state and federally sponsored program which assists people with all types of disabilities, with the exception of Blindness or Deaf-Blindness, in all areas of the state.”

This includes mental/emotional disabilities like depression. If there are a long wait for appointments ask for the number of the Springfield office.

Pearl Buck Center

<https://pearlbuckcenter.com/programs/vocational-academy/>

115 W 8th Ave, #280, Eugene OR 541-780-6404

Email contact form: <https://pearlbuckcenter.com/contact/>

Notes: The Pearl Buck Center helps people with intellectual and developmental disabilities gain employment. Assistance includes: workplace skills, life skills, self-care practice, functional academics, such as reading/writing and math skills, and specialized program instruction in warehouse skills, food packaging, and caregiving

Their Vocational Academy runs from September-August with special offerings during the summer.

Laurel Hill Center Supported Employment Program

<https://laurel.org/programs/supported-employment/>

2145 Centennial Plaza Eugene, OR 97401 541-485-6340

<mailto:info@laurel.org>

How to enroll: <https://laurel.org/enroll/> referrals only. Who can refer

Notes: Laurel Hill Center serves people with psychiatric conditions. It can help folks find employment.

“Employment Specialists will guide you through each step to reaching your goals, at your own speed. This includes helping you find a good job match based on skills and preference, and providing support during the search process and after hiring.

We will assist you with finding job openings, coping with job-search pressures, researching pay and benefits, submitting applications, preparing for interviews, and building connections with employers. We will continue to support you once you are in the job.”

Income-Employment-STEP Programs

Notes: STEP programs are the best resource for low-income people to get help finding and keeping a job. They can not only help with resumes, interviewing techniques, and job leads, but can pay for tools, vocational training, identification, provide work experience and references, and one even helps get housing.

There are several STEP programs in Lane County, and each has different features and resources, so they need a document of their own to help decide which one to choose:

[Lane County Step Programs](#)

Income-Employment-Training

Notes: Honestly the best way to look for vocational training is to go through a STEP program or WorkSource Lane. They not only offer access to training in your chosen field and help getting commercial licenses, but they can pay for them too.

Other sources of local vocational training are below. Remember too if a client has a mental or physical disability that more training is available in the the “Income-Employment Services-People with Disabilities” section of this resource guide.

Other training options are below:

Lane County Work Training Programs:

https://www.lanecounty.org/government/county_departments/health_and_human_services/human_services_division/workforce_services/training_programs

In addition to the STEP programs these include:

Workforce Innovation & Opportunity Act (WIOA) Scholarship

Sign up online:

https://www.lanecounty.org/government/county_departments/health_and_human_services/human_services_division/workforce_services/contact_us

Or Call: 541-686-7985

Notes: The purpose of the WIOA Scholarship is to help residents of Lane County earn updated, in-demand skills through short-term certification programs or assistance with the final year of a two-year degree. This is a scholarship reimbursement program for up to \$4,500 with possible support funds.

Lane County Community College Career Pathways

<https://www.lanecc.edu/programs-academics/academic-departments/workforce-development/career-pathways>

4000 East 30th Ave. Building 4, Room 210 Eugene, OR 97405 (541) 463-4701 In Person Services:
Mon-Thurs: 8:30am - 5pm, Fri: 8:30 - 2pm. We also offer in-person services at LCC's Downtown Campus (101 W 10th Ave, Eugene OR 97401): Mon: 2pm - 8:30pm, Wed: 8:30am - 2:30pm.

Live Remote Services: Mon-Thurs: 9am - 4:30pm | Fri: 9am - 2pm. Available in the Lane Support Hub. Enter the Support Hub by going to lanecc.edu/hub. Enter the Zoom link, and ask to join the "Career Pathways Room". Or by appointment by emailing:

<mailto:careerpathways@lanecc.edu>

Notes: The Career Pathways Department is dedicated to serving students and community members pursuing short-term, workforce-based training. We support dislocated workers, GED students, English Language Learners, and many other individuals wishing to develop technical skills and improve their employment opportunities. See the sorts of training and classes available at the website above.

Income-Government Benefits (Examples: Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI))

Oregon Public Benefits Hotline: (800) 520-5292

<https://oregonlawhelp.org/resource/public-benefits-information-hotline>

Notes:

The Oregon Public Benefits Hotline 1 (800) 520-5292, provides legal advice and representation to low income people living in Oregon who are having problems with government benefits such as:

- Social Security

- SSI
- Medicaid/Oregon Health Plan (OHP)
- Coordinated Care Organization (CCO) service denials or other CCO problems
- Medical billing/debt collections issues
- Medicare
- Temporary Assistance to needy Families (TANF)
- Refugee benefits
- Food Stamps
- Overpayments
- In-Home Services
- Unemployment Compensation
- Day Care Benefits
- Temporary Assistance to Domestic Violence Survivors (TA-DVS)

Government Disability Benefits Website: <https://www.ssa.gov/benefits/disability/>

SSI Information. For People with Disabilities and Low Income Seniors:
https://www.justiceinaging.org/wp-content/uploads/2017/03/F_SSI-Fact-Sheet.pdf

White Bird Soar Program (SSI/SSDI Outreach, Access, and Recovery)

Sign up for help with your government benefit application: 541-816-2793 10am and 4pm.

Explanation of the SOARs model: <https://soarworks.samhsa.gov/about-the-model>

Notes: We have direct experience and good results with White Bird's help and especially from Cassidy Cockle. There may be a waiting list, but if you think you are available for benefits, that you have either a physical or mental disability, or are 65 and older and extremely low income, definitely contact them. Very few people get their benefits without some sort of assistance. It is a complicated process.

Lane Independent Living Alliance

Information about LILA services: <http://lilaoregon.org/programs.html#Steps>

Schedule an appointment: 541-607-7020 Monday through Thursday 10 am to 2 pm

Notes: They can help you with your benefits claims and appeals. They are SOAR trained too. There is usually a waiting list. Check out the link above, they also help anyone with a disability move towards a more independent life.

Income-Government-Benefits-Seniors-Retirement-Social Security (See:
[**Income-Government-Benefits-Seniors-Retirement-Social Security\)**](#)

Income-Workman's Compensation and Unemployment Insurance

Notes: Workers' Compensation is a kind of insurance that provides benefits to employees who suffer work-related injuries or illnesses, including repetitive motion injuries like Carpal Tunnel Syndrome. It helps pay for medical care and wages from lost work and other related expenses.

Unemployment Insurance is a kind of state-provided insurance that pays money to individuals on a weekly basis when they lose due to a lack of available work and at no fault of their own.

General Information About Workman's Compensation

Filing a Workman's Compensation claim in Oregon: <https://wcd.oregon.gov/worker/pages/file-a-claim.aspx>

Notes: From the state website: "Tell your employer about your work-related injury or illness right away. Fill out Form 801 "Report of Job Injury or Illness" and turn it in to your employer. Your employer should send it to its workers' compensation insurance carrier within five days of your notice. Your employer should provide you this form.

If you go to the doctor after your injury, let your doctor know it is a work-related injury. Your doctor should help you complete the Form 827 "Worker's and Health Care Provider's Report for Workers' Compensation Claims." Your doctor should send this to the insurer within 72 hours of your visit to help file your claim. Your employer can not pay for medical costs out-of-pocket. Your doctor should not bill you. The insurer has 60 days from your employer's knowledge of the claim to timely accept or deny your claim. You will be notified of the decision in writing. If your claim is denied, the insurer will send you a letter explaining why it was denied and what your appeal rights are."

General Information About Unemployment Insurance

Filing a claim for Unemployment Insurance in Oregon: <https://unemployment.oregon.gov/workers/file-a-claim>

Notes: See the link above to determine eligibility, find out what documents you need, and how to apply online or by phone.

Internet Access

Affordable Connectivity Program (ACP)

General Information About ACP: <https://www.fcc.gov/acp>

Frequently Asked Questions:

<https://help.viasat.com/s/article/The-Affordable-Connectivity-Program-ACP-FAQs>

How to Apply: <https://www.affordableconnectivity.gov/how-to-apply/#>

How to Recertify: <https://www.affordableconnectivity.gov/manage-my-benefit/recertify/>

Notes: The ACP pays \$30 a month towards phone/data service for low-income individuals. Participation in the Supplemental Nutrition Assistance Program (SNAP) program, having an EBT card, is considered proof of low income status.

If you have a \$ 30-a-month plan, it is free, but data is limited. If you can afford to pay beyond the \$30 your data allotment goes up.

You have to recertify after 90 days, and usually get a warning letter or email before your ACP runs out, but not always, so it is good to keep track of when you need to recertify yourself to keep from getting surprise charges from a phone company that fails to warn you.

Mobile WiFi Hotspots from the Eugene Public Library

Reserve a Hotspot Here:

<https://librarycatalog.eugene-or.gov/Polaris/search/title.aspx?ctx=3.1033.0.0.1&pos=1&cn=2137290>

Notes: If you have a library card, you can check out an internet hotspot that runs over the phone data network for three weeks. You can take the hotspot with you and have internet service wherever you are.

There is usually a waiting list, but they have a lot of hotspots and you move up the list quickly. So even if you are 115th in line, it is still worth reserving since you will get it in about a week.

You can reserve another one while you have one checked out, so if you are on top of it, you will never be without internet access by this method.

Free WiFi Networks

Notes: There are free WiFi networks all around town that don't need a password and most cafes and coffee shops have free WiFi. If you are near the Eugene Public Library, you can get a strong signal from the free city WiFi network. On the University of Oregon campus, you can log in to "U of O Guest" on your phone and get free internet.

Free Internet Computer Access

Eugene Public Library

100 W 10th Ave, Eugene, OR 97401 (541) 682-5450 Monday to Thursday 10 am to 8 pm, Friday to Sunday 10 am to 6 pm

How to Reserve an Internet Enabled Computer: <https://www.eugene-or.gov/1022/Computers-and-printing>

Notes: If you have a library card, you can reserve a computer for an hour of use. While officially it is only an hour a day, if no one else is waiting your time will be extended, and often, you can sign up again later and get more time.

Also, there is a public computer terminal available that you don't need a library card for, but the time limit for that one is 15 minutes.

University of Oregon Libraries

501 Kincaid, Eugene, 97403 541-346-3053

Hours and Locations: <https://library.uoregon.edu/hours-and-locations>

Notes: There are many libraries on the U of O campus, and some of them provide free public internet workstations, like the Knight Library, the Design Library, and the Law Library. Each library has its own constantly changing hours according to the term and holidays, so it is best to use the link above to find out what library is open and when.

From the website: "Public workstations provide full access to the library catalog, the libraries' electronic databases and resources, information about the libraries, and open Internet access. Public workstations are available on a first-come/first-served basis and are limited to 30 minutes. "

Note: Many of these workstations are stand-up stations, with no chairs. You can sign back in immediately after it closes down at the 30-minute mark, but be sure to save any documents before it shuts down.

Laundry Service

Laundry Unicorns - Eugene Mennonite Church

541-343-9548 Mondays, Wednesdays at 9 a.m. for pick ups

<https://scarlet-eagle-k6ak.squarespace.com/laundry-unicorns>

Notes: Individuals who live on the street may get their clothes laundered and dried for free. Currently picking up at scheduled camps for same day service. Call to see if we have an opening.

Laundry Love (Springfield Faith Center)

Holiday Coin Laundromat 179 14th St. Springfield, OR (541) 746-1475

1st and 3rd Monday of every month. 4:30-7:30.

Notes: “Names are taken in order of the line, at 4:30. You must be, in line, by your laundry to get on the list and when your name is called. Thanks to some generous donations from Springfield Faith Center, we supply the quarters to wash and dry, and laundry soap. You may wash 4 loads, which equal, 2 front load machines, or 1, 4 load machine or 1, 5 load machine. We only have slots for 30 people, so first come, first serve. Hope to see you there. Your Laundry Love Team “

Eugene Service Station

450 OR-99, Eugene, OR 97402 541-461-8688
Laundry – 8:30 am to 12:00 pm, 2:00 pm to 5:00 pm daily
Nearby LTD Bus Routes: 40 and 41

Alliance for Community Wellness

<https://hivalliance.org/acw/health-outreach/>

195 City View St, Eugene, OR 97402 (541) 342-5394 M-F from 10AM-2PM

Notes: If you sign up for wrap around case management you will be eligible for laundry gift cards

Service Station (Lindholm Center)

464 OR-99 (Highway 99) , Eugene, OR 97402 (541) 607-0439 Laundry – 8:30 am to 12:00 pm, 2:00 pm to 5:00 pm daily.

Notes: If you just want to show up somewhere and do your laundry, this is your best bet. You may have to wait a while, but you will get it done that day, when you need it. Nearby LTD Bus Routes: 40 and 41.

Legal-Legal Aid

Oregon State Bar Lawyer Referral Service

800-452-7636

Notes: This is for people who have money to hire an attorney. \$35 for first visit. Refers clients to attorneys for an office consultation. No telephone consultations.

Oregon Law Center (Legal Aid)

101 E Broadway Ave, Suite 200, Eugene 541-485-1017 9 am to 5 pm Monday through Friday. Closed for lunch from 11:45 to 12:45 pm

Notes: “The Lane County Legal Aid Office of Oregon Law Center serves the low-income community throughout Lane County. We accept cases based on priorities that are set through a client needs assessment. While we do intake on a wide variety of issues, the cases we typically handle are related to housing, benefits, family law and issues of domestic violence.”

Legal Clinic at Sponsors

338 Hwy 99 N, Eugene 541-505-5690

Notes: Support for past / present criminal legal issues. Call for dates and to register. Spanish by arrangement. Free.

Community Court

Eugene Municipal Court 338 W. 11th Ave., First floor. Wednesdays from 1:00 p.m. to 3:30 p.m.

Notes: For people convicted of eligible nonviolent crimes in the downtown area and with no violence in criminal history, Community Court offers an alternative to doing time. The process promotes responsibility in participants through a combination of supervised community service and direct connections to social service providers. The foundation of the Community Court is a team of justice system and social service professionals dedicated to collaborating on cases to reach practical solutions.

Also, **other community members may be referred or seek services without a citation or arrest.** Every participant will be asked to complete a needs assessment to help create an individualized service plan. Partners include Community Supported Shelters, Emergence, Fuse, Goodwill, Ideal Options, Lane County Behavioral Health, Looking Glass, Restored Connection Peer Support, **Melinda Hernandez (SSI)**, Veteran's Administration, White Bird Clinic, Willamette Family Treatment Services, and the Eugene Mission.

Oregon Law Help

<https://oregonlawhelp.org/>

800-520-5292 Monday to Thursday, 9:30 a.m. to 12:30 p.m., 1 to 4 p.m.

Help with government benefits: <https://oregonlawhelp.org/resource/public-benefits-information-hotline>

Notes: Website that provides information on a variety of legal issues, including family, abuse, seniors, employment, tenant issues, disability, and farm workers. Many languages are available. Also provides assistance for those who are having trouble with government benefits, such as social security, food stamps, Oregon Health Plan, and others.

Access the Law: 541-686-4890

1245 Pearl St Ste. 1, Eugene, OR 97401

ACLU of Oregon: 541-345-6162

Catholic Community Services: 541-345-3628

Eugene Service Center: 1464 W 6th Ave, Eugene, OR 97401

Springfield Service Center: 1025 G St, Springfield, OR 97477

Oasis: 1175 G Street, Springfield, OR 97477

Immigration legal services

Civil Liberties Defense Center: 541-687-9180

Hope and Safety Alliance (Womenspace): 541-485-8232

1577 Pearl St Ste 200, Eugene, OR 97401

Support for victims of intimate partner violence

24/7 support line: 541-485-6513

Lane County Legal Aid: 541-485-1017

101 East Broadway, Suite 200, Eugene, OR 97401

Oregon Law Help
www.oregonlawhelp.org

Sexual Assault Support Services (SASS): 541-484-9791
591 W 19th Ave, Eugene, OR 97401
24/7 support line: 541-343-7277

Survivors Justice Center: 541-485-1017
101 East Broadway, Suite 200, Eugene 97401

Victim Information and Notification Everyday (VINE):
1-877-OR-4-VINE
Call and ask for status of an offender or register to be notified if offender is released/transferred/etc.

Victim Services Program: 541-682-4523
125 E 8th Ave, Room 400, Eugene, OR 97401
Assistance applying for restraining orders

Legal-Criminal-Conviction-Expungement

Oregon Justice Resource Center
<https://ojrc.info/expungement>

Notes: Criminal convictions, dismissed charges, and arrests can prevent you from participating in many activities long after the arrest. Expungement is a process to clear your record of a conviction, dismissed charge, or record of arrest. In Oregon, there are specific requirements for a record to be eligible to expunge and, for most records, expungement can only occur after a certain period of time has passed without additional convictions in any court, federal or state, in the United States.

This process applies ONLY to crimes committed in Oregon. To get records expunged from other states, you would have to contact the authorities and legal aid in the state and county where the conviction occurred. This process also usually requires appearing in person in the state where the conviction happened.

Legal-Rights (Discrimination/Civil Rights Violations)

General

Community Alliance of Lane County (CALC)

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

458 Blair Blvd, Eugene 541-485-1755

info@calclane.org

Notes: Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people. No hours listed.

Civil Liberties Defense Center

<https://cldc.org/>

1430 Willamette St #359, Eugene OR, 97401

Contact for General Information or Legal Cases: <https://cldc.org/contact/>

Notes: Education, advocacy, and training concerning civil rights. Use the web contact form at the link above.

Eugene Springfield Solidarity Network (ESSN) (Civil Rights Organization)

<https://www.solidaritynetwork.org>

688 Charnelton St, Eugene, 97401 541-600-5754 Hours: Monday to Friday, 9 a.m. to 5 p.m.

Notes: ESSN brings together labor unions, student groups, religious congregations, and community organizations to support the civil and economic rights of all working people—especially the right to a decent standard of living, the right to a stable job, and the right to organize.

American Civil Liberties Union of Oregon (ACLU) (Headquarters in Portland)

<https://www.aclu-or.org/en/Know-Your-Rights>

503-227-3186, 888-527-2258

Notes: Provides free legal education through online resources and legal assistance in some cases that involve violations of civil liberties. Know Your Rights resources are available through their website. Voicemail may take several weeks to respond. Know Your Rights classes for activists, immigrants, and youth. Training and resources for activists. Legal defense opportunities.

Domestic Violence/Sexual Assault ([See Domestic Violence/Sexual Assault](#))

Ethnic/Sexual Orientation ([See: Culturally Specific Resources](#))

Legal-Mediation

Center for Dialogue & Resolution

93 Van Buren St, Eugene 541-344-5366

Notes: Hours vary. Mediation for tenant disputes, family issues, foreclosures, teen parents. Restorative Justice program and training.

Eugene Mediators

<https://www.mediate.com/EugeneMediators/index.cfm>

Notes: This website lists professional mediators in the Eugene area, their qualifications, and contact info.

Lane County Family Mediation

151 W. 7th, Suite 360, Eugene 541-682-3962

Notes: Free 1st session. Discount if on SNAP Yes Custody, parenting time, & financial mediation.

Legal-Parents-Parental Custody

Lane County Family Mediation

151 W. 7th, Suite 360, Eugene 541-682-3962

Notes: Free 1st session. Discount if on SNAP Yes Custody, parenting time, & financial mediation.

Lane County Youth Services

<https://www.lanecounty.org/cms/one.aspx?pagelid=4133220>

2727 Martin Luther King Jr Blvd, Eugene 541-682-4700

Notes: Youth Services' Reception is open by appointment only from noon to 1:00 p.m. To schedule an appointment in advance, please contact your assigned worker or call. Lane County Youth Services mission is to reduce juvenile crime through coordinated prevention and intervention programs that hold justice-involved youth appropriately accountable; provide restorative, rehabilitative and treatment services for youth and their families, promote healthy family interactions; prevent, reduce, and resolve family conflict; protect victims' rights during all phases of Court proceedings.

Family Court Assistance

<https://www.courts.oregon.gov/courts/lane/programs-services/pages/family-court-assistance-office.aspx>

125 E 8th, 2nd floor Eugene 541-682-4302 Second Floor Check in at Court Records Window

Notes: The Family Court Assistance Office helps self-represented litigants in divorce, legal separation, custody, or parenting time proceedings. Family Law Facilitators can help explain court procedures, review documents, and refer to other services and resources. Family Law Facilitators cannot give legal advice. Drop in M-F 8:30-11:30 am or call for appointment.

Legal-Victims of Crime Services

Survivors Justice Center

<http://www.lclac.org/sjc/>

101 East Broadway Suite 200, Eugene, 97401 541-485-1017 Monday to Friday, 9 a.m. to 5 p.m.

Notes: A branch of Lane County Legal Aid. Website gives basic information and referrals for abuse survivors.

Lane County Victim Services Division

https://www.lanecounty.org/government/county_departments/district_attorney_s_office/victim_services_program

125 E 8th Ave, Room 400, Eugene 541-682-4523 Monday-Friday 8:00am - 5:00pm

Notes: "Information and assistance for crime victims. Apply for a restraining order or stalking order. Victims of crime may qualify for financial assistance for medical, mental health, rehabilitation, funeral, and loss of income."

Survivors Justice Center

<https://survivorsjusticecenter.org/what-we-do/>

<https://survivorsjusticecenter.org/contact/>

Notes: Free legal services and support for victims of sexual assault to seek justice by holding their perpetrators accountable. Contact using contact link above.

Oregon Department of Justice Crime Victims' Compensation Program

<https://justice.oregon.gov/victims/compensation/>

Online application:

https://www.doj.state.or.us/wp-content/uploads/2020/12/Counseling_Only_Application.pdf

1162 Court Street NE Salem, OR 97301-4096 (503) 378-5348 or 1-800-503-7983

<mailto:CVSSD@doj.state.or.us>

Notes: Free Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.

City of Eugene Crime Victim's Assistance

<https://www.eugene-or.gov/234/Crime-Victims-Assistance>

99 West 10th Avenue Suite 310 Eugene, OR 97401 541-682-8401

Notes: "The City of Eugene has established a program to assist victims in criminal misdemeanor cases that are prosecuted by the City Prosecutor's Office. The staff of the City Prosecutor's Office is committed to providing this service to prevent any additional stress which can sometimes occur in the complicated criminal justice system and to inform victims of their rights."

Libraries

Eugene Public Library

100 W. 10th Avenue Eugene, OR 97401 541-682-5450 (para español marque el 5) M-Th: 10 am-8 pm
F-Su: 10 am-6 pm

Notes: The Eugene Library doesn't just provide books, CDs, and DVDs. They can provide apps for your phone/tablet/computer that lets you check out e-books and audio-books. They also have something called the "Library of Things" <https://www.eugene-or.gov/4720/Library-of-Things>

Your Eugene Public Library card provides opportunities to check out a wide variety of tools, toys, and other items for learning, creativity and fun. From cameras to sewing machines to robotics kits, our Library of Things offers ways to explore new interests, to learn new skills or to borrow instead of buying.

This includes internet hotspots that can give you access to the internet wherever you are.

University of Oregon Libraries

<https://library.uoregon.edu/>

Knight Library 1501 Kincaid St, Eugene, OR 97403

Notes: There are many libraries at the University of Oregon that are open to the public, the main library being the Knight Library, but there is also a Design Library (Art and Architecture) , a Science Library, and a Law Library. Locations and times are at the link above.

If you have a library card at the Eugene Library, you can participate in a program called "Oregon Card Borrowing program that lets you check out books, CDs, and DVDs (They have some of the latest movies there.)

Information on getting your Oregon Card is here:

<https://library.uoregon.edu/access-services/borrowing/oregon-card-program-borrowing>

Medical Needs sorting Not formatted

MEDICAL SERVICES

Agency Contact Fees Spanish Notes

Acupuncture for the

People

2833 Willamette St Suite B,

Eugene 541-521-6285

1

st appt: \$30-55,

then: \$15-40

Licensed acupuncturist servicing anyone who needs a sliding scale.

Bethel Health Center

1525 Echo Hollow Rd., Suite
A, Eugene 541-607-1430

OHP, sliding scale,
some insurance

Health services for ages 1-19. Mental health counseling.

Community Health
Centers of Lane County
541-682-3550

Medical, prenatal, pediatrics, behavioral
health, prescriptions. No walk in. Call for
hours. OHP, private insurance, sliding scale

RiverStone Clinic 2073 Olympic St, Springfield
Charnelton Community Clinic 151 W 7th Ave Suite 100, Eugene
Prenatal Clinic 151 W 7th Ave # 310, Eugene
Springfield Schools Health Center 1050 10th St, Springfield
LCBH Primary Care 2411 Martin Luther King Jr. Blvd, Eugene
Brookside Clinic 1680 Chambers St #103, Eugene
Delta Oaks Clinic 1022 Green Acres Rd, Eugene

Healthy Tomorrows
(Peace Health)

3333 Riverbend Dr.,
Springfield 541-687-6242

Free if not
eligible for OHP Yes

Immunizations, child health, vision / hearing /
developmental screenings, dental referrals.

HIV Alliance
(Alliance for Community
Wellness)
OHP or sliding scale for
individuals without insurance

1195 Cityview, Eugene

541-342-5088

Medical Clinic - PREP medication, STI's testing, HIV testing, Hepatitis C and Syphilis testing, case management, treatment for opioid use disorder and health focused street outreach.

Oaks Housing Program - Wraparound services for individuals with immune compromised systems, including housing navigation, and case management with a care team.

Hepatitis (HCV) Community Health Program – Designed to help people living with HCV in Lane County to stabilize and maintain their health through support, advocacy, referral services, and emergency financial assistance. Clients struggling to meet basic needs can work with our HCV Case Manager to access transportation, nutrition assistance, and community resources.

Homeless Youth Clinic 541-686-4310

941 W 7th Ave, Eugene

FREE

Yes

STI/HIV testing ages 16-21 (permission required for individuals under age 16).

Ko-Kwel Wellness Center

Coquille Indian Tribe

2401 River Rd. Eugene

ko-kwel.eug@coquilletribe.org

Primary outpatient medical care providing culturally appropriate care for Native Americans and Alaska Natives around Eugene.

Lane County Public Health 151 W 7th Ave., Room 310,
Eugene 541-682-4041

OHP, sliding scale,
some insurance Yes STD testing, vaccinations by appt. No walk ins.

Occupy Medical

541-316-5743

1717 Centennial Blvd,
Springfield

FREE Yes

Every Sunday. Food served noon-3:30pm (Suite 4), medical services starting at 11:45 (Suite 7). Arrive before 2:30 for medical services. www.Occupy-Medical.org

Rapid Access Center
(Willamette Family)

541-762-4300
195 W. 12th
, Eugene OHP only Same-day walk-in medical, behavioral health & addiction services.

The SHOP (Sharing
Healthcare Options Program)

541-342-8255
341 E 12th, Eugene FREE Yes Enrollment assistance for health insurance through Cover Oregon including OHP. Call for appointment.

Trauma Healing Project 541-687-9447

1100 Charnelton, Eugene Sliding Scale Yes Body-centered therapies, wellness classes.

Trillium Behavioral Health
Member Services 541-485-2155 FREE Members can call this number to change physicians.
Volunteers in Medicine

541-685-1800
2260 Marcola Rd,
Springfield

FREE Yes Medical, mental health, prescription for low-income adults without insurance / with OHP but no provider

White Bird 541-484-4800

1400 Mill St., Eugene OHP, sliding scale Sometimes Medical walk-in clinic.

Ask-a-Nurse 541-686-7000 Call 24 hours a day for free, confidential health-care information & referrals.
Poison Control Hotline 800-222-1222 24/7 hotline for questions / emergencies regarding poisons.

To be added to the email distribution list for this document or to submit corrections, contact Jessie at jessieca@reliefnursery.org
JC-4/1/2022

Page 41

Medical-Mental Health-Behavioral Health

Notes: Mental and Behavioral health are not exactly the same thing. They both relate to a person's well-being. Mental health is how your thoughts affect your well-being, and behavioral health is how your behavior affects your well being. For example, [Chemical Dependency](#) is a behavioral health issue and has its own section in this guide. The differences can be complicated even for experts, so, for the purposes of this section, they will be considered the same thing.

Lane County Dovetail Program [Dovetail Program OPHA 2019](#)

Notes: Not much info online. No contact info. Participant needs referral. It helps a person get the services they need from the city and county. **referrals**

Willamette Family Rapid Access Center (RAC)
195 W. 12th Avenue, Eugene, OR 97401 (541) 762-4300
8:00 am – 5:00 pm Monday through Friday (Walk-ins okay)

Notes: Willamette Family serves individuals too. They can help with a wide range of medical, mental health, and behavioral health issues, including chemical dependencies. Walk in or call to complete an assessment. They accept OHP.

Whitebird Clinic
990 W 7th Ave, Eugene 541-342-8255 (Office) 541-687-4000 (Crisis Line)

Notes: OHP Yes Individual, couples & family counseling. Phone and walk-in crisis intervention.

Trauma Healing Project
631 E 19th Ave, Building B, Eugene 541-687-9447
info@healingattention.org

Notes: Sliding Scale. Body-centered therapies such as yoga and

acupuncture. Wellness classes.

Laurel hill and lila, or does lila go medical physical disability services

Shine Counseling

info@edifytherapy.com

541-357-7650

Notes: Sliding Scale. Counseling for individuals, couples and families dealing with trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.

Odyssey Community Counseling (Emergence)

2149 Centennial Plaza, #4, Eugene 541-741-7107

Notes: Lots of programs need lots of research. Accept OHP? Individual / group counseling. Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, EMDR, ACT. Problem gambling and smoking cessation services.

Options Counseling

1255 Pearl, Eugene 541-687-6983

Notes: Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child

Interactive Therapy.

175 W. B, Bldg D, Springfield OR 541-762-1971

Shangri-La

398 High St, Eugene 541-344-1121

Notes: OHP With interpreter Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+

Bushnell University Counseling

755 E 11th Ave, Eugene 541-349-7471

Notes: \$10 / session, Free for students. Counseling sessions with graduate level counseling students supervised by faculty. For adults 18+.

Monte Nido Eating Disorder Center of Eugene

888-826-2320

Notes: OHP ?Day treatment for adults of all genders, intensive outpatient program, adolescent day treatment.

Madrone Mental Health

150 Shelton McMurphey Blvd, Eugene 541-210-8090

Notes: OHP / private insurance. Outpatient mental health services. Adult day treatment eating disorder program.

Laurel Hill Center

2145 Centennial Plaza, Eugene 541-485-6340

Notes: OHP, Medicaid, Supported housing and counseling services for people with psychiatric disabilities. Hit and miss. Some have had great results though.

Lane County Behavioral Health

2411 Martin Luther King, Jr. Blvd, Eugene 541-682-3608

Notes: This is the primary place in Lane County to get a diagnosis to receive treatment. Call first. Sometimes they aren't taking walk-ins. OHP. Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.

Alliance for Community Wellness (HIV Alliance)

1195 City View Street Eugene 541-556-1409

Notes: OHP, sliding scale for people without insurance. Mental health counseling services for families and individuals. Before referring clients, please make sure there are spots available. Refer clients for intake process to Jordan Chin (manager).

HEDCO Clinic University of Oregon

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

Notes: Sliding Scale. Individual, couples & family therapy by supervised graduate students. Day, evening and weekend hours.

Depression Bipolar Support Alliance

510-757-9522

moonlightsea@me.com

Notes: FREE Online and in-person peer support for people who experience depression or bipolar disorder.

Direction Service

576 Olive St, #307, Eugene 541-344-7303

Notes: OHP / private insurance No? Provides a full range of mental health services for children, adolescents, families, and adults of all ages.

Community Health Centers of Lane County

(541) 682-3550

Notes: Various. Call for locations. OHP, Low cost, FREE Yes Behavioral health services, medical care, immunizations. Call for hours.

David Romprey Oregon Warmline

800-698-2392 Warm Line (Not a crisis line) 7 days a week, 9am – 11pm.

Notes: Peer Support Warm Line: people who have had mental health challenges support others who are struggling.

Center for Family Development

261 E. 12th St, Eugene 541-342-8437

Notes: OHP, Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT. One on one and weekly group therapies.

Centro Latino Americano

944 W 5th, Eugene 541-687-2667

Notes: OHP. Counseling, youth groups, mentors (age 7-16), addiction support, service navigation. Open to all ethnicities.

Center for Community Counseling

1465 Coburg Rd, Eugene 541-344-0620

Notes: \$5-40 sliding scale Counseling, support groups, classes. Mindful Parenting Group. Men's group. Grandparent's group.

CAFA - Christians As Family Advocates

921 Country Club Rd, #222, Eugene 541-686-6000

Notes: OHP, sliding scale Individual, couples, neurofeedback, play therapy, DV intervention, Parenting After Crisis 15-week class.

Medical-Mental Health-Behavioral Health-Assessments Not formatted

White Bird – Chrysalis Behavioral Health Outpatient Services

350 E 11th Ave. Eugene 541-683-1641

Services for substance abuse and mental health care through individual and group counseling. Also, an opiate treatment program. Also provides DUII education and rehabilitation. Hours: M-Th 9-6pm (Closed Th 11:30-2:30)

Beck Self Assessments by Founder of CBT:

[Anxiety Self Assessment](#)

[Depression Self Assessment](#)

Self Assessments From the Mental Health America (Nonprofit)

[ADHD Self Assessment](#)

[Bipolar Self Assessment](#)

[Psychosis and Schizophrenia Assessment](#)

[PTSD Self Assessment](#)

[Eating Disorder Self Assessment](#)

[Addiction Self Assessment](#)

General Personality Type Assessment

[The Big Five Personality Test](#)

[Big Five Test Description](#)

Notes: A true diagnosis can only be done by a mental health professional. These assessments are tools that can be used to help someone decide if they want to look into mental health help. [Lane County Behavioral Health](#) is where someone would usually start, but they are at capacity and are no longer screening people, so call to see if they can help before going there.

The first group of tests, the Beck assessments are pretty reliable indicators of depression and anxiety. The second group of tests by Mental Health America will provide resources at the end of each assessment. The third category, the Big Five Assessment, is really best used for self understanding.

Local resources:**Early Assessment and Support Alliance (EASA)**

1200 Hilyard St., Ste. 570 Eugene.....458-205-7070

The First Episode Program helps people ages 15-25 who have recently experienced their first psychotic break. Services provided include: assessment, counseling, peer support, vocational education, job search assistance, medication management and case management. Hours: MTTh 8:30am-6pm; W 9-6; F 8-5
www.easacommunity.org

Lane County Behavioral Health (Not currently assessing new clients.)

https://www.lanecounty.org/government/county_departments/health_and_human_services/behavioral_health

Resources sent from 211 operator needs organizing:

WHITE BIRD CLINIC

WHITE BIRD NAVIGATION EMPOWERMENT SERVICES TEAM (NEST)

323 E 12th Avenue Eugene, OR 97401

(541) 342-1295 Main phone: NEST
(541) 342-8255 Alternate: White Bird Main Clinic
www.whitebirdclinic.org/nest
neststaff@whitebirdclinic.org

PROGRAM: NEST

REQUESTED SERVICE: Mental Health Evaluation * Homelessness Issues

SERVICE CONTACTS:

(541) 342-1295 Reception: Monday-Friday 9:30am-2:30pm

SITE HOURS:

Monday-Thursday 9:30am-1pm

SERVICE DESCRIPTION: NEST is designed to help adults experiencing homelessness navigate available resources and sign up to receive assistance. Services offered may include assistance in accessing primary medical care, case management and advocacy, outpatient drug and alcohol treatment, group therapy, drug detox, mental health counseling and evaluation, SSI/SSDI assistance from a public benefits specialist, and transportation to appointments. Assistance with applications for the Oregon Health Plan and help with successfully using health insurance is available.

INTAKE PROCEDURE: Walk in or call for more information

FEES: None

ELIGIBILITY: Homeless individuals

SERVICE HOURS: Walk-in hours: Monday-Thursday noon-2pm. Appointments available upon request.

DOCUMENTS: Call for information

LANGUAGES: English, Spanish, and free interpreter service provided

AREA SERVED: Cities of Eugene and Springfield

ACCESSIBILITY: Wheelchair access

CENTRO LATINO AMERICANO
944 W 5th Avenue Eugene, OR 97402
(541) 687-2667 Main phone
www.centrolatinoamericano.org
info@centrolatinoamericano.org

PROGRAM: MENTAL HEALTH CARE

REQUESTED SERVICE: Mental Health Evaluation * Hispanic/Latino Community

SERVICE CONTACTS:

(541) 687-2667 Main phone

SITE HOURS:

Monday-Thursday 8:30am-noon and 1pm-4:30, Friday 8:30am-12:30pm

SERVICE DESCRIPTION: Provides community mental health services.

COVID-19 INFORMATION: Phone or telehealth appointments only.

INTAKE PROCEDURE: Call for appointment

FEES: OHP accepted, sliding scale fee, low to no cost

ELIGIBILITY: Latino and immigrant population is primary focus, but will assist anyone seeking support and services

SERVICE HOURS: Monday-Thursday 8:30am-noon and 1pm-4:30pm, Friday 8:30am-noon
Available after hours appointments for mental health services.

DOCUMENTS: Insurance information, if applicable. Proof of income if applying for sliding scale fees.

LANGUAGES: English, Spanish

AREA SERVED: Lane County

ACCESSIBILITY: Wheelchair access and other accommodations

COMMUNITY HEALTH CENTERS OF LANE COUNTY

RIVERSTONE CLINIC

2073 Olympic Street Springfield, OR 97477

(541) 682-3550 Main phone

www.lanecounty.org/chc

PROGRAM: GENERAL HEALTH CARE

REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:

(541) 682-3550 Main phone

SITE HOURS:

Monday-Friday 8am-5pm

TRAVEL/LOCATION INFORMATION:

Bus routes 13 and 18

SERVICE DESCRIPTION: Provides patient centered health care for children and adults of all ages.
Services include: annual exams (including gynecological exams), care for acute and chronic conditions, pregnancy testing, immunizations, sports physicals, mental health evaluation, and health screenings.

Assists in the enrollment of OHP and private insurance via the Federal Health Exchange.

Also offers a prescription assistance program for established patients.

INTAKE PROCEDURE: Call for information and to schedule an appointment

FEES: Accepts OHP, Medicare, and most private insurances. Sliding scale fees available. No one is turned away for inability to pay.

ELIGIBILITY: Unrestricted

SERVICE HOURS: Monday-Friday 8am-5pm

DOCUMENTS: Insurance information, if applicable. Income information for those applying for sliding scale fees.

LANGUAGES: English, Spanish, interpretation by arrangement

AREA SERVED: Lane County

COMMUNITY HEALTH CENTERS OF LANE COUNTY
BROOKSIDE CLINIC
1680 Chambers Street Suite 103 Eugene, OR 97402-5416
(541) 682-3550 Main phone
www.lanecounty.org/chc

PROGRAM: GENERAL HEALTH CARE
REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:
(541) 682-3550 Main

SITE HOURS:
Monday-Friday 8am-5pm

TRAVEL/LOCATION INFORMATION:
LTD bus routes 36 and 78

SERVICE DESCRIPTION: Provides patient centered health care for children and adults of all ages. Services include: annual exams (including gynecological exams), care for acute and chronic conditions, pregnancy testing, immunizations, sports physicals, mental health evaluation, and health screenings.

Assists in the enrollment of OHP and private insurance via the Federal Health Exchange.
Also offers a prescription assistance program for established patients.

INTAKE PROCEDURE: Call for information and to schedule an appointment

FEES: Accepts OHP, Medicare, and most private insurances. Sliding scale fees available. No one is turned away for inability to pay.

ELIGIBILITY: Unrestricted

SERVICE HOURS: Monday-Friday 8am-5pm

DOCUMENTS: Insurance information, if applicable. Income information for those applying for sliding scale fees.

LANGUAGES: English, Spanish, interpretation by arrangement

AREA SERVED: Lane County

COMMUNITY HEALTH CENTERS OF LANE COUNTY
CHARNELTON COMMUNITY CLINIC

151 W 7th Avenue Suite 100 Eugene, OR 97401
(541) 682-3550 Main phone
www.lanecounty.org/chc

PROGRAM: GENERAL HEALTH CARE
REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:
(541) 682-3550 Main phone

SITE HOURS:
Monday-Friday 8am-5pm

TRAVEL/LOCATION INFORMATION:
LTD bus routes 41 and 51

SERVICE DESCRIPTION: Provides patient centered health care for children and adults of all ages. Services include: annual exams (including gynecological exams), care for acute and chronic conditions, pregnancy testing, immunizations, sports physicals, mental health evaluation, and health screenings.

Assists in the enrollment of OHP and private insurance via the Federal Health Exchange.
Also offers a prescription assistance program for established patients.

INTAKE PROCEDURE: Call for information and to schedule an appointment

FEES: Accepts OHP, Medicare, and most private insurances. Sliding scale fees available. No one is turned away for inability to pay.

ELIGIBILITY: Unrestricted

SERVICE HOURS: Monday-Friday 8am-5pm

DOCUMENTS: Insurance information, if applicable. Income information for those applying for sliding scale fees.

LANGUAGES: English, Spanish, interpretation by arrangement

AREA SERVED: Lane County

THE CHILD CENTER SPRINGFIELD
3995 Marcola Road Springfield, OR 97477
(541) 726-1465 Main phone
(888) 989-9990 Hotline
www.thechildcenter.org
mmelton@thechildcenter.org

PROGRAM: MENTAL HEALTH ASSESSMENT PROGRAM
REQUESTED SERVICE: Mental Health Evaluation * Adolescents

SERVICE CONTACTS:
(541) 726-1465 Main phone

SERVICE DESCRIPTION: The Child Center offers comprehensive mental health assessments for individuals experiencing difficulties at home, school, or in the workplace. Additional assessments may screen for substance abuse, trauma, medical health, risk of harm, and diagnostics. Upon completion, clients may receive mental health diagnosis, service plan with treatment goals, recommendations for level of care, and wellness referrals.

INTAKE PROCEDURE: Call for more information and appointment

FEES: Accepts Oregon Health Plan (Medicaid) and most private insurance plans. Need-based scholarships may be available.

ELIGIBILITY: Up to age 18

SERVICE HOURS: Monday-Friday 8:30am-4:30pm

DOCUMENTS: Insurance information, if applicable

AREA SERVED: Lane County
ACCESSIBILITY: Not Applicable

VOLUNTEERS IN MEDICINE CLINIC OF LANE COUNTY
2260 Marcola Road Springfield, OR 97477
(541) 685-1800 Main phone
(458) 205-6365 Business Office
(541) 685-1919 FAX
www.vim-clinic.org

PROGRAM: VOLUNTEERS IN MEDICINE CLINIC
REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:
(541) 685-1800 Main phone

SITE HOURS:
Monday/Wednesday/Thursday 9am-noon and 1:30pm-5pm, Tuesday 1:30pm-5pm and 5:30pm-8:30pm

TRAVEL/LOCATION INFORMATION:
Buses 43, 41, 30, 36A

SERVICE DESCRIPTION: Volunteers in Medicine (VIM) is a nonprofit, community-based, volunteer medical clinic dedicated to providing free comprehensive medical services to low-income, underserved adults.

Services include: primary health care, mental health evaluation, counseling, labs and testing, diabetic management, and smoking cessation.

INTAKE PROCEDURE: Call for more information and pre-screening interview

FEES: None. Donations encouraged.

ELIGIBILITY: -Age 18 and older

- Gross household income 85%-300% of the Federal Poverty Level (FPL)
- Uninsured patients who meet Volunteers In Medicine eligibility guidelines
- Patients who do not qualify for any state funded health care
- Oregon Health Plan and Medicare patients not yet assigned to a provider or unable to get a provider
- Insured patients with a high deductible (\$2,500 and above)
- Medical condition not caused by a motor vehicle accident covered by insurance or a work-related illness or injury that involves Workers' Compensation coverage.

SERVICE HOURS: Monday/Wednesday/Thursday 9am-noon and 1:30pm-5pm, Tuesday 1:30pm-5pm and 5:30pm-8pm

DOCUMENTS: Insurance information if applicable

LANGUAGES: English, Spanish

AREA SERVED: Lane County and Cities of Harrisburg and Monroe

LANE COUNTY BEHAVIORAL HEALTH
2411 Martin Luther King Jr Boulevard Eugene, OR 97401
(541) 682-3608 Main phone/Crisis Line
(541) 682-3276 FAX
www.lanecounty.org/cms/one.aspx?portalId=3585881&pageid=4133179

PROGRAM: ADULT BEHAVIORAL HEALTH (AOP)
REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:
(541) 682-3608 Main phone

SITE HOURS:
Monday-Friday 9am-noon and 1pm-5pm

SERVICE DESCRIPTION: Adult Outpatient Services provides treatment for serious and persistent mental health conditions. We provide individual and group therapies, case management, peer support services, and medication management.

INTAKE PROCEDURE: Walk in, call for information and to schedule an appointment

FEES: Accepts OHP and some private insurance. Sliding scale fees available.

ELIGIBILITY: Unrestricted

SERVICE HOURS: Monday-Friday 8am-5pm

DOCUMENTS: Insurance information, if applicable. Income information if applying for sliding scale fees.

AREA SERVED: Lane County
ACCESSIBILITY: Accommodations made upon request, Braille, Elevator, Wheelchair access and other accommodations

CENTER FOR FAMILY DEVELOPMENT

1234 High Street Eugene, OR 97401

(458) 201-7150 FAX

(541) 342-8437 Main phone

www.c-f-d.org

main@c-f-d.org

PROGRAM: MENTAL HEALTH SERVICES

REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:

(541) 342-8437 Main phone

SITE HOURS:

Monday-Friday 9am-5pm

SERVICE DESCRIPTION: Provides mental health assessments and individual, family, and group counseling for children, adolescents, and adults. Addresses issues from mood disturbances to major mental health conditions, as well as issues related to individual and family transitions. Specializations include child abuse, sexual behavior issues, depression, ADHD, anxiety, and delinquent behavior. Provides trauma-informed care that takes into account physical, psychological, and social elements. Home visits available for counseling by arrangement.

INTAKE PROCEDURE: Call for information

FEES: OHP and some private insurance accepted. Sliding scale mental health services available through the intern training clinic.

ELIGIBILITY: Varies by service

SERVICE HOURS: Monday-Friday 8am-6pm, evening and weekend availability as needed

DOCUMENTS: None required at intake

LANGUAGES: English, Spanish, interpretation by arrangement

AREA SERVED: Lane County

ACCESSIBILITY: Wheelchair access

UNIVERSITY OF OREGON

UNIVERSITY OF OREGON CHILD AND FAMILY CENTER

6217 University of Oregon Eugene, OR 97401-3408

(541) 346-4910 Main phone

(541) 349-0923 Alternate: HEDCO Clinic

<https://psi.uoregon.edu/about-child-and-family-center>

PROGRAM: CHILD AND FAMILY CENTER

REQUESTED SERVICE: Mental Health Evaluation * Children

SERVICE CONTACTS:

(541) 346-0923 Alternate: HEDCO Clinic

SITE HOURS:

Monday-Friday 9am-8pm

TRAVEL/LOCATION INFORMATION:

On the EMX bus line and offer free parking to families who come to the clinic

SERVICE DESCRIPTION: The Child and Family Center offers mental health assessments and counseling services for children. The approach is family-centered, with special attention toward supporting parents as they learn to address the needs of their children. Services are provided by doctoral students in the second to fourth years of doctoral training in the Counseling, School, or Clinical Psychology.

INTAKE PROCEDURE: Call for information and to schedule an appointment

FEES: Sliding scale fees: \$5-\$100 for intake, \$0-\$40 for sessions

ELIGIBILITY: Ages 2-17

SERVICE HOURS: Monday-Friday 9am-8pm. Weekend appointments may be available.

DOCUMENTS: Varies by service

LANGUAGES: English, Spanish

AREA SERVED: Lane County

ACCESSIBILITY: Wheelchair access

HIV ALLIANCE
HIV ALLIANCE LANE COUNTY
1195A City View Street Eugene, OR 97402
(541) 342-5088 Main phone
(866) 470-3419 Hotline
www.hivalliance.org/alliance-for-community-wellness

PROGRAM: ALLIANCE FOR COMMUNITY WELLNESS

REQUESTED SERVICE: Mental Health Evaluation * LGBTQ2+ Issues

SERVICE CONTACTS:

(541) 342-5088 Main phone

SITE HOURS:

Monday-Friday 9am-5pm

SERVICE DESCRIPTION: Provides mental health evaluations and individual counseling services, specializing in providing culturally sensitive services to LGBTQ+ and HIV-positive communities.

INTAKE PROCEDURE: Call for information

FEES: Accepts OHP

ELIGIBILITY: Focus is on serving LGBTQ+ and HIV-positive communities.

SERVICE HOURS: Monday-Friday 9am-5pm

DOCUMENTS: Call for information

LANGUAGES: English, interpretation by arrangement

AREA SERVED: Lane County

ACCESSIBILITY: Wheelchair access

WILLAMETTE FAMILY INC

WILLAMETTE FAMILY INC RAPID ACCESS CENTER

195 W 12th Avenue Eugene, OR 97401

(541) 762-4300 Main phone: Rapid Access Center

(541) 762-4325 Main phone: Medical Clinic

www.wfts.org

PROGRAM: RAPID ACCESS CENTER

REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:

(541) 762-4325 Main phone

(541) 762-4300 Alternate

SITE HOURS:

Monday-Friday 8am-5pm

TRAVEL/LOCATION INFORMATION:

Corner of W 12th Avenue and Charnelton Street

SERVICE DESCRIPTION: The Rapid Access Center (RAC) evaluates and recommends same-day treatment services, including substance abuse and mental health treatment, primary health care, and childhood mental health admission services.

INTAKE PROCEDURE: Walk in or call for more information

FEES: Varies by service

ELIGIBILITY: Unrestricted

SERVICE HOURS: Monday-Friday 8am-6pm

DOCUMENTS: Call for information

AREA SERVED: Lane County

ACCESSIBILITY: Wheelchair access and other accommodations

OREGON SCHOOL BASED HEALTH ALLIANCE SERVICE AREA 7

NORTH EUGENE HIGH SCHOOL SBHC

200 Silver Lane Eugene, OR 97404

(541) 790-4445 Main phone

www.4j.lane.edu/instruction/studentservices/health

PROGRAM: SCHOOL BASED HEALTH CENTER (SBHC)

REQUESTED SERVICE: Mental Health Evaluation * Grade School Students

SERVICE CONTACTS:
(541) 790-4445 Main phone

SERVICE DESCRIPTION: Services include routine physical exams, including sports physicals; treatment of illness and injury; vision, dental, and blood pressure screenings; immunizations; mental health services; age-appropriate reproductive health; routine lab tests; prescription medication maintenance; and health, fitness, and nutrition education and promotion.

INTAKE PROCEDURE: Call for information or to schedule appointment

FEES: Accepts OHP and some private insurances. Sliding scale fees available. Students will not be turned away for inability to pay.

ELIGIBILITY: All students in the Eugene 4J School District

SERVICE HOURS: Monday-Friday 7:30am-4:30pm

DOCUMENTS: Insurance information, if applicable. Income information for those applying for sliding scale fees.

AREA SERVED: Eugene 4J School District

OREGON SCHOOL BASED HEALTH ALLIANCE SERVICE AREA 7
BETHEL HEALTH CENTER CASCADE MIDDLE SCHOOL SBHC
1525 Echo Hollow Road Suite A Eugene, OR 97402
(541) 607-1430 Main phone
blogs.bethel.k12.or.us/bshc

PROGRAM: SCHOOL BASED HEALTH CENTER (SBHC)
REQUESTED SERVICE: Mental Health Evaluation * Grade School Students

SERVICE CONTACTS:
(541) 607-1430 Main phone

SITE HOURS:
Monday-Thursday 8:30am-5pm, closed on non-school days

TRAVEL/LOCATION INFORMATION:
The Bethel Health Center is located inside Cascade Middle School but has its own outside entrance on the north side of the school.

SERVICE DESCRIPTION: Services include routine physical exams, including sports physicals; treatment of illness and injury; vision, dental, and blood pressure screenings; immunizations; mental health services; age-appropriate reproductive health; routine lab tests; prescription medication maintenance; and health, fitness, and nutrition education and promotion.

INTAKE PROCEDURE: Call for information or to schedule appointment

FEES: Accepts OHP and some private insurances. Sliding scale fees available. Students will not be turned away for inability to pay.

ELIGIBILITY: All students in the Bethel School District

SERVICE HOURS: Monday-Thursday 8:30am-5pm

DOCUMENTS: Insurance information, if applicable. Income information for those applying for sliding scale fees.

AREA SERVED: Bethel School District

211INFO

Confidential Address Portland, OR 97220

(211) 211info

(503) 222-5555 Alternate

(503) 226-3099 Administrative Line

(877) 211-9274 Southwest Washington State

898211 Text Short Code

www.211info.org/providers

support@211info.org

PROGRAM: 211INFO RESOURCE DEPARTMENT

REQUESTED SERVICE: 211 Systems

SERVICE CONTACTS:

(503) 416-2698 Main phone

SERVICE DESCRIPTION: Maintains and updates an informational database which provides comprehensive information and referral of social services to community members.

The 211info Resource Department can be contacted if you are a provider that is already listed in the database to make changes or updates to your agency information or if you are a provider that would like to be listed in the database.

If you are a child care provider, 211info utilizes the Find Child Care Oregon statewide database for referrals. Updates to that system can be made through your local Child Care Resource and Referral (CCR&R) agency.

INTAKE PROCEDURE: Call, email, or visit website. Voicemail option after-hours or if specialists are unavailable.

To contact the Find Child Care Oregon database, contact your local Child Care Resource and Referral (CCR&R) for updates.

FEES: None

ELIGIBILITY: Providers who offer programs that meet 211info's Inclusion Policy

SERVICE HOURS: Monday-Friday 8am-6pm

DOCUMENTS: None

LANGUAGES: English, Spanish interpretation by arrangement

AREA SERVED: State of Oregon and Clark, Cowlitz, Skamania, and Wahkiakum Counties

UNIVERSITY OF OREGON
UNIVERSITY OF OREGON HEDCO CLINIC
1655 Alder Street Suite 170 HEDCO Education Building Eugene, OR 97403
(541) 346-0923 Main phone
hedcoclinic.uoregon.edu

PROGRAM: COUNSELING PSYCHOLOGY CENTER
REQUESTED SERVICE: Mental Health Evaluation

SERVICE CONTACTS:
(541) 346-0923 Main phone

SITE HOURS:
Monday-Friday 9am-8pm

TRAVEL/LOCATION INFORMATION:
Located in the south wing of the HEDCO building on the University of Oregon campus

SERVICE DESCRIPTION: The Counseling Psychology Center (CPC) is the training clinic for the College of Education's doctorate program. The clinic is staffed by graduate, doctoral students in clinical psychology supervised by faculty and clinicians.

Provides diagnostic and other mental-health-related assessments and evidence-based psychotherapy. Providers blend Cognitive Behavioral Therapy approaches with Motivational Interviewing to enhance client engagement. The initial intake session is 80-90 minutes, followed by weekly 50-minute sessions; there is no firm limit on the number of sessions a client can receive.

Note: The CPC does not provide disability-related assessments (including those to establish the necessity of an emotional support animal) or forensic assessments.

INTAKE PROCEDURE: Call for information and to schedule an appointment

FEES: Sliding scale fee ranging from \$0-\$150 per session

ELIGIBILITY: Age 18 and older

SERVICE HOURS: Monday-Friday by appointment only

DOCUMENTS: None required at intake

LANGUAGES: English, interpretation by arrangement

AREA SERVED: Lane County

ACCESSIBILITY: Wheelchair access and other accommodations

Medical-Mental Health-Behavioral Health-Counseling Not formatted

Resources from Little Help Book:

White Bird Clinic

Little Help Book

Counseling & Mental Health

Bushnell University - Counseling Center

755 E 11th Ave, Eugene, 97401

541-349-7471

bushnell.edu/life-at-bushnell/wellness-safety/counseling-center

Graduates in the Community Counseling Program provide individual counseling for a low cost. Initial consultation free; hardship waivers available for non-students. Free for students. Call for an appointment. COVID Update: Offering in-person and tele-health counseling (depends on current state guidelines). Face coverings required for in-person sessions. . . . Read more

Hours: Monday to Friday, 8 a.m. to 8 p.m.

CAHOOTS - Eugene only

Phone only

541-682-5111

<https://whitebirdclinic.org/cahoots/>

Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line, operated by White Bird Clinic. . . . Read more

Hours: All hours, every day

CAHOOTS - Springfield only

Phone only

541-726-3714

<https://whitebirdclinic.org/cahoots/>

Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line, operated by White Bird Clinic. . . . Read more

Hours: All hours, every day

Center for Community Counseling

1465 Coburg Rd, Eugene, 97401

541-344-0620

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

Mental health services for low income adults. Classes and group sessions on managing emotions and parenting and long-term counseling. Sliding scale. No Oregon Health Plan. . . . Read more

Hours: Monday to Thursday, 9 a.m. to 3 p.m.

Center for Family Development - North Building

240 E 12th Ave, Eugene, 97401

541-342-8437

<http://c-f-d.org/>

Outpatient mental health programs for children, adolescents, and adults. Specializations include: child abuse, sexual behavior, depression, ADHD, anxiety, delinquent behavior, and group therapy. OHP accepted. COVID Update: Therapy is over Zoom. All information is subject to change during the pandemic. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5:30 p.m.

Early Assessment and Support Alliance (EASA)

1200 Hilyard St, Ste 570, Eugene, 97401

458-205-7070

<http://www.easacommunity.org/>

The First Episode Program helps people ages 15-25 who have recently experienced their first psychotic break. Services provided include: assessment, counseling, peer support, vocational education, job search assistance, medication management and case management. . . . Read more

Hours: Monday, Tuesday, Thursday from 8:30 a.m. to 6 p.m.; Wednesday 9 a.m. to 6 p.m.; Friday 8 a.m. to 5 p.m.

Emergence Addiction and Behavior Therapies Counseling Program

2149 Centennial Plaza, Ste 4, Eugene, 97401

541-393-0777

<http://4emergence.com/>

Provides substance abuse, gambling, addiction, and mental health treatment. Support groups, and outpatient care. Specializes in Dialectical Behavior Therapy. Oregon Health Plan accepted. Call for appointment, no walk-in. COVID Update: Tele-health and Zoom available. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Eugene Vet Center

190 East 11th Ave, Eugene, 97401

541-465-6918

https://www.va.gov/find-locations/facility/vc_0626V

Individual, family and group mental health counseling for vets and the families of vets who served in combat in need of readjustment to society or for those who are experiencing trauma. COVID Update: In person initial appointments and then scheduled on a case-by-case basis. Employment assistance is suspended through the end of the year and likely through June, 2021. . . . Read more

Hours: Monday to Saturday, 8 a.m. to 4:30 p.m.

Laurel Hill Center - Psychiatric Rehabilitation Services

210 E 6th Ave, Junction City, 97448

541-780-6361

<http://www.laurel.org/>

Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have Oregon Health Plan. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Laurel Hill Center - Psychiatric Rehabilitation Services

2145 Centennial Plaza, Eugene, 97401

541-485-6340

<http://www.laurel.org/>

Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have Oregon Health Plan. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Looking Glass Community Services

260 E 11th Ave, Eugene, 97401

541-484-4428

<https://www.lookingglass.us/>

Outpatient mental health and substance abuse treatment. Individual, family, and group therapy for children, adolescents, adults, and their families. . . . Read more

Hours: Monday to Thursday, 8 a.m. to 6 p.m.; Friday 8 a.m. to 5 p.m.

Looking Glass Crisis Response Line

Phone only

1-888-989-9990

<https://www.lookingglass.us/>

24-hour crisis prevention helpline for families with children or runaways ages 17 and under. . . . Read more

Hours: All hours, every day

National Alliance on Mental Illness Lane County (NAMI)

129 9th St, Springfield 97477

541-343-7688

<https://namilane.org/>

Zoom meetings for family members, caregivers, and loved ones of individuals living with mental health condition. Call to register, or register online. . . . Read more

Hours: Wednesday 4 p.m to 6 p.m.

National Suicide Prevention Lifeline

Phone only

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Free and confidential counseling for those who are in a suicide crisis. Assistance in Spanish available; specific resources available for various communities (i.e. youth, Veterans, LGBTQ+, Deaf/Hard of Hearing, Native Americans, and more). . . . Read more

Hours: All hours, every day

SASS - Sexual Assault Support Services

591 W 19th Ave, Eugene, 97401

541-343-7277

<http://sass-lane.org/>

Counseling and support services for those who are sexually assaulted (present or past). Services free of charge. COVID Update: In-person services are on hold, support groups are offered online. Spanish spoken. . . . Read more

Hours: Tuesday, Wednesday, Thursday 9 a.m. to 4 p.m., drop-in center hours

SASS Crisis Line

Phone only

541-343-7277 or 1-844-404-7700

sass-lane.org

Crisis and support services for those who are sexually assaulted (present or past). . . .

Read more

Hours: All hours, all days

South Lane Mental Health

1345 Birch Avenue, Cottage Grove, 97424

541-942-3939

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

Day center from 9 a.m. to 11 a.m. with substance-use treatment. Counseling, crisis service, medication management and housing support available. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

South Lane Mental Health Recovery Center

75 S 5th Street, Cottage Grove, 97424

541-767-4260

<https://www.slmh.org/recovery-services/>

A five-bed mental health foster home for adults with severe mental illnesses. Case management and youth counseling available. Recovery services available for both adults and youth. . . . Read more

Hours: Monday to Friday, 9 a.m. to 5 p.m.

Veterans Crisis Hotline

Phone only

800-273-8255, press 1

No website provided

Support line for all veterans, service members, National Guard members and their families. Translation service available. . . . Read more

Hours: All hours, every day

White Bird - Chrysalis Behavioral Health Outpatient Services

350 E 11th Ave, Eugene, 97401

541-683-1641

<https://whitebirdclinic.org/>

Services for substance abuse and mental health care through individual and group counseling. Also, an opiate treatment program, DUII education and rehabilitation. Intake form available online. . . . Read more

Hours: Monday to Thursday, 9 a.m. to 6 p.m. (closed Thursday 11:30 a.m. to 2:30 p.m.)

White Bird - Counseling Program

341 E 12th Ave, Eugene, 97401

541-342-8255

whitebirdclinic.org

Provides individual and family counseling. This therapy is for adults wanting to clarify and explore issues in their lives and/or for more in-depth healing and growth. Also provides end-of-life counseling. No walk in, please make an appointment. Intake form available online. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Willamette Family Inc. - Rapid Access Center

195 W 12th, Eugene, 97401 (2nd floor)

541-762-4300

<https://wfts.org/rac.htm>

Same day treatment services for those in crisis with mental health issues and alcohol or drug abuse. After intake, there are immediate services, including transportation to sobering or detox. Transitional housing is available for clients only. Walk in or call. . . .

Read more

Hours: Monday to Thursday 8 a.m. to 5 p.m., Friday 8 a.m. to 4:30 p.m.

Hope & Safety Alliance - Domestic Violence Advocacy Center

1577 Pearl St, 2nd Floor, Eugene, 97401

541-485-8232

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

Emergency and support services for domestic violence survivors in intimate partner relationships. This includes emergency shelter, legal advocacy, transportation, safety planning, case management, and children and youth services. All services free of charge.

COVID Update: Drop-in service is currently not available, but mobile advocates are responding to needs. . . . Read more

Hours: Monday to Friday, 9 a.m. to 4:30 p.m.

Anon Resource Guide Resources: Mental Health – Counseling

Benson Health Clinic: 541-345-1722

66 Club Rd, Eugene, OR 97401

Betts Psychiatric: 541-505-8621

911 Country Club Rd, Eugene, OR 97401

Bridges Community Health: 541-255-1411

1599 Oak Street, Eugene, OR 97401

Cascade Health Solutions: 541-228-3083

2650 Suzanne Way, Eugene, OR 97408

Cedar Psychiatric Associates: 541-731-4600

171 Lawrence St., Eugene, OR 97401

Center for Community Counseling: 541-344-0620

1465 Coburg Road, Eugene, OR 97401

Center for Family Development: 541-342-8437

1258 High Street, Eugene, OR 97401

Centro Latino Americano: 541-687-2667
944 W 5th Ave, Eugene, OR 97402

Emergence Odyssey Community Counseling: 541-741-7107
2149 Centennial Plaza #4, Eugene, OR 97401

Griffin & Associated Practitioners: 541-343-1728
66 Club Road #350, Eugene, OR 97401

Lane County Behavioral Health: 541-682-3608
2411 Martin Luther King Jr Blvd, Eugene, OR 97401
Laurel Hill Center: 541-485-6340
2145 Centennial Plaza, Eugene, OR 97401

Lane Independent Living Alliance (LILA): 541-636-3107
990 Oak Street, Eugene, OR 97401
Peer support club

Looking Glass Counseling: 541-484-4428
260 East 11th Ave, Eugene, OR 97401

Oak Street Medical: 541-431-0000
1488 Oak Street, Eugene, OR 97401

Options Counseling
1255 Pearl St., #102, Eugene, OR 97401: 541-687-6983
175 West B Street, Springfield, OR 97477: 541-762-1971

Oregon Integrated Health – Eugene: 503-972-0235
1029 River Rd, Eugene, OR 97404

PacificSource Case Management Referrals
Send an email to MedicaidCMLaneMSS@pacificsource.com
Member support specialist will f/u and assist member

ShelterCare Behavioral Health: 541-505-5188
499 W 4th Ave, Eugene, OR 97401

White Bird Counseling: 541-342-8255
341 E 12th Ave, Eugene, OR 97401

Relief Nursery Resources:

**CAFA - Christians As Family
Advocates**

**921 Country Club Rd, #222,
Eugene 541-686-6000**

**OHP, sliding
scale No Individual, couples, neurofeedback, play therapy, DV
intervention, Parenting After Crisis 15-week class.**

**CAHOOTS - Crisis Assistance
Helping Out on the Streets**

541-682-5111 Eugene

**FREE Yes EMT staffed crisis response & transportation to social
services (not violent or life-threatening emergencies). 541-726-3714 Springfield**

**Center for Autism &
Related Disorders**

**134 E 13th Ave Ste 2B,
Eugene 541-505-9398**

**OHP, other
insurance**

**Communication, social, adaptive therapies and for
children and adults.**

**Center for Community
Counseling**

**1465 Coburg Rd, Eugene
541-344-0620**

**\$5-40 sliding
scale No Counseling, support groups, classes. Mindful Parenting
Group. Men's group. Grandparent's group.**

**Center for Family
Development**

261 E. 12th St, Eugene

541-342-8437

**Sliding scale,
OHP, other ins Yes Walk-in assessment, counseling, groups & classes for
depression, yoga, pain management, DBT.**

**Centro Latino Americano 944 W 5th, Eugene
541-687-2667**

**\$10-25 sliding
scale, OHP Yes Counseling, youth groups, mentors (age 7-16),
addiction support, service navigation.**

**Community Health Centers
of Lane County**

**Various. Call for locations
682-3550**

**OHP, Low cost,
FREE Yes Behavioral health services, medical care,
immunizations. Call for hours.**

**David Romprey Oregon
Warmline**

**800-698-2392 Warm Line
Not a crisis line FREE**

**Peer Support Warm Line: people who have had mental
health challenges support others who are struggling.
7 days a week, 9am – 11pm.**

**Depression Bipolar Support
Alliance**

**510-757-9522
moonlightsea@me.com FREE Online and in-person peer support for people who
experience depression or bipolar disorder.**

**Direction Service 576 Olive St, #307, Eugene
541-344-7303**

OHP / private

insurance No Provides a full range of mental health services for children, adolescents, families, and adults of all ages.

Embody Play Therapeutics 541-852-2799 Varies

Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.

**Eugene Therapy 401 East 10th Avenue, # 330,
Eugene 541-868-2004
info@eugenetherapy.com**

**Private
Insurance /
sliding scale**

Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.

Fostering Strides 31830 Nichols Ln, Cottage Grove 541-999-5428

**Sliding Scale,
scholarship**

**No Spanish
ASL
available**

Traditional and distance counseling, equine-assisted therapies, art therapy, play therapy for children, teens, and adults.

**HEDCO Clinic
University of Oregon**

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

Sliding Scale

Yes Individual, couples & family therapy by supervised

graduate students. Day, evening and weekend hours.

**HIV Alliance
(Alliance for Community
Wellness)**

**1195 City View Street
Eugene 541-556-1409**

**OHP, sliding
scale for people
without
insurance**

**Mental health counseling services for families and
individuals. Before referring clients, please make sure
there are spots available. Refer clients for intake
process to Jordan Chin (manager).**

**Hourglass Community
Crisis Center**

**71 Centennial Loop,
Eugene 541-505-8426 FREE Yes Walk-in adult short-term mental health crisis
assessment and stabilization. Open 24-hours a day.**

**Lane County Behavioral
Health**

**2411 Martin Luther King, Jr.
Blvd, Eugene 541-682-3608 OHP Yes Walk-in assessment, counseling, groups for adults
and
youth. Psychiatry and medication management.**

**Laurel Hill Center 2145 Centennial Plaza,
Eugene 541-485-6340**

**OHP, Medicaid,
Trillium Yes Supported housing and counseling services for people
with psychiatric disabilities.**

**Madrone Mental Health 150 Shelton McMurphey
Blvd, Eugene 541-210-8090**

**OHP / private
insurance Yes Outpatient mental health services. Adult day
treatment eating disorder program.**

**Monte Nido Eating
Disorder Center of Eugene 888-826-2320 Private
insurance**

**Day treatment for adults of all genders, intensive
outpatient program, adolescent day treatment.**

NAMI Lane County

**129 9th St, Springfield
541-343-7688
HELPLINE: 1-800-273-8255**

**All groups are
free of cost Yes**

**Peer support for adults living with mental illness and
their families. Open Monday-Thursday 10am-2pm.
Check <https://namilane.org/programs/> for current
groups.**

**Bushnell University
Counseling**

**755 E 11th Ave, Eugene
541-349-7471**

**\$10 / session,
Free for students**

**Counseling sessions with graduate level counseling
students supervised by faculty. For adults 18+.**

**Odyssey Community
Counseling (Emergence)**

**2149 Centennial Plaza, #4,
Eugene 541-741-7107**

OHP, Private

Ins., no

Medicare

Yes

Individual / group counseling. Dialectical Behavioral

Therapy, Cognitive Behavioral Therapy, EMDR, ACT.

Problem gambling and smoking cessation services.

Options Counseling

1255 Pearl, Eugene

541-687-6983

OHP Yes

Individual counseling, Dialectical Behavioral Therapy

group, Circle of Security parenting group, Parent-Child

Interactive Therapy. 175 W. B, Bldg D, Spfld

541-762-1971

Oregon Healing Collective

info@oregonhealingcollecti

ve.com

541-968-4325

No insurance.

\$90 / session

Sliding scale

Yes Strengths-based, trauma informed, social justice

focused individual and relational .therapy services.

Shangri-La 398 High St, Eugene

541-344-1121 OHP With

interpreter

Therapy, medication management, hypnotherapy, CBT,

case management, peer support, groups. Ages 14+

Shine Counseling info@edifytherapy.com

541-357-7650 Sliding Scale

Counseling for individuals, couples and families dealing with trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.

Trauma Healing Project

**631 E 19th Ave, Building B,
Eugene 541-687-9447
info@healingattention.org**

Sliding Scale Yes Body-centered therapies such as yoga and acupuncture. Wellness classes.

**University of Oregon
Psychology Clinic**

**15th & Onyx, Eugene
541-346-4954 Sliding scale No**

Low-cost, high-quality, evidence-based therapy services to adults, children, and adolescents from the Eugene-Springfield area as well as UO faculty, staff, and students. Individual therapy, marriage and couple counseling, and DBT skills groups

Vista Counseling

**1551 Pearl St, Eugene
Call 541-517-9733
Text 541-525-0023
welcome@vistapsych.com**

**private
insurance and
cash pay
No**

Therapy for children, teens, adults, families, and couples for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. ADHD evaluations.

Whitebird Clinic

**990 W 7th Ave, Eugene
541-342-8255 Office
541-687-4000 Crisis Line**

**OHP Yes Individual, couples & family counseling. Phone and
walk-in crisis intervention.**

**Rapid Access Center
(Willamette Family)**

**195 W. 12th, Eugene
541-762-4300**

**Sliding scale,
OHP, other ins No**

**Medical and behavioral health services. Chemical
dependency assessments. Walk in Monday-Friday
8 a.m.-6 p.m.**

**Willamette Valley
Counseling**

**180 W 12th Ave, Eugene
541-636-0885 Sliding scale Counseling for individuals and families. Anxiety,**

Medical-Mental Health-Behavioral Health-Psychiatry

Mental Health – Psychiatry

**Applegate Medical Associates: 541-868-1876
689 E 19th Ave, Eugene, OR 97401**

**Benson Health Clinic: 541-345-1722
66 Club Rd, Eugene, OR 97401**

**Betts Psychiatric: 541-505-8621
911 Country Club Rd, Eugene, OR 97401**

Bridges Community Health: 541-255-1411

1551 Oak Street, Eugene, OR 97401

Cedar Psychiatric Associates: 541-731-4600
171 Lawrence St., Eugene, OR 97401

Center for Family Development: 541-342-8437
1258 High Street, Eugene, OR 97401

Emergence Odyssey Community Counseling: 541-741-7107
2149 Centennial Plaza #4, Eugene, OR 97401

G Street Integrated Health: 541-735-9420
1435 G St, Springfield, OR 97477

Griffin & Associated Practitioners: 541-343-1728
66 Club Road #350, Eugene, OR 97401

Lane County Behavioral Health: 541-682-3608
2411 Martin Luther King Jr Blvd, Eugene, OR 97401

Laurel Hill Center: 541-485-6340
2145 Centennial Plaza, Eugene, OR 97401

Oregon Psychiatric Partners: 541-726-9912
3203 Willamette St., Eugene, OR 97405

PacificSource Case Management Referrals
Send an email to MedicaidCMLaneMSS@pacificsource.com
Member support specialist will f/u and assist member

Psychiatry Associates of Eugene: 541-686-7313
3225 Willamette St. #2, Eugene, OR 97405

Willamette Valley Psychiatric Medicine, LLC: 541-344-533
859 Willamette Street, Suite 330, Eugene, OR 97401

Medical-Mental Health-Behavioral Health-Crisis

CAHOOTS – Eugene 541-682-5111 Crisis Line Crisis Assistance Helping Out on the Streets. EMT staffed crisis response and transportation to social services. Not for violent or life-threatening

CAHOOTS – Springfield 541-726-3714 Cr emergencies. isis Line
Child / Adolescent
Mental Health Crisis Line

888-989-9990
Crisis Line

Support for caregivers of youth, up to age 17, experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist over the phone and, if necessary, send a 2-person response team to the home.

Confederated Tribes of
Siletz Indians – CARE
Program

541-994-5959 (24-hour Hotline)
541-444-9680 (office)

24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals to services.

Looking Glass Youth &
Family Crisis Line

541-689-3111
Crisis Line

For parents of children up to 18 when their child is having an immediate mental health, emotional, or behavioral crisis.

Whitebird Clinic Crisis
Services

541-687-4000 Crisis Line
990 W 7th Ave, Eugene

24/7 crisis line and walk-in crisis intervention for people with mental health-related disabilities.

The Trevor Project
Lifeline

1-866-4-U-Trevor or
Text START to 678-678

24/7 lifeline for LGBTQ youth age 24 and under who are crisis, feeling suicidal, or in need of a safe, judgment-free place to talk. Online chat available at www.thetrevorproject.org

Crisis Text Line 741-741 (text "CONNECT") 24/7 text-based crisis support
American Foundation for
the Prevention of Suicide <https://afsp.org/>

Education, advocacy and support related to suicide prevention.
Volunteer peer support for survivors of suicide loss.

Lane County Suicide
Prevention Program

541-682-8731
Roger.Brubaker@lanecountyor.gov

Coordinates Lane County's suicide prevention and postvention efforts.
Call for information & opportunities to get involved.

Mobile Crisis Response
Team

2625 Highway 101, Florence
541-997-3212 cst@wlfea.org

Support for community members faced with unexpected traumatic
situations and/or mental health crises.

One Thing You Can Do <https://onethingtodo.org>

Information about Extreme Risk Protection Orders - a court order that
temporarily restricts a person's access to guns if they present a risk to
themselves or others.

Oregon Healing Collective info@oregonhealingcollective.com
541-968-4325

Bilingual, strengths-based, trauma informed, social justice focused
individual and relational .therapy services for children age 3 and up as well
as adults

Oregon Alliance to
Prevent Suicide

877-968-8491
amarcus@aocmhp.org

Appointed by the Oregon Health Authority to develop a public policy
agenda for suicide prevention to reduce youth suicides across the state.

Veterans Crisis Hotline 1-800-273-8255, Press #1
or Text: 838255

Free, confidential support 24/7 support for all veterans, service
members, National Guard and Reserve, their family members & friends.

National Suicide

Prevention Lifeline

1-800-273-TALK

Para español, llame: 1-888-628-9454

For TTY Users: Use preferred relay service

or dial 711 then 1-800-273-8255

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

<https://suicidepreventionlifeline.org/>

White Bird 24/7 Crisis Services

990 W 7th Ave, Eugene .. 541-687-4000, 1-800-422-7558 Crisis intervention, mental health referral and transportation assistance for mental health needs in Eugene or Springfield without homes. whitebirdclinic.org/

Willamette Family Inc. – Rapid Access Center

195 W.12th, Eugene, OR (2nd floor) 541-762-4300
Same day treatment services for those in crisis with mental health issues and alcohol or drug abuse. After intake, there are immediate services, including transportation to sobering or detox. Transitional housing is available for clients only. Walk in or call.
Hours: M-Th 8-5, F 8-4:30
wfts.org/rac.htm 

Medical-Mental Health-Behavioral Health-Self-Help

Medical-Behavioral-Health-Mental-Health-Treatment (EMDR, CBT, Biofeedback, Anger Management.)

Other options besides counselling. Also things like anger management. That aren't just counselling.

CAFA - Christians As
Family Advocates

921 Country Club Rd.
#222 Eugene
541-686-6000

OHP No 26-week anger management class.

Dynamic Interaction Skills 1400 High St, Eugene

<http://dynskills.com/> Varies Anger management and communication trainings.

Center for Community
Counseling

1465 Coburg Rd, Eugene
541-344-0620

Insurance not
accepted. \$5-
40 sliding scale

No Anger management for parents. Free childcare
may be available.

Medical-Mental Health-Behavioral Health-Suicide/Grief-Support

Cascade Hospice
Bereavement

2650 Suzanne Way #200,
Eugene 541-228-3083
dwolfe@cascadehealth.org

FREE Yes

Individual / Family Counseling for those adjusting to death,
loss and grief. Grief Support Groups meet weekly by Zoom
for 10 weeks. Resources: Articles on grief and loss mailed
to bereaved family members upon request. Lending
Library: Books and pamphlets focused on grief and loss.

Compassionate
Friends 541-689-0824 FREE Support for families grieving the death of a child or
grandchild of any age.

Courageous Kids

677 E 12 Ave, # N180,
Eugene
458-205-7474
kpfeiffer@peacehealth.org

FREE No

Grief support for children ages 6-17 who have experienced the death of a loved one. Weekly support groups with age-appropriate, arts-based activities. Adult support groups provide peer support and education about children's grief for caregivers. Student support groups are available for in-school settings.

Elrod Center

105 E Hilliard Ln, Eugene
541-294-1010

\$10
donation.
Free for
families
involved
with DHS

No
Therapeutic services for youth ages 2-22 including traumatic grief and loss. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class, psychoeducation.

GriefShare Grief recovery support groups meeting weekly in Eugene. See website for locations, dates and times.

www.griefshare.org/countries/us/states/or/cities/eugene

McKenzie Willamette

Bereavement Group 541-726-4478 FREE Weekly general bereavement support group. Call for location.

MISS Foundation 888-455-6477 FREE Yes

Online support forums and peer support for parents and grandparents who have lost a child of any age.

Parents of Murdered

Children 888-818-7662 FREE Yes

Support and referrals for family members who have suffered the murder of a child.

Peace Health
Bereavement Groups

677 E. 12th Ave., Eugene
458-205-7400 FREE

8-week support groups for any adult grieving the recent death of a loved one. Daytime and evening meetings.

Suicide Bereavement
Group

darlene@jenniferbakerfund.org
FREE No

Support group for survivors of suicide loss; peer-support setting for people to share their pain with others.

Healing
Conversations
American Foundation
for Suicide Prevention

survivingsuicidelos@afsp.org

FREE Peer support for survivors of suicide loss.

WellMama
Pregnancy & Infant
Loss Support

150 Shelton McMurphy
Blvd, #208, Eugene
Call or text SUPPORT to
541-525-0495 to connect
with a peer support volunteer.
FREE

Support for parents who have experienced pregnancy loss

or the loss of a child. Pregnancy and Postpartum

Medical

Lane County Public Health 151 W 7th Ave., Room 310,
Eugene 541-682-4041

OHP, sliding scale,
some insurance Yes STD testing, vaccinations by appt. No walk ins.

Occupy Medical

541-316-5743
1717 Centennial Blvd,
Springfield

FREE Yes

Every Sunday. Food served noon-3:30pm (Suite 4),
medical services starting at 11:45 (Suite 7). Arrive before
2:30 for medical services. www.Occupy-Medical.org

Rapid Access Center
(Willamette Family)

541-762-4300
195 W. 12th
, Eugene OHP only Same-day walk-in medical, behavioral health & addiction
services.

The SHOP (Sharing
Healthcare Options Program)

541-342-8255
341 E 12th, Eugene FREE Yes Enrollment assistance for health insurance through Cover
Oregon including OHP. Call for appointment.

Trauma Healing Project 541-687-9447

1100 Charnelton, Eugene Sliding Scale Yes Body-centered therapies, wellness classes.

Trillium Behavioral Health

Member Services 541-485-2155 FREE Members can call this number to change physicians.

Volunteers in Medicine

541-685-1800

2260 Marcola Rd,

Springfield

FREE Yes Medical, mental health, prescription for low-income

adults without insurance / with OHP but no provider

White Bird 541-484-4800

1400 Mill St., Eugene OHP, sliding scale Sometimes Medical walk-in clinic.

Ask-a-Nurse 541-686-7000 Call 24 hours a day for free, confidential health-care information & referrals.

Poison Control Hotline 800-222-1222 24/7 hotline for questions / emergencies regarding poisons.

Medical-Birth-Control

See also resources under pregnancy.

Open Adoption &

Family Services

315 W. 10th Ave., Eugene

541-343-4825 FREE

All-options pregnancy counseling for pregnant and parenting women & partners. Arranges open adoptions. Adoption counseling.

Planned

Parenthood

3579 Franklin Blv., Springfield

541-344-6519 OHP, sliding

scale, some

insurance

Interpreter

by request

Pregnancy, STD, HIV tests, birth control, treatment, vaccines, men's and women's health care, emergency contraception, abortion

services. 793 N. Danebo Dr., Eugene
541-344-6519

Pregnancy &
Parenting Center

1525 12th Street, Suite G,
Florence 541-902-2273
Cell: 541-999-2427

FREE Yes Pregnancy tests, pregnancy options info, teen pregnancy support.

others?

Medical-Chronic-Conditions (heart failure, high blood pressure, diabetes, HIV)

Notes: Common chronic conditions: HIV, heart disease, stroke, lung cancer, colorectal cancer, depression, type 2 diabetes, arthritis, osteoporosis, asthma, chronic obstructive pulmonary disease (COPD), chronic kidney disease, oral disease, high blood pressure

Chronic conditions are best handled through a primary care provider. Here are websites covering chronic disease prevention:

<https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/overview/diseasesandrisk.htm>
<https://www.betterhealth.vic.gov.au/health/healthyliving/chronic-illness>

Ways to cope with chronic illness:

1. Get primary care provider and work with them is most important.
2. Finding information – this can help if you feel helpless or out of control.
3. Emotional support from others – particularly family and friends, this can be a source of great help.
4. Joining a well-facilitated support group.
5. Setting concrete, short-term goals – to restore certainty, power and control.
6. Thinking about possible outcomes – discussing them with your doctor can help you to face them before they become a reality.

These strategies aim to help put your illness into context and give some meaning to what is happening.

[HIV Alliance Outreach - Needle Exchange](#)

1195A City View St, Eugene, 97402

541-342-5088

<https://hivalliance.org/prevent/syringe-services/>

Needle exchange services provided to reduce hepatitis C and HIV in Lane County, on the following schedule: [...](#)

[Read more](#)

Hours: Tuesday 1 to 3 p.m. and Friday 1 to 5 p.m.

White Bird Needle Exchange

1400 Mill St, Eugene, 97401

541-484-4800

<https://hivalliance.org/prevent/syringe-services/>

The program works to keep sterile syringes accessible so that those who inject drugs or hormones do not feel a need to share their syringes and risk becoming infected with HIV, HCV, or another blood-borne disease. . . . Read more

Hours: Wednesdays from 6:00 p.m. to 7:30 p.m.

Integrated Health Clinics of Eugene

715 Lincoln St, Eugene, 97401

541-344-3574

<http://integratedclinics.com/>

Services for opioid addicted persons include: HIV/Hepatitis screening and counseling, TB testing, medication monitoring, medically supervised detoxification, urine drug screens, treatment/relapse prevention planning, individual, group and counseling, referrals for educational, vocational and other ancillary services, prevention education, intervention, mentor program. . . . Read more

Hours: Monday to Friday, 6 a.m. to 2:30 p.m.; Saturday 7 to 9:30 a.m.

HIV Alliance Community

1195A City View St, Eugene, 97402

541-342-5088

<https://hivalliance.org/prevent/syringe-services/>

Syringe drop off, needle exchange services. Helps people living with HIV/AIDS to stabilize and maintain their health through support, advocacy, referral services and emergency financial assistance for basic needs like housing, food, electricity and heat, and medication. Call for services by phone; no in-person appointments. HIV and hepatitis C testing for high risk individuals. . . . Read more

Hours: Monday to Friday, 10 a.m. to 2 p.m.

HIV Alliance, Inc. - Case Management

1195A City View St, Eugene, 97402

541-342-5088

<https://hivalliance.org/>

Helps people living with HIV/AIDS to stabilize and maintain their health through support, advocacy, referral services and emergency financial assistance for basic needs like housing, food, electricity and heat, and medication. Call for services by phone; no in-person appointments. HIV and hepatitis C testing for high-risk individuals. . . . Read more

Hours: Monday to Friday, 9 a.m. to 5 p.m. which?

American Cancer Society Hotline: 1-800-277-2345

Brain Injury Alliance of Oregon: 503-961-5675

Brain Injury Association of America Info Line:

1-800-444-6443

Brain Injury Group (BIG): 541-988-3951
2580 Hilyard Ave, Eugene, OR 97401

Headbangers: 541-741-0675
2150 Laura Street, Springfield, OR 97477
Support for people with Traumatic Brain Injuries

Alzheimer's Association Helpline 800-272-3900
Help for sufferers of dementia and their families or caregivers.
Sometimes out of the office, but leave a number and they will call
Back.

Multiple Sclerosis Foundation Emergency Assistance
Program 888-673-6287
Grant assists uninsured individuals with the cost of visiting their
MS specialist or dental assistance. It can pay for one visit and
one follow-up, is designed to assist those already diagnosed with
MS. Hours: M-F 5:30 AM – 3:30 PM

msfocus.org/Get-Help/MSF-Programs-Grants/Healthcare-
Assistance-Grant

..... 617-938-3484
Grants available for those finished with cancer treatment between
the ages of 21-39. Applications are available in January and July.
www.thesamfund.org/get-help/grants/

Medical-Chronic Pain

Oregon website for managing chronic pain.

<https://www.oregonpainguidance.org/paineducationtoolkit/>

Government Evidence Based Chronic Pain Resources:

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/chronic-pain/evidence-based-resources>

U.S. Pain Foundation:

<https://uspainfoundation.org/pain/>

International Association For Living with Pain:

<https://www.iasp-pain.org/resources/living-with-pain/>

Local Resources. Psychology Today list of local chronic pain specialists:

<https://www.psychologytoday.com/us/therapists/or/eugene?category=chronic-pain>

Notes:

Medical-Dental

Lane Community College Dental Clinic

2460 Willamette St, Eugene, 97405

541-463-5206

dentalclinic@lanecc.edu

Services include root canals and crowns, fillings, extractions, hygiene appointments, x-rays, and dentures. New patients call for an evaluation. No walk-in or immediate appointments available. .

. . Read more

Hours: Monday to Friday, some Saturdays 8 a.m. to 5 (closed Friday during summer)

White Bird - Community Dental Clinic

1415 Pearl St, Eugene, 97401

541-344-8302

<https://whitebirdclinic.org/>

Emergency, preventative, and restorative dental care to people who may be uninsured, underinsured, low income or homeless, and may otherwise go without care. Services provided include: filling, crowns, endodontics, extractions, periodonture, bridges, prophylaxis, application of fluoride and sealants and oral health education. Oregon Health Plan / Trillium and private dental insurance accepted. Uninsured patients are charged on a sliding scale based on income.

. . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Willamette Family Health Clinic

195 W 12th, Eugene, 97401 (1st floor)

541-762-4325

<https://wfts.org/health-clinic.htm>

Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays and Tuesdays only. Provides OHP sign up. . . . Read more
Hours: Monday to Friday, 8 a.m. to 12 p.m. (closed during lunchtime) 1 p.m. to 5 p.m.

Community Health
Centers of Lane County

Call for locations.
541-682-3550

OHP, private ins.,
sliding scale Yes Dental prevention program. No walk in.

Dental Clinic
Lane Community College

2460 Willamette, Eugene
541-463-5206

Free eval, low cost Sometimes Adult exams, cleaning, fluoride. No fillings /surgery.

White Bird 1400 Mill St, Eugene
541-344-8302

OHP, sliding scale Yes Dental appointments, walk-in clinic. Call for hours.

<https://dentallifeline.org/oregon/> free for disabled and seniors.

Medical-Dental-Drop-In

Pretty much white bird and your own dentist once you have one.

White Bird Dental is offering walk in clinics again! Every Monday and Wednesday morning at 7:30am at our 1415 Pearl St location. Please bring ID and proof of income if possible. Your Trillium/Pacific Source OHP will cover the cost of walk-in dental services. Contact Information

Location: 1415 Pearl Street, Eugene OR 97401

Phone: 541-344-8302

Email: General Inquiry Contact Form

Medical-Drop In-Emergency-Urgent Care

Reference my own getting help sheet.

Community Health Clinics of Lane County - Eugene, Chambers St
Brookside Clinic, 1680 Chambers Street, Suite 103, Eugene, 97402
541-682-3550

lanecounty.org/chc

Health care center for all, accepts Oregon Health Plan. Accepting new patients. Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Community Health Clinics of Lane County - Eugene, Green Acre Rd
Delta Oaks Clinic, 1022 Green Acre Road, Eugene, 97408

541-682-3550

lanecounty.org/chc

Health care center for all, accepts Oregon Health Plan. Accepting new patients. Assistance with OHP applications is available. Lane County Family Planning services are available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Community Health Clinics of Lane County - Eugene, MLK Jr Blvd
LCBH Primary Care, 2411 Martin Luther King Jr Blvd, Eugene, 97401

541-682-3550

lanecounty.org/chc

Health care center for all, accepts Oregon Health Plan. Accepting new patients. Lane County Family Planning services are available. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Community Health Clinics of Lane County - Eugene, W 7th
Charnelton Health Clinic, 151 W 7th Ave, #100 Eugene, 97401

541-682-3550

lanecounty.org/chc

Health care center for all, accepts Oregon Health Plan. Accepting new patients. Lane County Family Planning services are available. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Community Health Clinics of Lane County - Springfield, 10th St

Springfield Schools Health Center, 1050 10th Street, Springfield, 97477
541-682-3550

lanecounty.org/chc

Health care center for all, accepts Oregon Health Plan. Accepting new patients. Lane County Family Planning services are available. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Community Health Clinics of Lane County - Springfield, Olympic St

Riverstone Clinic, 2073 Olympic St, Springfield, 97477

541-682-3550

lanecounty.org/chc

Lane County Family Planning services are available. Health care center for families, accepts Oregon Health Plan. Accepting new patients. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Dexter Clinic

38843 Dexter Rd, Dexter, 97431

541-937-2134

peacehealth.org/dexter-clinic

This is a family practice that covers the treatment of chronic and sudden illness, health-care screening, immunizations, minor surgical procedures, lab tests, prescriptions, minor emergency care and referral service to appropriate agencies. COVID Update: Symptom check before entry. No visitors except those accompanying patients needing assistance. Online video appointments available. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Eugene VA Healthcare Center

3355 Chad Dr, Eugene, 97408

541-607-0897

<https://www.roseburg.va.gov/locations/eugene.asp>

Full service hospital for veterans. . . . Read more

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Integrated Health Clinics of Eugene

715 Lincoln St, Eugene, 97401

541-344-3574

<http://integratedclinics.com/>

Services for opioid addicted persons include: HIV/Hepatitis screening and counseling, TB testing, medication monitoring, medically supervised detoxification, urine drug screens, treatment/relapse prevention planning, individual, group and counseling, referrals for educational, vocational and other ancillary services, prevention education, intervention, mentor program. . . . Read more

Hours: Monday to Friday, 6 a.m. to 2:30 p.m.; Saturday 7 to 9:30 a.m.

Lane County Public Health Services

151 W 7th Ave #310, Eugene, 97401

541-682-4041

lanecounty.org

Testing for tuberculosis and sexually transmitted diseases. Immunizations provided. Accepts the Oregon Health Plan. . . . Read more

Hours: Monday to Friday, 8 a.m. to 5 p.m.

McKenzie-Willamette Medical Center

1460 G St, Springfield, 97477

541-726-4400

<http://www.mckweb.com/>

Full hospital with 24 hour emergency services and maternity care. . . . Read more

Hours: All hours, every day

Mid Lane Cares

25035 W. Broadway Ave, Veneta, OR 97487

541-935-4555

<https://midlanecares.com/>

Mid Lane Cares serves the 475 square mile area known as Fern Ridge with various programs, including: Love Project Food Pantry Free Medical Clinic Senior Meals & Programs Emergency Assistance Jim Petty Scholarship Fund S.A.N.T.A. & Silver Tree . . . Read more

Hours: Call for specific program hours

Occupy Medical

1717 Centennial Blvd, Springfield, 97477 — Suites 4 and 7

Email available

<http://occupy-medical.org/>

We offer medical, wound care, herbal medicine and emotional support. All services are free. Sundays, noon to 4 p.m. Please arrive before 1 p.m. to get your name on the list. Includes lunch. . . . Read more

Hours: Sunday from noon to 4 p.m. — Please arrive early and get your name on the list between 11:50 a.m. and 1 p.m. to assure you get an appointment.

Peace Harbor Hospital - Home Care Services

400 9th St, Florence, 97439

541-997-3418

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

Individualized in-home care is available for patients of all ages, from newborns to seniors. Hospice services also provided. Call for eligibility requirements and details about service. Also services Deadwood, Yachats, and Westlake. . . . Read more

Hours: All hours, every day

Peacehealth Medical Group - Cottage Grove Community Hospital and Clinics

1515 Village Dr, Cottage Grove, 97424

541-767-5200

<https://www.peacehealth.org/cottage-grove-medical-center>

Hospital with a 24-hour emergency room. . . . Read more

Hours: All hours, every day

PeaceHealth Medical Group - Urgent Care Center / Springfield

860 Beltline Rd, Springfield, 97477

541-222-7650

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

Same day care for less than an emergency room. Accepts OHP. . . . Read more

Hours: All hours, every day

PeaceHealth Medical Group - Urgent Care Center / Valley River

1400 Valley River Dr, Ste 110, Eugene, 97401

541-222-7375

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

Same day care for less than an emergency room. Accepts OHP. . . . Read more

Hours: Every day, 8 a.m. to 7 p.m.

PeaceHealth Medical Group - Urgent Care Center / West 11th

3321 West 11th Ave, Eugene, 97402

541-222-7200

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

Same day care for less than an emergency room. Accepts OHP. . . . Read more

Hours: Every day, 8 a.m. to 7 p.m.

PeaceHealth Sacred Heart Medical Center University District

1200 Hilyard Ave, Eugene, 97401

541-686-7300

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

Emergency room . . . Read more

Hours: All hours, every day

PeaceHealth Sacred Heart Riverbend

3333 Riverbend Dr, Springfield, 97477

541- 222-7300.

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

Full hospital with 24-hour emergency room. . . . Read more

Hours: All hours, every day

PeaceHealth Sacred Heart Univ. District

1255 Hilyard St, Eugene, 97401

541-686-7300

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

Full hospital with emergency care provided 24/7 . . . Read more

Hours: All hours, every day

School Health Centers, Eugene School District

Churchill High, 1850 Bailey Hill, Eugene, 97405

541-790-5227

<https://www.4j.lane.edu/instruction/studentservices/health/healthcare-providers/>

Health clinics for students and siblings ages 0 to 18 during school year, sliding-scale costs.

Mental health counselors on site Monday, Tuesday, Thursday, Friday from 8 a.m. to 4 p.m.

Nurse on site at Churchill, Monday and Thursday. . . . Read more

Hours: During the school year, Monday to Friday, 8 a.m. to 4:30 p.m.

School Health Centers, Eugene School District

North Eugene High, 200 Silver Lane, Eugene, 97404
541-790-4445.

<https://www.4j.lane.edu/instruction/studentservices/health/healthcare-providers/>

Health clinics for students and siblings ages 0 to 18 during school year, sliding-scale costs.

Mental health counselors on site Monday, Tuesday, Thursday, Friday from 8 a.m. to 4 p.m.

Nurse on site at North Eugene High School, Tuesday and Friday. . . . Read more

Hours: During the school year, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Volunteers in Medicine

2260 Marcola Rd, Springfield, 97477

541- 685-1800

<https://vim-clinic.org/patients/services-eugene/>

Health clinic and primary care for low-income patients. Call for a pre-screening interview. . . .

Read more

Hours: Monday, Wednesday, Thursday 9 a.m. to 5 p.m. (closed noon to 1:20 p.m.); Tuesday
1:30 p.m. – 8:30 p.m. (closed 5 to 5:30 p.m.)

Wednesday Clinic

5th and Washington, under the bridge

(458) 201-3317

No website provided

Black Thistle Street Aid, CORE and Occupy Medical provide a weekly team up that includes a
FREE medical clinic and street outreach services. Prescription refills, wound care, referrals,
hygiene supplies, ready to eat food, harm reduction supplies. . . . Read more

Hours: Wednesdays, 11am to 3pm

White Bird - Medical Clinic

1400 Mill St, Eugene, 97401

541-484-4800

whitebirdclinic.org

Our clinicians provide primary care, perform preventative exams, treat injuries, perform minor
procedures, and connect patients with mental health and chemical dependency services.

COVID-19 testing available. White Bird Medical Clinic accepts most Medicare B and Oregon
Health Plan (OHP) insurance. . . . Read more

Hours: Monday to Friday, 9 a.m. to 6 p.m. (closed Mondays 12:30 to 2:30 p.m.)

Willamette Family Health Clinic

195 W 12th, Eugene, 97401 (1st floor)

541-762-4325

<https://wfts.org/health-clinic.htm>

Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays
and Tuesdays only. Provides OHP sign up. . . . Read more

Hours: Monday to Friday, 8 a.m. to 12 p.m. (closed during lunchtime) 1 p.m. to 5 p.m.

CC 2023 White Bird Clinic

whitebirdclinic.org

Medical-Health-Insurance-Oregon-Health-Plan

https://pacificsource.com/sites/default/files/2022-12/MM4326_1122_OHAApproved12162022_MemberHandbookLane.pdf

[Oregon Health Plan General Info](#)

[Contact Us | PacificSource](#)

<https://shop.pacificsource.com/individual>

[ohp sign up locations](#)

[Oregon Health Plan – Apply: 1-800-699-9075](#)

[Oregon Health Plan – CCO Change: 1-800-273-0557](#)

[PacificSource Community Health Solutions: 541-686-1242](#)

[Lane County Medicaid CCO](#)

Medical-Hearing (Hearing just normal hearing here. Deafness goes in disabilities.

Agency

Contact

Notes

Hearing Loss Association of
America (Lane County chapter)

541-510-2094

clarkoa@msn.com

971-270-0203

lionsclubsreferrals@olshf.org

Deaf Advocates Available

Video phone: 855.812.1001

nationaldeafhotline@adwas.org Monthly newsletter and monthly meetings (virtual and/or in-person depending of health risk). Check website: www.hearinglosslane.org

Covers the cost of hearing aids, hearing test, ear impressions, and fitting of the aid(s) for people below 200% of federal poverty line.

Confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to dating, healthy relationships, boundaries, personal safety, interactive safety planning

National Deaf Domestic Violence

Hotline 1-855-812-1001 (Voice/VP).

Email: hotline@adwas.org 24/7 advocates provide crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.

Oregon Association of the Deaf 1921@gmail.com Advocating the rights of Deaf and Hard of Hearing citizens in Oregon.

Oregon Deaf and Hard of Hearing

Service Program 503-945-5600

TTY: 503-945-6214 A resource to improve quality of life for Deaf and Hard of Hearing people and their families.

Oregon Deafblind Project 503-838-8328

rhoadsc@wou.edu Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.

Oregon Deaf Empowerment &

Advocacy for Families Online contact form on website:

<http://lanecounty.us/odeaf/> Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.

Oregon Registry of Interpreters

for the Deaf <https://www.orid.org/> Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.

Oregon School for the Deaf 999 Locust Street NE, Salem

info@osd.k12.or.us

Phone: 503-378-3825

Videophone: 503-400-6180 K-12 school for children who are eligible for special education in

Oregon because of a hearing impairment. There is no tuition cost to

families. Transportation may be provided by the child's school

district. Residential program available.

Lions Clubs Hearing Aid Project

Love is Respect Notes: PacificSource does hearing aids.

Medical-Hospice and Palliative Care

[PacificSource Advanced Care and Palliative Care Pdf](#)

Note: OHP provider PacificSource's policies and services for end of life care.

PeaceHealth Sacred Heart Home Health

677 E. 12th Ave. Eugene, OR 97401

458-205-7300

Notes: OHP eligible. "PeaceHealth Home Health provides a broad range of personalized clinical and rehabilitative services to patients in the comfort of their own home. Patients receive attentive monitoring of complex conditions and health concerns, treatments for acute illness, physical and occupational therapy and pain management."

Pete Moore Hospice House

4010 County Farm Road Eugene, OR (541) 228-3050

Hos@cascadehealth.org

Notes: "Pete Moore Hospice House is a Medicare certified inpatient hospice house located in Eugene, Oregon. Our goals are to ensure you or your loved one experience the highest quality of life possible while living and to facilitate a peaceful passing." They also provide palliative care.

Brighton Hospice

<https://brightonhospice.com/hospice-care/#medicare-hospice-benefit>

1600 Valley River Dr. Suite 220 Eugene, OR 97401 (541) 505-9715

Notes: “Brighton Hospice recognizes that the dying process is a part of the normal process of living and focuses on enhancing the quality of remaining life. Our team of physicians, nurse case managers, aides, social workers, chaplains, dietitians, therapists, volunteers, bereavement specialists, and administrative staff will provide you and your family with the quality care you deserve.” Outpatient

End-of-Life Counseling

White Bird Clinic is now offering in-home, end-of-life counseling services. Compassionate and client-centered, this service seeks to provide support for psychosocial, emotional, and spiritual issues related to death and dying. Please call 541-342-8255 for more information.

Medical-Mental-Health (See Behavioral Health)**Medical-Prescription-Assistance**

FISH/Trinity United Methodist Church

440 Maxwell Rd. Eugene 541-689-9750

prescription drug

assistance to individuals and families. five days a week. Hours: M - F 10 - 2:30

trinityumceugene.org/fish-food-pantry/ ◆◆◆◆◆

Catholic Community Services Eugene Center

1464 W 6th Ave, Eugene 541-345-3628 xt. 404

prescription assistance.

Hours: M-F 9-4:30

www.ccslc.org/food-clothing-and-emergency-help ◆◆◆◆◆◆◆

Catholic Community Services Springfield Center

1025 G St, Springfield 541-345-3628 xt 324

prescription assistance, Hours: T-F 9-4:30

www.ccslc.org/food-clothing-and-emergency-help ◆◆◆◆◆◆◆

St. Vincent de Paul Social Services

456 Highway 99 N, Eugene 541-689-6747

prescription assistance, and Second Chance Renters Education

Hours: Monday Tuesday Thursday Friday 10:00 am-4:00 pm.

Closed on Wednesdays and closed 12:30 to 1:30 for lunch.

Medical-Primary-Care

Healthcare – Primary Care

Applegate Medical Associates: 541-868-1876
689 E 19th Ave, Eugene, OR 97401

Community Health Centers of Lane County: 541-682-3550
Brookside Clinic: 1680 Chambers Street, Eugene, OR 97402
Delta Oaks Clinic: 1022 Green Acres Road, Eugene, OR 97401
Charnelton Clinic: 151 W 7th Ave, Eugene, OR 97401
Riverstone Clinic: 2073 Olympic Street, Springfield, OR 97477

G Street Integrated Health: 541-735-9420
1435 G St, Springfield, OR 97477

Nova Health
1800 Coburg Road, Eugene, OR 97401: 541-345-8760
598 E 13th Avenue, Eugene, OR 97401: 541-636-3473
2710 Willamette Street, Eugene, OR 97405: 541-505-7317

Oak Street Medical: 541-431-0000
1488 Oak Street, Eugene, OR 97401

Oregon Integrated Health – Eugene: 503-972-0235
1029 River Rd, Eugene, OR 97404

Oregon Medical Group (New Patients): 541-242-4444
Multiple locations

PeaceHealth Medical Group (New Patients): 541-743-4600
Multiple locations

Springfield Family Physicians: 541-747-4300
2280 Marcola Road, Springfield, OR 97477
1800 Centennial Blvd, Springfield, OR 97477
21 Hayden Bridge Way, Springfield, OR 97477

Thurston Medical Clinic: 541-746-1166
147 S 52nd Pl, Springfield, OR 97478

Volunteers in Medicine: 541-685-1800
2260 Marcola Road, Springfield, OR 97477

White Bird Medical: 541-484-4800
450 W 5th Ave, Eugene, OR 97402

Notes: The PacSource list of providers is not useful, most aren't taking new patients.

Medical-sexually-Transmitted-Infections

Sexually Transmitted Infection (STI) Program
Address
151 W. 7th Ave., Room 310
Eugene, OR 97401

Phone
(541) 682-4041

Se habla español

For TTY/Relay Services, dial 711

Fax
(541) 682-2455

The Lane County Public Health Sexually Transmitted Infection (STI) Program provides evaluation, counseling, and treatment for people and their sexual partners.

Our services are non-judgmental and confidential. No one is turned away due to inability to pay. If you are hearing-impaired or speak a language other than English, we can arrange for an interpreter. (¡Se habla español!)

HIV Alliance Sexual Health Clinic:

<https://hivalliance.org/acw/sexual-health-clinic/>

Hours of operations

You can contact staff Monday through Friday from 8:30am-5:00pm and they will help you get scheduled.

For PrEP there are provider appointments: Tuesdays 1:00-3:00pm

For STI testing there are provider appointments: Tuesdays and Thursdays from 1:00-5:00pm; drop-in appointments available Fridays from 1:30pm-4:00pm during syringe services hours.

How to schedule an appointment with the sexual health clinic

To get started with PrEP you can contact our coordinator at (541) 228-8465 (text or call) or acw@allianceor.org.

To schedule for STI testing in Lane County contact our coordinator at (541) 357-9605 (text or call), in Douglas County contact our coordinator at (541) 214-8942 (text or call), or email acw@allianceor.org.

Dove Medical Free STI Testing

487 E 11th Avenue, Eugene, OR 97401

HOURS:

Monday - Thursday 10am - 5:30pm

Friday - Sunday CLOSED

CALL: 541-345-DOVE (3683)

EMAIL: info@dovemedical.org

Planned Parenthood

3579 Franklin Blvd

Eugene, OR 97403

Get Directions

Google Map of Eugene-Springfield Health Center of Eugene, OR

Phone: 541-344-9411

NOtes: STD Testing, Treatment & Vaccines in Eugene, OR

Eugene-Springfield Health Center offers the following services related to the testing and treatment of sexually transmitted diseases (STDs):

STD testing, diagnosis and treatment, including:

chlamydia

genital warts

gonorrhea

herpes

HIV (testing and diagnosis only)

syphilis

trichomoniasis (trich)

Other STD testing, diagnosis and treatment services are also available. Please ask our staff for more information.

STD prevention, including:

condoms

internal condom (female condom)

dental dams

HPV vaccine (Gardasil 9)

STD and safer sex education

HPV and hepatitis vaccines education

Medical-Transportation

Ridesource

<https://whitebirdclinic.org/nest>

For homeless people.

Medical-Urgent-and-Emergency-Care

Healthcare – Urgent Care

G Street Integrated Health: 541-735-9420
1435 G St, Springfield, OR 97477

Nova Health

1800 Coburg Road, Eugene, OR 97401: 541-345-8760
4040 W 11th, Suite B, Eugene, OR 97402: 458-215-2311
598 E 13th Avenue, Eugene, OR 97401: 541-636-3473
2710 Willamette Street, Eugene, OR 97405: 541-505-7317
5781 Main St., Springfield, OR 97478

Occupy Medical

532 C Street, Springfield, OR 97477
Saturdays 2:00-4:00 pm
Wound care, mental health, referrals, hygiene supplies

Oregon Integrated Health – Eugene: 503-972-0235
1029 River Rd, Eugene, OR 97404

PeaceHealth Medical Group Urgent Care Centers
3321 West 11th Ave., Eugene, OR: 541-222-7200
860 Beltline Rd, Springfield, OR: 541-222-7650

Medical-Vision-and-Glasses

VISION CARE

Agency Contact Notes
Lion's Eyeglass
Assistance

lionsclubsreferrals@olshf.org
971-270-0203

Free eye exams and glasses. Call or email to schedule

White Bird 341 E 12th, Eugene
541-342-8255

Vouchers for free eye exams and glasses. Come into the clinic to apply. 3-4 month wait. M-F 9-3:30.

Moving Out Resources

See

https://docs.google.com/document/d/11KjDN8V57fJlZiNgINvn5CgKurSUVBEirxUo_lqdJdU/edit#heading=h.q4xhwehyleb9

See Household-Bedding-Furniture-Kitchen

Energy assistance

**Ebbert Memorial
Methodist Church**

**532 C St, Springfield
541-746-3513**

With shut-off notice, can offer \$25, if client can pay balance. SUB only.

Community Sharing Program

**1440 Birch Ave, Cottage Grove
541-942-7933**

**Utility assistance, Food boxes, firewood, prescription assistance, showers,
laundry, & propane. Help to avoid eviction / foreclosure.**

Springfield Utility Board

**Project Share Email projectshare@ccslc.org, call 541-746-9852, or walk in at Springfield
Community Service Center, 1025 G St.**

**Emerald Rate Assistance
Program (ERAP)**

**For EPUD households with a member who has a permanent disability, and/or age 60+, or with
children under 6
years old who meet the income qualification. Participants receive \$200 credit to their EPUD
account over 4-
months. Program starts in spring. Call Lane County Energy Programs at 541-682-3378**

EWEB Customer Care

**Up to \$280 credit for qualifying customers. Applications open on the first business day of each
month and funds
are available on a first-come, first-served basis. Social security number / legal status not required.
Call EWEB at**

541-685-7000 M-F 9 a.m. - 6:30 p.m. or apply online:
<http://www.eweb.org/residential-customers/income-based-assistance/customer-care-application>

**Low-Income Home
Energy Assistance
Program (LIHEAP)**

Waitlist opens the 1st business day of the month in November. Call, walk in or apply online.
Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am
Springfield Community Service Center, 1025 G Street, 747-8349, opens @ 9:00 am
Florence Siuslaw Outreach Services, 997-2816, opens @ 9:00 am
Cottage Grove Community Sharing, 942-6492, opens @ 11:00 am
Oakridge St. Vincent de Paul, 782-3590, opens @ 8:30 am

**NW Natural Oregon
Low-income Gas
Assistance**

Senior citizens, ages 60 & older, call Campbell Community Center in Eugene 541-682-5354
General Public:
Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am
Springfield Community Service Center, 1025 G Street, 541-747-8349, opens @ 9:00 am
Cottage Grove Community Sharing, 541-942-6492, opens @ 11:00 am

**Pacific Power –Energy
Assistance Program**

Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am
Springfield Community Service Center, 1025 G Street, 541-747-8349, opens @ 9:00 am
Cottage Grove Community Sharing, 541-942-6492, opens @ 11:00 am

Rental assistance

**CATHOLIC COMMUNITY SERVICES OF LANE COUNTY
CATHOLIC COMMUNITY SERVICES EUGENE
RENTAL ASSISTANCE PROGRAMS**

Print & Share

X

Housing counselors assist with housing applications, referral to additional housing resources, and support with removing barriers to housing.

1464 W 6th Avenue

Eugene, OR 97402

Eligibility: Varies by program

Hours: Office: Monday-Friday 9am-4pm

Rent Assistance: Waitlist opens Wednesday 9am as funding allows

Email

(541) 345-3628

[Get Directions](#)

[Visit Website](#)

[More Details](#)

CENTRO LATINO AMERICANO

HOUSING ASSISTANCE

Print & Share

X

Optional Information:

Offers case management for resource navigation and housing searches. Eligible household will be screened and added to a central housing referral list for all programs they qualify for.

944 W 5th Avenue

Eugene, OR 97402

Eligibility: Latino and immigrant population is primary focus, but will serve all who seek services.

Hours: Monday-Thursday 8:30am-4:30pm, Friday 8:30am-noon

Email

(541) 687-2667

[Get Directions](#)

[Visit Website](#)

[More Details](#)

COVID-19 FINANCIAL RELIEF PROGRAMS

OREGON EMERGENCY RENTAL ASSISTANCE PROGRAM (OERAP)

Print & Share

X

The Oregon Emergency Rental Assistance Program (OERAP) helps eligible low-income households who have experienced financial hardship due to the coronavirus pandemic and are at risk of homelessness or housing instability with their current, future, and past due rent dating back to March 13, 2020.

When assistance is available, funds are not first-come-first-serve. Funds will be distributed based on a formula that prioritizes applications based on need. Everyone who applies will have their application reviewed.

Confidential Address

Eligibility: Must meet the following three eligibility requirements:

-Renting in Oregon

Eligible properties include apartments, single-family homes, rented manufactured home lots, hotel and motel stays (if this is your primary residence), and other informal lease agreements, subject to review. You may also be eligible if you live in public housing, have Section 8 or a Housing Choice Voucher, or other housing assistance so long as the outstanding payments have not been paid through other assistance. Those that are houseless may receive assistance for a rental deposit if they have signed a lease.

-One or more members of your household can demonstrate how the COVID-19 pandemic has directly or indirectly impacted your ability to pay rent or utilities.

-Your annual household income is at or below 80% of the Area Median Income for your household size: www.oregon.gov/ohcs/housing-assistance/Documents/05-13-2021-OERAP-AMI-chart.pdf

Assistance is offered to all eligible renters regardless of their citizenship or immigration status, and it will not impact the recipient's eligibility for other federally funded programs.

Hours: Not accepting new applications. Oregon Emergency Rental Assistance Program (OERAP) is closed as of December 13, 2022. All applicants who had existing applications in the system by August 12, 2022 have been fully processed and the program is no longer assisting community members.

(844) 378-2931

[Visit Website](#)

[More Details](#)

LOOKING GLASS COMMUNITY SERVICES

NEW ROADS

DIVERSION FUNDING PROGRAM

Print & Share

X

Provides financial assistance with housing costs (rent, arrearages, deposits, fees, moving costs, etc.) for youth up to age 21 who are at risk of becoming homeless.

941 W 7th Avenue

Eugene, OR 97402

Eligibility: Youth up to age 21 who are at risk of becoming homeless, couch surfing, or fleeing domestic violence and who have income below 80% of the Federal Poverty Level

Hours: Monday-Friday 9am-5pm

Email

(541) 686-4310

[Get Directions](#)

[Visit Website](#)

[More Details](#)

ST VINCENT DE PAUL OF LANE COUNTY INC.

ST VINCENT DE PAUL LINDHOLM CENTER

EMERGENCY SERVICES

Print & Share

X

Provides clothing, household goods, small appliances, furniture, beds, help with rent, propane vouchers for heating, emergency prescription assistance and bus tokens, as available. Types of assistance offered is determined by zip code.

Rent assistance service helps with up to \$200 when funds are available and is offered on a case-by-case; first-come, first-served basis.

456 Highway 99 N

Eugene, OR 97402

Eligibility: Low-income households

Hours: Monday/Tuesday/Thursday/Friday 10am-12:30pm and 1:30pm-4pm

Email

(541) 689-6747

[Get Directions](#)

[Visit Website](#)

[More Details](#)

ST VINCENT DE PAUL OF LANE COUNTY INC.

SUPPORTIVE SERVICES FOR VETERAN FAMILIES

Print & Share

X

Provides a short-term housing intervention program for low-income veterans and their families experiencing homelessness or at imminent risk of becoming homeless.

Veterans and their families can be assisted with housing through case management, pending eligibility. If eligible, assistance and support may include move-in/rental assistance, eviction prevention, benefits support, employment and education services, legal aid around housing barriers, and other expenses that may support stable housing.

Must be willing to work with a caseworker. May require clients to be alcohol and drug-free.

Assistance in any of these programs depends on availability of funds.

2890 Chad Drive

Eugene, OR 97408

Eligibility: Veterans and veteran families who are homeless or at imminent risk of homelessness and have an income at or below 50% of Area Median Income with any discharge other than "Dishonorable". Veteran must be present in household.

Hours: Monday-Friday 8am-5pm

Email

(541) 228-5260

[Get Directions](#)

[Visit Website](#)

Other-Resource-Guides

Parenting-Custody (See Legal-Parental-Custody)

Parenting-Education-Support

Pets

City of Eugene Spay & Neuter Clinic: 541-682-3643
3970 W 1st Ave, Eugene, OR 97402

Community Veterinary Center: 541-636-3324
470 Hwy 99 N, Eugene, OR 97402

Pro-Bone-O Clinic: 541-607-8089
Held across from Eugene Mission
1509 W 1st Ave, Eugene, OR 97402

Stop Pet Overpopulation Today (SPOT): 541-607-4900

Willamette Animal Guild (WAG): 541-345-3566
3045 Royal Ave, Eugene, OR 97402

Post-Incarceration-Services Make a category called exconvicts and link to here.

Sponsors, Inc. - Re-Entry Resource Center – Women's Assistance Program

767 East 8th Avenue, Eugene, 97402

541-505-5690

sponsorsinc.org/rrc/

Women's assistance program to re-enter life after incarceration. Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic. Please call for assistance. . . . Read more

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

sponsorsinc.org/rrc/

Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic.

Please call for assistance. . . . Read more

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Sponsors, Inc. - Re-Entry Resource Center

338 Hwy 99 N, Eugene, 97402

541-505-5690

Professional-Development-Social-Service-Providers

Recreation-Centers (Pools, gyms. etc..)

Recreation-Nature

Recreation-Outdoor

Senior-Services

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Senior Law Services

Campbell Community Center, 155 High St, Eugene, 97401 put under seniors too
458-234-4261

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above. . . .
Read more

Hours: Monday to Friday, 9 a.m. to 5 p.m. (closed for lunch from 11:45 to 12:45 p.m.)

Senior & Disability Services

<https://www.lcog.org/sdslane>

1015 Willamette Street Eugene 541-682-4038

Notes: “Free Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.”

Food-Senior-Meals

Campbell Senior Center 155 High St., Eugene 541-682-5318

Senior Meals – Eugene – Olive Plaza

1135 Olive St. Eugene 541-342-3515

Nourishing meals and companionship are served for seniors over 60. Closed third Friday of each month. Hours: M-F 10:30-12pm

laneseniormeals.org

Food-Senior-Pantries and Food Boxes

Café 60 Meal Sites
(Senior & Disability
Services)

Olive Plaza, 1135 Olive St, Eugene - 541-342-3515

Kaufman Senior Center 996 Jefferson St, Eugene 541-342-1881

Meals on Wheels Meals delivered to people who are homebound. 541-682-4368

Senior Meals Program of
Lane County

1015 Willamette St., Eugene 541-682-3353

Meals delivered to people 60 years+ who are homebound & need help with meal preparation.

Meals on Wheels - Eugene

1015 Willamette St, Eugene, OR 97401

541-607-5065

<https://laneseniormeals.org/>

Meals delivered to people age 60 and older and their spouses who cannot get out much due to illness or advanced age. Please call to sign up and get more information.

Hours: Please call

Languages:

Wheelchair accessible:

Area served:

Notes:

Last update: January 2021

Senior Meals - Olive Plaza

1135 Olive St, Eugene, 97402

541-342-3515

laneseniormeals.org

Nourishing to-go meals are served for seniors over 60. Closed on the third Friday of every month.

Hours: Monday to Friday 10 a.m. to noon. Third Friday closed.

Languages:

Wheelchair accessible:

Area served:

Notes:

Housing

Income-Government-Benefits-Senior/Poverty- Supplemental Security Income (SSI)

Income-Government-Benefits-Seniors-Retirement-Social Security

Income-Senior-Easter Seals Internships SCSEP

<https://www.ssa.gov/retirement>

Medical-Health-Insurance

Wellness

10. will pacsource cover gym memberships

silver sneakers for 65 and older free health club

<https://www.anthem.com/medicare/learn-about-medicare/silver-sneakers>

Join "Silver and Fit" and if health care is included, you get free membership ywca.

11. organize peer support docs on computer

Shelter-Day-Centers

Shelter-Short Term/Emergency

Dawn to Dawn

The Dawn to Dawn program invites unsheltered individuals to sleep safely overnight in heated, heavy-duty communal tents and personal-sized pallet shelters. Meals and social services.

To get on the emergency shelter waitlist, visit the Eugene Service Station in person at 450 Hwy 99N any day (8:30 am-5:00 pm).

Overnight Parking

The Overnight and Safe Parking Programs provide legal camping, free garbage disposal, and portable restrooms to unsheltered individuals over 18 living in their vehicles

For assistance please contact the parking program manager at the Eugene Service Station (ESS), which is located at the Lindholm Service Center at: 450 Highway 99N Eugene, OR 97402 any day (8:30 am-5:00 pm). Or call 541.461.8688.

Safe Sleep Sites St. Vincent DePaul

St. Vinnies has two sites on Garfield Street, one for people with cars (310 Garfield Street) and one for people without cars (410 Garfield Street) that will keep people safe, warm, and out of the weather. Food and social services are available. Apply for waiting lists here:

If you have a car: <https://www.cognitoforms.com/SaintVincentDePaul2/SafeSleepWaitList>

If you don't have a car:

https://www.cognitoforms.com/SaintVincentDePaul2/_410GarfieldSafeSleepWaitList

<https://www.svdp.us/> for all st vinnies sites info.

Shelter-Transitional

SquareOne Villages

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

15 N. Polk St., Eugene, OR 97402 541-606-4455

info@squareonevillages.org

Notes: There are exciting possibilities here for anyone with some income. Square One has several tiny home villages in Eugene and Springfield. Monthly fees at different villages can be as low as \$35 dollars a month and as high as \$788 for resident owned structures depending on the village. There are also a couple villages in the works. Go to the web page and click on "Villages" to see what is available and how to apply. Some sites are transitional, others are more permanent housing.

Resource Center

338 Hwy 99 N, Eugene, 97402

541-505-5690

sponsorsinc.org/rrc/

Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic. Please call for assistance. . . . Read more

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Sponsors, Inc. - Re-Entry Resource Center – Women's Assistance Program

767 East 8th Avenue, Eugene, 97402

541-505-5690

sponsorsinc.org/rrc/

Women's assistance program to re-enter life after incarceration. Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic. Please call for assistance. . . . Read more

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Staff Resources/Training

[Cahoots De-escalation Training](#)

Substance Use

All links from anon resource list:

Substance Use

Alcoholics Anonymous (AA) Helpline: 541-342-4113

Celebrate Recovery: 458-210-1737

12-Step, faith-based, substance use recovery support

Center for Family Development: 541-342-8437

1258 High Street, Eugene, OR 97401

Centro Latino Americano: 541-687-2667

944 W 5th Ave, Eugene, OR 97402

Emergence Threshold Program: 541-687-8820

78 Centennial Loop, Unit A, Eugene, OR 97401

Equinox Clinics: 541-790-2455

160 E 18th Ave, Eugene OR 97401

Eugene Dual Diagnosis Anonymous: 541-485-6340

2145 Centennial Plaza, Eugene, OR 97401

Eugene Mission Life Change Program: 541-344-3251

1542 W 1st Ave, Eugene, OR 97402

G Street Integrated Health: 541-735-9420

1435 G St, Springfield, OR 97477

HIV Alliance Prime Peer Program

Referrals: contact Duncan at 541-359-7897

Peer support for substance use disorders

Specialties: HIV/AIDS, Hep C, LGBTQIA+, harm reduction

Integrated Health Clinics of Eugene: 541-344-3574
715 Lincoln St., Eugene, OR 97401

Lane County Medication Assisted Recovery: 541-682-4036
432 W 11th Ave, Eugene, OR 97401
Buprenorphine MAT program

Lane County Medication Assisted Treatment: 541-682-4464
432 W 11th Ave, Eugene, OR 97401
Methadone MAT program

Narcotics Anonymous (NA): 541-729-0080

Nar-Anon Family Group: 1-800-477-6291

PacificSource Case Management Referrals
Send an email to MedicaidCMLaneMSS@pacificsource.com
Member support specialist will f/u and assist member

Serenity Lane Inpatient Services: 541-262-5052
91150 Coburg Industrial Way, Coburg, OR 97408

Serenity Lane Outpatient Services: 541-485-1577
4211 West 11th Ave., Eugene, OR 97402

Springfield Treatment Center: 541-653-8284
1485 Market St., Springfield, OR 97477

White Bird Chrysalis: 541-683-1641
350 E 11th Ave., Eugene, OR 97401

Willamette Family Buckley Detox Center: 541-762-4575
605 W 4th, Eugene, OR 97402

Willamette Family Rapid Access Center: 541-762-4300
195 W 12th Ave, Eugene, OR 97401

Substance Use-Chemical Dependency Treatment--Residential

Buckley (541) 762-4575
605 W. 4TH AVENUE. EUGENE, OR 97402
call for six hour sober up. That is per case basis. Depending how messed up. Worst get first.
Week and a half is three to five day detox. Phone prescreen. Ohp is best. Nothing has a buck
fund income based paperwork takes longer.

Substance Use-Chemical Dependency Treatment-Out Patient

Willamette family.

Celebrate Recovery – Awakening Church, Eugene
757 W Broadway, Eugene 458-210-1737
Faith-based 12-step recovery support Hours: Tu 7pm
www.celebraterecovery.com
Celebrate Recovery – Crossfire Outreach International
242 28th St., Springfield 458-210-1737
Faith-based 12-step recovery support Hours: Th 7pm
www.celebraterecovery.com
Celebrate Recovery – Dayspring Fellowship
1580 River Rd., Eugene 458-210-1737
Faith-based 12-step recovery support Hours: Th 6:15pm
www.celebraterecovery.com
Celebrate Recovery – Echo Hollow Crossfire Church
1310 Echo Hollow Rd., Eugene 458-210-1737
Faith-based 12-step recovery support Hours: F 7pm
www.celebraterecovery.com
Celebrate Recovery – First Church of the Nazarene
830 Madison St, Eugene. 458-210-1737
Faith-based 12-step recovery support Hours: Tu 7pm
www.celebraterecovery.com
Center for Family Development Outpatient Substance Use
Recovery
1258 High Street, Eugene..... 541-342-8437

Willamette Family Inc. – Rapid Access Center
195 W.12th, Eugene, OR (2nd floor) 541-762-4300
Same day treatment services for those in crisis with mental health
issues and alcohol or drug abuse. After intake, there are
immediate services, including transportation to sobering or detox.
Transitional housing is available for clients only. Walk in or call.
Hours: M-Th 8-5, F 8-4:30
wfts.org/rac.htm

Brothers Sober Living Housing
<https://brotherssoberliving.com/>
We have houses in Eugene and Springfield
brotherssoberliving.com

Main Office: 940 Highway 99 North, Eugene, Oregon 97402, United States

Larry Carter, Program Director
Phone: 541-653-1211
email: brotherssoberliving.com

Brandi Carter, House Manager for Women
Phone: 541-606-9166

Miguel Mullins, House Manager for Men
Phone: 541-543-8957

Odyssey Community Counseling

<http://www.4emergence.com/programs/mental-health-program>
2149 Centennial Plaza #4, Eugene 541-741-7107

Notes: Therapists trained in LGBTQ issues, including writing letters of support for medical transition; accepts OHP;
some services available in Spanish (Gambling and Substance Abuse)

Substance-Use-Chemical Dependency Treatment-Smoking Cessation

Substance Use-Harm Reduction (Needle Exchange etc.)

Telephone-Assistance

[Oregon's Free Government Cell Phone Providers](#)
[enTouch Wireless - Free Phone Service - Government Lifeline](#)
[Oregon Lifeline Program and State Specific Information](#)

Transportation-Assistance

Veterans-Services

Military Helpline: 1-888-457-4838
OR text "MILT" to 839863

Operation Homefront: 800-722-6098
Assistance for veterans in need

PenFed Foundation: 800-558-9224
Emergency financial assistance for veterans

St. Vincent de Paul Supportive Services for Veteran Families: 541-743-7107
2890 Chad Dr., Eugene, OR 97408
Case management, housing assistance, eviction prevention

St. Vincent de Paul Veterans' Housing Project:

458-221-0718

2890 Chad Dr., Eugene, OR 97408

Waitlist application can be found at <https://www.svdp.us/what-we-do/affordable-housing/vet-lift/vet-housing-project-1/>

US Veterans Center: 541-465-6918

190 E. 11th Ave, Eugene, OR 97401

VA Eugene Downtown Clinic: 541-242-0440

211 East 7th Ave, Eugene, OR 97401

VA Healthcare Center Eugene: 541-607-0897

3355 Chad Drive, Eugene, OR 97408

Primary care & mental health treatment

Veterans Crisis Line: 1-800-273-8255, press 1

Veterans Homeless Services Hotline: 1-877-424-3838

Veterans Services of Lane County: 541-682-4191

151 W 7th Ave, Suite 460, Eugene, OR 97401

VETERANS' SERVICES

Access the Law

245 W. 13th, Eugene 541-686-4890

ATL provides quality legal services for working and low income families and individuals. \$50 consultation. Provide free legal consultation for veterans once/month. Hours: M-F 8-5 (out 12-1)

<https://accessthelaw.org/> ◆◆◆

Community Reintegration Service Center

190 E.11th, Eugene541-465-6918, after hours: 877-927-8387

Reintegration and bereavement support of combat theater vets

and survivors of military sexual trauma. Hours: M-Sa 8am-4:30pm ◆◆◆

Eugene VA Healthcare Center

3355 Chad Dr., Eugene 541-607-0897

Full service hospital for veterans. Hours: M-F 8 AM – 4:30 PM

www.roseburg.va.gov/locations/eugene.asp ◆◆◆

Eugene Vet Center

190 East 11th Avenue Eugene 541-465-6918

Mental health assistance for vets and the families of vets who served in combat in need of readjustment to society or for those who are experiencing trauma. Employment assistance on

Thursdays. Hours: M-F 8 AM – 4:30 PM

www.va.gov/find-locations/facility/vc_0626V ◆◆◆

Lane County Veteran Service Office

151 W 7th Ave, Ste 460 Eugene 541-682-4191

Case management for vets, including filing for disability claims, obtaining military records, applying for VA Health Care, education benefits and surviving spouse benefits. Hours: M-F 8 AM – 5 PM, (Closed 12-1)

lanecounty.org/cms/one.aspx?pageId=4133203 ◆◆◆

Military Helpline

..... 888-457-4838

24/7 resource for military service members, veterans and their families. Text "MILT" to 839863 Hours: 24/7
Operation Homefront

..... 800-722-6098

Providing assistance for Veterans in need. All financial needs must be documented. They provide for those qualified: financial assistance, transitional housing, school supplies, holiday meals.
Hours: 24/7

70 Unique Situations – Veterans' & Youth Services

www.operationhomefront.org/

PenFed Foundation

..... 800-558-9224

Emergency financial assistance program offers financial assistance for wounded, ill, and injured post 9-11 combat veterans who are experiencing an unexpected short term (1- 2 months) financial setback. Fastest method to get a response is to email via "Apply for Assistance" on the website. Hours: 24/7

penfedfoundation.org/ ◆◆◆◆

St. Vincent de Paul Support Services for Veteran Families

2890 Chad Dr., Eugene 541-743-7107

Housing assistance, eviction prevention, case mgt, referrals and assistance to other services and benefits. Aimed at helping homeless veterans and those at risk of homelessness with the resources needed to become or remain permanently housed.

Hours: M-F 8-5

www.svdp.us/what-we-do/affordable-housing/supportive-services-veteran-families/ ◆◆◆◆◆◆

Veterans Crisis Hotline

.....800-273-8255 press 1

Support line for all veterans, service members, National Guard members and their family.

Veterans Homeless Services Hotline

..... 877-424-3838

A national line that provides referral to services for veterans without a home. Hours: 24/7

West 11th Resource Guide

Workers Compensation

Villager Aftercare (Issues people who have been evicted from transitional villages, homeless shelters, or their homes.)

Eviction Prevention

Community Alliance of Tenants: 503-228-0130

Foreclosure Hotline: 503-288-0130

Homeownership Preservation Foundation:
1-888-995-HOPE

Housing and Urban Development: 1-800-669-9777

Peer-to-Peer Loans Lane County: 541-343-9548

ShelterCare Housing Services for Families: 541-689-3785

Energy Assistance (Financial)

Catholic Community Services: 541-345-3628

Eugene Service Center: 1464 W 6th Ave, Eugene, OR 97401

Springfield Service Center: 1025 G St, Springfield, OR 97477

Oasis: 1175 G Street, Springfield, OR 97477

Friends in Service to Humanity (FISH): 541-689-9750
440 Maxwell Rd., Eugene, OR 97404

Lane Electric Member Assistance Program: 541-484-1151
787 Bailey Hill Rd., Eugene OR 97402

Love for Lane County: 541-653-8537

Oregon Low Income Home Energy Assistance Program:
541-682-3378

Salvation Army: 541-343-3328
640 W. 7th Ave., Eugene, OR 97402

St. Vincent de Paul Eugene Service Station: 541-461-8688
450 Hwy 99 N, Eugene, OR 97402

Housing-Shelters

Community Supported Shelters: 541-683-0836
1160 Grant Street, Eugene, OR 97402
Conestoga Huts - must apply in person and check in weekly

COVID-19 Emergency Shelter Program
<https://www.cognitoforms.com/LaneCounty1/covid19emergencyshelterreferralfom>
Shelter grant by Lane County – hosted by different social services in town

Egan Warming Centers
For updates on when/where open:
Call White Bird @ 541-687-4000
Call St. Vincent de Paul @ 541-607-0439
Check: www.eganwarmingcenter.com

Eugene Mission: 541-344-3251
1542 W 1st Ave, Eugene, OR 97402

Nightingale Hosted Shelters: 541-632-4278
3500 Hilyard St, Eugene, OR
<https://nightingaleshelters.org/apply/>

ShelterCare Medical Recuperation: 541-461-2845
780 Hwy 99 N, Eugene, OR 97402
Short term medical respite shelter
Contact PacificSource – submit Flex Funds request
<https://communitysolutions.pacificsource.com/Base/DocumentContent/5DzYiUaJCfL7wBeuZJYsdjGsKo43hqqo5vucODpAFkkdBBY10SB5luyiw8-WuIVb/Flexible%20Services%20Member%20Request%20Form>
Contact Trillium – submit Outpatient PA form
<https://www.trilliumohp.com/content/dam/centene/trillium/ProviderResources/ProviderForms/TRILLIUM%20OUTPATIENTPRIOR%20AUTHORIZATION.pdf>
Sponsors, Inc: 541-485-8341
338 Hwy 99 N, Eugene, OR 97402
Assistance for formerly incarcerated individuals

Square One Villages: 541-525-0501
15 N. Polk St., Eugene, OR 97402
Check to see which villages have openings and to download applications/guidelines
<https://www.squareonevillages.org/>

St. Vincent de Paul City of Eugene Safe Sleep Site
310 Garfield St., Eugene, OR 97402
Online waitlist application: <https://www.cognitoforms.com/SaintVincentDePaul2/SafeSleepWaitList>
Spots for people residing in their cars or RVs/trailers

St. Vincent de Paul Dawn to Dawn Program: 541-461-8688
717 Hwy 99 N, Eugene, OR 97402

Sign up through Service Station (450 Hwy 99 N), 2:00 pm

St. Vincent de Paul Overnight Parking: 541-461-8688

Sign up through Service Station (450 Hwy 99 N)

St. Vincent de Paul Pallet Shelter Program: 541-521-4369

450 Hwy 99 N, Eugene, OR 97402

Referrals through PeaceHealth Care Management

Youth (Services specifically for young adults)

Hosea Youth Services Project (Upt to 24)

834 Monroe Street, Eugene 541-344-5583

Drop-in day access center for homeless and displaced youth 16-

Looking Glass – New Roads Program

941 W 7th, Eugene 541-686-2688

Day shelter and food for youth 16-21 only. Meals: Breakfast -

8:30 - 9:30 am Lunch - 12:00 - 1:00 pm Snacks - 3-3:30 pm Food,

clothing, showers, and assistance with employment, transitional

and permanent housing. Hours: M-F 8:30-3:30

www.lookingglass.us/new-roads24 including job search, meals, showers, laundry, clothing, and personal hygiene items. Hours: MWF 4:30-6:30pm

www.hoseayouth.org

Looking Glass – New Roads Program (Up to 21)

941 W 7th, Eugene 541-686-2688

Day shelter and food for youth 16-21 only. Meals: Breakfast -

8:30 - 9:30 am Lunch - 12:00 - 1:00 pm Snacks - 3-3:30 pm Food,

clothing, showers, and assistance with employment, transitional

and permanent housing. Hours: M-F 8:30-3:30

www.lookingglass.us/new-roads