

LITTLE HELP BOOK



LANE COUNTY, OREGON

VERSION 1.0

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 Line541-687-4000, 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.

TABLE OF CONTENTS

Emergency Crisis Lines	2	Needle Exchange/Disposal	42
Basic Needs	6	Oregon Health Plan Sign Up	43
Bathrooms.....	6	Prescription Assistance (non-	45
Bedding.....	7	pain reliever).....	45
Clothing.....	7	Reproductive Health, Birth	45
Day Shelters	9	Control	48
Day Storage	10	Vision/Hearing Aids	48
Haircuts.....	11	Housing	48
Household Goods	11	Housing Navigation	48
Hygiene Items	11	Overnight Parking.....	49
iD / Birth Certificate		Overnight/Short Term	50
Replacement.....	12	Shelters	50
Internet Access & Library		Transitional or Permanent	51
Services	13	Housing	51
Laundry	14	Information	52
Mail and Messages.....	15	Crisis Lines/Hotlines.....	52
Phone.....	16	Referral and Information	55
Propane	17	Services.....	55
Showers	17	Legal	58
Care	18	Know Your Rights.....	58
Burial and Cremation.....	18	Legal Services.....	59
Domestic Violence/Sexual		Money	61
Assault	19	Financial Assistance.....	61
Family Care Services.....	20	Rent Assistance	62
Pet Care	23	Utility Assistance	63
Education	24	Transportation	64
Adult Education.....	24	Unique Situations	65
Food	24	Jewish Individuals	65
Food Boxes/Pantries	24	Latinx Services	65
Meals	28	LGBTQIA Services	66
Health	31	Re-Entry/Post-Incarceration	67
Addiction & Recovery	31	Services.....	67
Counseling & Mental Health		Senior Services	67
.....	34	Veterans' Services	69
Dental.....	37	Youth Services	70
HIV/AIDS.....	37	Work	73
Medical Clinics/Urgent		Job Search	73
Care/Emergency Rooms ...	39		

Lane County.....	75	Florence	79
Blachly	75	Junction City/Cheshire	81
Coburg	75	Lowell	82
Cottage Grove	76	Mapleton.....	82
Creswell	78	Oakridge.....	82
Dexter	79	Veneta	83
Dorena	79	Walterville.....	84

LEGEND



= ADA accessible



= Other languages than English spoken

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

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 -  

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, Springfield541-345-3628 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.ccscl.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: MTTTHF 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

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 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.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, 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.ccslc.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.ccslc.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

12 Basic Needs – ID/Birth Certificate Replacement

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 

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.ccslc.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: MWThFSa 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: MWThFSa 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

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
<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. 11 th 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 9-11 am 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, 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

www.lanecounty.org/UserFiles/Servers/Server_3585797/File/Government/County%20Departments/District%20Attorneys%20Office/Medical%20Examiner/ME_General_Information-Feb2014.pdf

DOMESTIC VIOLENCE/SEXUAL ASSAULT

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, 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@cscslc.org Hours: M-F 9-3
www.cscslc.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, Eugene541-636-3324
 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.lanec.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.lanec.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.ccslc.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.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  

Eugene Faith Center

410 West 13th Avenue Eugene 541-686-9244
 Hours: 2nd and 4th Th 2-6pm
eugenefaitcenter.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 Eugene541-343-3328

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
ebbertumc.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
eugeneatholicworker.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.svdop.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

foodforlanecounty.org/get-help/more-food-programs/programs-for-children/#summer

HEALTH

ADDICTION & RECOVERY

Alcoholics Anonymous Meetings (AA)

..... 541-342-4113
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.celebraterrecovery.com

Celebrate Recovery – Crossfire Outreach International

242 28th St., Springfield 458-210-1737
Faith-based 12-step recovery support Hours: Th 7pm
www.celebraterrecovery.com

Celebrate Recovery – Dayspring Fellowship

1580 River Rd., Eugene 458-210-1737
Faith-based 12-step recovery support Hours: Th 6:15pm
www.celebraterrecovery.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.celebraterrecovery.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.celebraterrecovery.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 Eugene541-341-1657 or 541-505-2956
A 12-step recovery program from co-dependence. The only requirement for membership is a desire for healthy and loving relationships. Local meeting times and places are available by phone, or by visiting the web site. Hours: Sa 12-1pm
coda.org

Emergence Addiction and Behavior Therapies Counseling Program

2149 Centennial Plaza, Ste. 4 Eugene 541-741-7107
Provides gambling, substance abuse, addiction and mental health treatment. Support groups, and outpatient care. Specializes in DBT (Dialectical Behavior Therapy). OHP accepted. Call for appointment, no walk in.
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
lanecountyarea-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 McMurfhey 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 

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.

4emergence.com/ 

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
Outpatient mental health and substance abuse treatment for ages 13-21. Individual, family and group therapy for children, adolescents, adults, and their families. Assistance in filling out applications and resumes. Hours: M - Th 8 - 6, F 8 - 5

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

sass-lane.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

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

womenspaceinc.org  

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, 97401541-344-3574
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 Eugene541-682-4041
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. Springfield541-726-4400
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  

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, Eugene541-342-5088
 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, Eugene541-345-3628 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.ccslc.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.ccslc.org/food-clothing-and-emergency-help  

Department of Human Services

2101 W. 11 th 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.ccslc.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.ccslc.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, Springfield541-682-3550
 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

lanecounty.org/chc 

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/](http://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.sponsorsinc.org for more information.
sponsorsinc.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 p Hours: 24/7

www.thetrevorproject.org/

Veterans Crisis Hotline 800-273-8255 press 1

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

Veterans Homeless Services Hotline 877-424-3838

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

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

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

whitebirdclinic.org/

Womenspace 24-hr. Hotline 541-485-6513

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

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

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

Homeownership Preservation Foundation

..... 1-888-995-HOPE
Referrals and counseling provided for homeowners facing foreclosure.
homeownershippreservation.org

Housing and Urban Development

..... 1-800-669-9777
HUD takes on cases when housing rights have been violated. Make a complaint on the website or by phone. Hours: M-F 8-4:30
www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint

Love Inc. of Eugene

..... 541-653-8537
The Call Center will listen to your needs and try to find a service that will provide assistance. (Unable to help in crisis or housing situations) Hours: M-Th 10am-2pm
loveinclanecounty.com/index.html

National Alliance on Mental Illness Lane County (NAMI) 2411 Martin Luther King Jr. Blvd., Ste. 246 Eugene 541-343-7688
Provides information, education, support and advocacy for the mentally ill and their families. Provides referrals for a variety of services. Services are free. Hours: M - Th 10 - 2
namilane.org  

National Clearinghouse for Alcohol & Drug Information (NCADI) 877-726-4727
National resource for information about substance abuse prevention and addiction treatment. Free publications are available on its website. Hours: 24/7
store.samhsa.gov/ 

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

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

Assistance for Needy Families (TANF), Federal Housing Assistance, Low-Income Home Energy Assistance Program (LIEAP), federal and state Earned Income Tax Credits, Oregon's Working Family Tax Credit, Individual Development Accounts (IDAs), National School Lunch Program, Women, Infants, and Children Nutrition Program (WIC), and Emergency Food. ww1.oregonhelps.org/ 

Parenting Now

86 Centennial Loop, Eugene 541-484-5316
 Provides free parenting education and support to families with young children. Free car seats by arrangement. Hours: M-Th 9-4
parentingnow.org/

Senior & Disability Services

1015 Willamette St. Eugene 541-682-3353
 Provides a variety of services to seniors and family caregivers throughout Lane County including information and referral, short-term assistance (e.g. - Energy Assistance certification), in-home help, Medicaid and SNAP, Meals on Wheels, grocery/medical transport, and case management for persons 60 years and older and persons with disabilities (age 18 & older). Hours: M-F 9-4
sdslane.org  

Trans*Ponder

.....508-443-6337
 Email: info@transponder.community Trans*Ponder provides community and resources for transgender individuals. They provide a yoga class and support groups for transgender folks, questioning and parents. Website provides a list of providers that are LGBTQ affirmative. Please contact via phone or email for their full services, places and times. Leave a message and they will get back.
www.transponder.community

White Bird – Front Rooms Resource Center

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

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) lanecounty.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/

MONEY

FINANCIAL ASSISTANCE

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
arclane.org 

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., 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.ccscl.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. 

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.ccslc.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.ccslc.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
laneelectric.com/

Oregon Low Income Home Energy Assistance Program

..... 541-682-3378
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=97734
12

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

..... 541-682-5566, 1-877-800-9899

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 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: 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

.....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

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. 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  

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://accessthelaw.org/> 

Community Reintegration Service Center

190 E.11th, Eugene541-465-6918, after hours: 877-927-8387
 Reintegration and bereavement support of combat theater vets and survivors of military sexual trauma. Hours: M-Sa 8am-4:30pm 

Eugene VA Healthcare Center

3355 Chad Dr., Eugene 541-607-0897
 Full service hospital for veterans. Hours: M-F 8 AM – 4:30 PM
www.roseburg.va.gov/locations/eugene.asp 

Eugene Vet Center

190 East 11th Avenue Eugene 541-465-6918
 Mental health assistance for vets and the families of vets who served in combat in need of readjustment to society or for those who are experiencing trauma. Employment assistance on Thursdays. Hours: M-F 8 AM – 4:30 PM
www.va.gov/find-locations/facility/vc_0626V 

Lane County Veteran Service Office

151 W 7th Ave, Ste 460 Eugene 541-682-4191
 Case management for vets, including filing for disability claims, obtaining military records, applying for VA Health Care, education benefits and surviving spouse benefits. Hours: M-F 8 AM – 5 PM, (Closed 12-1)
lanecounty.org/cms/one.aspx?pagelid=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

www.operationhomefront.org/

PenFed Foundation

..... 800-558-9224

Emergency financial assistance program offers financial assistance for wounded, ill, and injured post 9-11 combat veterans who are experiencing an unexpected short term (1- 2 months) financial setback. Fastest method to get a response is to email via “Apply for Assistance” on the website. Hours: 24/7 penfedfoundation.org/ 

St. Vincent de Paul Support Services for Veteran Families

2890 Chad Dr., Eugene 541-743-7107

Housing assistance, eviction prevention, case mgt, referrals and assistance to other services and benefits. Aimed at helping homeless veterans and those at risk of homelessness with the resources needed to become or remain permanently housed. Hours: M-F 8-5

www.svdp.us/what-we-do/affordable-housing/supportive-services-veteran-families/  

Veterans Crisis Hotline

.....800-273-8255 press 1

Support line for all veterans, service members, National Guard members and their family.

Veterans Homeless Services Hotline

..... 877-424-3838

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

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

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
opheliaplace.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

<https://serenitylane.org/>  

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 are 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

lanesenior meals.org 

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

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  

DORENA

Up River Food Pantry

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

FLORENCE

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
florescesos.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/CHESHIRE

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

laneseniormeals.org/

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, Waltherville 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 

INDEX OF PROVIDERS

- 1**
15th Night, 70
- 2**
211 Info, 55
211Info, 52
- 9**
911, 52
- A**
Access the Law, 69
ACLU of Oregon, 58
Alcoholics Anonymous Meetings (AA), 31
Alton Baker Park Syringe Dropoff, 37, 42
Alzheimer's Association Helpline, 52
American Civil Liberties Union of Oregon, 59
Arc of Lane County, 61
Aunt Bertha, 55
- B**
Basic Rights Oregon, 66
Bethel Branch Library, 13
Bethsaida Lutheran Church, 24
Better Living Center, 79
Boys & Girls Clubs of Emerald Valley, 70
Boys and Girls Aid, 45, 52
Buckley Center, 31
Buckley Center Syringe Drop Off, 37, 42
Burrito Brigade, 28
Buster's Main Street Café, 76
- C**
Cafe 60 – Creswell Villa, 78
Cafe 60 – Fern Ridge Service Center, 83
Cafe 60 – Florence Senior Center, 79
Cafe 60 – Meals for Seniors, 67, 68
Cafe 60 – Riverview Terrace, 76
Cafe 60 – Viking Sal Senior Center, 81
Cafe 60 Coburg United Methodist Church, 75
Cafe 60 The Church of the Nazarene, 82
CAHOOTS – Eugene only, 34, 53, 64
CAHOOTS – Springfield only, 34, 53, 64
Campbell Center, 13
Catholic Community Services Eugene Center, 11, 12, 20, 24, 43, 45, 63
Catholic Community Services Springfield Center, 7, 11, 12, 20, 24, 43, 45, 62, 63
Celebrate Recovery – Awakening Church, Eugene, 31
Celebrate Recovery – Crossfire Outreach International, 31
Celebrate Recovery – Dayspring Fellowship, 31
Celebrate Recovery – Echo Hollow Crossfire Church, 31
Celebrate Recovery – First Church of the Nazarene, 31
Celebrate Recovery Meeting at Calvary Chapel, Cottage Grove, 76
Center for Community Counseling, 34
Center for Family Development, 34, 70
Center for Family Development Outpatient Substance Use Recovery, 31
Centro Latino Americano, 65
Co-Dependents Anonymous (CoDA), 32
Community Alliance of Tenants, 55, 58
Community Health Clinics of Lane County, 39, 40, 45, 46
Community Kitchen at the Trinity Lutheran Church, 76
Community Reintegration Service Center, 69
Community Sharing, 76
Community Supported Shelters, 50
Community Veterinary Center, 23

Cornerstone Community Housing,
51
Creswell Food Pantry, 78

D

Department of Human Services, 6,
16, 19, 20, 21, 25, 43, 44, 61, 68,
73, 76
Department of Human Services –
Child Welfare Program, 79
Dexter Clinic, 79
Diamond Express Transportation
Service, 82

E

Early Assessment and Support
Alliance (EASA), 34, 71
Ebbert United Methodist Church, 7,
28
Egan Warming Centers, 50
Emergence Addiction and Behavior
Therapies Counseling Program,
32, 34
Emergence Addiction and
Behavioral Therapies – Juntos,
66
EmGo – Downtown Eugene, 64
EPUD Helping Hands, 63
Eugene Catholic Worker, 28
Eugene Faith Center, 25
Eugene Mission, 8, 9, 11, 14, 15, 17,
28, 50
Eugene Police non-emergency line,
53
Eugene Public Library, 13
Eugene Service Station Syringe
Drop-off, 37, 42
Eugene Seventh Day Adventist
Church, 28
Eugene Springfield Solidarity
Network (ESSN), 58, 59
Eugene VA Healthcare Center, 69
Eugene Vet Center, 69

F

Family Relief Nursery, 76, 78
Fern Ridge Service Center, 83
First Christian Church – Helping
Hand Room, 7, 8
First Christian Church – Sunday
Breakfast, 28
First Place Family Center, 6, 9, 13,
14, 15, 21, 29, 50, 55, 71

First Way Mobile Unit Catholic
Community Services Springfield
Center, 47
First Way Mobile Unit St. Mary's
Catholic Church, 47
First Way of Eugene, 8, 21, 47
FISH/Trinity United Methodist
Church, 17, 25, 45
Florence Food Share, 80
FOOD for Lane County, 25, 55
FOOD For Lane County – The
Dining Room, 29
Food Not Bombs, 29
Foreclosure Hotline, 55, 58
Freedom Pop, 16

G

God's Food Box, 81
Goldson's Grange, 81
Goodwill Industries Job
Connections, 74
G-Street Oasis, 6, 9, 11, 14, 17, 22,
48, 51

H

HIV Alliance, 77, 80
HIV Alliance Syringe Exchange, 37,
42
HIV Alliance – HIV and Hepatitis C
Testing, 38
HIV Alliance – Case Management,
38
Homeownership Preservation
Foundation, 56, 58
Homes For Good, 49, 51
Hosea Youth Services Project, 10,
12, 15, 18, 29, 71, 74
Housing and Urban Development,
56, 58
Housing Services for Families
(Shelter Care), 62

I

Integrated Health Clinics of
Eugene, 38, 40

J

Jewish Federation of Lane County
– Jewish Family Services, 65
Junction City Local Aid, 81

L

Lane Community College Dental Clinic, 37
 Lane Community College Financial Aid, 24
 Lane Community College GED Preparation, 24
 Lane County District Attorney's Office, 60
 Lane County Legal Aid, 59, 60
 Lane County Medical Examiner, 18
 Lane County Methadone Treatment Program, 32
 Lane County Police non-emergency line, 53
 Lane County Prenatal Care Clinic, 22, 47
 Lane County Public Health Services, 40
 Lane County Veteran Service Office, 69
 Lane Electric Member Assistance Program, 63
 Laundry Unicorns/Eugene Mennonite Church, 15
 Laurel Hill Center – Employment Services, 74
 Laurel Hill Center – Psychiatric Rehabilitation Services, 32, 35, 82
 LGBTQ Youth Group, 66
 Lines for Life Alcohol Drug Help Line, 53
 Lions Clubs International – State of Oregon, 48
 Looking Glass – Counseling Program, 35, 71
 Looking Glass – New Roads Program, 8, 10, 18, 26, 29, 71
 Looking Glass – Station #7, 50, 72
 Looking Glass Crisis Response Line, 35, 53
 Love Inc. of Eugene, 56
 Lowell Food Pantry, 82
 LTD Reduced Fare, 64
 LTD: Ridesource, 65

M

Mannahouse – Daily Bread, 26
 Mapleton Food Share, 82
 McKenzie Family Resource Center, 84
 McKenzie-Willamette Medical Center, 40
 Meals on Wheels – Creswell, 78
 Meals on Wheels – Florence, 80

Meals on Wheels – Oakridge, 82
 Meals on Wheels – Veneta, 83
 Military Helpline, 53, 69
 Multiple Sclerosis Foundation
 Emergency Assistance Program, 62

N

NA (Narcotics Anonymous) Meetings, 32
 Nar-Anon Family Eugene-Springfield Group, 32
 National Alliance on Mental Illness Lane County (NAMI), 35, 56
 National Child Abuse Hotline, 53
 National Clearinghouse for Alcohol & Drug Information (NCADI), 56
 National Health Information Center, 56
 National Suicide Prevention Lifeline, 35, 53
 New Hope Baptist Church, 79
 Nightingale Hosted Shelters, 50
 NorseMen Village Apartments, 82
 Northwest Abortion Access Fund, 47
 Northwest Christian University – Counseling Center, 35

O

Oakridge Food Pantry at the Willamette Activity Center, 83
 Oakridge Westfir Family Resource Center, 83
 Occupy Medical, 40
 ODI Clinic: Adolescent & Family Services, 33
 ODI Clinic: Centro Latino Americano, 33
 Operation Homefront, 69
 Ophelia's Place, 72
 Opportunity Village, 51
 Options Counseling Services, 19
 Oregon Abuse Hotline for Children & Adults, 54
 Oregon Department of Motor Vehicles – Eugene, 12, 65
 Oregon Department of Motor Vehicles – Florence, 80
 Oregon Department of Motor Vehicles – Springfield, 12, 65
 Oregon Family Support Network, 72
 Oregon Health Plan, 44
 Oregon Helps Social Service Eligibility Calculator, 56

Oregon Law Help, 59
 Oregon Low Income Home Energy Assistance Program, 64
 Oregon Relay 711, 48
 Oregon State Bar Referral and Information Services, 60
 Our Redeemer Lutheran Church Food Pantry, 26

P

Parenting Now, 22, 57
 Peace Harbor Hospital – Home Care Services, 80
 Peacehealth Medical Group – Cottage Grove Community Hospital and Clinics, 77
 PeaceHealth Medical Group – Urgent Care Centers, 41
 PeaceHealth Sacred Heart Medical Center University District, 41
 PeaceHealth Sacred Heart Riverbend, 41
 PeaceHealth Sacred Heart Univ. District, 41
 Peer-To-Peer Loans Lane County, 62
 PenFed Foundation, 70
 Pink Fund, 62
 Planned Parenthood of Southwestern OR – Eugene, 47
 Planned Parenthood West Eugene Health Center, 48
 Pro-Bone-O, 23
 Produce Plus – Bethel Farm, 26
 Produce Plus – Bethel's Cascade Middle School, 26
 Produce Plus – Unitarian Universalist Church, 27
 Produce Plus DHS Cottage Grove, 77
 Produce Plus DHS McKenzie Center, 26
 Produce Plus DHS Springfield, 26
 Produce Plus DHS West Eugene, 27
 Project Safe Place, 72
 Public Benefits Hotline, 54, 59

R

Red Apple Bathroom, 43
 Relief Nursery – Eugene, 22
 Relief Nursery – Springfield, 22

S

Sacred Heart – Pregnancy and Parenting Education, 22
 Salvation Army, 27, 64
 Samfund Grants for Cancer Survivors, 62
 SASS – Sexual Assault Support Services, 20, 35
 School Health Centers Churchill High, 41
 School Health Centers North Eugene High, 41
 Senior & Disability Services, 44, 57, 68
 Senior & Disability Services – Cottage Grove, 77
 Senior Law Center, 59, 60, 77, 80
 Senior Meals – Eugene – Olive Plaza, 29
 Serenity Lane, 33, 75
 Sexual Assault Support Services (SASS), 54
 Share Fair, 8, 30
 Sheldon Branch Library, 13
 Shelter Care, 23, 49, 51, 52
 Shelter Care Syringe Drop Off, 38
 ShelterCare, 63
 Siuslaw Outreach Services, 81
 South Lake Mental Health Recovery Center, 77
 South Lane Mental Health, 78
 South Lane Wheels, 78, 79
 Sponsors, Inc., 52, 67
 Sponsors, Inc. – Re-Entry Resource Center, 74
 SPOT (Stop Pet Overpopulation Today), 23
 Springfield Adventist Community Center, 8, 27, 30
 Springfield Library Syringe Drop-off, 38, 43
 Springfield Public Library, 13
 St. John Maximovitch Church, 30
 St. Mary's Episcopal Breakfast
 St. Vincent de Paul – Eugene Service Station, 6, 7, 8, 10, 15, 16, 18, 30, 49
 St. Vincent de Paul Social Services, 11, 17, 27, 45, 63
 St. Vincent de Paul Society, 49, 52
 St. Vincent de Paul Support Services for Veteran Families, 49, 70
 St. Vincent's Storage Locker, 10
 Summer Food Program by FOOD for Lane County, 30

Survivors Justice Center, 59, 60

T

The Child Center Crisis Response Program, 72
 The Shepherd's Table at St. John's, 27
 Thurston Food Pantry inside Waypoint Community Church, 27
 Trans Lifeline, 54, 66
 Trans*Ponder, 57, 66
 Trevor Lifeline, 54, 67
 Triangle Food Box, 75

U

University of Oregon Knight Library, 14
 Up River Food Pantry, 79

V

Valley United Methodist Church, 83
 Veterans Crisis Hotline, 36, 54, 70
 Veterans Homeless Services Hotline, 54, 70
 Vocational Rehabilitation Office – Eugene, 75
 Volunteers in Medicine, 42

W

Washington-Jefferson Park Syringe Drop-off, 38, 43

White Bird – Chrysalis Behavioral Health Outpatient Services, 33, 36
 White Bird – Community Dental Clinic, 37
 White Bird – Counseling Program, 23, 36
 White Bird – Front Rooms Resource Center, 6, 9, 10, 16, 17, 48, 57
 White Bird – Medical Clinic, 42
 White Bird – Sharing Healthcare Options Program, 44
 White Bird 24/7 Crisis Line, 54
 White Bird 24/7 Crisis Services, 36
 White Bird: Homeless, 13
 Whitebird Syringe Drop-off, 39, 43
 Willamette Family Health Clinic, 37, 42, 44
 Willamette Family Inc. – Rapid Access Center, 33, 36
 Womenspace, 51
 Womenspace – Domestic Violence Advocacy Center, 20, 36
 Womenspace 24-hr. Hotline, 20, 54
 WorkSource Lane, 14
 WorkSource Lane – Florence Office, 81
 WorkSource Lane County, 75

Y

Youth ERA, 72
 Youthline, 55, 73

COMMUNITY SPONSORS

This publication was produced through sponsorships and contributions from the following organizations.

