



RESOURCE GUIDE

For youth, by youth
Eugene & Springfield, OR



15TH NIGHT YOUTH RESOURCE GUIDE 2024

The 15th Night is a youth-guided, community-wide partnership that helps more than 790 of our Eugene-Springfield students who are navigating school, life, and homelessness alone by creating access to a coordinated network of existing community resources. This resource guide includes organizations that work with youth facing barriers in Lane County. It is designed by youth to help youth navigate these resources and know how to connect to these organizations. This publication was originally created by DevNW and updated by the 15th Night Youth Action Council with generous support from each of the organizations included in these pages.

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MCKINNEY-VENTO LIAISONS

McKinney-Vento Liaisons are school district personnel dedicated to making sure ALL students have access to the same educational opportunities, no matter where they live. If you need support from a McKinney-Vento Liaison, you can find your district liaison contact information on the next page. School staff and teachers can connect students to liaisons, as well.

IF YOU OR YOUR FAMILY IS IN ANY OF THE FOLLOWING SITUATIONS...



In a shelter or in transitional housing



In a vehicle, tent, trailer, etc



With friends/family due to extenuating circumstances



In a hotel or motel

YOU HAVE THE RIGHT TO...

- Stay in the school you were attending when you lost housing or enroll in the neighborhood school where you are currently staying at night.
- Enroll immediately even if lacking necessary documentation
- Receive free school meals

MCKINNEY-VENTO LIAISONS CAN HELP YOU...

- Register for & enroll in school
- Set up school transportation
- Provide advocacy & outreach services
- Make referrals to local service providers
- Help navigate systems
- Help students with basic needs

If you need support from a McKinney-Vento Liaison, you can find your district liaison contact information on the next page. School staff and teachers can connect students to liaisons, as well.

MCKINNEY-VENTO LIAISONS CONTACT INFO

BETHEL

541-607-1463

DONNA BUTERA

donna.butera@bethel.k12.or.us

YADIRA FLORES

yadira.flores@bethel.k12.or.us

BLACHLY

541-925-3262 X106

ADAM WATKINS

awatkins@blachly.k12.or.us

CRESWELL

541-852-0837

SARAH STEVENS

sstephens@creswell.k12.or.us

CROW-APPLEGATE-LORANE

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KIM WILSON

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EUGENE 4J

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KRISTINE CRAFT

craft_k@4j.lane.edu

EVE CORNELIUS

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MARY KATE COY

coy_m@4j.lane.edu

FERN RIDGE

541-935-2253

BECKY DUBE

rdube@fernrIDGE.k12.or.us

JUNCTION CITY

541-998-6311 X621

KATIE BRADFORD

kbradford@junctioncity.k12.or.us

LOWELL

541-937-2105

COLETTE ULLRICH

cullrich@lowell.k12.or.us

MAPLETON

541-268-4322

BRENDA MOYER

bmoyer@mapleton.k12.or.us

MARCOLA

541-933-2512

LINDA BRENDT-KWIRANT

lbrecht-kwirant@marcola.k12.or.us

MCKENZIE

541-822-1110

LACEY JOY

lacey.joy@mckenziesd.org

OAKRIDGE

541-782-2813

MARK OSBORN

mosborn@oihs-warriors.net

OREGON CONNECTIONS ACADEMY

503-897-8370

ISLA GEARHEART

igearheart@orca.connections.org

PLEASANT HILL

541-736-0498

DEVERY STONEBERG

cullrich@lowell.k12.or.us

SIUSLAW

541-997-2514 X5457

ELLA GLOWACKI

eglowacki@siuslaw.k12.or.us

SOUTH LANE

541-852-0837

SARAH STEVENS

sstephens@creswell.k12.or.us

SPRINGFIELD

541-525-0171

JOCELYN SANCHEZ

jocelyn.sanchez@springfield.k12.or.us

ZOE BROOKES

zoe.prince-brookes@springfield.k12.or.us

SCHOOL RESOURCE NAVIGATORS

School resource navigators are school employees who help students and their families connect to resources and services. These rockstars can support students and families by being the liaison between home, school, and the school district.

4J SCHOOL DISTRICT

DISTRICT FAMILY SUPPORT SERVICES

Vanessa Vasquez
vasquez@4j.lane.edu
541-790-7717

FAMILY RESOURCE COORDINATOR

Alicia Longoria
longoria@4j.lane.edu
541-790-6880

4J WELCOME CENTER

541-790-6880

SPRINGFIELD SCHOOL DISTRICT

SPECIAL PROGRAMS ASSISTANT DIRECTOR

Nicole Nakayama
nicole.nakayama@springfield.k12.or.us
541-726-3250

LEARNING SPECIALIST & FAMILY RESOURCE COORDINATOR

Stephanie Leahy
stephanie.leahy@springfield.k12.or.us
541-744-6415 X30238

IDENTIFICATION

Having your different forms of identification is important! Your birth certificate allows you to obtain a state ID and passport, your social security card helps secure employment, and a state ID opens the door to accessing opportunities, including opening a bank account and acquiring a job.

BIRTH CERTIFICATE

15TH NIGHT RAPID ACCESS NETWORK

Call or text this number to be connected with an individual who provides technical and financial assistance for obtaining a birth certificate. **Cost is covered.**

Phone: 541-246-4046

Times: Available 24/7

Age: 12-21

CATHOLIC COMMUNITY SERVICES

Spanish-speaking staff available.

Clients can drop in and talk to front desk staff about obtaining a birth certificate. Please bring any identification documents needed to order a birth certificate. CCS will order and issue payment.

Eugene Phone: 541-345-3628

Springfield Phone: 541-345-3628 X324

Website: ccslc.org/need-help

Times: Monday, Tuesday, Wednesday, Friday 8:00 am - 4:00 pm / Thursday 9:00 am - 4:00 pm

Address: 1464 W. 6th Ave., Eugene, OR 97402 / 1025 G St., Springfield, OR 97477

Age: 18+

CORE

CORE provides case management that includes document recovery (birth certificates, IDs, tribal enrollment). Contact CORE via text, social media, or email to inquire.

Phone: 541-870-0036

Website: coreeugene.org/

Email: info@coreeugene.org

Facebook: facebook.com/COREEugene/

Instagram: instagram.com/core.eugene/

Age: 29 & under

WHITE BIRD CLINIC

Walk-in times are available Tuesday-Thursday 9:30 am - 12:30 pm. Staff can assist with technical and financial assistance for obtaining a birth certificate. **Cost is covered.**

Phone: 541-342-1295

Website: whitebirdclinic.org/birthcertificate

Times: Tuesday - Thursday 9:30 am - 12:30 pm

Address: 341 E 12th Ave, Eugene, OR 97401

Age: All ages

IDENTIFICATION

SOCIAL SECURITY CARD

SOCIAL SECURITY OFFICE

It is free to get a new social security card! However, you are only allowed three social security card replacements per year, and 10 replacements in your lifetime. Depending on your situation, you may be able to apply for a replacement card online. You can also visit the Social Security office in person; bring a valid state-issued ID and birth certificate.

Phone: 1-800-772-1213

Website: www.ssa.gov/

Times: Monday - Friday 9:00 am - 4:00 pm, closed at noon on Wednesday

Address: 2504 Oakmont Way, Eugene, OR 97401

Age: All ages

STATE-ISSUED ID

Applications to get a state-issued I.D. **MUST** be submitted in person at a DMV office. There are a variety of offices throughout Lane County to accommodate location needs. Below is information about the Eugene and Springfield offices.

EUGENE DMV

Phone: 541-686-7855

Times: Monday - Friday 8:00 am - 5:00 pm

Address: 499 Valley River Center, Eugene, OR 97401

Age: All ages

SPRINGFIELD DMV

Phone: 541-686-7855

Times: Monday - Friday 8:00 am - 5:00 pm

Address: 204 30th St., Springfield, OR 97401

Age: All ages

The full list of DMV locations can be found here: oregon.gov/odot/dmv/pages/offices/index.aspx

What you need to apply for a state ID:

- Proof of your identity, date of birth, and legal U.S. presence, such as your U.S. birth certificate or U.S. citizenship certificate
- Proof of your Oregon residency, such as your bank statement, insurance card, or official mail addressed to you
- Completed application
- \$44.50 for an identification card

IDENTIFICATION

SUPPORT GETTING A STATE-ISSUED ID

15TH NIGHT RAPID ACCESS NETWORK

Call or text this number to be connected with an individual who provides technical and financial assistance for obtaining a state-issued ID. **Cost is covered.**

Phone: 541-246-4046

Times: Available 24/7

Age: Max 21

CATHOLIC COMMUNITY SERVICES

Spanish-speaking staff available.

Clients can drop in and talk to front desk staff about obtaining a birth certificate. Please bring any identification documents needed to order a birth certificate. CCS will order and issue payment.

Eugene Phone: 541-345-3628

Springfield Phone: 541-345-3628 X324

Website: ccslc.org/need-help

Times: Monday, Tuesday, Wednesday, Friday 8:00 am - 4:00 pm / Thursday 9:00 am - 4:00 pm

Address: 1464 W. 6th Ave., Eugene, OR 97402 / 1025 G St., Springfield, OR 97477

Age: 18+

CORE

CORE provides case management that includes document recovery (birth certificates, IDs, tribal enrollment). Contact CORE via text, social media, or emailing to inquire.

Phone: 541-870-0036

Website: coreeugene.org/

Email: info@coreeugene.org

Facebook: facebook.com/COREEugene/

Instagram: instagram.com/core.eugene/

Age: 29 & under

LOOKING GLASS NEW ROADS

Call or visit the New Roads desk to be connected with a caseworker who provides technical assistance for obtaining a state-issued ID. The caseworker can provide a letter to verify your residence if you do not have proof. Cost is sometimes covered depending on funds – call the front desk to check!

Program Phone: 541-686-4310

New Roads School Phone: 541-302-2551

Website: lookingglass.us/new-roads

Times: Monday - Sunday 8:30 am - 8:30 pm

Address: 941 W. 7th Ave., Eugene, OR 97402

Age: 16-24

If you do not have proof of residency, you can get a letter from a school staff member or your case manager to verify your residence.

DROP-IN YOUTH CENTERS

Drop-in centers are safe spaces you can go to have your basic needs met. Below is a list of drop-in centers focused on serving youth. Many of these spaces have showers, food, clothing closets, hygiene items, computers, and welcoming staff to assist you along the way.

CONNECTED LANE COUNTY, SPRINGFIELD LOCATION

Connected Lane County's Springfield location offers showers, laundry facilities, snacks, and access to technology and support services. Staff provide employment assistance, career mentorship, education exploration and re-engagement options, and connections to housing and healthcare resources.

Phone: 541-654-4095

Website: connectedlane.org/dropin/

Times: Wednesday & Thursday 3:00 pm - 6:00 pm, select Fridays

Address: Spark at Booth-Kelly, 303 S. 5th St., STE 150, Springfield, OR 97477

Age: 14-24

CORE: ZEPHYR HOUSE

Zephyr House is a low barrier, safe space created for young people ages 16-24 and is located between the Whiteaker neighborhood and downtown Eugene. The Zephyr House is a centralized hub for programs, offering a rotating schedule of life-skills, art, and recreation workshops centered around education, harm reduction, and radical empowerment. All activities/classes/groups are led by people in the community who come from the communities that our participants come from.

Phone: 541-870-0036

Website: coreeugene.org/

Email: Info@coreeugene.org

Instagram: [instagram.com/core.eugene/](https://www.instagram.com/core.eugene/)

Facebook: [facebook.com/coreeugene/](https://www.facebook.com/coreeugene/)

Times: Check the website or Instagram for when programs are happening

Address: 3003 W. 11th St., Eugene, OR 97402

Age: 16-24

HOSEA YOUTH SERVICES

Hosea Youth Services is located in the basement of Grace Fellowship Church but is not affiliated with the church. Hosea has showers, laundry facilities, clothes, food, computers, case management, and employment assistance.

Phone: 541-344-5583

Website: hoseayouth.org/

Times: Monday - Thursday 1:00 am - 6:30 pm (Lunch 1:00 pm - 3 pm / Dinner 5:00)

Friday 10:00 am - 2:00 pm (Lunch 11 am - 1 pm)

Address: 834 Monroe St., Eugene, OR 97402

Age: 16-24

DROP-IN YOUTH CENTERS

LOOKING GLASS NEW ROADS

Looking Glass New Roads has showers, laundry facilities, clothes, food, computers, case management, employment assistance, and education re-engagement options.

Phone: 541-686-4310

Website: lookingglass.us/new-roads

Times: Monday - Sunday 8:30 am - 8:30 pm

Address: 941 W. 7th Ave., Eugene, OR 97402

Age: 16-24

OPHELIA'S PLACE **female identifying youth only*

Spanish-speaking staff available.

Ophelia's Place recognizes an expansive definition of girl. OP is for all trans girls and cis girls, as well as for nonbinary youth, gender non-conforming youth, and genderqueer youth who feel or have a connection to girlhood or girlness. The drop-in offers snacks, games, community, homework assistance, and various empowerment workshops.

Phone: 541-284-4333

Website: opheliasplace.net/

Times: Monday - Thursday 3:00 pm - 6:00 pm

Address: 1577 Pearl St. #100, Eugene, OR 97401

Age: 10-18

“There are no limits to what you can accomplish, except the limits you place on your own thinking.”

-Brain Tracy

DROP-IN FAMILY CENTERS

CATHOLIC COMMUNITY SERVICES G STREET OASIS

Spanish-speaking staff available.

G Street Oasis serves homeless families. G Street Oasis provides showers, laundry facilities, clothes, food, case management, and employment assistance.

Phone: 541-214-0260

Website: ccslc.org/need-help

Times: Monday - Wednesday 8:00 am - 4:00 pm / Thursday 9:00 am - 4:00 pm

Address: 1025 G St., Springfield, OR 97477

Age: All ages, but **must be with family**

ST. VINCENT DE PAUL FIRST PLACE FAMILY CENTER

First Place Family Center (FPFC) is St. Vincent de Paul's low-barrier emergency access day center for families experiencing homelessness in Lane County. FPFC addresses basic needs and provides essential social services to families and children under age 18. FPFC provides showers, laundry facilities, clothes, food, diapers, access to computers, case management, employment assistance, and housing intakes.

Phone: 541-342-7728

Website: svdp.us/services/youth-family-services/first-place-family-center/

Times: Monday - Sunday 9:00 am - 5:00 pm

Address: 4060 W. Amazon Drive, Eugene, OR 97405

Age: All ages, **but must be family with children**

OUTREACH

CORE: STREET OUTREACH ALLIANCE PROJECT (SOAP)

A multifaceted, collaborative street outreach program, CORE partners with various agencies in the community to provide consistent and effective outreach to our neighbors living on the streets and in camps in the Eugene/Springfield/Cottage Grove area. CORE's outreach practices are based in harm reduction, trauma-informed care, and empowerment. CORE's primary focus is to both literally and figuratively 'meet people where they are at' – whatever this may look like. Each person served has a unique set of goals and CORE makes it a point to be consistently listening, engaging, and adapting its approach to best meet the needs of each individual. The target population for outreach is youth and young adults ages 16-29; however, supplies are provided to anyone in need. Please reach out between 11 am - 3 pm on Tuesdays if you are in need of outreach supplies.

Phone: 541-870-0036

Website: coreeugene.org/

Email: info@coreeugene.org

Times: Tuesdays 4:00 pm - 7:00 pm

Instagram: [instagram.com/core.eugene/](https://www.instagram.com/core.eugene/)

Facebook: [facebook.com/coreeugene/](https://www.facebook.com/coreeugene/)

Age: 16-29

LOOKING GLASS OUTREACH

Staff provide youth on the streets of Eugene, Springfield, and rural communities with gateway services, information, referrals, advocacy, and support.

Phone: 541-686-4310

Website: lookingglass.us/services/#runaway

FOOD

We all need food to live and have energy! Below you will find lists of where you can access meals and where you can receive a food box.

YOUTH-SPECIFIC MEAL SITES

15TH NIGHT OUR NEIGHBORHOOD, SPRINGFIELD

Times: Every Thursday 5:00 pm - 7:00 pm

Address: Check Instagram @15thNight for updates

Age: 12-21

HOSEA YOUTH SERVICES

Phone: 541-344-5583

Times: Monday - Thursday 11:00 am - 6:30 pm, Lunch 12:00 pm - 2:00 pm, Dinner 5:00 pm - 5:30 pm
Friday 11:00 am - 3:00 pm, Lunch 12:00 pm - 2:00 pm

Address: 834 Monroe St., Eugene, OR 97402

Age: 16-24

LOOKING GLASS NEW ROADS

Phone: 541-302-2251

Times: Monday - Friday: Breakfast - 9:00 am, Lunch - 12:00 pm, Snack - 3:00 pm

Address: 941 W. 7th Ave., Eugene, OR 97402

Age: 16-24

NON-YOUTH-SPECIFIC MEAL SITES

ACORN CAFÉ

Vegan café and food resource to ensure youth guests have access to a free meal.

Phone: 541-403-7647

Website: eatacorncafe.com/

Times: Wednesday - Sunday 10:00 am - 3:00 pm / Thursday - Saturday 5:00 pm - 8:00 pm

Address: 769 Monroe St., Eugene, OR 97402

Age: All ages

BURRITO BRIGADE

Phone: 541-632-3239

Website: burritobrigade.org/eugene

Email: info@burritobrigade.org

Times: Saturday 12:00 pm - 1:00 pm / Sunday 12:30 pm - 2:00 pm

Address: No set location, can be found downtown. Check website for updates.

Age: All ages

FOOD

THE DINING ROOM

Hot, nutritious meal at no cost.

Phone: 541-284-1340

Website: foodforlanecounty.org/get-help/fflcs-dining-room/

Times: Monday - Thursday 12:00 pm - 2:45 pm

Address: 270 W. 8th Ave., Eugene, OR 97401

Age: 18+ and children accompanied by a parent or guardian

ST. VINCENT DE PAUL SERVICE STATION

Food, showers, and laundry available.

Phone: 541-461-8688

Website: svdp.us/services/emergency-services/eugene-service-station/

Times: Sunday - Saturday 8:30 am - 5:00 pm, Breakfast 8:30 am, Lunch 12:00 pm

Address: 450 Hwy 99, Eugene, OR 97402

Age: 18+

YOUTH-SPECIFIC FOOD BOXES **contact the school to schedule your pick up*

CHURCHILL HIGH SCHOOL

Phone: 541-790-5100

Address: 1850 Bailey Hill Road, Eugene, OR 97405

Requirement: Must be a student of CHS

ECCO HIGH SCHOOL

Phone: 541-790-6850

Address: 200 N. Monroe St., Eugene, OR 97402

Requirement: Must be a student of ECCO

HAMLIN MIDDLE SCHOOL

Phone: 541-726-3232

Address: 326 Centennial Blvd., Springfield, OR 97477

Requirement: Must be a student of HMS

NORTH EUGENE HIGH SCHOOL

Phone: 541-790-4500

Address: 200 Silver Lane, Eugene, OR 97404

Requirement: Must be a student of NEHS

SHELDON HIGH SCHOOL

Phone: 541-790-6600

Address: 2455 Willakenzie Road, Eugene, OR 97402

Requirement: Must be a student of SHS

FOOD

SOUTH EUGENE HIGH SCHOOL

Phone: 541-790-8000

Address: 400 E. 19th Ave., Eugene, OR 97402

Requirement: Must be a student of SEHS

WILLAMETTE HIGH SCHOOL

Phone: 541-689-0731

Address: 1801 Echo Hollow Road, Eugene, OR 97402

Requirement: Must be a student of WHS

FOOD BOXES **not youth specific but youth can access*

BETHESEDA LUTHERAN CHURCH FOOD PANTRY

Phone: 541-688-9085

Times: 2nd & 4th Saturday 9:30 am - 12:00 pm

Address: 445 Royal Ave., Eugene, OR 97402

Age: All ages

BETHESEDA EMERGENCY FOOD CLOSET

Phone: 541-688-9085

Times: Monday - Friday 9:00 am - 3:00 pm

Address: 445 Royal Ave., Eugene, OR 97402

Age: All ages

BURRITO BRIGADE

Go online to sign up for an appointment to pick up food: burritobrigade.org/waste-to-taste/

Phone: 541-632-3239

Website: burritobrigade.org/eugene

Email: info@burritobrigade.org

Times: Monday - Wednesday 4:00 pm - 6:00 pm

Address: 1300 Irvington Drive, Eugene, OR 97404

Age: All ages

CATHOLIC COMMUNITY SERVICES

Eugene Phone: 541-345-3628

Springfield Phone: 541-345-3628 X324

Website: ccslc.org/need-help

Times: Monday, Wednesday, Friday 9:00 am - 12:00 pm

Eugene Address: 1464 W. 6th Ave., Eugene, OR 97402

Springfield Address: 1025 G St., Springfield, OR 97477

Age: All ages

FOOD

CROSSFIRE HANDS OF HOPE

Phone: 541-686-5433

Website: mycrossfire.com/all-food-ministries

Times: Thursday 12:00 pm - 4:00 pm & 6:15 pm / Sunday 8:30 am

Address: 942 28th St., Springfield, OR 97477

Age: All ages

NAACP FOOD PANTRY, EUGENE & SPRINGFIELD

Phone: 541-484-1119 X2

Website: naacplanecounty.org/

Look online for food pantry order form.

PLAZA DE NUESTRA COMUNIDAD

Call before coming.

Phone: 541-687-2667

Website: plazacomunidad.org/

Times: 1st & 3rd Friday 10:00 am - 12:00 pm

Address: 944 W. 5th St., Eugene, OR 97402

Age: All ages

PRAY BIG! FOOD PANTRY

Phone: 541-689-4010

Times: Last Saturday 10:00 pm - 11:30 am

Address: 4110 River Road, Eugene, OR 97404

Age: All ages

For more information on food boxes or meal sites, visit: foodforlanecounty.org/get-help/

For help applying for food stamps/SNAP benefits, text the 15th Night Rapid Access Network:
541-246-4046

EMERGENCY SHELTER

Emergency housing provides safe spaces where youth can stay overnight while a long-term plan is developed. Below are youth-specific emergency shelters.

LOOKING GLASS STATION 7

Looking Glass Station 7 is an emergency shelter that emphasizes family reconciliation. It offers youth a safe location when they feel afraid or have run away from home.

Phone: 541-689-3111

24/7 Helpline: 1-888-689-3111

Website: lookingglass.us/station-7

Address: 931 W. 7th Ave., Eugene, OR 97402

Age: 11-17. Can sometimes accommodate 18-21 depending on available beds. Call to confirm.

LOOKING GLASS PEER SHELTER, 24/7

Looking Glass' PEER Shelter is a 24-hour accessible low-barrier shelter for youth ages 16 – 24 who are unhoused or otherwise in crisis. PEER Shelter emphasizes harm reduction to meet clients' basic needs and assist them in moving toward stabilization.

Phone: 541-342-4293

24/7 Helpline: 1-888-689-3111

Website: lookingglass.us/peer

Address: 2517 Martin Luther King Blvd., Eugene, OR 97401

Age: 16 - 24

EGAN WARMING CENTER **open during winter months when temperature dips below 30*

St. Vincent de Paul Egan Warming Center is open seasonally. The hours of operation depend on the temperature; facilities open when overnight temperature is forecasted below 30 degrees F.

Phone: 541-689-6747

Times: November 15 - March 31

Address: First United Methodist Church, 1376 Olive St., Eugene, OR 97401

Age: 18+

“One day you will tell your story of how you overcame what you went through, and it will be someone else’s survival guide.”

-Brene Brown

TRANSITIONAL YOUTH HOUSING

Transitional housing is temporary housing with the intention of transitioning residents into permanent, affordable housing. Transitional housing is free and often paired with case management to assist residents in creating and reaching life goals.

YOUTH SPECIFIC

A FAMILY FOR EVERY CHILD, HOST HOME PROGRAM

The Host Home Program (HHP) offers all youth / young adults (YYA) experiencing homelessness access to safe, stable housing and resources, as well as connections with other supports (reconnect with school, family members, mentors, service providers, etc.). AFFEC offers the HHP to YYA ages 11-24 who are pregnant and or parenting, juvenile justice involved, those of the LGBTQIA2S+ and BIPOC communities, with limited English proficiency, and non-able bodied persons.

Phone: 541-343-2856

Website: afamilyforeverychild.org/host-home-program/

Email: info@afamilyforeverychild.org

Address: 1675 W. 11th Ave., Eugene, OR 97402

Age: 11-24

HOSEA YOUTH SERVICES PALLET SHELTERS

Through a partnership with Everyone Village, Hosea oversees nine pallet shelters at the Eugene location. Contact Chelsea King for more information.

Phone: 541-344-5583

Website: hoseayouth.org/

Email: chelsea@hoseayouth.org

Address: 834 Monroe St. Eugene, OR 97402

Age: 18-24

IMAGINATION HOUSE

Imagination House is a transitional independent living program for female-identifying young adults ages 18-20 who are currently in DHS custody or have experience with homelessness. This is a one-year program designed to help young adults who are aging out of foster care develop independent living skills, productive schedules, rental history, and ultimately transition to independent housing.

Website: thrivehousingnetwork.org/programs

Email: Info@thrivehousingnetwork.org

Age: 18-20, female identifying

TRANSITIONAL YOUTH HOUSING

LOOKING GLASS

If you are literally homeless (camping or sleeping in a car or shed), you can ask to be put on the Centralized Wait List. If you are on that list, you can qualify for housing with:

- **Rapid Rehousing Program:** pays application fees, move-in deposits, rent, and utility payments for two years. Also provides case management.
- **Transitional Housing Program:** for female-identifying youth ages 16-21. Participants live in apartments upstairs from New Roads, and this program has intensive case management by the on-site property manager.

If you are couch surfing or staying with people but don't have a regular address, you may be eligible for:

- **Transitional Housing Program:** for female identifying youth ages 16-21. Participants live in apartments upstairs from New Roads, and this program has intensive case management by the on-site property manager.

Phone: 541-686-4310

Website: lookingglass.us/services/#runaway

Time: Monday - Sunday 8:30 am - 8:30 pm

Address: 941 W. 7th Ave., Eugene, OR 97402

Age: 16-24

THRIVE HOUSE

Thrive House is a transitional housing program for young adults who are pregnant or parenting. Thrive House is open to women ages 18 and older who are pregnant or parenting a child. Upon acceptance into the program, moms will need to agree to the House Covenant outlining program expectations, rules and policies, and sign a month-to-month sub-lease agreement. Note, this is not a subsidized housing program and cannot accommodate housing for partners or co-parents.

Website: thrivehousingnetwork.org/

Email: Info@thrivehousingnetwork.org

Age: 18+

NON-YOUTH SPECIFIC

COMMUNITY SUPPORTED SHELTERS

Spanish-speaking staff available.

Community Supported Shelters provides shelter options for individuals age 18+ experiencing homelessness. They build Conestoga Hut shelters that are pleasing to the eye, and create caring and collaborative communities (Safe Spot Communities) located throughout Eugene, and provide extensive support that empowers clients to stabilize and rebuild their lives.

Phone: 541-683-0836

Website: communitysupportedshelters.org/

Address: 1160 Grant St., Eugene, OR 97402

TRANSITIONAL YOUTH HOUSING

SQUAREONE OPPORTUNITY VILLAGE

Spanish-speaking staff available.

SquareOne Village is a nonprofit organization creating self-managed communities of cost-effective tiny homes for people in need of housing. Opportunity Village is SquareOne's transitional housing village with 30 units that cost \$30 ea/month.

Phone: 541-606-4455

Website: squareonevillages.org/opportunity/

Address: 111 N. Garfield St., Eugene, OR 97402

Age: 18+

ST. VINCENT DE PAUL ANNEX NIGHT SHELTER

Spanish-speaking staff available.

This is a 90-day transitional housing for families with children. Families qualify through completing a housing assessment at First Place Family Center. Housing is paired with intensive case management.

Phone: 541-342-7728

Website: svdp.us/services/shelter-assistance/first-place-annex-night-shelter/

Address: 4060 W. Amazon Drive, Eugene, OR 97405

Age: Families with children

*“ There is always light. If only we're brave enough to see it.
If only we're brave enough to be it.”*

-Amanda Gorman

AFFORDABLE HOUSING

Affordable housing is long-term housing based on a renter's income.

YOUTH SPECIFIC

DEVNW POLK APARTMENTS

Spanish-speaking staff available.

DevNW has 12 one-bedroom units located in the Whitaker neighborhood. DevNW gives priority to youth aging out of foster care. Contact Dannette Gwin at dannette.gwin@devnw.org for more information.

Phone: 541-345-7106

Email: dannette.gwin@devnw.org

Website: devnw.org/affordable-homes/affordable-rentals/polk-street-apartments/

Age: 16+

NON-YOUTH SPECIFIC

CORNERSTONE COMMUNITY HOUSING

Cornerstone has multiple housing units around town. Individuals can apply to be placed on the wait list through the website.

Phone: 541-683-1751

Website: cornerstonecommunityhousing.org/housing-communities/

Age: 18+

HOMES FOR GOOD

Homes for Good is Lane County's hub for affordable, low-income housing and services, connecting people with rental assistance and public housing. The organization's long-term efforts emphasize the creation of more affordable housing for low-income Lane County residents. Individuals can make an appointment to apply for affordable housing and Section 8 wait lists.

Phone: 541-682-3755

Website: homesforgood.org/

Times: Monday - Thursday 8:00 am - 4:00 pm

Address: 100 W. 13th Ave., Eugene, OR 97405

MAINSTREAM HOUSING INCORPORATED

Mainstream Housing has multiple locations that provide safe and appealing living environments for individuals with developmental disabilities and affordable living options open to community members with low incomes. Housing complexes are located in Eugene, Springfield, and Cottage Grove.

Phone: 541-484-4868

Website: mainstreamhousing.org/housing-options/

Age: 18+

AFFORDABLE HOUSING

SQUAREONE VILLAGES

SquareOne Village is a nonprofit organization creating self-managed communities of cost-effective tiny homes for people in need of housing. Permanent housing villages are available in Eugene, Springfield, and Cottage Grove.

Phone: 541-606-4455

Website: squareonevillages.org/

Age: 18+

ST. VINCENT DE PAUL

St. Vincent de Paul has multiple low-income housing locations. Information about specific locations and open wait lists can be found on the website.

Phone: 541-687-5820

Website: svdp.us/homepage/affordable-housing/

Age: 18+

MOVE IN COST & RENT ASSISTANCE

CATHOLIC COMMUNITY SERVICES

Spanish-speaking staff available.

Wait list opens each Wednesday at 9 am as funding is available. Go to [ccslc.org/need help](https://ccslc.org/need-help)>rental assistance. If it says active, fill out the prescreening form and submit. If it says not active, try back the following Wednesday. Once on the list, a housing navigator will reach out to perform a screening.

Eugene Phone: 541-345-3628

Springfield Phone: 541-345-3628 X324

Website: ccslc.org/need-help

Times: Wednesday 9:00 am

Eugene Address: 1464 W. 6th Ave., Eugene, OR 97402

Springfield Address: 1025 G St., Springfield, OR 97477

Age: 18+

LOOKING GLASS NEW ROADS

Youth who are head of households (if you have your own lease) can access funds for move-in deposits or, if you have a 72-hour notice, you can request funds to pay it. If you know you're going to be short on rent, call in advance.

Phone: 541-302-2551

Website: lookingglass.us/new-roads

Times: Monday - Friday 8:30 am - 8:30 pm

Address: 941 W. 7th Ave., Eugene, OR 97402

Age: 16-24

HOUSING EDUCATION

ST. VINCENT DE PAUL SECOND CHANCE RENTER'S EDUCATION PROGRAM

An eight-series class to lay the foundation for what people need to know in order to become successful and responsible tenants. The class is designed for those who have been evicted or have a damaged rental history. Upon graduation and completion of all required activities, Second Chance participants get a certificate of completion and performance guarantee that is honored by landlords in Lane County.

Phone: (541) 607-0439

Website: svdp.us/services/self-sufficiency-services/second-chance-renters-education/

Cost: By donation

Address: 456 Highway 99 N., Eugene, OR 97402

Age: 16+

CRISIS

If you or someone you know is experiencing a mental health, emotional, behavioral, or life crisis, do not be afraid to ask for help. The following hotlines have professionals who can help.

HOPE & SAFETY ALLIANCE CRISIS HOTLINE, 24/7

Confidential lifeline for victims and survivors of domestic abuse, intimate partner violence, or stalking in Lane County. Hope & Safety Alliance may be able to provide emergency services, legal services, safe housing, food and supplies, peer counseling, one-on-one support, and transportation.

Phone: 541-485-6513 or 800-2881-2800

Website: hopesafetyalliance.org/get-help

HOURGLASS COMMUNITY CRISIS CENTER

Short-term, mental health crisis assessment and stabilization for adults. Walk in when needed.

Phone: 541-505-8426

Times: Monday - Friday 8:00 am - 12:00 am

Address: 71 Centennial Loop, Suite A, Eugene, OR 97401

LOOKING GLASS YOUTH & FAMILY CRISIS LINE, 24/7

24-hour crisis prevention lifeline for homeless youth or parents of children up to age 18, when youth face an immediate mental health, emotional, or behavioral crisis.

Phone: 541-505-8426

NATIONAL SUICIDE PREVENTION LIFELINE, 24/7

Phone: 1-800-273-8255 or 988

OREGON YOUTH LINE

A teen-to-teen crisis and help line. Contact the youth line; no problem is too big or too small. Teens available to help daily, from 4 pm -10 pm Pacific Time (off-hour calls answered by Lines for Life).

Call: 541-505-8426

Text: teen2teen to 839863

Email: teen2teen@linesforlife.org

Website: oregonyouthline.org

RIVERVIEW CENTER FOR GROWTH: CRISIS PROGRAM

Short-term, mental health crisis support for parents and children through age 17. If needed, a crisis response team may be sent to the crisis site.

Phone: 1-888-989-9990

Website: riverviewgrowth.org/programs-services/crisisresponse/

CRISIS

SEXUAL ASSAULT SUPPORT SERVICES (SASS), 24/7

The SASS Crisis and Support hotline is available 24 hours a day, 7 days a week, 365 days a year. Any person who has been affected by sexual violence can call. This includes those who have recently experienced sexual assault, survivors of past sexual violence, and the friends, families, community members, or partners of those victimized by sexual assault or abuse.

Phone: 541-343-7277 or 1-844-404-7700

Website: sass-lane.org/

TRANS LIFELINE, 24/7

Provides peer counseling for transgender individuals in crisis.

Phone: 1-877-565-8860

Website: translifeline.org/

TREVOR LIFELINE, 24/7

A national, confidential suicide hotline for LGBTQ+ youth. Can also be reached via chat online or text.

Call: 1-866-488-7386

Text: START to 678678

Website: thetrevorproject.org/get-help/

WELL MAMA, 24/7

Crisis text line for mothers experiencing emergency postpartum depression. Individuals can receive one-on-one confidential support from someone who understand what you are going through.

Text: SUPPORT to 541-525-0495

Website: wellmama.help/get-support/

WHITEBIRD CRISIS HOTLINE, 24/7

Provides crisis intervention, mental health referral and transportation assistance for people in Eugene or Springfield. If you need mobile assistance, call the non-emergency dispatch and ask for CAHOOTS.

Phone: 541-687-4000 or 1-800-422-7558

Website: whitebirdclinic.org/help

WHITEBIRD CRISIS ASSISTANCE HELPING OUT ON THE STREETS (CAHOOTS)

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

Eugene Non-Emergency: 541-682-5111

Springfield Non-Emergency: 541-726-3714

Website: whitebirdclinic.org/cahoots/

IF YOU ARE IN DANGER OF HURTING YOURSELF OR SOMEONE ELSE, OR IF YOU ARE IN DANGER OF BEING HURT BY SOMEONE ELSE, CALL 911.

COUNSELING

Taking care of our mental health contributes to our overall health. Seeing a counselor can help us to navigate our own mental health, learn how to cope with trauma, and understand how to take care of ourselves. Below are some of the counseling resources available to youth.

BETHEL SCHOOL-BASED HEALTH CENTER

Bethel Health Center offers individual, family, and group counseling to students residing within the Bethel School District.

Phone: 541-607-1430

Website: bethelhealth.center/

Times: Monday - Thursday 8:30 am - 5:00 pm

Address: 1525 Echo Hollow Road, Suite A, Eugene, OR 97402

CENTER FOR FAMILY DEVELOPMENT

Spanish-speaking staff available.

Provides counseling for youth, adults, and families. Dedicated to supporting family relationships. Provides mental health and recovery services. Accepts only Oregon Health Plan (OHP) and has sliding scale option. Call the front desk or complete the online enrollment form to get started.

Phone: 541-342-8437

Website: c-f-d.org/

Times: Monday - Friday 8:00 am - 5:30 pm

Address: 261 E. 12th Ave., Eugene, OR 97401

CENTER FOR COMMUNITY COUNSELING

Spanish-speaking staff available.

Counseling services that are accessible and affordable. Call for a phone screen.

Phone: 541-344-0620

Website: ccceugene.org/

Times: Monday - Thursday 9:00 am - 3:00 pm

Address: 1465 Coburg Road, Eugene, OR 97401

DIRECTION SERVICE COUNSELING

Spanish-speaking staff available.

Provides mental health services specializing in mood and anxiety disorders, post-traumatic stress disorder, and childhood impulse and behavioral disorders. Provides services to children, teens, families, and adults of all ages. Accepts Oregon Health Plan (OHP).

Phone: 541-686-5060

Website: directionservice.org/counseling-center

Times: Monday 12:00 pm - 4:00 pm / Tuesday 9:00 am - 1:00 pm

Address: 1144 Gateway Loop, Suite 200, Springfield, OR 97477

Age: 17 & under

COUNSELING

LANE COUNTY BEHAVIORAL HEALTH CHILD & ADOLESCENT PROGRAM

Spanish-speaking staff available.

Provides mental health assessment, psychiatric evaluations, and follow-up; individual, family and group therapy, medication management, peer support services, case management, early childhood intervention. Accepts Oregon Health Plan, Medicare, and some commercial insurances. Also offers a sliding scale based on income and number of dependents. Copays are required at time of visit.

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

LOOKING GLASS COUNSELING PROGRAM

Spanish-speaking staff available.

Looking Glass Counseling Program offers outpatient mental health services for children, youth, and adults. Accepts Oregon Health Plan (OHP) and most private insurances. Call to schedule an appointment.

Phone: 541-484-4428

Website: lookingglass.us/counseling-program

Times: Monday - Thursday 8:00 am - 6:00 pm / Friday 8:00 am - 5:00 pm

Address: 260 E. 11th Ave., Eugene, OR 97401 (Also have office locations in Springfield and Junction City)

ODYSSEY COMMUNITY COUNSELING

Spanish-speaking staff available.

Provides counseling support to individuals experiencing depression, anxiety and panic, suicidal thoughts and self-harm behavior, PTSD, eating disorders, difficulty managing emotions and coping with stress, conflict or other issues in relationships, and other life challenges. To enroll, call the front desk and schedule an appointment. Low-cost and grant-funded. Accepts Oregon Health Plan (OHP).

Phone: 541-393-0777

Website: 4emergence.com/mental-health-treatment/

Times: Monday - Friday 8:00 am - 5:00 pm

Address: 2149 Centennial Plaza, Suite 4, Eugene, OR 97401

Age: All ages

OPHELIA'S PLACE

Spanish-speaking staff available.

Provides individual, relational, and group therapy services for girl-identified and gender-expansive youth, ages 10-18.

Phone: 541-284-4333

Website: opheliasplace.net/girls-therapy

Address: 1577 Pearl St. #100, Eugene, OR 97401

Age: 10-18, girl-identified & gender-expansive

COUNSELING

OPTIONS COUNSELING

Spanish-speaking staff available.

Individual and group therapy for children, adolescents, adults, and families. Accepts Oregon Health Plan (OHP) and private insurance. Offers sliding scale fee agreements based on family size and income.

Phone: 541-687-6983

Website: options.org/therapies/

Address: 3500 Chad Drive, Suite 350, Eugene, OR 97408

Age: All ages

OREGON COMMUNITY PROGRAMS

Must be on Oregon Health Plan (OHP) to qualify for services. Outpatient therapy program for families of youth ages 4-17. Provides supports to youth learning to manage a range of common difficulties, such as arguing, defiance, anxiety or depression, managing trauma, and more. Program model relies heavily on parent/guardian engagement and focuses on family therapy.

Phone: 541-743-4340

Website: oregoncommunityprograms.org/connections-program/

Address: 1170 Pearl St., Eugene, OR 97401

Age: Families of youth ages 4-17

PLAZA DE NUESTRA COMUNIDAD

Spanish-speaking staff available.

Plaza de Nuestra Comunidad (formerly Centro Latino Americano, Downtown Languages, and Huerto de la Familia) offers therapy for adults and youth through mental health professionals. Services offered in Spanish and English. Call for more information.

Phone: 541-687-2667

Website: plazacomunidad.org/

Times: Monday - Thursday 8:30 am - 12:00 pm, 1:00 pm - 5:00 pm / Friday 8:30 am - 12:00 pm

Address: 944 W. 5th Ave., Eugene, OR 97402

Age: All ages

RIVERVIEW CENTER FOR GROWTH

Mental health programs and services for children, teens, and adults that are individualized, integrated, diagnostic, therapeutic, proactive, and community-based. Also offered is therapeutic K-12 student education services for children and youth with mental, emotional, and behavioral disorders with a focus on family involvement.

Phone: 541-726-1465

Website: riverviewgrowth.org/programs-services/outpatientcounseling/

Address: 3995 Marcola Road, Springfield, OR 97477

Age: 17 & under

COUNSELING

WHITE BIRD CLINIC

Weekly counseling is provided by licensed/supervised mental health counselors. Provides outpatient services for adults over age 18 who need alcohol and/or drug abuse treatment, as well as mental health services through the Chrysalis Behavioral Health Outpatient Services program. Accepts Oregon Health Plan (OHP).

Phone: 541-342-8255

Website: whitebirdclinic.org/counseling/

Address: 341 E. 12th Ave., Eugene, OR 97401

Age: 16+

WILLAMETTE FAMILY

Hosts a variety of in-patient and out-patient programs for men and women, peer supports services, and mental health services. Must be 18+ to qualify. Accepts Oregon Health Plan (OHP) Trillium.

Phone: 541-762-4300

Website: wfts.org/facility-rac.htm

Times: Monday - Friday 8:00 am - 5:00 pm

Address: 195 W. 12th Ave., Eugene, OR 97401

Age: 18+

MEDICAL

The legal age of medical consent in Oregon is 15 years old. This means at age 15, a youth can still access medical care if they do not have contact with a parent or guardian. Medical care can include regular check-ups, addiction support services, pregnancy support, etc. For any help applying for Oregon Health Plan, text the 15th Night Rapid Access Network: (541) 246-4046

SCHOOL-BASED HEALTH CENTERS

4J SCHOOL DISTRICT

Churchill Health Center provides medical and mental health services to students living in the Eugene 4J School District. It is staffed with a 4J health assistant, a PeaceHealth nurse practitioner, medical assistant, and therapists from Lane County Behavioral Health (LCBH). The health center takes insurance and the Oregon Health Plan (OHP) and will not turn away any student needing treatment. Examples of services include well-child exams, physicals for sports or camps, immunizations, and assessment/treatment of acute illness, and chronic conditions, such as asthma, and mental health concerns.

CHURCHILL HIGH SCHOOL

Phone: 541-790-5227

Website: chs.4j.lane.edu/health-services/

Times: Monday - Thursday 8:00 am - 4:30 pm

Address: 1850 Bailey Hill Road, Eugene, OR 97405

NORTH EUGENE HIGH SCHOOL

Phone: 541-790-4445

Website: nehs.4j.lane.edu/school-based-health-center/

Times: Monday - Friday 8:00 am - 4:30 pm

Address: 250 Silver Lane, Eugene, OR 97404

BETHEL SCHOOL DISTRICT

The Bethel Health Center provides services to current Bethel School District students and their families, children living within Bethel School District boundaries, children of Bethel students, Bethel Head Start students, and Bethel School District staff and their dependents. It is staffed by a nurse practitioner, medical office assistant, mental health therapists, secretary, and director. Provides counseling, vaccinations, physicals, reproductive health, dental care, and more.

Phone: 541-607-1430

Website: bethelhealth.center/

Times: Monday - Thursday 8:30 am - 5:00 pm

Address: 1525 Echo Hollow Road, Suite A, Eugene, OR 97402

IF YOU ARE IN AN EMERGENCY AND NEED MEDICAL ATTENTION, THE HOSPITAL CANNOT TURN YOU AWAY IF YOU DO NOT HAVE INSURANCE OR DO NOT KNOW YOUR MEDICAL INSURANCE INFORMATION.

MEDICAL

SPRINGFIELD SCHOOL DISTRICT

Springfield Public Schools Health Center is a community health center overseen by Lane County Public Health, aimed at supporting the health and wellness of the community through access to affordable, holistic healthcare. Services are provided for common ailments (ear infections, fever, sore throats, rashes, etc.), immunizations, physicals (sports/work/camp), medication management (prescriptions, asthma treatments, blood sugar maintenance, etc.), mental health services, vision screenings, well-baby guidance and parenting support for teen parents. Call to make an appointment.

Phone: 541-682-3550

Website: springfield.k12.or.us/services/health/center

Times: Monday - Thursday 8:00 am - 4:00 pm (closed for lunch 12:00 pm - 1:00 pm)

Address: 1050 10th St., Springfield, OR 97477

COMMUNITY HEALTH CENTERS OF LANE COUNTY

Lane County has seven Community Health Center locations. Each clinic provides affordable, compassionate primary care for the whole family, including infants, children, adolescents, adults and seniors. Services encompass not only treatment and prevention of illness but also health education, behavioral health services, children's preventative dental service, and outreach. From treatment of chronic conditions, such as diabetes, high blood pressure, and asthma to mental health consultations and referrals to specialists, clinic providers work to meet healthcare needs.

Phone: 541-682-3550

Website: lanecounty.org/cms/one.aspx?pageId=4133182

BROOKSIDE CLINIC

Medical Records Fax: 541-682-7612

Address: 1680 Chambers St., #103, Eugene, OR 97402

CHARNELTON COMMUNITY CLINIC

Medical Records Fax: 541-682-6703

Address: 151 W. 7th Ave., Suite 100, Eugene, OR 97401

DELTA OAKS CLINIC

Medical Records Fax: 541-682-7201

Address: 1022 Green Acres Road, Eugene, OR 97408

LC BEHAVIORAL HEALTHY PRIMARY CARE

Medical Records Fax: 541-682-9861

Address: 2411 Martin Luther King Jr. Blvd., Eugene, OR 97401

PRENATAL CLINIC

Address: 151 W. 7th Ave., Eugene, OR 97401

MEDICAL

RIVERSTONE CLINIC

Medical Records Fax: 541-682-3551

Address: 2073 Olympic St., Springfield, OR 97477

SPRINGFIELD SCHOOL-BASED CENTER

Phone: 541-682-3550

Times: Monday - Thursday 8:00 am - 4:00 pm (closed for lunch 12:00 pm - 1:00 pm)

Address: 1050 10th St., Springfield, OR 97477

EUGENE & SPRINGFIELD HEALTH CENTERS

BLACK THISTLE STREET AID

Black Thistle Street Aid is a collective of outreach workers, herbalists, and medical practitioners providing access to free healthcare through pop-up clinics and medical outreach to people experiencing homelessness in the Eugene-Springfield area. Provides weekly non-emergent medical outreach to the Eugene/Springfield area via pop-up clinic and roving outreach team. Services include prescription refill assistance, wound care, foot baths, herbal consultations, first-aid kits, clean syringes and hygiene/survival supplies. In addition to offering supplies and on-the-spot care, the team provides resource connections, follow-up care and referrals to higher levels of care, as needed.

Website: blackthistlestreetaid.org

Times: Wednesday 2:00 pm - 5:00 pm

Address: Washington/Jefferson Park (Under the bridge on 5th between Washington and Jefferson)

HELPING OUT OUR TEENS IN THE SCHOOLS (HOOTS)

Helping Out Our Teens in Schools (HOOTS) provides on-site integrated health care clinics and tragedy response support to a number of high schools in the Eugene/Springfield area. Each week, teams consisting of a medic (either a nurse or an EMT) and a crisis worker (with years of experience in the mental health field) visit schools to offer walk-in clinics. Video support is accessed by emailing hoots@whitebirdclinic.org with the youth's name and preferred time. HOOTS can provide short-term counseling and mental health support, resource referrals, and Oregon Health Plan (OHP) sign up.

Phone: 541-246-2342 and 541-246-2332

Website: whitebirdclinic.org/hoots

Times: Phone Line: Monday - Friday 9:00 am - 4:00 pm

Video Support: Monday - Friday 11:00 am - 2:00 pm

MEDICAL

HIV ALLIANCE

HIV Alliance currently provides care coordination, nurse management, and pharmaceutical support to people living with HIV/AIDS. HIV Alliance hosts a needle exchange program, testing for Sexually Transmitted Infections (STIs) including Hep C and HIV, case management for both HIV and Hep C, behavioral health counseling for the greater LGBTQIA+ communities, and many other resources. HIV Alliance also partnered with Lane Community College Dental Program to offer low-cost, comprehensive dental services to people with HIV/AIDS. The organization's core values include collaboration, empowerment, adaptability and innovation, continuous improvement, and nonjudgement.

Phone: 541-342-5088

Website: hivalliance.org/

Address: 1195 City View St., Eugene, OR 97402

PLANNED PARENTHOOD OF EUGENE/SPRINGFIELD

Spanish-speaking staff available.

One of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. Youth with or without health insurance can access services, including wellness exams, STI testing, birth control and emergency contraception, abortion services, vasectomy, PrEP, gender affirming care, pregnancy testing, and options counseling. Appointments are available both in person and through telehealth.

Phone: 541-344-9411

Website: plannedparenthood.org/

Eugene-Springfield Address: 3579 Franklin Blvd., Eugene, OR 97403

Times: Monday - Wednesday 9:30 am - 6:00 pm / Thursday 10:30 am - 6:00 pm
Friday 8:00 am - 4:00 pm

West Eugene Address: 793 Danebo Ave., Eugene, OR 97402

Times: Monday, Wednesday, Friday 9:30 am - 6:00 pm / Thursday 10:30 am - 6:00 pm

OREGON BEHAVIORAL HEALTH SUPPORT LINE, 24/7

A behavioral health support line for callers in Oregon that provides immediate emotional support, schedules free short-term counseling services, and makes referrals to mental health and substance use recovery providers for ongoing care. Callers do not need to be in a crisis to call.

Phone: 1-800-923-4357

Website: linesforlife.org/get-help-now/services-and-crisis-lines/behavioral-health-support-line/

TRANSPONDER

Support groups, clubs, and classes; free programming, including hormone injection supply delivery, gender-affirming products and vouchers, and peer services; and a list of trans-friendly providers online.

Phone: 541-321-0872

Email: info@transponder.community

Website: transponder.community/category/medical/

MEDICAL

WHITE BIRD MEDICAL CLINIC

Provides primary care, performs preventative exams, treats injuries, performs minor procedures, and connects patients with mental health and chemical dependency services. Call or visit for more information.

Phone: 541-484-4800

Website: whitebirdclinic.org/services/medical/

Times: Monday 9:00 am -12:00 & 2:00 -5:30 pm / Tuesday - Friday 9:00 am - 5:30 pm

Address: 1400 Mill St., Eugene, OR 97401

Age: 18+

WHITE BIRD DENTAL CLINIC

Offering emergency, preventative, and restorative dental care to people who may be uninsured, underinsured, low-income or homeless, and may otherwise go without care. Services include fillings, crowns, endodontics, extractions, periodonture, bridges, prophylaxis, application of fluoride and sealants, and oral health education. Oregon Health Plan (OHP)/Trillium/Pacific Source and private dental insurance accepted. Uninsured patients are charged on a sliding scale based on income.

Phone: 541-344-8302

Website: whitebirdclinic.org/dental/

Times: Monday - Thursday 8:00 am - 5:00 pm

Walk-in clinic times: Monday & Wednesday 7:30 am, bring ID.

Address: 1415 Pearl St., Eugene, OR 97401

Age: 18+

The legal age of medical consent in Oregon is 15 years old. This means at age 15, a youth can still access medical care if they do not have contact with a parent or guardian. Medical care can include regular check-ups, addiction support services, pregnancy support, etc.

For help applying for Oregon Health Plan, text the 15th Night Rapid Access Network: 541-246-4046

HARM REDUCTION

CORE

Harm Reduction is not about abstinence, it is a low barrier program that distributes harm reduction supplies, education around safer use, and resource navigation. CORE operates from a harm reduction, empowerment and strengths-based model, providing supplies to anyone in need; however, it prioritizes and focuses on young adults. Provided services: condoms, clean needles, narcain/naloxone, referrals to resources, and much more. HRD operates as a needs-based model versus 1:1 model. We also have supplies that are specific to people in the life/sex work.

Phone: 541-870-0036

Website: coreeugene.org/

Facebook: facebook.com/coreeugene/

Instagram: instagram.com/core.eugene/

Age: 29 & under

HIV ALLIANCE

Harm Reduction is a public health philosophy that seeks to empower individuals, remove barriers to accessing needed support, and supply pragmatic approaches to risk reduction in a non-judgmental/non-coercive way that is compassionate and accepting of any positive change. Harm Reduction supports a wide spectrum of strategies, from doing the behavior more safely to limiting certain behaviors to abstinence. HIV Alliance provides:

- Syringe Service Programs – drop boxes and needle exchanges throughout the state of Oregon.
- Trainings and distributions of a drug known as Naloxone, which can temporarily reverse an opiate-induced overdose.
- FREE and confidential rapid testing for HIV. Results are provided in 20 minutes. No appointment is necessary during regular testing hours.
- Low cost STI testing and PrEP services.

Phone: 541-342-5088

Email: Prevention@allianceor.org

Website: hivalliance.org/educate/learn/#harm-reduction

Eugene Address: 1195 City View St., Eugene, OR 97402

Times: Monday, Tuesday, Thursday 2:00 pm - 6:00 pm / Friday 12:00 - 4:00 pm

Springfield Address: S 18th and A St., Springfield, OR 97477

Times: Thursday 6:00 pm - 7:30 pm

*“Though no one can go back and make a brand new start,
anyone can start from now and make a brand new ending.”*

-Carl Bard

SUBSTANCE DEPENDENCE TREATMENT

CENTER FOR FAMILY DEVELOPMENT: YOUTH RECOVERY PROGRAM

Spanish-speaking staff available.

CFD's Youth Recovery Program provides a safe and supportive environment to address adolescent substance use. Certified alcohol and drug counselors use strength-based interventions to support youth and families to improve the development of a healthy support system. Treatment services assist the youth to identify and manage mental health issues related to substance use, with the goal to develop positive relationships with their family, peers, and the community. Services are covered by Oregon Health Plan (OHP) and several private insurance carriers. CFD also offers a self-payment option. Financial support may be available if eligibility requirements are met.

Phone: 541-342-8437

Website: c-f-d.org/youth-recovery-program

Times: Monday - Friday 8:00 am - 5:30 pm

IDEAL OPTION

Medically assisted substance abuse treatment for addiction to opioids, alcohol, meth, and other substances. No wait lists. Medicaid accepted. Request an appointment or by calling.

Phone: 1-503-852-5089

Website: my.idealoption.org/addiction-treatment/

Address: Various locations throughout Oregon

Age: 15+ (Youth 12-14 can access services with parent consent)

LINES FOR LIFE ALCOHOL & DRUG HELPLINE

Lines for Life's Alcohol & Drug Helpline assists those struggling with substance abuse and can provide referrals to local resources for peer support and treatment.

Phone: 1-800-923-4357

Website: linesforlife.org/get-help-now/services-and-crisis-lines/

ODI CLINIC – ADOLESCENT & FAMILY SERVICES (AFS)

AFS delivers a proven treatment for teens with alcohol and drug problems. Counseling services are provided in an outpatient setting at one of two locations – Oregon Social Learning Center Developments, Inc. (ODI) and Plaza de Nuestra Comunidad – and can be provided in English or Spanish. To receive treatment at AFS, families must qualify and consent to participate in research.

English Phone: 541-284-7560

Spanish Phone: 541-687-2667

Website: odiclinic.org/afs/

PLAZA DE NUESTRA COMUNIDAD

Plaza de Nuestra Comunidad (formerly Centro Latino Americano, Downtown Languages, and Huerto de la Familia) offers individual and group counseling for those struggling with substance use disorders, including gambling. Plaza also provides peer support services and youth substance use prevention services. Services offered in Spanish and English.

Phone: 541-687-2667

Website: plazacomunidad.org/

SUBSTANCE DEPENDENCE TREATMENT

SMOKE FREE OREGON QUIT LINE

The Oregon Tobacco Quit Line's Teen Program is FREE to any Oregonian 13 years or older.

Phone: 1-800-784-8669

Website: quitnow.net/oregon/

Age: 13+

YOUTH ERA PEER RECOVERY SUPPORT

Youth Era offers peer support, including recovery/substance use-specific support, to youth ages 14-25, provided by those with relatable, personal experiences. The goal is to listen to you, help create next steps, and honor your voice in the process. Programs are cost-free and available by referral or calling.

Phone: 541-214-6651

Website: youthera.org/bhrn

Age: 14 - 25

*"Keep your face always toward the sunshine and
shadows will fall behind you."*

-Walt Whitman

LGBTQIA2S+ SUPPORT & SERVICES

You are light. You are loved. You are seen. You are deserving of safe and affirming spaces and people.

BASIC RIGHTS OREGON

Justice organization based out of Portland advocating on a policy level for the LGBTQIA+ community. Basic Rights Oregon offers support and resources while focusing on transgender rights and justice in the workplace, schools, community, prisons, healthcare, and identity documents.

Phone: 541-222-6151

Website: basicrights.org/

Address: 620 SW 5th Ave., Suite 1210, Portland, OR 97204

LGBTQ YOUTH GROUP

Free drop-in group for LGBTQIA+ youth at Amazon Community Center. Support, conversation, connection, snacks, and more.

Phone: 541-682-5373

Instagram: [instagram.com/lgbtq_youth_group_eugene/](https://www.instagram.com/lgbtq_youth_group_eugene/)

Facebook: [facebook.com/LGBTQYouthGroupEugene/](https://www.facebook.com/LGBTQYouthGroupEugene/)

Times: Friday 4:00 pm - 6:00 pm

Address: Amazon Community Center, 2700 Hilyard St., Eugene, OR 97405

Age: 13-18

OPHELIA'S PLACE QUEER SPACE GROUP

Spanish-speaking staff available.

OP Queer Space Group is a virtual drop-in support group for members of the LGBTQIA+/Queer community. This space is for all girls and trans youth of any gender who are queer identified and/or are exploring their gender or sexual/romantic identity. This online group provides professional and peer support helpful in managing challenges faced by queer and trans youth.

Phone: 541-682-5373

Website: opheliaplace.net/activities-calendar/op-queer-space-1-afyrg-9sl9y-bnfl6-jax2w-tjmc9

Address: 1577 Pearl St. #100, Eugene, OR 97401

Age: 12-18

OPTIONS COUNSELING: AFFIRM

AFFIRM is a Cognitive Behavioral Therapy (CBT) based group designed to help LGBTQ+ youth and young adults manage stress. As an evidence-based intervention, AFFIRM supports mental and sexual health, enhances coping skills, and validates the strengths of its participants. AFFIRM is open to individuals ages 12-21. Groups run throughout the year, and most insurance is accepted. Grants are also available for those unable to pay.

Phone: 541-682-5373

Website: options.org/services/affirm/

Address: 1255 Pearl St. #100, Eugene, OR 97401

Age: 12-21

LGBTQIA2S+ SUPPORT & SERVICES

QUEER EUGENE

Operating with a mission to organize support, resources, and community for queer folks in Oregon. This happens through events, information gathering, and sharing. Hosts monthly youth group. Check website or Instagram for updated calendar of events.

Email: Director@QueerEugene.org

Website: queereugene.org/

Instagram: [instagram.com/queereugene](https://www.instagram.com/queereugene)

TRANSPONDER

Support groups, clubs, and classes; free programming, including hormone injection supply delivery, gender-affirming products and vouchers, and peer services; and a list of trans-friendly providers online. Contact via phone or email for more information.

Phone: 541-321-0872

Email: info@transponder.community

Website: transponder.community

Age: All ages

TRANS LIFELINE, 24/7

A trans-led organization that connects trans people to the community, support, and resources they need to thrive and survive. Provides peer supports that can guide a trans individuals through the process of a legal gender and name change. Has funding to pay for legal name change or updated ID.

Phone: 1-800-488-7386

Website: translifeline.org

Times: Monday - Friday 10:00 am - 6:00 pm

TREVOR LIFELINE, 24/7

A national, confidential suicide hotline for LGBTQ+ youth. Can also be reached via chat online or text.

Call: 1-866-488-7386

Text: START to 678678

Website: thetrevorproject.org/get-help

YOUTH ERA

The Eugene Drop offers a weekly support group for LGBTQIA+ identifying youth, between the ages of 12-18, on Thursdays from 6 pm - 7pm. Meet with a Youth Peer Support Specialist for one-on one support for anyone going through struggles or challenges relating to gender, sexuality, and much more.

Phone: 541-214-6651

Website: youthera.org/

Time: Thursday 6:00 pm - 7:00 pm

Age: 12-18

BIPOC SUPPORT & SERVICES

Your existence is one of a kind. You are seen. You are valued. You are loved. Your life matters.

BASIC RIGHTS OREGON

Justice organization based out of Portland advocating on a policy level for the LGBTQIA+ community with a dedicated racial justice program. Offering support and resources while focusing on transgender rights and justice in the work-place, schools, community, prisons, health care, and identity documents.

Phone: 503-222-6151

Website: basicrights.org

Email: resources@basicrights.org

Address: 620 SW 5th Ave., Suite 1210, Portland, OR 97204

BLACK EDUCATIONAL ACHIEVEMENT MOVEMENT (BEAM)

BEAM is a national collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists, and activists committed to the emotional/mental health and healing of Black communities. Its mission is to remove the barriers that Black people experience getting access to staying connected with emotional healthcare and healing. This happens through education, training, advocacy, and the creative arts. BEAM has many online supports and resources, including peer support spaces and healing circles.

Phone: 971-303-8421

Website: beamvillage.org/

Email: info@beamvillage.org

BLACKS

BLACKS will serve Black high school foster students and youth at risk of being homeless after high school graduation to help students build their capacity to be self-sufficient after high school graduation and beyond. Incoming students will be in the 9th or 10th grades.

Phone: 541-788-1636

Website: blacksinoregon.com/

COMMUNITY ALLIANCE OF LANE COUNTY

Provides trained volunteers to work with youth and families to resolve problems of discrimination, harassment, and bullying. CALC also offers educational programs.

Phone: 541-485-1755

Website: calclane.org

EUGENE 4J NATIVES PROGRAM

A program dedicated to students in the Eugene 4J School District dedicated to encouraging children's growth by using cultural teachings in a nurturing environment. The Natives Program offers tutoring, culturally related events and activities, mentorship, assistance with future educational planning, and opportunities for cultural connections.

Phone: 541-790-5900

Website: 4j.lane.edu/nativesprogram

Address: 2295 Four Oaks Grange Road, Eugene, OR 97405

BIPOC SUPPORT & SERVICES

EUGENE/SPRINGFIELD NAACP

A national organization dedicated to ensuring the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. Lane County NAACP's primary activities include implementation of education programs and events for public awareness and community building. Individuals can access resources including educational programs, tutoring, college prep, scholarships, and incident report forms online.

Phone: 541-484-1119

Website: naacplanecounty.org

Address: Eugene/Springfield NAACP Branch #1119, PO Box 11484, Eugene, OR 97440

HONORING OUR NEW ETHNIC YOUTH (H.O.N.E.Y.)

H.O.N.E.Y. was formed with the goal of providing support and advocacy for the enhancement and acceptance of multiracial persons and their families. The organizations premise is that in order for the healthy development of interracial families to thrive it is important that racial harmony be attained. Therefore, through education, H.O.N.E.Y. strives to create a well-established multicultural community.

Instagram: [instagram.com/honoringournewethnicyouth/](https://www.instagram.com/honoringournewethnicyouth/)

Facebook: [facebook.com/groups/681640111932023/](https://www.facebook.com/groups/681640111932023/)

LANE AFRICAN AMERICAN/BLACK STUDENT SUCCESS

Lane AABSS is dedicated to improving academic outcomes for African/American Black students and to achieve a vision of an equitable education system in Lane County. AABSS offers African American Rites of Passage summer program, wraparound supports for students, and Student Navigators for African American/Black students and their families.

Phone: 541-461-8211

Website: lesd.k12.or.us/aabss

Email: laneaabss@lesd.k12.or.us

Address: 1200 Hwy 99 N., Eugene, OR 97402

LINES FOR LIFE

Crisis Line for Racial Equity Support staffed by BIPOC counselors.

Phone: 503-575-3764

Website: linesforlife.org/get-help-now/services-and-crisis-lines/racial-equity-support-line/

Times: Monday - Friday 10:00 am - 7:00pm

LANE ESD MIGRANT EDUCATION PROGRAM

Migrant Education Program provides supplemental educational services to migrant students to support their academic success. MEP supports migrant students in order to overcome educational disruption, cultural and language differences; social isolation and systemic barriers; and to prepare for a successful transition to post-secondary and/or work life.

Phone: 541-461-8382

Website: mepregion28.org

Email: mep@lesd.k12.or.us

Address: Lane ESD 1200 Hwy 99 N., Eugene, OR 97402

BIPOC SUPPORT & SERVICES

PLAZA DE NUESTRA COMUNIDAD

Spanish-speaking staff available.

Offers comprehensive social services, including community mental health, alcohol and addiction support, mentoring, and support services. Also offers bilingual support for Oregon Health Plan (OHP) and SNAP application assistance. All services are offered in English and/or Spanish. Call for more information.

Phone: 541-687-2667

Website: centrolatinoamericano.org/

Times: Monday - Thursday 8:00 am - 12:00 pm & 1:00 pm - 5:00 pm / Friday 9:00 am - 12:00 pm

Address: 944 W. 5th Ave., Eugene, OR 97402

TRANSPONDER

Support groups, clubs, and classes; free programming, including hormone injection supply delivery, gender-affirming products and vouchers, and peer services; and a list of trans-friendly providers on their website. Contact via phone or email for more information. Welcoming to all ages.

Phone: 541-321-0872

Email: info@transponder.community

Website: transponder.community

Age: All ages

*“What lies behind you and what lies in front of you, pales
in comparison to what lies inside of you.”*

-Ralph Waldo Emerson

PREGNANT & PARENTING

Well Mama is a 24/7 crisis text line for mothers. Text “SUPPORT” to (541) 525-0495.

EDUCATION FOR TEEN PARENTS

4J YOUNG PARENT PROGRAM

Services and support for young parents through age 21 at all Eugene 4J schools, including childcare and transportation options.

4J Young Parent Liaison, Julia Johnson: 541-649-2646 (call or text)

ECCO & South Eugene, Jill Johnson: 541-790-6850 (call only)

Website: ecco.4j.lane.edu/?page_id=115

BETHEL SCHOOL DISTRICT YOUNG PARENT PROGRAM

Bethel School District offers a Teen Parent Support Program, including high school diploma/GED, parenting education, free on-site state-certified childcare, and more.

Phone: 541-689-0731 X4119

PARENTING CLASSES

EARLY CHILDHOOD HUB OF LANE COUNTY OREGON

Spanish-speaking staff available.

Lane County’s parenting education and family support hub. Offers information about free parenting classes, a local activity calendar, community resources, and more.

Phone: 541-741-6000

Email: education@unitedwaylane.org

Website: earlychildhoodlane.org/

PARENTING NOW

Spanish-speaking staff available.

Lane County’s parenting education and family support hub offers weekly parenting blog posts, information about free parenting classes, a local activity calendar, community resources, and more.

Phone: 541-434-4343

Website: parentingnow.org

RIVERVIEW CENTER FOR GROWTH: COLLABORATIVE PROBLEM SOLVING PARENT GROUP

Classes provide support for parents, strengthen positive relationships, and build the skills needed for success at home and at school. These skills allow individuals to better handle everyday demands and stresses. This is a free eight-week course available to Oregon parents and caregivers. Classes are offered online and in person.

Phone: 541-726-1465

Website: riverviewgrowth.org/programs-services/parent-caregiver-education

PREGNANT & PARENTING

TRIPLE P: POSITIVE PARENTING PROGRAM

Parenting groups for families with children ages 0-8 years old, including the Young Parents Program for parents 25 and younger, and Baby Connection, a weekly drop-in program for infant lactation and feeding support.

Phone: 541-484-5316

Website: parentingnow.org/triple-p-positive-parenting-program

OPTIONS COUNSELING

Options Counseling and Family Services provides various community-based parenting classes to help support parents as they navigate parenthood, manage difficult child behaviors, connect with other parents in the community, and more! Classes include Circle of Security, Make Parenting a Pleasure, Nurturing Parenting and Strengthening Families.

Phone: 541-687-6983

Website: options.org

Address: 1255 Pearl St., Suite 102, Eugene, OR 97401

OREGON COMMUNITY PROGRAMS – EARLY INTERVENTION

Offers weekly support to parents and caregivers focused on managing challenging behaviors in the home or across settings. Therapists will meet with you regularly to offer strategies that support your child's ability to use the skills they are practicing in their individual sessions at home. Families can learn concrete strategies to improve child behavior that they can use for a lifetime. These strategies are research-based but also individualized to meet specific needs. Accepts Oregon Health Plan OHP.

Phone: 541-743-4340

Website: oregoncommunityprograms.org/services/early-intervention

Address: 1170 Pearl St., Eugene, OR 97401

ADDITIONAL RESOURCES

DAISY C.H.A.I.N.

Spanish-speaking staff available.

Daisy C.H.A.I.N. (DC) is considered a leader in the community for doula, lactation, pregnancy, birthing, and parenting resources. DC programs are FREE to ALL families and are delivered by highly skilled, professionally-trained staff/volunteers in families' homes and in community locations. Programs include birth support, loss support, lactation, postpartum, and termination. Also available are mentorship and music programs. Daisy Chain has a Dandelion Street Team that provides full-spectrum doula services, peer support, and advocacy to people who are experiencing houselessness, housing instability, addiction, and/or substance use.

Phone: 541-505-1139

Website: daisychainlane.org

PREGNANT & PARENTING

LANE COUNTY FAMILY & CHILD HEALTH

Pregnant? Parenting? Seeking support? Lane County Family & Child Health can help. Family support specialists can help you connect to resources like health care, food, housing, WIC, and education. Use the following link to complete a support request form.

Phone: 541-682-8720

Website: lanecounty.org/government/county_departments/health_and_human_services/public_health/family_child_health_programs

NORTHWEST ABORTION ACCESS FUND (NWAAF)

An abortion fund serving Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run the toll-free hotline. NWAAF helps people pay for their abortion care by sending funding directly to the clinic. It also helps people get to and from the clinic and ensures people traveling for care have a safe place to stay. Additionally, NWAAF can offer support by paying for childcare, groceries, medication, and other expenses associated with an abortion. For financial help from NWAAF, please call.

Phone: 1-866-692-2310

Website: nwaafund.org

Email: info@nwaafund.org

OPEN ADOPTION

Counselors are available via phone seven days a week, from 7 am - 9 pm. Open Adoption offers free, unbiased, all-options pregnancy counseling. Counselors empower clients with information and resources as they thoroughly explore their options (parenting, abortion, and adoption) in a supportive and compassionate environment.

Phone: 1-800-772-1115 or text 503-300-6130

Website: openadopt.org/

Email: info@openadopt.org

PREGNANT & PARENTING

PLAZA DE NUESTRA COMUNIDAD

Spanish-speaking staff available.

Plaza de Nuestra Comunidad offers multiple opportunities for parents and families, including case management and resource navigation assistance to community members with a variety of basic needs (e.g., food access, rent assistance, health insurance). Services offered in Spanish and English.

Other programs include:

- For families with children ages 0-13 in Springfield and Bethel School Districts, Plaza de Nuestra Comunidad offers classes for age groups as follows: PreK, K-3, 4th-8th grade, Beginning and Intermediate Adult ESL, and childcare. Additional program components include a reading program, regular family activities, and connections to local resources. This is a 10-week program that runs in the fall and spring terms. Services offered in Spanish.
- Six-week parenting program that helps caregivers understand how they can enhance the health and well-being of their children by engaging in five key protective factors. Meets every 1st and 3rd Friday of the month in person and via Zoom. Services offered in Spanish.

Phone: 541-687-2667

Website: plazacomunidad.org/

Times: Monday - Thursday 8:00 am - 12:00 pm, 1:00 pm - 5:00 pm / Friday 8:30 am - 12:00 pm

Address: 944 W. 5th Ave., Eugene, OR 97402

RELIEF NURSERY

Spanish-speaking staff available.

Relief Nursery prevents the cycle of child abuse and neglect through early intervention that focuses on building successful and resilient children, strengthening parents, and preserving families. The Relief Nursery Parenting Education Program provides classes and home visits focused on up-to-date information about child development, parent-child relationships, and a variety of parenting strategies. Transportation, childcare, and a meal are provided for parenting education classes. Available in English and Spanish.

Phone: 541-343-9706

Website: reliefnursery.org

Address: 1720 W. 25th Ave., Eugene, OR 97405

WELL MAMA, 24/7

WellMama is a nonprofit crisis text line organization that provides comprehensive pregnancy and postpartum support for new, expectant, and grieving parents. Comprehensive services include 24/7 emergency support, a private self-assessment, support groups, education, family support, and more. WellMama operates a variety of weekly and monthly support groups and wellness workshops in Lane County.

Phone: Text SUPPORT to 541-525-0495

Website: wellmama.help

PREGNANT & PARENTING

ADDITIONAL RESOURCES

Family Focused Drop-In Center Resources: **See page 11**

Food Resources: **See pages 13 - 16**

Shelter & Housing Resources: **See pages 17 - 23**

Medical Support Resources: **See pages 30 - 34**

SEXUAL VIOLENCE & EXPLOITATION SUPPORT & SERVICES

HOPE & SAFETY ALLIANCE

Spanish-speaking staff available.

Provides trauma-informed and survivor-centered services to all survivors of domestic and sexual violence. Emergency Services includes a 24-hour confidential crisis and support line, and provides emergency services, legal services, safe housing, food and supplies, peer counseling, one-on-one support, and transportation.

Business Line: 541-485-8232

24/7 Crisis Line: 541-485-6513 or 800-281-2800

Website: hopesafetyalliance.org/web-chat

Times: Monday - Friday 9:00 am - 4:00 pm

Address: 1577 Pearl St., Eugene, OR 97401

ONE'S PURPOSE

One's Purpose is here to shine the light on sex trafficking. The organization spreads awareness and provides education to the community and beyond to help meet the needs of sex trafficking victims, support survivors through mentorship and relationship with the end goal of reintegration.

Phone: 541-221-3448

Website: onespurpose.org

SEXUAL ASSAULT SUPPORT SERVICES (SASS)

SASS is a nonprofit organization providing outreach, advocacy, and support to survivors of sexual violence and their partners, families, and friends Lane County. SASS services are FREE and available to people of all genders ages 15 and older. If someone younger than 15 needs support, they can be referred to the appropriate agency that specializes in that age group.

- 24/7 Crisis and Support Hotline
- Hospital advocacy via phone; SASS works with local hospital staff to arrange phone advocacy for survivors accessing emergency medical services
- A variety of virtual support groups for women, LGBTQIA+, spouses and partners of sexual violence survivors, and parents, families and caregivers of sexual violence survivors

Business Line: 541-484-9791

24/7 Crisis Line: 541-343-7277

Website: sass-lane.org/

Address: 591 W. 19th Ave., Eugene, OR 97401

FINANCIAL COUNSELING

Ever wondered how to budget? Here's who can teach you!

DEVNW: YOUTH FINANCIAL FOUNDATIONS

Spanish-speaking staff available.

Offers free youth financial education and one-on-one financial counseling to low-income youth. Eligible savers can save for a Youth Individual Development Account (IDA) for move-in costs, a car, or education.

Phone: 541-345-7106

Email: ross.kanaga@devnw.org

Website: devnw.org/financial-wellbeing/personal-finance/youth-financial-foundations/

GOODWILL PROSPERITY PROGRAM

Spanish-speaking staff available.

A Prosperity Planner will help participants work to financial capability goals, including getting a job or a better job. Offers employment focused Individual Development Accounts (IDA) options for education, transportation and First Impression dental. Free. To qualify, you must have a goal and be ready to make a plan to achieve it. Members are expected to make long-term plans with their Prosperity Planner and to work hard to implement them. To become a member of the Prosperity Program, contact Trysta Duquette, Prosperity Planner, by email: trystad@goodwill-oregon.org or phone: 541-431-3307

Program Phone: 541-342-8437

Prosperity Planner: 541-431-3307

Prosperity Planner Email: trystad@goodwill-oregon.org

Website: goodwill-oregon.org/prosperity-program/

Address: 855 Seneca Road, Eugene, OR 97402

EMPLOYMENT RESOURCES

Interested in learning how to build a resume? Do you want help finding a job? Here's who can teach you!

CONNECTED LANE COUNTY

Spanish-speaking staff available.

Connected Lane County focuses on career-connected learning and post-secondary success for students. The Elevate program offers job shadows, job mentorships, internships, and industry tours. CLC provides additional employment support to youth participating in the Navigate program, as well as workshops on interview skills, resume building, job search strategies, and financial planning.

Website: connectedlane.org

Address: 22 W. 7th Ave., Eugene, OR 97402

GOODWILL JOB CONNECTIONS PROGRAM

Spanish-speaking staff available.

Goodwill's Job Connections program services include job search assistance, workshops, job leads, computer resources, job fairs, and referrals. Experienced employment specialists provide assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, community resource referrals, and much more. Workshops are offered each month to help individuals learn about job searching techniques, overcoming a criminal background barrier, interviewing, financial education, and workplace success. Workshops offered at no cost.

Website: goodwill-oregon.org/JobConnections

Eugene Phone: 541-431-3309

Eugene Address: 855 Seneca Road, Eugene, OR 97402

Eugene Times: Monday - Friday 8:00 am - 4:00 pm

Springfield Phone: (458) 205-8157

Springfield Address: 102 30th St., Springfield, OR 97478

Springfield Times: Wednesday, Thursday, Friday 9:00 am - 4:00 pm

PLAZA DE NUESTRA COMUNIDAD

Spanish-speaking staff available.

Plaza de Nuestra Comunidad (formerly Centro Latino Americano, Downtown Languages, and Huerto de la Familia) offers a variety of classes to help adult immigrants gain essential communication, work, and other skills. Current classes include multiple levels of ESL (including grammar and conversation classes), Computer, Citizenship Exam Prep, and Oregon Driver License Exam prep. All classes are offered in person (mornings) and via Zoom (evenings). All courses other than ESL are provided in Spanish. Plaza also offers a 12-week business, Spanish-language class to help entrepreneurs start and grow their businesses.

Phone: 541-687-2667

Website: plazacomunidad.org/

Times: Monday - Thursday 8:00 am - 12:00 pm, 1:00 pm - 5:00 pm / Friday 9:00 am - 12:00 pm

Address: 944 W. 5th Ave., Eugene, OR 97402

Age: All ages

MAILING RESOURCES

Knowing where you can have mail sent to is important. Below are locations where you can have your mail sent. Please contact the individual agency to confirm that you can receive your mail there.

HOSEA YOUTH SERVICES

Phone: 541-344-5583

Website: hoseayouth.org/

Times: Monday - Thursday 11:00 am - 6:30 pm / Friday 11:00 am - 3:00 pm

Address: 834 Monroe St., Eugene, OR 97402

Age: 16-24

LOOKING GLASS NEW ROADS

Phone: 541-302-2551

Website: lookingglass.us/new-roads

Times: Monday - Sunday 8:30 am - 8:30 pm

Address: 941 W. 7th Ave., Eugene, OR 97402

Age: 16-24

WHITE BIRD CLINIC

Must first go in and speak with staff at the reception desk to set up services.

Phone: 541-342-4357

Website: whitebirdclinic.org/

Times: Monday - Friday 9:30 am - 4:30 pm **accommodations may be available if working with case manager*

Address: 341 E .12th Ave., Eugene, OR 97401

Age: All ages

YOUTH ERA

Phone: 541-334-9295

Website: youthera.org/

Email: hello@youthera.org

Facebook: facebook.com/YouthERA/

Times: Monday - Friday 3:00 pm - 6:00 pm **hours are subject to change, check Facebook for updates*

Address: 44 W. 7th Ave., Eugene, OR 97401

Age: 14-21