EMERGENCY CRISIS LINES

911 ......................................................................................................................... Dial 911 Emergencies only Hours: 24/7

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

Child Abuse: Natl. Child Abuse Hotline .......... 1-800-422-4453 National Child Abuse Hotline Hours: 24/7

Womenspace 24/7 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

Looking Glass Crisis Response Line ............... 1-888-989-9990 24 hour crisis prevention helpline for families with children or homeless youth ages 17 and under Hours: 24/7

Thoughts of Suicide: National Suicide Prevention Lifeline 1-800-273-8255 National Suicide Prevention Lifeline Hours: 24/7

Trans Lifeline ................................................................. 1-877-565-8860 Provides peer counseling for transgender individuals in crisis. Hours: 7 days 7am-1am

Trevor Lifeline ................................................................. 1-866-488-7386 A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text “START” to 678678 (standard text messaging rates apply). 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
HOW TO USE THIS BOOK

Are you in Crisis?
A crisis is defined personally by each individual who reaches out to White Bird Clinic. It can be a difficult or dangerous time, but it is also an opportunity for change. Anxiety, depression, grief, trauma, identity issues, abuse, interpersonal conflict, and other external or internal factors can contribute to a time of crisis. If you find your ability to access your own resources is compromised by a crisis event, please reach out to us on our 24/7 crisis line at 541-687-4000 or 1-800-422-7558 or turn to page 2 for a complete listing of emergency crisis lines.

Are you looking for help in an area of need?
Check the Table of Contents on pages 4 and 5. Check the general categories and find the one your need best fits (like “Health” or “Housing”). Then see if you can find your need under that category.

Are you looking for a service you know the name of?
Go to the index of service providers on page 85 and find the providers listed alphabetically, and all the pages their entries are found.

Are you outside of Eugene or Springfield but in Lane County?
We have a special section just for you! Our “Lane County” section begins at page 75 and services are listed by cities.

Are you LGBTQIA, or a Vet or Youth or Latinx or getting out of prison or a Senior or Jewish?
We have special sections, just for you, in the Unique Situations category!

STILL can’t find what you’re looking for?
• If you are looking for something like clothing or a bathroom, check the “Basic Needs” section in the Table of Contents.
• Some services listed on the bottom of one page has information continuing on the next page.
• Ask a friend or service provider to help you use the book to find the info you need.

There are some services not found in this book. Sorry. If you think we are missing a service, please let us know at the email: littlehelpbookfrommyfriends@whitebirdclinic.org. If you want to leave a note about our clever email address, we’d appreciate that.
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**LEGEND**

- ⚪️ = ADA accessible
- 🌍 = Other languages than English spoken

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This is the first version of “The Little Help Book” and every service here has provided us with the information included thanks to the following folks and organizations:

- Steve Kimes
- Eric Luuvas
- Brynn Grossman
- Eugene Mennonite Church
- Diane Kimes
- Heather Sielicki
- Lane County Human Services
- Community Supported Shelters
- City of Eugene
- Sponsors, Inc.
- HIV Alliance

Please contact us at littlehelpfrommyfriends@whitebirdclinic.org with any errors or omission as well as ideas for making this book better. Thanks!
Basic Needs – Bathrooms

BASIC NEEDS

BATHROOMS

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

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/

G-Street Oasis
1175 G St. Springfield ........................................... 541-214-0260
Provides day shelter and other services for homeless families
with children. Laundry, hygiene supplies, bathrooms, kitchen
facilities and showers available. Also provides limited transitional
housing and referrals for families. To obtain services one must be
registered in the program, please call Gail at the phone above to
register, or email gstreet@ccslc.org Hours: M-F 9AM - 3PM
www.ccslc.org/g-street-oasis

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene .............................. 541-461-8688
The Eugene Service Station, a day access center for adults 18
and over meals, meals, bathrooms, laundry services, showers,
telephones, mail services, and gift cards that can be used in St.
Vinnie’s gift cards to be used for clothing and items for the
unsheltered. It is also where you go to get on the Dusk to Dawn,
Safe Parking and Overnight Parking Programs wait list. Hours 7
days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless

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

**BEDDING**

**First Christian Church – Helping Hand Room**
1166 Oak St. Eugene ........................... 541-344-1425
Provides clothing for all ages, including baby clothes, kitchen items, and bedding to those in need. Items are used and in good condition. Hours: TTh 12-2pm
www.heartofeugene.org

**St. Vincent de Paul – Eugene Service Station**
450 Highway 99 North Eugene .................... 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless

**CLOTHING**

**Catholic Community Services Springfield Center**
1025 G St, Springfield ..........................541-345-3628 xt 324
Clothing closet is open from Tuesday – Saturday from 9:30 a.m. to 12 p.m. Also available is a food pantry 9-12:45 WFS. Utility help, housing resources, personal hygiene, prescription assistance, rental assistance and SNAP enrollment assistance also available. Hours: T-F 9am-4:30pm
www.cccslc.org/food-clothing-and-emergency-help

**Ebbert United Methodist Church**
532 C Street, Springfield ............................ 541-746-3513
Meals served. Breakfast on Mondays from 8:00 am to 11:00 am. Sack lunches on Tuesdays and Thursdays from 8:00 am to 11:15 pm. Community meal on Wednesdays at 4:30-7pm. Saturday dinner 4pm provided by Hope House. Clothing closet open Monday and Wednesday at meal times. Hours: MTTHF 8-11am, W 4:30-7pm
ebbertumc.org/
**Eugene Mission**
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/

**First Christian Church – Helping Hand Room**
1166 Oak St. Eugene ........................................ 541-344-1425
Provides clothing for all ages, including baby clothes, kitchen items, and bedding to those in need. Items are used and in good condition. Hours: TTh 12 - 2
www.heartofeugene.org

**First Way of Eugene**
1162 B St. #213 Springfield ........................................ 541-687-8651
Provides pregnancy tests, ultrasound, baby and toddler clothes, baby wipes, diapers, all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. Hours: TWTh 10-4
www.1st-way.org/

**Looking Glass – New Roads Program**
941 W 7th, Eugene ............................................... 541-686-2688
Day shelter and food for youth 16-21 only. Food, clothing, showers, and assistance with employment, transitional and permanent housing. Meals: Breakfast - 8:30 - 9:30 am Lunch - 12:00 - 1:00 pm Snacks - 3-3:30 pm Hours: M-F, 8:30-3:30
www.lookingglass.us/new-roads

**Share Fair**
(check website for location this month)
Email: sharefair@neighborhoodanarchists.org
Every month Share Fair gives away free items they have collected from the community. They offer a meal, clothes, household supplies, services and face-to-face contacts with local services. Look at the website for the location and date this month. Hours: Last Tuesday of every month, 3-6:30pm.
neighborhoodanarchists.org/sharefair/

**Springfield Adventist Community Center**
1546 N 12th St., Springfield .................................. 541-746-8263
Food pantry hours: 1st and 3rd Tuesday 10am-1pm; 2nd and 4th Tuesday 4-7pm Hours: 7 days a week, 8am-10pm.

**St. Vincent de Paul – Eugene Service Station**
Basic Needs – Day Shelters

450 Highway 99 North Eugene ............................ 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over. Meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless

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

DAY SHELTERS

Eugene Mission
1542 W 1st Ave., Eugene ................................. 541-344-3251
Walk-in day shelters are available, including showers, meals, and hygiene items. The Men’s day shelter is available from 7am-1pm, 4-6pm M-F; the Women’s day shelter is available from 7am to 1pm M-F. Women and children are welcome most times of the day, M-F (please call the center for availability, if you can). Hours: M-F 7am-1pm
eugenemission.org/about/faqs/

First Place Family Center
1995 Amazon Parkway, Eugene ....................... 541-342-7728
Offers a day time facility for families with children, providing bathrooms, 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/

G-Street Oasis
1175 G St., Springfield ................................. 541.214.0260
Provides day shelter and other services for homeless families with children. Laundry, hygiene supplies, bathrooms, kitchen facilities and showers available. Also provide limited transitional housing and referrals for families. To obtain services one must be
registered in the program, please call Gail at the phone above to register, or email gstreet@ccslc.org Hours: M-F 9-3
www.cccslc.org/g-street-oasis

Hosea Youth Services Project
834 Monroe Street, Eugene .................................... 541-344-5583
Drop-in day access center for homeless and displaced youth 16-24 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
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

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene .................................. 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless

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

DAY STORAGE

St. Vincent’s Storage Locker
On Olive Street, behind Eugene Library .................... 541-689-6747
Day use locked storage lockers, attended during the day. Hours: 9-5:30 daily
HAIRCUTS

Eugene Mission
1542 W 1st Ave. Eugene ................................. 541-344-3251
Free haircuts are available. Please call for the schedule. Eugene Mission also provides overnight shelters, day shelters, meals, showers, clothing and more. Hours: Call for hours eugenemission.org/

HOUSEHOLD GOODS

St. Vincent de Paul Social Services
456 Highway 99 N, Eugene ................................. 541-689-6747
Social Services provides clothing GIFT CARD to St. Vinnie’s retail stores for furniture clothing etc., propane help for the unsheltered, 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.

HYGIENE ITEMS

Catholic Community Services Eugene Center
1464 W 6th Ave, Eugene ................................. 541-345-3628 xt. 404
Hygiene items, food pantry, utility help, prescription assistance. Hours: M-F 9-4:30
www.ccsslc.org/food-clothing-and-emergency-help

Catholic Community Services Springfield Center
1025 G St, Springfield ................................. 541-345-3628 xt 324
Hygiene items, clothing room, food pantry, utility help, housing resources, personal hygiene, prescription assistance, rental assistance. Hours: T-F 9-4:30
www.ccsslc.org/food-clothing-and-emergency-help

Eugene Mission
1542 W 1st Ave., Eugene ................................. 541-344-3251
Meals, overnight shelter, day shelter, showers and hygiene items are available. Clothing is available to those who request items before 9am, Monday-Friday. Hours: M-F 9-4:30 eugenemission.org/about/faqs/

G-Street Oasis
1175 G St., Springfield ................................. 541.214.0260
Provides day shelter and other services for homeless families with children. Laundry, hygiene supplies, bathrooms, kitchen facilities and showers available. Also provides limited transitional housing and referrals for families. To obtain services one must be
registered in the program, please call Gail at the phone above to register, or email gstreet@ccslc.org Hours: M-F 9-3
www.cccslc.org/g-street-oasis

**Hosea Youth Services Project**
834 Monroe Street, Eugene ............................... 541-344-5583
Drop-in day access center for homeless and displaced youth 16-24 including job search, meals, showers, laundry, clothing, and personal hygiene items. Hours: MWF 4:30-6:30pm
www.hoseayouth.org

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**ID / BIRTH CERTIFICATE REPLACEMENT**

**Catholic Community Services Eugene Center**
1464 W 6th Avenue, Eugene ............................. 541-345-3628 xt. 404
For assistance with obtaining an ID or birth certificate. On the 2nd and last Thursdays of the month there is a lottery at 9am to determine who will receive the service. Please bring any identifying records you have available. Food pantry, utility assistance, prescription assistance, hygiene items and rental assistance also available. Hours: M-F 9-4:30

**Catholic Community Services Springfield Center**
1025 G St, Springfield ........................................ 541-345-3628
For assistance with obtaining an ID or birth certificate. On the 2nd and last Thursdays of the month there is a lottery at 9am to determine who will receive the service. Please bring any identifying records you have available. Food pantry, clothing closet, utility assistance, prescription assistance, hygiene items and rental assistance also provided. Hours: T-F 9-4:30
www.cccslc.org/food-clothing-and-emergency-help

**Oregon Department of Motor Vehicles – Eugene**
2870 W 10th Pl, Eugene ..................................... 541-686-7855
Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. Hours: MTThF 8-5
oregon.gov/ODOT/DMV/pages/offices/eugenedtc.aspx

**Oregon Department of Motor Vehicles – Springfield**
204 N 30th St, Springfield .................................. 503-945-5000
Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and
return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. Hours: MTThF 9 – 5

**White Bird: Homeless**  
323 E 12th Ave, Eugene ................................. 541-342-1295  
Assists in obtaining birth certificates free of charge. Case management for homeless individuals, can sign up for Social Security benefits. Hours: M-Th 12-2pm

**INTERNET ACCESS & LIBRARY SERVICES**

**Bethel Branch Library**  
1990 Echo Hollow Road, Eugene ...................... 541-682-5450  
Wifi and computer access available. Hours: M-WThF Sa 10-6; T 12-8  
www.eugene-or.gov/130/Eugene-Public-Library

**Campbell Center**  
100 W 10th Ave, Suite 321, Eugene ..................... 541-682-5318  
Printed pages are ten cents a sheet. Wifi available at all community centers. Hours: M-F 9:30-12:30  
www.eugene-or.gov/3237/Campbell-Community-Center

**Eugene Public Library**  
100 W 10th Ave. Eugene ................................. 541-682-5450  
Wifi and computer access available. Hours: M - Th 10 - 8, F - Su 10 - 6  
eugene-or.gov/library

**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/

**Sheldon Branch Library**  
1566 Coburg Rd. Eugene  
Library with WIFI and computers. Hours: M-WThF Sa 10 AM - 6 PM; T 12 - 8 PM  
www.eugene-or.gov/130/Eugene-Public-Library

**Springfield Public Library**  
225 5th St. Springfield ................................. 541-726-3766
Wifi and computers Hours: M - T 10am-8pm, W - Th 10am-6pm, F - Sa 10am-5pm
wheremindsgrow.org

University of Oregon Knight Library
501 Kincaid, Eugene ................................. 541-346-3053
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. Hours: M-F 9-6
library.uoregon.edu/knight-library

WorkSource Lane
2510 Oakmont Way Eugene ............................. 541-686-7601
The Job and Career Center provides job-search assistance, career counseling, job-finding workshops, resume and cover-letter writing assistance to all job seekers. Computer and internet access available for job search purposes. Hours: M-F 8 - 5
worksourceoregon.org

LAUNDRY

Eugene Mission
542 W 1st Ave., Eugene ............................. 541-344-3251
Laundry is available for overnight guests. Eugene Mission also provides overnight shelter, day shelter, showers, clothing, meals and more.
eugenemission.org/about/faqs/

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/

G-Street Oasis
1175 G St. Springfield ............................. 541-344-5583
Provides day shelter and other services for homeless families with children. Laundry, hygiene supplies, bathrooms, kitchen facilities and showers available. Also provides limited transitional housing and referrals for families. To obtain services one must be registered in the program, please call Gail at the phone above to register, or email gstreet@ccslc.org Hours: M-F 9-3
Hosea Youth Services Project
834 Monroe Street, Eugene ......................... 541-344-5583
Drop-in day access center for homeless and displaced youth 16-24 including job search, meals, showers, laundry, clothing, and personal hygiene items. Hours: MWF 4:30-6:30pm
http://www.hoseayouth.org

Laundry Unicorns/Eugene Mennonite Church
2110 W 6th Ave #2698, Eugene (Big Y Laundry) ... 541-343-9548
Individuals who live on the street may get their clothes laundered and dried for free. Laundry soap and bleach and clean bags provided. Also some snacks and survival supplies available.
Hours: Every other Wednesday 6-9pm

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene ......................... 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless

MAIL AND MESSAGES

Eugene Mission
1542 W 1st Ave. Eugene 9740 ......................... 541-344-3251
Mail service is available for overnight guests. Eugene Mission also offers overnight shelters, day shelters, meals, clothing, showers, toiletries, haircuts and snacks.
eugenemission.org/

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/

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene ......................... 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless

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. Translator service available. Provides a mail service, phone access, bathrooms, vision services, first aid, 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

PHONE

Department of Human Services
2101 W. 11th Ave., Eugene .......................... 541-686-7722
Apply for 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. English and Spanish spoken. Hours: M-F 7am-6pm

Freedom Pop
...................................................... 1-800-491-5676
Low cost cell phone service for those with an "unlocked", "GSM" phone (takes a SIM card). Free 200 minute calling plan to 12 month unlimited calling and texting for 49.99 dollars. Use link http://fpop.co/gWa0

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene .......................... 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn,
Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m. www.svdp.us/what-we-do/homeless

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

**PROPANE**

**FISH/Trinity United Methodist Church**
440 Maxwell Rd. Eugene .......................... 541-689-9750
Provides emergency food, propane and prescription drug assistance to individuals and families. Operates a food cupboard and takes calls for food, prescription drug and propane assistance five days a week. Hours: M - F 10 - 2:30
trinityumceugene.org/fish-food-pantry/

**St. Vincent de Paul Social Services**
456 Highway 99 N, Eugene .......................... 541-689-6747
Social Services provides clothing GIFT CARD to St. Vinnie’s retail stores for furniture clothing etc., propane help for the unsheltered, 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.

**SHOWERS**

**Eugene Mission**
1542 W 1st Ave., Eugene .......................... 541-344-3251
Showers are available for those who stay overnight and for those who walk in. Men can shower from 8am-1pm and 4:30-6:30pm M-F. Women can shower from 9-11am M-F. Women with children can contact the Mission for shower time. Eugene Mission also provides overnight shelters, day shelters, clothing, haircuts, hygiene items, meals, case management and referrals.
eugenemission.org/about/faqs/

**G-Street Oasis**
1175 G St., Springfield .......................... 541.214.0260
Provides day shelter and other services for homeless families with children. Laundry, hygiene supplies, bathrooms, kitchen facilities and showers available. Also provides limited transitional
housing and referrals for families. To obtain services one must be registered in the program, please call Gail at the phone above to register, or email gstreet@ccslc.org Hours: M-F 9-3
www.ccslc.org/g-street-oasis

Hosea Youth Services Project
834 Monroe Street, Eugene .......................... 541-344-5583
Drop-in day access center for homeless and displaced youth 16-24 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
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

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene ............................. 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless

CARE

BURIAL AND CREMATION

Lane County Medical Examiner
125 E 8th #400, Eugene ................................. 541-682-4261
(Ask the District Attorney’s office to connect you to the Medical Examiner.) The ME investigates deaths and provides information about cause of death to next-of-kin. The website has a list of funeral homes and cremation services. The ME’s office cannot make a recommendation of a funeral home for you. If you call the ME, you first speak to the administrative assistant of the District Attorney. Hours: M-F 9-5
DOMESTIC VIOLENCE/SEXUAL ASSAULT

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

Department of Human Services
101 30th St., Springfield ................................. 541-726-3525
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
1040 Harlow Rd, Springfield .......................... 541-726-6644
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

Options Counseling Services
1255 Pearl St., Ste. 102 Eugene .......................... 541-687-6983
Email: options@options.org Provides mental health, family preservation, life skills for families with children. Hours: M-F 8:30am - 5pm
options.org

SASS – Sexual Assault Support Services
591 W 19th Ave, Eugene ................................. 541-343-7277
Counseling and support services for those who are sexually assaulted. Services free of charge. Hours: T, W, Th 9-4, drop in center hours
sass-lane.org/

Womenspace – Domestic Violence Advocacy Center
1577 Pearl St., 2nd floor, Eugene .................... 541-485-8232
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 Hours: M-F 9am-4:30pm

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

FAMILY CARE SERVICES

Catholic Community Services Eugene Center
1464 W 6th Ave, Eugene ......................... 541-345-3628 xt. 404
Food pantry, rental assistance, utility assistance, housing referrals, prescription assistance, referrals to employment counseling and more! 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
Food pantry, clothing closet, rental assistance, utility assistance, housing referrals, prescription assistance, referrals to employment counseling, SNAP enrollment assistance, and more! Hours: T-F 9-4:30
www.ccslc.org/food-clothing-and-emergency-help

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**
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

**Department of Human Services**
101 30th St., Springfield .................................  541-726-3525
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**
1040 Harlow Rd. .............................................  541-726-6644
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 8-5

**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/

**First Way of Eugene**
1162 B St. #213 Springfield ..............................  541-687-8651
Provides pregnancy tests, ultrasound, baby and toddler clothes, baby wipes, diapers, all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. Hours: TWTh 10-4
www.1st-way.org/
**G-Street Oasis**
1175 G St., Springfield ................................. 541-214-0260
Provides day shelter and other services for homeless families with children. Laundry, hygiene supplies, bathrooms, kitchen facilities and showers available. Also provides limited transitional housing and referrals for families. To obtain services one must be registered in the program, please call Gail at the phone above to register, or email gstreet@ccslc.org Hours:  M-F 9-3
www.ccslc.org/g-street-oasis

**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/

**Relief Nursery – Eugene**
1720 W 25th Ave. Eugene ................................. 541-343-9706
A child-abuse-and-neglect prevention agency for high-risk families. Therapeutic early childhood services and comprehensive family support, including alcohol & drug recovery support services. Hours:  M - Th 9 - 4; F 8:30 - 12:30
reliefnursery.org

**Relief Nursery – Springfield**
850 S 42nd St. Springfield ................................. 541-485-0007
A child-abuse-and-neglect prevention agency for high-risk families. Therapeutic early childhood services and comprehensive family support, including alcohol & drug recovery support services. Hours:  M - Th 9 - 4; F 8:30 - 12:30
reliefnursery.org

**Sacred Heart – Pregnancy and Parenting Education**
3333 Riverbend Dr. Springfield ............................. 541-222-7074
Provides pregnancy and parenting education programs. Classes and workshops include childbirth classes, breast-feeding classes and family birth center tours. Hours:  M-F 8-5
www.peacehealth.org
Shelter Care
499 W. 4th Avenue, Eugene .......................... 541-689-7156
Homeless prevention program. Shelter for families, the medically-fragile and others in crisis. Usual wait for shelter is 2-4 weeks
Hours: M-F 8:30-4:30
www.sheltercare.org/what-we-do/

White Bird – Counseling Program
314 E 12th Ave, Eugene ............................... 541-342-8255
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. Call for a free intake interview and review of counseling options. No walk in, please make an appointment.
Hours: M-F 8-5
whitebirdclinic.org

PET CARE

Community Veterinary Center
470 Hwy 99, Eugene ...................................... 541-636-3324
Sliding scale clinic, by appointment only. Basic care includes:
wellness checks, vaccines, blood work, euthanasia, dental treatments, prescriptions, diagnosis and treatments, radiology, sterile surgery, and spay/neuter Hours: TWTh 9-4
www.communityvet.org/

Pro-Bone-O
541-607-8089 (Message phone, we will return your call) Provides free clinics for the pets of homeless individuals. Vaccinations, flea and tick prevention, treatment of minor ailments, spay/neuter vouchers, worming, food and treats. The clinics are 9:30am-1:30pm on the 2nd and 4th Sundays from January through October and on the second Sunday in Nov and Dec. A lottery is held for the appointments available at 8:30am at Eugene Mission, 1542 W 1st Ave, Eugene.
proboneo.org/

SPOT (Stop Pet Overpopulation Today)
541-607-4900
Gives vouchers to help cover costs for spaying or neutering dogs of low income individuals. Co-pays are based on level of need and all breeds are eligible. Preferred contact by website.
www.spotspayneuter.org/
EDUCATION

ADULT EDUCATION

Lane Community College Financial Aid
4000 East 30th Avenue Eugene, Building 1 .......... 541-463-3400
Provides information and assistance obtaining grants or financial
aid to attend college. Hours: MTTH 8:30-5; W10-5
www.lanecc.edu/finaid/contact-us

Lane Community College GED Preparation
4000 E 30th Avenue, Eugene Building 1 ................. 541-463-5214
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 and a grant for
transportation available for those in the program. Spanish
language GED program available. Hours: M-Th 8:30-3:30; F
8:30-2
www.lanecc.edu/abse/ged-preparation

FOOD

FOOD BOXES/PANTRIES

Bethsaida Lutheran Church
4445 Royal Avenue, Eugene ............................. 541-688-9085
Food pantry. Open the 2nd and 4th Tuesdays of the month from
9:30 am – 12:00 pm first come, first served. Hours: 2nd and 4th
T 9:30-12

Catholic Community Services Eugene Center
1464 W 6th Ave, Eugene ................................. 541-345-3628 xt. 404
Food pantry is from 9am-12:45pm MWF. Rental assistance, utility
assistance, housing referrals, prescription assistance, referrals to
employment counseling are also available. Hours: M-F 9-4:30
www.ccsclc.org/food-clothing-and-emergency-help

Catholic Community Services Springfield Center
025 G St. Springfield ................................. 541-345-3628
Food pantry is open from 9am-12:45pm WFSa. A clothing closet,
rental assistance, utility assistance, housing referrals, prescription
assistance, referrals to employment counseling, SNAP enrollment
assistance, are also available. Hours: T-F 9-4:30
www.ccsclc.org/food-clothing-and-emergency-help
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

Department of Human Services
101 30th St., Springfield ................................. 541-726-3525
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

Eugene Faith Center
410 West 13th Avenue Eugene ......................... 541-686-9244
Hours: 2nd and 4th Th 2-6pm
eugenefaithcenter.org/

FISH/Trinity United Methodist Church
440 Maxwell Rd. Eugene .......................... 541-689-9750
Provides emergency food, propane and prescription drug
assistance to individuals and families. Operates a food cupboard
and takes calls for food, prescription drug and propane
assistance five days a week. Hours: M - F 10 - 2:30
trinityumceugene.org/fish-food-pantry/

FOOD for Lane County
770 Bailey Hill Rd. Eugene ........................... 541-343-2822
info@foodforlanecounty.org Contact for a location to pick up food.
Hours: M-F 9-4
foodforlanecounty.org
Looking Glass – New Roads Program
941 W 7th, Eugene 541-686-2688
Day shelter and food for youth 16-21 only. Food, clothing, showers, and assistance with employment, transitional and permanent housing. Meals: Breakfast - 8:30 - 9:30 am Lunch - 12:00 - 1:00 pm Snacks - 3-3:30 pm Hours: M-F 8:30-3:30
www.lookingglass.us/new-roads

Mannahouse – Daily Bread
89780 North Game Farm Road Eugene 541-344-3380
Emergency food assistance Hours: Th 2-6p

Our Redeemer Lutheran Church Food Pantry
255 Maxwell Road Eugene
Food pantry is open every 2nd and 4th Saturday of each month, 10am-Noon Hours: 2nd and 4th Sat 10-12

Produce Plus – Bethel Farm
1200 N. Terry, Eugene (behind Prairie Mountain School) Produce Plus program provides brings fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment. During the school year (September-June), every Tuesday 12-4pm. Hours: T 12-4pm

Produce Plus – Bethel's Cascade Middle School
1525 Echo Hollow Road, Eugene
Produce Plus program provides brings fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment. During the school year (September-June), every Monday, starting at 12 pm. During the summer months (June-September), every Tuesday, starting at 12 pm. Hours: M @ 12; or T @ 12

Produce Plus DHS McKenzie Center
2885 Chad Drive, Eugene
Produce Plus program provides brings fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment. Produce is dropped off Monday mornings. Hours: M AM

Produce Plus DHS Springfield
101 30th Street, Springfield
Produce Plus program provides brings fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment. Produce is dropped off Monday mornings. Hours: M AM
Produce Plus DHS West Eugene
2101 W. 11th Avenue, Eugene
Produce Plus program provides brings fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment. Produce is dropped off Monday mornings. Hours: M AM

Produce Plus – Unitarian Universalist Church
1685 W. 13th Avenue, Eugene
Produce Plus program provides brings fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment. The first and third Tuesday of each month from 3 to 6 pm. Hours: 1st and 3rd T 3-6pm

Salvation Army
640 W. 7th Ave Eugene .................................541-343-3328
Food boxes available. A snack bag is available to those who do not have address or ID. Utility assistance is only for Blachely Lane & Lane Electric, if referred to by the utility. Valid ID required for services. Hours: M-Th 8:30-3:25 Closed for lunch 11:55-1pm, T closed 11-2, F 8:30-12:25
eugene.salvationarmy.org

Springfield Adventist Community Center
1546 N 12th St., Springfield ..........................541-746-8263
Clothing and food are available for individuals once a month. A free meal is available Fridays from 9-12. Hours: 1st and 3rd T 10am-1pm; 2nd and 4th T 4-7pm

St. Vincent de Paul Social Services
456 Highway 99 N, Eugene .............................541-689-6747
Social Services provides clothing GIFT CARD to St. Vinnie’s retail stores for furniture, clothing etc., propane help for the unsheltered, 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.

The Shepherd’s Table at St. John’s
2537 Game Farm Rd, Springfield ..........................541-746-3322
Open on the 1st and 3rd Saturday of the month from 9:00am to 12:00pm Hours: 1st and 3rd Sat 9-12

Thurston Food Pantry inside Waypoint Community Church
332 58th Street, Springfield
Food pantry is open the 3rd Saturday of the month from 9am-12pm Hours: 3rd Sa 9am-12pm

**MEALS**

**Burrito Brigade**
Vegetarian burritos are distributed Saturdays and Sundays 1:45-3pm at various locations including Occupy Medical (1717 Centennial Blvd. Suites 4 & 7 in Springfield, Oregon) and in front of the White Bird Front Rooms (341 E 12th Ave, Eugene). Hours: Sa/Su 1:45-3pm
burritobrigade.org/volunteer/

**Ebbert United Methodist Church**
532 C Street, Springfield ........................................ 541-746-3513
Meals served. Breakfast on Mondays from 8:00 am to 11:00 am.
Sack lunches on Tuesdays and Thursdays from 8:00 am to 11:15 pm. Community meal on Wednesdays at 4:30-7pm. Saturday dinner 4pm provided by Hope House. Clothing closet open Monday and Wednesday at meal times. Hours: MWTH 8am; W 4:30; Sa 4pm
ebbertainc.org/

**Eugene Catholic Worker**
754 Washington St, Eugene ..................................... 541-345-8459
Food and emergency blankets available at the address during the winter. At First and Washington, breakfast served Wednesday-Saturday from 8:30 am -9:30 am. Hours: W-Sa 8:30 am -9:30 am
eugenecatholicworker.org/

**Eugene Mission**
1542 W.1st, Eugene ............................................... 541-344-3251
Meals for women and families: 6:15am, 11:15am, 5:15pm; meals for adult men and others: 7am, 12pm, 6pm. Eugene Mission also provides overnight shelter, day shelter, showers, clothing, hygiene products, haircuts and more. Hours: See description.
eugenemission.org/

**Eugene Seventh Day Adventist Church**
1275 Polk St, Eugene ............................................. 541-683-4169
Free meal, 2nd, 3rd and 4th Saturdays of each month, 1pm. Hours: 2nd and 4th Sa 1pm
eugeneor.adventistchurch.org/

**First Christian Church – Sunday Breakfast**
1166 Oak St. Eugene ............................................. 541-344-1425
Breakfast served in the basement every Sunday, 7:45am - 9:15am. No pets please. Enter through the back of the church on the west side. Sack lunches if available. Hours: Su 7:45-9am heartofeugene.org

**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 – The Dining Room**
270 W. 8th (8th & Lincoln) ................................. 541-284-1340
Free meal served restaurant-style for first 250 guests. Must be 18 or older unless with legal guardian. Hours: M-Th 12-2:45pm
foodforlanecounty.org/get-help/foodboxes-meals/fflcs-dining-room/

**Food Not Bombs**
Park Blocks
Nutritious, vegan meal served Fridays at 4 pm in the Park Blocks across from the courthouse. Hours: F 4pm
www.facebook.com/foodnotbombseugene/

**Hosea Youth Services Project**
834 Monroe Street, Eugene .............................. 541-344-5583
Drop-in day access center for homeless and displaced youth 16-24 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**
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/

**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
Share Fair
Email: sharefair@neighborhoodanarchists.org
Every month Share Fair gives away free items they have collected from the community. They offer a meal, clothes, household supplies, services and face-to-face contacts with local services. Check website for location and date this month. Hours: Final T of month 3-6:30pm
neighborhoodanarchists.org/sharefair/

Springfield Adventist Community Center
1546 N 12th St., Springfield .............................. 541-746-8263
Food pantry hours are 1st and 3rd Tuesday 10am-1pm; 2nd and 4th Tuesday 4-7pm. A free meal is available Fridays from 9-12. Clothing and food are available for individuals once a month. Hours: 1st and 3rd T 10am-1pm; 2nd and 4th T 4-7pm

St. John Maximovitch Church
304 Blair Blvd, Eugene ................................. 541-484-5810
Breakfast served the 1st Saturday of every month 9-11 am. Hours: 1st Sa 9-11am
stjohnthewonderworker.org/our-ministries/first-saturday-neighborhood-breakfast/

St. Mary’s Episcopal Breakfast
1300 Pearl St. Eugene ................................. 541-343-9253
Breakfast served 2nd and 4th Saturday of each month at 9:30am. Hours: 2nd and 4th Sa 9:30am
www.saint-marys.org/

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene .......................... 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m. https://www.svdp.us/what-we-do/homeless

Summer Food Program by FOOD for Lane County
Check website ............................................. 541-343-2822
Meals M-F for children 18 and under every summer from late June to late August. Variety of locations throughout Lane County and it is different every summer. Please call or check the website for the schedule. Hours: Summers M-F
Alcoholics Anonymous Meetings (AA)
Helps one find an AA meeting near them. Hours: 24/7 eviaa.org

Buckley Center
605 W 4th, Eugene .................................................. 541-762-4575
The first step toward becoming sober. Sobering and medical detox on site. Walk in, call or get transportation from CAHOOTS. Hours: 24/7 wfts.org/sobering.htm

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
The services provided at CFD include: individual and group therapy, family therapy, peer support, urine analysis, and collaboration with referring agencies. 4 different locations, please call to sign in. Hours: M-F 8-5:30
www.c-f-d.org/  

**Co-Dependents Anonymous (CoDA)**  
341 E 12th Ave Eugene ..............541-341-1657 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.  
4emergence.com/  

**Lane County Methadone Treatment Program**  
151 W 7th Ave., Rm. 163 Eugene ......................... 541-682-4464  
Provides outpatient chemical dependency treatment for adults with opiate addictions. Hours: M-F 6am-10am; Sa/Su 7am-10am  
lanecounty.org/government/county_departments/health_and_human_services/behavioral_health/methadone_treatment_program  

**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  

**NA (Narcotics Anonymous) Meetings**  
................................................................. 541-729-0080  
Helps one find an NA meeting near them. Hours: 24/7  
lane countyarea-na.org/  

**Nar-Anon Family Eugene-Springfield Group**  
................................................................. 1-800-477-6291  
Support group meetings for family members and friends affected by a loved one’s drug or alcohol abuse. Call for meeting times and places. No dues or fees. Hours: M-Th 9-4; F 9-3
www.nar-anon.org

ODI Clinic: Adolescent & Family Services
10 Shelton McMurphey Blvd. (4th and Pearl) .......... 541-284-7560
Provides no-cost treatment for youth addiction (12-18) that includes cognitive behavioral approaches with active parent involvement. Families wishing to see a counselor at the OSLC location should call and ask for an appointment with Adolescent & Family Services.
www.odiclinic.org/afs/

ODI Clinic: Centro Latino Americano
944 W. 5th Ave Eugene ........................................ 541-687-2667
Provides treatment for youth addiction that includes cognitive behavioral and behavioral approaches with active parent involvement. Provides for the local Latino population social services, alcohol and addiction treatment, community health care, translation services for youth and adults.
centrolatinoamericano.org/

Serenity Lane
PO Box 8549, Coburg .................................... 541-687-1110
Detox and treatment center for alcohol and other drug addictions with inpatient / residential and outpatient services to adults 18 years and older. OHP accepted for detox and outpatient services only. Facilities in Coburg and Eugene. Hours: M-Su 8-5
serenitylane.org/

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)
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
COUNSELING & MENTAL HEALTH

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.

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.

Center for Community Counseling
1465 Coburg Rd., Eugene ............................... 541-344-0620
Mental health services for low income adults. Classes and group sessions on managing emotions and parenting and long-term counseling. Sliding scale. No OHP. Hours:  M-Th 9am-3pm

c-f-d.org/

Center for Family Development
261 E 12th Ave., 1234 High St., and 1501 Pearl St. Eugene .. 541-342-8437
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. Hours:  M-F 8AM - 5:30PM
c-f-d.org/

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

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
145 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
laurel.org

Looking Glass – Counseling Program
260 E 11th Ave. Eugene ....................................... 541-484-4428
lookingglass.us

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

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 Suicide Prevention Lifeline
.......................................................................................... 1-800-273-8255
Free and confidential counseling for those who are in a suicide crisis. Hours: 24/7
suicidepreventionlifeline.org/

Northwest Christian University – Counseling Center
755 E 11th Ave Eugene ............................. 541-349-7471
Graduates in the Community Counseling Program provide individual counseling for a low cost. Free for students. Call for an appointment. Hours: M - Th 8 AM – 7 PM; F 8 AM – 5 PM
nwcu.edu/about/counseling-center/

SASS – Sexual Assault Support Services
591 W 19th Ave, Eugene ................................. 541-343-7277
Counseling and support services for those who are sexually assaulted. Services free of charge. Hours: T, W, Th 9-4, drop in center hours
Veterans Crisis Hotline
.................................................................................. 800-273-8255 press 1
Support line for all veterans, service members, National Guard members and their family. Hours: 24/7

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)
http://whitebirdclinic.org

White Bird – Counseling Program
314 E 12th Ave, Eugene ................................. 541-342-8255
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. Call for a free intake interview and review of counseling options. No walk in, please make an appointment.
Hours: M-F 8-5
whitebirdclinic.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

Womenspace – Domestic Violence Advocacy Center
1577 Pearl St., 2nd floor, Eugene ............................ 541-485-8232
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. Hours: M-F 9am-4:30pm
**DENTAL**

**Lane Community College Dental Clinic**
2460 Willamette St. Eugene ............................. 541-463-5206
Services include root canals and crowns, teeth cleaning, x-rays, and dentures. New patients call for an evaluation. No walk-in or immediate appointments available. Hours: M-F 8-4:30 (Closed Fr during summer)
lanecc.edu/dentalclinic

**White Bird – Community Dental Clinic**
1415 Pearl St., Eugene ................................. 541-344-8302
Comprehensive dental care is provided, including fillings, extractions, and cleanings for low income individuals with OHP. Walk in and appointments available. Immediate need care is provided for people of all ages through emergency walk-in clinics. Hours: M-F 8-5
whitebirdclinic.org

**Willamette Family Health Clinic**
195 W. 12th, Eugene (1st floor) ...................... 541-762-4325
Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays and Tuesdays only. Provides OHP sign up. Hours: M-F 8-12, 1-5
wfts.org/health-clinic.htm

**HIV/AIDS**

**Alton Baker Park Syringe Dropoff**
100 Day Island Park, Eugene (near bathroom) .... 541-342-5088
Syringe drop off
hivalliance.org/prevent/syringe-services/

**Buckley Center Syringe Drop Off**
605 W 4th Ave, Eugene ................................. 541-342-5088
Syringe drop off Hours: 24/7
hivalliance.org/prevent/syringe-services/

**Eugene Service Station Syringe Drop-off**
450 OR-99, Eugene ....................................... 541-342-5088
Syringe drop off Hours: 7 days, 8am-5pm
hivalliance.org/prevent/syringe-services/

**HIV Alliance Syringe Exchange**
Visit website or call for locations and hours .......... 541-342-5088
Services available in Eugene, Springfield, Florence, and Cottage Grove. Provides sterile syringes and collects used syringes for disposal. Safer injection supplies and overdose reversal medication also provided. Wound care available at Eugene site only.
hivalliance.org/prevent/syringe-services/

**HIV Alliance – Case Management**
1195A City View St., Eugene .............................. 541-342-5088
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 to make an appointment. Hours: M-F 9-5
hivalliance.org

**HIV Alliance – HIV and Hepatitis C Testing**
1195A City View St., Eugene .............................. 541-342-5088
Offers free HIV and Hepatitis C testing for high risk individuals. Results are available in 20 minutes. Hours: M 3-7pm; Tue 5-7pm; Th 6-8pm; F 1-5pm
hivalliance.org

**Integrated Health Clinics of Eugene**
715 Lincoln St. Eugene ................................. 541-344-3574
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. Hours: M - F 6am - 2:30pm, Sa 7-9:30am
integratedclinics.com

**Springfield Library Syringe Drop-off**
225 N 5th St, Springfield (under walkway) 541-342-5088  Syringe drop off Hours: M-Sa 10AM-6PM
hivalliance.org/prevent/syringe-services/

**Shelter Care Syringe Drop Off**
499 W 4th, Eugene ................................. 541-342-5088
Syringe drop off
hivalliance.org/prevent/syringe-services/

**Washington-Jefferson Park Syringe Drop-off**
1820 Roosevelt Blvd, Eugene (near skatepark bathrooms)........
.............................................................................. 541-342-5088
Syringe drop off at container
hivalliance.org/prevent/syringe-services/

**Whitebird Syringe Drop-off**
341 E 12th Ave, Eugene ................................. 541-342-5088
Syringe drop off Hours: 7 days 8am-10pm
hivalliance.org/prevent/syringe-services/

**MEDICAL CLINICS/URGENT CARE/EMERGENCY ROOMS**

**Community Health Clinics of Lane County**
Brookside Clinic 1680 Chambers St., Ste. 103, Eugene
................................................................................... 541-682-3550
Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available.
Hours: M-F 8-5
lanecounty.org/chc  

**Community Health Clinics of Lane County**
Charnelton Health Clinic 151 W 7th Ave., #100 Eugene
................................................................................... 541-682-3550
Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available.
Hours: M-F 8-5
lanecounty.org/chc  

**Community Health Clinics of Lane County**
Delta Oaks Clinic 1022 Green Acre Road, Eugene.. 541-682-3550
Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available.
Hours: M-F 8-5
lanecounty.org/chc  

**Community Health Clinics of Lane County**
LCBH Primary Care 2411 Martin Luther King Jr. Blvd., Eugene
................................................................................... 541-682-3550
Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available.
Hours: M-F 8-5
lanecounty.org/chc
Community Health Clinics of Lane County
Riverstone Clinic 2073 Olympic St, Springfield........541-682-3550
Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available. Hours: M-F 8-5
lanecounty.org/chc

Community Health Clinics of Lane County
Springfield Schools Health Center 1050 10th Street, Springfield
...................................................................................541-682-3550
Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available. Hours: M-F 8-5
lanecounty.org/chc

Integrated Health Clinics of Eugene
715 Lincoln St. Eugene, OR, 97401 .........................541-344-3574
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. Hours: M - F 6am - 2:30pm; Sa 7-9:30am
integratedclinics.com

Lane County Public Health Services
151 W 7th Ave., Rm. 310 Eugene ............................541-682-4041
Testing for Tuberculosis, sexually transmitted diseases, and immunizations provided. Accept OHP. Hours: M - F 8 - 5
lanecounty.org

McKenzie-Willamette Medical Center
1460 G St. Springfield ...............................................541-726-4400
Full hospital with 24 hour emergency services and maternity care. Hours: 24/7
mckweb.com

Occupy Medical
1717 Centennial Blvd., Suites 4 & 7, Springfield
We offer medical, wound care, herbal medicine and emotional support. All services are free. Sundays, 12-4pm. Please arrive
before 1pm to get your name on the list. Includes lunch. Hours:
Su 12-4pm
occupy-medical.org/  

**PeaceHealth Medical Group – Urgent Care Centers**
3321 West 11th Ave. Eugene .......................... 541-222-7200
Same day care for less than an emergency room. Accepts OHP.
Hours:  7 days 8am-7pm peacehealth.org

**PeaceHealth Medical Group – Urgent Care Centers**
1400 Valley River Dr Ste 110, Eugene .................. 541-222-7375
Same day care for less than an emergency room. Accepts OHP.
Hours:  7 days 8am-7pm peacehealth.org

**PeaceHealth Medical Group – Urgent Care Centers**
860 Beltline Rd, Springfield ............................. 541-222-7650
Same day care for less than an emergency room. Accepts OHP.
Hours:  24/7 peacehealth.org

**PeaceHealth Sacred Heart Medical Center University District**
1200 Hilyard Ave, Eugene ................................. 541-686-7300
Emergency room Hours:  24/7

**PeaceHealth Sacred Heart Riverbend**
3333 RiverBend Dr., Springfield .......................... 541- 222-7300.
Full hospital with 24 hour emergency room. Hours:  24/7 peacehealth.org

**PeaceHealth Sacred Heart Univ. District**
1255 Hilyard St. Eugene ................................. 541-686-7300
Full hospital with emergency care provided 24/7. Hours:  24/7 peacehealth.org

**School Health Centers Churchill High**
1850 Bailey Hill, Eugene ................................. 541-790-5227
Health clinics for students and siblings ages 0 to 18 during school year, sliding scale costs. Mental health counselors at both sites M/T/Th/F 8-4. Nurse on site at Churchill M&Th and at North Eugene T&F.

**School Health Centers North Eugene High**
200 Silver Lane, Eugene ................................. 541-790-4445
Health clinics for students and siblings ages 0 to 18 during school year, sliding scale costs. Mental health counselors at both sites
M/T/Th/F 8-4. Nurse on site at Churchill M&Th and at North Eugene T&F

**Volunteers in Medicine**
2260 Marcola Rd, Springfield .............................. 541-685-1800
Health clinic and primary care for low-income patients. Call for a pre-screening interview. Hours: MWTh 9 AM – 5 PM (Closed 12 – 1:20) Tu 1:30 PM – 8:30 PM (Closed 5-5:30 PM)
vim-clinic.org/patients/services-eugene/

**White Bird – Medical Clinic**
1400 Mill St. Eugene ........................................... 541-484-4800
Provides medical care targeted to those with low or no income. Walk-ins available any time during those hours. We accept OHP and have a sliding scale, no private insurance. Call for an appointment if possible. Hours: M-F 9-6 (Closed some Mondays 12:30-2:30)
whitebirdclinic.org

**Willamette Family Health Clinic**
195 W. 12th, Eugene (1st floor) .............................. 541-762-4325
Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays and Tuesdays only. Provides OHP sign up. Hours: M-F 8-12, 1-5
wfts.org/health-clinic.htm

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**NEEDLE EXCHANGE/DISPOSAL**

**Alton Baker Park Syringe Dropoff**
100 Day Island Park, Eugene (near bathroom) ....... 541-342-5088
Syringe drop off
hivalliance.org/prevent/syringe-services/

**Buckley Center Syringe Drop Off**
605 W 4th Ave, Eugene ................................. 541-342-5088
Syringe drop off Hours: 24/7
hivalliance.org/prevent/syringe-services/

**Eugene Service Station Syringe Drop-off**
450 OR-99, Eugene ........................................... 541-342-5088
Syringe drop off Hours: 7 days, 8am-5pm
hivalliance.org/prevent/syringe-services/

**HIV Alliance Syringe Exchange**
Visit website or call for locations and hours .......... 541-342-5088
Services available in Eugene, Springfield, Florence, and Cottage Grove. Provides sterile syringes and collects used syringes for disposal. Safer injection supplies and overdose reversal medication also provided. Wound care available at Eugene site only.

hivalliance.org/prevent/syringe-services/

**Red Apple Bathroom**
6th and Monroe behind market ............................... 541-342-5088
Syringe drop off
hivalliance.org/prevent/syringe-services/

**Springfield Library Syringe Drop-off**
225 N 5th St, Springfield (under walkway) ............... 541-342-5088
Syringe drop off Hours:  M-Sa 10AM-6PM
hivalliance.org/prevent/syringe-services/

**Washington-Jefferson Park Syringe Drop-off**
1820 Roosevelt Blvd, Eugene (near skatepark bathrooms)
.............................................................................. 541-342-5088
Syringe drop off at container
hivalliance.org/prevent/syringe-services/

**Whitebird Syringe Drop-off**
341 E 12th Ave, Eugene ....................................... 541-342-5088
Syringe drop off Hours:  7 days 8am-10pm
hivalliance.org/prevent/syringe-services/

**OREGON HEALTH PLAN SIGN UP**

**Catholic Community Services Eugene Center**
1464 W 6th Ave, Eugene ............................. 541-345-3628 xt. 404
Oregon Health Plan sign up assistance available. Also food pantry, rental assistance, utility assistance, housing referrals, prescription assistance, referrals to employment counseling are also available. Hours:  M-F 9-4:30
www.ccsclc.org/food-clothing-and-emergency-help

**Catholic Community Services Springfield Center**
1025 G St. Springfield ................................. 541-345-3628
OHP sign up available. Also a food pantry, clothing closet, rental assistance, utility assistance, housing referrals, prescription assistance, referrals to employment counseling, SNAP enrollment assistance, are also available. Hours:  T-F 9-4:30
www.ccsclc.org/food-clothing-and-emergency-help

**Department of Human Services**
Health – Oregon Health Plan Sign Up

2101 W. 11th Ave., Eugene ................................. 541-686-7722
Hours: M-F 7am-6pm

**Department of Human Services**
1899 Willamette St., Eugene ............................. 541-686-7555
Hours: M-F 8am-5pm

**Department of Human Services**
101 30th St., Springfield ................................. 541-726-3525
Hours: M-F 7am-6pm

**Department of Human Services**
1040 Harlow Rd. (child welfare program only) .... 541-726-6644
Hours: M-F 8-5

**Oregon Health Plan**
........................................................................ 800-699-9075
Apply for Oregon Health Plan online. Hours: 7 days, 8-5
www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx

**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

**White Bird – Sharing Healthcare Options Program**
323 E 12th Ave, Eugene ................................. 541-342-1295
Helps clients sign up for the Oregon Health Plan. They can also provide assistance with purchasing private insurance through www.healthcare.gov. Walk in during hours. Appointments are available by request. Hours: M-Th 12-2pm
www.healthcare.gov

**Willamette Family Health Clinic**
195 W. 12th, Eugene (1st floor) ......................... 541-762-4325
Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays and Tuesdays only. Provides OHP sign up. Hours: M-F 8-12, 1-5
wfts.org/health-clinic.htm
PRESCRIPTION ASSISTANCE (NON-PAIN RELIEVER)

Catholic Community Services Eugene Center
1464 W 6th Ave, Eugene ............................... 541-345-3628 xt. 404
Hygiene items, food pantry, utility help, prescription assistance. Hours: M-F 9-4:30
www.ccsclc.org/food-clothing-and-emergency-help

Catholic Community Services Springfield Center
1025 G St, Springfield .................................. 541-345-3628 xt 324
Hygiene items, clothing room, food pantry, utility help, housing resources, personal hygiene, prescription assistance, rental assistance. Hours: T-F 9-4:30
www.ccsclc.org/food-clothing-and-emergency-help

FISH/Trinity United Methodist Church
440 Maxwell Rd, Eugene ............................... 541-689-9750
Provides emergency food, propane and prescription drug assistance to individuals and families. Operates a food cupboard and takes calls for food, prescription drug and propane assistance five days a week. Hours: M - F 10am - 2:30pm
trinityumceugene.org/fish-food-pantry/

St. Vincent de Paul Social Services
456 Highway 99 N, Eugene ............................... 541-689-6747
Social Services provides clothing GIFT CARD to St. Vinnie’s retail stores for furniture clothing etc., propane help for the unsheltered, 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.

REPRODUCTIVE HEALTH, BIRTH CONTROL

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. Live chat on website available evenings and weekends. Hours: M-F 8:30-5pm
www.boysandgirlsaid.org/options

Community Health Clinics of Lane County
Brookside Clinic 1680 Chambers Street, Suite 103, Eugene,
.................................................................................. 541-682-3550
Lane County Family Planning services are available. Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Hours: M-F 8-5
lanecounty.org/chc

Community Health Clinics of Lane County
Charnelton Health Clinic 151 W 7th Ave., #100 Eugene
.................................................................................. 541-682-3550
Lane County Family Planning services are available. Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Hours: M-F 8-5
lanecounty.org/chc

Community Health Clinics of Lane County
Delta Oaks Clinic 1022 Green Acre Rd., Eugene 541-682-3550
Lane County Family Planning services are available. Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Hours: M-F 8-5
lanecounty.org/chc

Community Health Clinics of Lane County
LCBH Primary Care 2411 Martin Luther King Jr. Blvd., Eugene
.................................................................................. 541-682-3550
Lane County Family Planning services are available. Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Hours: M-F 8-5
lanecounty.org/chc

Community Health Clinics of Lane County
Riverstone Clinic 2073 Olympic St, Springfield 541-682-3550
Lane County Family Planning services are available. Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Hours: M-F 8-5
lanecounty.org/chc

Community Health Clinics of Lane County
Springfield Schools Health Center 1050 10th Street, Springfield 541-682-3550
Lane County Family Planning services are available. Health care center for families, accepts OHP. Accepting new patients. Assistance with Oregon Health Plan applications is available. Hours: M-F 8-5
First Way Mobile Unit St. Mary’s Catholic Church  
1062 Charnelton, Eugene .............................. 541-687-8651  
Free pregnancy tests and ultrasounds at the following locations and times: Hours: Tuesdays 12-3

First Way Mobile Unit Catholic Community Services Springfield Center  
1025 G St, Springfield ................................. 541-687-8651  
Free pregnancy tests and ultrasounds at the following locations and times: Hours: Wednesdays 12-3pm

First Way of Eugene  
1162 B St. #213 Springfield .......................... 541-687-8651  
Provides pregnancy tests, ultrasound, baby and toddler clothes, baby wipes, diapers, all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. Hours: TWTh 10-4  
www.1st-way.org/

Lane County Prenatal Care Clinic  
151 W 7th Ave #310, Eugene .......................... 541-682-3550  
Provides pre-natal care and maternity case management, as well as post-partum support. Arrange for midwives to deliver at a hospital. Only accept OHP clients. Walk in available. Hours: T-F 8-5  
laneCounty.org/chc

Northwest Abortion Access Fund  
................................................................. 866-692-2310  
Provides abortion information and referral services over the phone, as well as funding for abortions and abortion access issues (transportation, childcare, lodging).  
NWAAfund.org

Planned Parenthood of Southwestern OR – Eugene  
......................................................................... 541-344-9411  
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 OHP. Hours: MTWF 9:30 - 6, Th 10:30 - 6 Sat 8:30-4  
www.plannedparenthood.org/planned-parenthood-southwestern-oregon/patient-resources
Planned Parenthood West Eugene Health Center
793 N Danebo, Eugene ........................................... 541-344-9411
Services provided include: Pregnancy tests, birth control, STI and HIV testing, pregnancy testing, abortion referral, both women’s and men’s health care, reproductive health counseling and education. Menstrual care packets and condoms are available. Accepts OHP. Hours: MTWF- 9:30am-6pm Th 10:30am-6pm www.plannedparenthood.org/health-center/oregon/eugene/97402/west-eugene-health-center-3069-91380

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

HOUSING

HOUSING NAVIGATION

G-Street Oasis
1175 G St., Springfield ......................................................... 541-214-0260
Provides day shelter and other services for homeless families with children. Laundry, hygiene supplies, bathrooms, kitchen facilities and showers available. Also provide limited transitional
housing and referrals for families. To obtain services one must be registered in the program, please call Gail at the phone above to register, or email gstreet@ccslc.org Hours: M-F 9-3
www.ccslc.org/g-street-oasis

Homes For Good
177 Day Island Rd., Eugene .......................... 541-682-3755
Rental assistance program, including sign-up for Section 8. Complete a housing application when the wait list is open.
homesforgood.org/  

Shelter Care
499 W. 4th Avenue, Eugene .......................... 541-689-7156
Homeless prevention program. Shelter for families, the medically-fragile and others in crisis. Usual wait for shelter is 2-4 weeks
Hours: M-F 8:30-4:30
www.sheltercare.org/what-we-do/

St. Vincent de Paul Society
2890 Chad Dr., Eugene ................................. 541-687-5820
Apply for St. Vincent housing, apartments and houses, and also Veterans housing. Hours: M - F 8 – 5
svdp.us  

St. Vincent de Paul Support Services for Veteran Families
2890 Chad Dr., Eugene ................................. 541-743-7107
Housing assistance, eviction prevention, 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/  

OVERNIGHT PARKING

St. Vincent de Paul – Eugene Service Station
450 Highway 99 North Eugene .......................... 541-461-8688
The Eugene Service Station, a day access center for adults 18 and over meals, meals, bathrooms, laundry services, showers, telephones, mail services, and gift cards that can be used in St. Vinnie’s gift cards to be used for clothing and items for the unsheltered. It is also where you go to get on the Dusk to Dawn, Safe Parking and Overnight Parking Programs wait list. Hours 7 days a week 8:00 a.m.-5:00 p.m.
www.svdp.us/what-we-do/homeless  
OVERNIGHT/SHORT TERM SHELTERS

Community Supported Shelters
1160 Grant St, Eugene .......................... 541-683-0836
Provides transitional shelter in Conestoga hut. Safe Spot Community, along with plan advisers and peer support. Apply at office. Hours: M-12-2pm; T,Th,F-10-2
communitysupportedshelters.org/  

Egan Warming Centers
Provides warm places to sleep when temperatures drop below 30 degrees between November 15th and March 31st. There are several host sites, including a site dedicated to homeless youth. Please check website to see which sites are active.
eganwarmingcenter.com  

Eugene Mission
542 West 1st Avenue, Eugene .................. 541-344-3251
Provides overnight shelters. A lottery is held at 9am for available spaces, and all guests must sign in before 9am. There is a men’s shelter, a women’s shelter and a shelter for women with children (under 17). Overnight guests also have the following services available: laundry facilities, showers, meals, clothing, mail service, haircuts, case management, referrals. Hours: Call for hours.
eugenemission.org  

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/  

Looking Glass – Station #7
931 W 7th Ave. Eugene .......................... 541-689-3111
Provides crisis intervention services and temporary emergency shelter for runaway and homeless youth ages 11-17. Hours: 24/7
www.lookingglass.us/station-7  

Nightingale Hosted Shelters
3500 Hilyard St Eugene (rest area) ............ 541-632-4278
Temporary shelter and healthy supportive community for people who are unhoused. NHS provides Conestoga huts or tents, port-
a-potties, and garbage and recycling. Apply online to get on the waiting list. Hours: M-F 9-5
nightingaleshelters.org/

Opportunity Village
111 N Garfield, Eugene ......................................... 541-606-4455
Transitional shelter for adults, singles and couples. Hours: 7 days 10-5
www.squareonevillages.org/opportunity

Shelter Care
499 W. 4th Avenue, Eugene ................................. 541-689-7156
Homeless prevention program. Shelter for families, the medically-fragile and others in crisis. Usual wait for shelter is 2-4 weeks
Hours: M-F 8:30-4:30
www.sheltercare.org/what-we-do/

Womenspace
1577 Pearl St 2nd Floor Eugene ............................ 541-485-6513
(24 hour crisis line) Confidential, emergency shelter for families and individuals leaving a dangerous situation. Access to shelter is through the 24-hour crisis and support line or meeting with an advocate. Hours: M-F 9am-5pm; 24 hour crisis hotline
www.womenspaceinc.org/

TRANSITIONAL OR PERMANENT HOUSING

Cornerstone Community Housing
1175 Charnelton St. Eugene ................................. 541-683-1751
Provides affordable community housing. Hours: M-Th 9-4; F 9-12
cornerstonecommunityhousing.org/housing-communities/

G-Street Oasis
1175 G St., Springfield ........................................... 541-214-0260
Provides day shelter and other services for homeless families with children. Laundry, hygiene supplies, bathrooms, kitchen facilities and showers available. Also provides limited transitional housing and referrals for families. To obtain services one must be registered in the program, please call Gail at the phone above to register, or email gstreet@ccslc.org Hours: M-F 9-3
www.ccslc.org/g-street-oasis

Homes For Good
177 Day Island Rd. Eugene .................................... 541-682-3755
Rental assistance program, including sign-up for Section 8. Complete a housing application when the wait list is open. Hours: M-Th 8-4 homesforgood.org/

**Shelter Care**
499 W. 4th Avenue, Eugene ................................. 541-689-7156
Homeless prevention program. Shelter for families, the medically-fragile and others in crisis. Usual wait for shelter is 2-4 weeks Hours: M-F 8:30-4:30 www.sheltercare.org/what-we-do/

**Sponsors, Inc.**
338 Hwy. 99 N Eugene ............................................ 541-485-8341
Sponsors transforms lives and strengthens our community by providing life-changing opportunities for people with criminal histories. We offer transitional housing and wrap around services to individuals who directly release from prison or jail. Visit www.sponsorinc.org for more information. sponsorinc.org/rrc/

**St. Vincent de Paul Society**
2890 Chad Dr. Eugene................................. 541-687-5820
Apply for St. Vincent housing, apartments and houses, and also Veterans housing. Hours: M - F 8 – 5 svdp.us

**INFORMATION**

**CRISIS LINES/HOTLINES**

**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.
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/
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 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
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
Homeownershiip Preservation Foundation

Referrals and counseling provided for homeowners facing foreclosure.

Housing and Urban Development

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

Love Inc. of Eugene

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

National Alliance on Mental Illness Lane County (NAMI)

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

National Clearinghouse for Alcohol & Drug Information (NCADI)

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

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

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
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.

www1.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

LEGAL

KNOW YOUR RIGHTS

ACLU of Oregon
P.O. Box 40585 Portland................................. 541-345-6162 (888) 527-2258 Toll-Free Free Know Your Rights resources are available through their website. Voicemail may take several weeks to respond. www.aclu-or.org/en/Know-Your-Rights

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 with the hours of Hours: MWFSa 1-5pm and Tues 6-8pm. oregoncat.org/know-your-rights/

Eugene Springfield Solidarity Network (ESSN)
88 Charnelton St., Eugene ........................................ 541-600-5754 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. Hours: M – F 9 AM – 5 PM www.solidaritynetwork.org

Foreclosure Hotline
........................................ 503-227-0198 or Toll-free at 855-412-8828 Free or reduced cost legal help with foreclosures. Hours: M-F 9-4 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. www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint
Lane County Legal Aid
101 East Broadway Suite 200, Eugene . 541-485-1017  Provides legal services for low income clients. Civil matters, housing services for survivors of domestic and sexual abuse. Also provides assistance obtaining public benefits. Hours:  M-F 9-5 www.lclac.org/  

Oregon Law Help
Website that provides information on a variety of legal issues, including family, abuse, seniors, employment, tenant issues, disability, and farm workers. oregonlawhelp.org/  

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:  M-Th 1-4pm oregonlawhelp.org/resource/public-benefits-information-hotline  

Senior Law Center
Campbell Center, 155 High St, Eugene . 541-682-5318  Provides legal services and referrals for seniors 60 and above. Call to make an appointment at the Campbell Center, 155 High St, Eugene. If you have legal questions before your appointment, call 541-485-1017 xt.131 Hours:  M 8am-7pm, T-F 8:30-4:30pm www.lclac.org/seniorlaw/  

Survivors Justice Center
101 East Broadway Suite 200, Eugene ................. 541-485-1017  A branch of Lane County Legal Aid. Website gives basic information and referrals for abuse survivors. Hours:  M-F 9-5 www.lclac.org/sjc/  

LEGAL SERVICES

American Civil Liberties Union of Oregon
P.O. Box 40585 Portland  ........................................ 888-527-2258 Provides free legal education through online resources and legal assistance in some cases that involve violations of civil liberties. Hours:  Su-Th 9-5 www.aclu-or.org  

Eugene Springfield Solidarity Network (ESSN)
688 Charnelton St. Eugene  ................................. 541-600-5754 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.

www.solidaritynetwork.org

Lane County District Attorney's Office
125 E 8th Ave., Rm. 400 Eugene ............................ 541-682-4261
Provides assistance, criminal-justice education, guidance and support to crime victims. Services include crisis intervention, securing emergency assistance, case status notification, property return, community resource and referral, and court accompaniment. Also assists victims with application for crime victim's compensation benefits. Hours: M - F 8 - 5 (out 12-1pm)
lancounty.org/government/county_departments/district_attorney_s_office

Lane County Legal Aid
101 East Broadway Suite 200 Eugene .......................... 541-485-1017
Provides legal services for low income clients. Civil matters, housing services for survivors of domestic and sexual abuse. Also provides assistance obtaining public benefits. Hours: M-F 9-5
www.lclac.org/

Oregon State Bar Referral and Information Services
.................................................................................. 503-620-0222
Refers clients to attorneys by area of law for an office consultation in a client's geographical area. Attorneys agree to charge no more than $35 for the initial consultation. Hours: Mon – Fri, 8 AM – 5 PM
www.osbar.org/public/

Senior Law Center
.................................................................................. 541-682-5318
Provides legal services and referrals for seniors 60 and above. Call to make an appointment at the Campbell Center, 155 High St, Eugene. If you have legal questions before your appointment, call 541-485-1017 xt.131 Hours: M 8am-7pm, T-F 8:30-4:30pm
www.lclac.org/seniorlaw/

Survivors Justice Center
101 East Broadway Suite 200, Eugene ....................... 541-485-1017
A branch of Lane County Legal Aid. Website gives basic information and referrals for abuse survivors. Hours: M-F 9-5
www.lclac.org/sjc/
Arc of Lane County
4181 E St. Springfield................................. 541-343-5256
Provides representative payee services for those who need assistance managing their finances. Hours: M - F 9 - 5
arcline.org

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
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

Department of Human Services
101 30th St., Springfield ......................... 541-726-3525
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
1040 Harlow Rd., Eugene (child welfare only) ....... 541-726-6644
State- and federally-funded services. Child welfare only. 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 8-5pm
Housing Services for Families (Shelter Care) .......................................................... 541-689-3785
ShelterCare Housing Services for Families has some monies to assist families with children, the elderly and individuals with a disability to remain in their homes. Call the phone number to begin the application process. Hours: M-F 8:30-4:30

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

Pink Fund .................................................................................................................. 877-234-7465
Provides financial assistance for those who have been diagnosed with breast cancer and are undergoing active treatment. Qualified candidates may receive cost-of-living bills during treatment and recovery.
www.pinkfund.org/get-help/

Samfund Grants for Cancer Survivors ........................................................................ 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/

RENT ASSISTANCE

Catholic Community Services Springfield Center
1025 G St. Springfield ................................................................. 541-345-3628
Provides one-on-one support and various rental assistance programs as funding is available. Call 541-345-3628 ext 408 Monday mornings at 9:00 a.m. to check the status of the rental assistance waiting list. A food pantry, clothing closet, hygiene items, prescription assistance, housing referrals, utility help and more are also available. Hours: T-F 9-4:30
www.cccslc.org/housing-help

Peer-To-Peer Loans Lane County .............................................................................. 541-343-9548
Arranges loans between qualified candidates in need of a loan to pay rent and those wishing to assist people maintain their
housing. Leave a message on the voicemail with a phone number to return your call. Hours: M-F 10-2

**ShelterCare**
499 West 4th Avenue, Eugene ......................... 541-689-3785
Depending on the level of need, families who face imminent loss of housing but have the capacity to maintain housing with assistance, can receive case management support and rental assistance (up to $800). Hours: M-F 8:30-4:30
www.sheltercare.org/

**St. Vincent de Paul Social Services**
456 Highway 99 N, Eugene .............................. 541-689-6747
Social Services provides clothing GIFT CARD to St. Vinnie’s retail stores for furniture clothing etc., propane help for the unsheltered, 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.

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**UTILITY ASSISTANCE**

**Catholic Community Services Eugene Center**
1464 W 6th Ave, Eugene ............................... 541-345-3642
Utility assistance is available at the above number. Please call or walk in to get more information. Hours: M-F 9-4:30
www.cccslc.org/food-clothing-and-emergency-help

**Catholic Community Services Springfield Center**
1025 G St. Springfield ................................. 541-747-8349
Utility assistance is available at the above number. Please call or walk in to get more information. Hours: T-F 9-4:30
www.cccslc.org/food-clothing-and-emergency-help

**EPUD Helping Hands**
33733 Seavey Loop Eugene ................. 541-746-1583
Helps customers pay their EPUD bills. The maximum award is $300. First come, first serve, one grant per household a year. Hours: Mon – Thu 7:30 AM – 6 PM
www.epud.org/

**Lane Electric Member Assistance Program**
787 Bailey Hill Rd. Eugene .......................... 541-484-1151
This energy assistance program helps Lane Electric Cooperative (LEC) members that are falling behind pay their LEC bill, up to $250. Hours: Mon – Fri 7:30 AM – 5:30 PM
lanelectric.com/
Oregon Low Income Home Energy Assistance Program

Designed to help low income households with home heating and cooling costs. To qualify, apply online or call. Hours: Mon Fri 8 AM – 5 PM
lanecounty.org/cms/One.aspx?portalId=3585881&pageId=9773412

Salvation Army

640 W. 7th Ave Eugene ........................................... 541-343-3328
Utility assistance is only for Blachely Lane & Lane Electric (EWEB & SUB not covered) and must be referred to SA from the utility. Food boxes are available and snack bags. Valid ID required for services. Hours: M-Th 8:30-3:25 *Closed 11:55-1pm, T closed 11-2) F 8:30-12:25
eugene.salvationarmy.org

TRANSPORTATION

CAHOOTS – Eugene only

541-682-5111
Arranges for transportation to other agencies. Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, deals with housing crises and first aid. Dispatched by police non-emergency line. Hours: 24/7

CAHOOTS – Springfield only

541-726-3714
Arranges for transportation to other agencies. Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, deals with housing crises and first aid. Dispatched by police non-emergency line. Hours: 24/7

EmGo – Downtown Eugene

Riders can schedule EmGo from Charnelton Street to High Street and from 5th to 13th streets by using a mobile phone app. Times of operation is Monday through Friday from 7 a.m. to 6 p.m. The app can be downloaded by searching for Transloc or to. LTD.org/EmGo

LTD Reduced Fare

3500 E 17th Ave, Eugene ....................................... 541-687-5555
LTD provides free bus fares for those 65 and older and reduced fare for those who are disabled. Hours: M-F 8-5
https://www.ltd.org/riding-the-bus/
LTD: Ridesource

A program to provide residents with non-emergency medical transportation. Call the above numbers to get information about obtaining a transportation assessment. Call M-5 8-5 to set up a scheduled transport. Ridesource does not provide same-day transport. Hours: M-5 8-5

www.ltd.org/ridesource/

Oregon Department of Motor Vehicles – Eugene
2870 W 10th Pl. Eugene .............................................. 541-686-7855
Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor’s signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. Hours: M, T, Th, F 9-5

oregon.gov/ODOT/DMV/pages/offices/eugenedtc.aspx

Oregon Department of Motor Vehicles – Springfield
204 N 30th St, Springfield ............................................. 503-945-5000
Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor’s signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. Hours: M, T, Th, F 9-5

UNIQUE SITUATIONS

JEWISH INDIVIDUALS

Jewish Federation of Lane County – Jewish Family Services
1175 E. 29th Ave. (inside Temple Beth Israel) ....... 541-484-2541
Provides for Jewish individuals: counseling, assessment and problem-solving for seniors, families and children; information on community resources and activities; emergency aid. Hours: Call for hours
jewishfedlc.org/jewishfedlc.org

LATINX SERVICES

Centro Latino Americano
44 W 5th Ave. Eugene ................................................. 541-687-2667
Provides for the local Latino population social services, alcohol and addiction treatment, community health care, translation services for youth and adults. Hours: M - Th 8:30-5 (Closed 12-1); F 8:30 - 12
centrolatinoamericano.org

Emergence Addiction and Behavioral Therapies – Juntos 374
Q Street Springfield ................................................. 541-741-7107
Tratamiento para las sustancias químicas y el juego de apuestas en Español y en tu cultura. Provides gambling, substance abuse, addiction and mental health treatment. Support groups and outpatient care. Specializes in Dialectical Behavior Therapy. Call for appointment, no walk in. Hours:  M - F 8am - 9pm
www.4emergence.com/programs/juntos

LGBTQIA SERVICES

Basic Rights Oregon
310 SW 4th Ave., Ste. 300 Portland ....................... 503-222-6151
Works to advocate politically for the LGBTQ community. Call or check website for resources or referrals. Hours:  M - F 9 - 5
basicrights.org

LGBTQ Youth Group
2700 Hilyard Eugene ............................................... 541-682-5373
Free, adult-facilitated drop-in group offering support, conversation, information referrals, and snacks for LGBTQ (lesbian, gay, bisexual, transgender, or questioning) youth, 13-18. Hours:  F 4 - 6
bit.ly/1wOWRDM

Trans Lifeline
.................................................................................. 877-565-8860
A national hotline that provides peer counseling in response to crisis situations for transgender individuals. Run by trans for trans. They also guide trans individuals to grants. Hours:  7 days 7am-1am
www.translifeline.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

**Trevor Lifeline**

A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text “START” to 678678 (standard text messaging rates apply). Hours: 24/7

**RE-ENTRY/POST-INCARCERATION SERVICES**

**Sponsors, Inc.**
38 Hwy. 99 N Eugene ............................... 541-485-8341
Sponsors transforms lives and strengthens the community by providing life-changing opportunities for people with criminal histories. Sponsors offers a broad range of services— housing, employment, counseling, and mentoring— that people need to be successful. Visit www.sponsorsinc.org for more information. sponsorsinc.org/rrc/

**SENIOR SERVICES**

**Cafe 60 – Meals for Seniors**
Northwest Neighbors 1221 Jacobs Dr., Eugene......541-689-8011
Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for $8 per meal. Hours: M-F 11:30 AM
Laneseniormeals.org

**Cafe 60 – Meals for Seniors**
Olive Plaza 1135 Olive St. Eugene ...................... 541-342-3515
Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for $8 per meal. Hours: M-F 11:45am
Laneseniormeals.org

**Cafe 60 – Meals for Seniors**
River Road Annex 1055 River Rd., Eugene .......... 541-688-4052
Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for $8 per meal. Hours: T, Th 12pm
Laneseniormeals.org
Cafe 60 – Meals for Seniors
Springfield Willamalane Adult Ctr., 215 W C St., Springfield

541-736-4444
Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for $8 per meal. Hours: M-F 11:30am

Laneseniormeals.org

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
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

Department of Human Services
101 30th St., Springfield 541-726-3525
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

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


**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://accessthealw.org/

**Community Reintegration Service Center**
190 E.11th, Eugene ......541-465-6918, 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 Heathcare 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
PenFed Foundation

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

YOUTH SERVICES

15th Night
541-246-4046
24/7 talk or chat hotline for youth under 18; rapid access to resources and emergency services Hours: 24/7
www.15thnight.org

Boys & Girls Clubs of Emerald Valley
1545 W. 22nd Ave, Eugene ........................................... 541-345-9939
After-school programs and activities for youth 1st to 12th Grade. Activities include Academics, Athletics and Board Games. Meal provided for children in program.
www.bgcev.org

Center for Family Development
Unique Situations – Youth Services

261 E 12th Ave., 1234 High St., and 1501 Pearl St. Eugene .......... 541-342-8437
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. Hours: M-F 8 AM - 5:30 PM http://c-f-d.org/

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/

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/

Hosea Youth Services Project
834 Monroe Street, Eugene ......................... 541-344-5583
Drop-in day access center for homeless and displaced youth 16-24 including job search, meals, showers, laundry, clothing, and personal hygiene items. Hours: MWF 4:30-6:30pm
www.hoseayouth.org

Looking Glass – Counseling Program
260 E 11th Ave. Eugene ......................... 541-484-4428
Outpatient mental health and substance abuse treatment. Individual, family and group therapy for children, adolescents, adults, and their families. Hours: M-Th 8-6; F 8-5 lookingglass.us

Looking Glass – New Roads Program
941 W 7th, Eugene ......................... 541-686-2688
Day shelter and food for youth 16-21 only. Food, clothing, showers, and assistance with employment, transitional and permanent housing. Meals: Breakfast - 8:30 - 9:30 am Lunch - 12:00 - 1:00 pm Snacks - 3-3:30 pm Hours: M-F 8:30-3:30
www.lookingglass.us/new-roads
Looking Glass – Station #7
931 W 7th Ave. Eugene............................................. 541-689-3111
Provides crisis intervention services and temporary emergency
shelter for runaway and homeless youth ages 11-17. Hours: 24/7
www.lookingglass.us/station-7

Ophelia’s Place
1577 Pearl St., Suite 100 ........................................ 541-284-4333
Eugene Support and empowerment center for girl-identified youth
(ages 10 –18). On-site counseling by appointment, after-school
program, drop in resources Monday – Thursday, 3 – 6 p.m. Call
for orientation information. Hours: M-Th 10-6; F 10-3
opheliasplace.net/

Oregon Family Support Network
72A Centennial Loop, Suite 150, Eugene ............... 541-342-2876
Support for families raising a youth with emotional, behavioral, or
mental health challenges (no diagnosis needed). Respite, support
group, family events, advocacy, IEP/504 support. Check website
or text “safe” + city, state and zip code to 44357 to find a location
Hours: M-F 8:30-5 (better to call first)
www.ofsn.org/

Project Safe Place
National program that provides youth with safe places to seek
help 24-hrs/day. Youth ages 11-17 can access any of the 68 Safe
Place sites across Lane County identified by the yellow and black
diamond-shaped signs. Staff at each site are trained to assist
youth in contacting Station 7. Participating businesses are
identified by highly visible yellow and black diamond-shaped
signs.
www.nationalsafeplace.org/find-a-safe-place

The Child Center Crisis Response Program
3995 Marcola Rd. Springfield
24/7 Crisis Response Program providing support and help to
teens, children, parents and families during times of crisis. Must
call first. Hours: 24/7
www.thechildcenter.org/

Youth ERA 965 Oak Alley, Eugene ......................... 971-334-9295
Afterschool program for youth ages 14-25 with focus on peer
support, goal setting and developing leadership skills. Hours: M-
F 3-6pm
www.youthera.org/eugene-drop
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

WORK

JOB SEARCH

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

Department of Human Services
101 30th St., Springfield ......................... 541-726-3525
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
1040 Harlow Rd. ........................................ 541-726-6644
State- and federally-funded services. Child welfare only. 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.
**Goodwill Industries Job Connections**  
1010 Green Acres Rd Suite C, Eugene. 541-345-1801  
Provides employment and job search assistance for those who have barriers to employment. Workshops, job leads and employment opportunities are available. Hours: M - F 8am - 4pm  
goodwilljobconnection.org/

**Goodwill Industries Job Connections**  
855 Seneca Rd Building 1, Eugene 541-431-3309  
Provides employment and job search assistance for those who have barriers to employment. Workshops, job leads and employment opportunities are available. Hours: M - F 8am - 4pm  
goodwilljobconnection.org/

**Goodwill Industries Job Connections**  
102 30th St, Springfield 458-205-8157  
Provides employment and job search assistance for those who have barriers to employment. Workshops, job leads and employment opportunities are available. Hours: M - F 8am - 4pm  
goodwilljobconnection.org/

**Hosea Youth Services Project**  
834 Monroe Street, Eugene 541-344-5583  
Drop-in day access center for homeless and displaced youth 16-24 including job search, meals, showers, laundry, clothing, and personal hygiene items. Hours: MWF 4:30-6:30pm  
www.hoseayouth.org

**Laurel Hill Center – Employment Services**  
2145 Centennial Plaza Eugene 541-485-6340  
Job search support provided to those with psychiatric disabilities. Intake required. Hours: Intake Hours: T - Th 9am - 10am (Doors open at 8am)  
laurel.org

**Sponsors, Inc. – Re-Entry Resource Center**  
38 Hwy. 99 N Eugene 541-485-8341  
The RRC is a comprehensive job assistance center where any adult individual in Lane County with a criminal history can get help finding employment or furthering an education, attend free workshops and clinics, or receive individualized support with interviewing and resume writing. Some may receive access to free bus passes or obtaining official identification. Visit https://sponsorsinc.org/reentry-resource-center/ for more information.  
sponsorsinc.org/rrc/
Vocational Rehabilitation Office – Eugene
2885 Chad Dr, Eugene, OR 97408 541-686-7722  Provides those who are blind or deaf or have vocal impairments opportunities for employment.

Vocational Rehabilitation Services (OVRS) – Springfield 101
30th St. Springfield .................................................. 541-726-3525
Provides those who are blind or deaf or have vocal impairments opportunities for employment. Hours: M-F 7am-6pm
egov.oregon.gov

WorkSource Lane County
2510 Oakmont Way Eugene ................................... 541-686-7601
The Job and Career Center provides job-search assistance, career counseling, job-finding workshops, resume and cover-letter writing assistance to all job seekers. Provides information about unemployment. Computer and internet access available for job search purposes. Hours: M - F 8am - 5pm
worksourceoregon.org

LANE COUNTY

BLACHLY

Triangle Food Box
20280 Blachly Grange Road................................. 541 925 3254
Food pantry open Friday following the 3rd Thursday of each month, from 10am to 2pm. Clothing and other goods sometimes available. Hours: 3rd Th, 10-2

COBURG

Cafe 60 Coburg United Methodist Church
91193 N. Willamette Coburg ................................. 541-682-4378
Free meal for seniors over 60 Hours: W 12pm

Serenity Lane
PO Box 8549, Coburg ................................................. 541-687-1110
Detox and treatment center for alcohol and other drug addictions with inpatient / residential and outpatient services to adults 18 years and older. OHP accepted for detox and outpatient services only. Facilities in Coburg and Eugene, please call. Hours: 7 days 8-5
**COTTAGE GROVE**

**Buster’s Main Street Café**  
811 E. Main St., Cottage Grove ................................. 541-942-8363  
Free meals for vets and active service persons on the 11th of every month, 20% discount Tuesday-Thursday. Hours: 7 days 8am-2pm  
www.bustersmsc.com/

**Cafe 60 – Riverview Terrace**  
925 W. Main Cottage Grove ................................. 541-942-9261  
Free meals for seniors over 60. Hours: TWTh 12pm

**Celebrate Recovery Meeting at Calvary Chapel, Cottage Grove**  
1447 North Highway 99, Cottage Grove ....................... 541-942-6842  
Faith-based 12-step recovery support program for all hurts, hang ups, and habits. Fridays at 6:30. Additional materials available on their website. Hours: F 6:30pm  
www.celebraterecovery.com

**Community Kitchen at the Trinity Lutheran Church**  
675 S 7th St. Cottage Grove ................................. 541-942-2373  
Dinners served Tuesdays and Thursdays; 5:15 - 6:00. Doors open at 5:00pm. Hours: TTh 5:15 - 6:00PM  
http://tlccg.com/

**Community Sharing**  
1440 Birch Avenue Cottage Grove .......................... 541-942-2176  
Services provided: Food boxes; rent, utility and water assistance; prescription assistance. Help getting an ID. Laundry, shower, propane and gas vouchers. Bus passes for medical appointments and job interviews. More services available. Hours: M-F 11AM - 3:30 PM  
communitysharing.org/

**Department of Human Services**  
305 Coop Ct, Cottage Grove ................................. 541-942-9186  
State- and federally-funded services. Food benefits, employment services, cash assistance, domestic violence services, child welfare services, senior citizens services. Hours: M - F 8 - 5

**Family Relief Nursery**  
720 N 14th St. Cottage Grove ................................. 541-942-4835
Provides therapeutic classroom for ages 6 wks - 4yrs; scheduled respite program for ages 6 wks - 6yrs and immediate need drop-in is available; parent education and support; latino outreach; mental health services; and peer support for clients with substance abuse issues. Information and referral services also provided. Hours: M - F 9 - 4
familyreliefnursery.org

**HIV Alliance**
75 S. 5th St., Cottage Grove ................................. 541-342-5088
Provides syringe exchange and harm reduction services as well as HIV and Hepatitis C testing. See website or call for hours. hivalliance.org/prevent/syringe-services/#/syringe-exchange

**Peacehealth Medical Group – Cottage Grove Community Hospital and Clinics**
1515 Village Dr. Cottage Grove ................................. 541-767-5200
Hospital with a 24 hour emergency room. Hours: 24/7
peacehealth.org

**Produce Plus DHS Cottage Grove**
305 Coop Court, Cottage Grove ................................. 541-942-9186
Produce is available every Tuesday morning after 10 am. Hours: Tu 10am

**Senior & Disability Services – Cottage Grove**
37 N 6th St. Cottage Grove ................................. 541-682-7800
Resources for seniors and people with disabilities. Including, SNAP, OHC, Meals on Wheels, In home care and Independent Home Care, and many more programs. Hours: Mon – Fri 8 AM – 4:45 PM
http://www.sdslane.org/

**Senior Law Center**
................................................................. 541-485-1017 ext. 131
Provides legal services and referrals for seniors. Call the program director at the number above to make an appointment in Cottage Grove. If you have legal questions before your appointment, call 541-485-1017 xt.131 Hours: Monday 8am-7pm; Tues-Fri 8:30am-4:30 pm
www.lclac.org/seniorlaw/

**South Lake Mental Health Recovery Center**
75 5th street Cottage Grove ................................. 541 767 4260
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. Hours: 9-5 M-F  

**South Lane Mental Health**  
1345 Birch Ave. Cottage Grove .......................... 541-942-3939  
Day center from 9am-11am with substance use treatment. Counseling, crisis service, medication management and housing support available. Hours: 8-5 M-F  
www.slmh.org/  

**South Lane Wheels**  
1450 Birch Ave. Cottage Grove .......................... 541-942-0456  
Accessible public transportation in the Cottage Grove and Creswell areas with service to Eugene and Springfield destinations. Information and referral also provided. LTD Connector, a door-to-door transportation service to any location in the Cottage Grove area, offered from 7am to 7pm. Hours: 8am - 5pm  
southlanetransit.com/  

**CRESWELL**  

**Cafe 60 – Creswell Villa**  
350 S. 2nd St. Creswell ................................. 541-895-2338  
Free meal for seniors over 60 Hours: MWF 12pm  

**Creswell Food Pantry**  
364 Cobalt Ln. Creswell ................................. 541-246-9117  
Once a month food box, plus 4 extra times during the year. Bring a box. 3-5 day of food, 20 lbs per person. Provide a piece of mail to confirm address. Help for those with no address. Hours: Th 12:30-3pm  
communityfoodforcreswell.org  

**Family Relief Nursery**  
720 N 14th St. Cottage Grove .......................... 541-942-4835  
Provides therapeutic classroom for ages 6 wks - 4yrs; scheduled respite program for ages 6 wks - 6yrs and immediate need drop-in is available; parent education and support; latino outreach; mental health services; and peer support for clients with substance abuse issues. Information and referral services also provided. Hours: M - F 9 - 4  
familyreliefnursery.org  

**Meals on Wheels – Creswell**  
Cresview Villa, 350 S 2nd St. Creswell .. 541-682-3353  
Delivers meals to homebound seniors over 60. Frozen meals available by request. Hours: MWF 11am-1pm
New Hope Baptist Church
597 S Front St, Creswell ................................. 541 895-4436
Free meals on Wednesdays from 5:15-6pm. Hours: W 5:15-6pm
www.newhopecreswell.com/

South Lane Wheels
1450 Birch Ave. Cottage Grove ......................... 541-942-0456
Accessible public transportation in the Cottage Grove and Creswell area with service to Eugene and Springfield. Information and referral also provided. Hours: 8am - 5pm
southlanetransit.com/

Dexter Clinic
38843 Dexter Rd., Dexter ................................. 541-937-2134
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. Hours: M - Th 8 - 5
peacehealth.org/dexter-clinic

Up River Food Pantry
37895 Row River Rd. Dorena .............................. 541 343 2822
Hours: 3rd F 4:00-5:30pm

Better Living Center
85134 Hwy. 101 Florence ................................... 541-997-2137
A wide selection of free clothing and small household goods are available to anyone. No qualifying required. Hours: W 11-5:30; Su 11-3:30

Cafe 60 – Florence Senior Center
1570 Kingwood Florence ................................. 541-997-5673
Free meals for seniors 60 and over. Hours: MWF 11:45am

Department of Human Services – Child Welfare Program
3180 Hwy. 101 N Florence ................................. 541-997-8251
State- and federally-funded services. Food benefits, employment services, cash assistance, domestic violence services, child
welfare services, senior citizens services. Hours: M - F 8 - 5

**Florence Food Share**
2190 Spruce St, Florence ................................. 541-997-9110
Free food pantry. Hours: M-F 9:30am-1pm; MW 4pm-6pm; 1st and 3rd Sat. 10am-1pm

**HIV Alliance**
Peace Harbor Medical 310 9th St., Florence ........ 541-342-5088
Provides syringe exchange and harm reduction services as well as HIV and Hepatitis C testing. See website or call for hours.
hivalliance.org/prevent/syringe-services/#syringe-exchange

**Meals on Wheels – Florence**
1570 Kingwood St. Florence ............................... 541-682-3353
Delivers meals to homebound seniors over 60 at noontime Mon.s, Wed.s, & Fri.s. Hours: MWF 11 AM – 1 PM
laneseniormeals.org

**Oregon Department of Motor Vehicles – Florence**
2056 Hwy. 101 N Florence ................................. 541-997-6837
Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. Hours: M-F 9-5
oregon.gov/ODOT/DMV/pages/offices/florence.aspx

**Peace Harbor Hospital – Home Care Services**
400 9th St., Florence ........................ .............. 541-997-3418
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. Hours: 24/7
peacehealth.org

**Senior Law Center**
............................................................... 541-485-1017, ext 131
Provides legal services and referrals for seniors 60 and above. Call the program director for an appointment in Florence. If you have legal questions before your appointment, call 541-485-1017 xt.131 Hours: M 8am-7pm, T-F 8:30-4:30pm
www.lclac.org/seniorlaw/

**Siuslaw Outreach Services**
1576 West 12th Street Florence ............................. 541-997-2816
Provides assistance with: Emergency Shelter, housing, utility &
prescription assistance; homeless Prevention; shower, laundry &
transportation vouchers; special veterans program; domestic
violence, sexual abuse advocacy. Hours:  M– F 9 AM – 3:45 PM
florencesos.org/services.html

WorkSource Lane – Florence Office
3180 Hwy 101 N Florence ...................................... 541-997-1913
The Job and Career Center provides job-search assistance,
career counseling, job-finding workshops, resume and cover-
letter writing assistance to all job seekers. Provides information
about unemployment. Computer and internet access available for
job search purposes. Hours:  M - F 8 12, 1- 5
worksourceoregon.org

JUNCTION CITY/CHESHERE

Cafe 60 – Viking Sal Senior Center
245 W. 5th St. Junction City ................................. 541-998-5367
Free meals for seniors over 60. Hours:  MWF 11:30am

God's Food Box
7373 8th St, Junction City ...................................... 541-688-8884
Food pantry open the 4th Thursday of the month from 10:00am to
1:00pm. Food box size is determined by size of family. Some free
clothes available. Hours:  4th Th 10-1
alvadorechristian.com/gods-box/

Goldson's Grange
23479 Hwy. 36 Cheshire ....................................... 541-343-2822
Provides food boxes and also houses a small community library.
Food available on the 3rd Thursday of the month 12 - 4pm.
Hours:  3rd Th 12 - 4pm
facebook.com/GoldsonGrange

Junction City Local Aid
210 E 6th Ave, Junction City ............................... 541-998-3992
Food pantry available Tuesdays 9 am – 1 pm Wednesdays 9 am
– 1 pm Thursdays 3 pm – 7 pm Last Saturday of every month
from 10 am – 12 pm. Prescription drug assistance, heating
assistance (propane vouchers), bus passes, and clothing also
available. Hours:  TW 9-1; Th 3-7; Sa 10-12
junctioncitylocalaid.org

Laurel Hill Center – Psychiatric Rehabilitation Services 210 E
6th Ave, Junction City ....................................... 541-780-6361
Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have OHP. Hours: M-F 8-5
laurel.org

**NorseMen Village Apartments**
920 W 1st Ave., Junction City ................................. 541-998-2236
Low income apartments for seniors (62 years and older) and disabled people.

**LOWELL**

**Lowell Food Pantry**
4 E Lakeview Dr, Lowell ........................................... 541-603-5043
Food pantry open 1st and 3rd Tuesday of the month, from 2pm to 5pm. Bread day, 2nd & 4th Tuesday from 10am to 12pm.
Upstairs is a clothing bank open on bread days. Hours: 1st and 3rd T 2-5pm

**MAPLETON**

**Mapleton Food Share**
10718 Hwy 126, Mapleton...........................................541-268-1033
Food pantry open 2nd Thursday and 4th Saturday from 10:00am-2:00pm. Clothing and household items available and fuel vouchers for gas.
www.mapletonfoodshare.org/

**OAKRIDGE**

**Cafe 60 The Church of the Nazarene**
48187 Highway 58 Oakridge ................................. 541-782-4318
Free meals for seniors 60 and over Hours: TTh 12pm

**Diamond Express Transportation Service**
3500 E 17th Ave, Eugene ........................................ 541-782-1157
Provides three daily trips from Oakridge to downtown Eugene and Springfield. The service, open to anyone, costs $2.50 one-way. For $5.00, guests receive a round-trip plus a Day Pass good on all Lane Transit District routes on the date purchased.
ltd.org/diamondex

**Meals on Wheels – Oakridge**
48187 Hwy. 58 Oakridge ........................................... 541-682-3353
Delivers meals to homebound seniors over 60 on Tuesdays and Thursdays. Frozen meals are available by request. No fee is charged but donations are appreciated. Hours: TTh 11am-1pm
Oakridge Food Pantry at the Willamette Activity Center 47674
School St, Oakridge ........................................ 541-782-2192
Hours: T Th 9-11, 11:30-1

Oakridge Westfir Family Resource Center
76499 Rose St. Oakridge ............................... 541-782-3281
Early head-start program. Offer computers, free printing and faxing, a small kids clothes closet, food pantry, blankets, after-school activities for kids, parenting classes, information and referral, and a weekly toddler group. Open weeks when school is in session. Hours: M-Th 1-5pm

VENETA

Cafe 60 – Fern Ridge Service Center
25035 W. Broadway Veneta ............................ 541-935-7354
Free meals for seniors 60 and over. Hours: MWF 11:30am

Fern Ridge Service Center
25035 W Broadway Ave. Veneta ....................... 541-935-4555
A variety of activities and programs with low or no cost for individuals age 60 and over. Food boxes, Cafe 60, information and referrals, outreach casework. Limited financial assistance for energy bills, prescriptions, scholarships for youth activities. Hours: M-F 9 AM – 2 PM
midlanecares.org/  🌍

Meals on Wheels – Veneta
25035 W Broadway Ave. Veneta ....................... 541-682-3353
Delivers meals to home bound seniors over 60 on Mondays, Wednesdays and Fridays. Frozen meals are available. laneseniormeals.org

Valley United Methodist Church
25133 E. Broadway, Veneta ............................. 541-935-1614
Dinner served Sundays 5:00 pm - 6:30 pm. In the winter (when temperatures is 30 degrees or below) opens as an overnight warming shelter at 4 pm, with dinner served; closes 8 am. Call for more information about AA meetings and availability for transitional camping. The pastor is a licenced counsellor specializing in grief, and is willing to speak to those who are in grief. Hours: Su 5:00 - 6:30 pm
www.valleychurchveneta.org  🌐
WALTERVILLE

McKenzie Family Resource Center
45061 McKenzie Hwy, Walterville ......................... 541-822-3313
Parenting skills classes, resource library, parent/toddler play
group, clothes closet, after school and summer arts/recreation
programs, and volunteer/student reading programs. Hours: By
appointment
preventionlane.org/lane-county-family-resource-centers
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