



lanecc.edu/MHWC

Basic Needs

Cornerstone Community Housing

Provides quality affordable housing for people living on limited incomes while offering services that promote opportunities for personal growth and economic independence.

Webpage: www.cornerstonecommunityhousing.org

Email Address: info@cornerstonecommunityhousing.org

Phone: 541-683-1751

Address: 1175 Charnelton St., Eugene

First Place Family Center

Day center for families with children under 18. Provides food, kitchen, laundry, showers, phone, mail service, computers with internet access, emergency shelter and housing services.

Webpage: <https://www.svdp.us/what-we-do/homeless-services/first-place-family-center/>

Phone: 541-342-7728

Address: 1995 Amazon Pkwy, Eugene

Food for Lane County

Countywide distribution of emergency food through agency networks. Provides boxes, educational programming, job training, children and senior programs.

Webpage: www.foodforlanecounty.org

Email Address: info@foodforlanecounty.org

Phone: 541-343-2822

Address: 770 Baily Hill Rd., Eugene

Homes for Good Housing Agency

Assists low income residents with the logistics of affordable housing. Provides rental assistance vouchers, assists in finding affordable housing, and provides self-sufficiency programs and wellness supports.

Webpage: www.homesforgood.org

Phone: 541-682-3755

Address: 100 W 13 Ave., Eugene

Lane County WIC Program (Women, Infants, Children Supplemental Food & Nutrition Program)

Provides assistance with purchasing healthy foods for pregnant and postpartum women and children ages birth – 5 years. Provides nutrition and feeding information, breastfeeding support, and referrals. Eligibility based on health and income screening.

Webpage: www.lanecounty.org

Email Address: WIC@co.lane.or.us

Phone: 541-682-4202

Address: 151 W 7th Ave., Room 210, Eugene

Oregon Department of Human Services (DHS) – Self-Sufficiency Programs
Offers help with with food benefits (SNAP), cash for families (TANF), child care assistance, refugee services, and domestic violence assistance.

Webpage: www.oregon.gov/dhs

Cottage Grove

Phone: 541-942-9186

Address: 305 Coop Court, Cottage Grove

Eugene

Phone: 541-686-7878

Address: 2885 Chad Drive, Eugene

West Eugene

Phone: 541-686-7722

Address: 2101 W 11th Ave, Eugene

Springfield

Phone: 541-726-3525

Address: 101 30th Street, Springfield

Florence

Phone: 541-997-8251

Address: 3180 Highway 101 N, Florence

Positive Community Kitchen

Assists with meals for people experiencing a health crisis due to a life threatening illness. Prepared by volunteers and delivered for free.

Webpage: www.positivecommunitykitchen.org

Email Address: info@positivecommunitykitchen.org

Phone: 541-249-4942

Address: 150 Shelton-McMurphy Blvd., Eugene

ShelterCare

Provides a range of housing programs and services to individuals and families who are homeless or on the verge of homelessness.

Webpage: www.sheltercare.org

Email Address: scadmin@sheltercare.org

Phone: 541-686-1262

Address: 499 West 4th Ave., Eugene

Child Care

The Arc Lane County/Jumpstart

Provides after school, Saturday, and summer activities to help kids ages 5-13 years with intellectual and developmental disabilities focused on skill building.

Webpage: www.arclane.org/youthservices/jumpstart/

Email Address: annie.wahto@arclane.org

Phone: 541-343-5256

Address: 4181 E St., Springfield

Eugene School District 4J

For community: Child care and preschool programs and North and South Eugene High Schools.

For Students: Teen parent program. Before and after school child care programs at most elementary schools.

Webpage: www.4j.lane.edu

Phone: 541-790-7700 or 541-790-7707

Address: 200 North Monroe St, Eugene

Quality Care Connections

Training and assistance for early childhood educators and child care providers.

Webpage: www.lanecc.edu/qcc Email Address: qualitycareconnections@lanecc.edu

Phone: 541-463-3954

Address: 4000 E. 30th Ave, Eugene

Counseling

Center for Community Counseling

Provides low-cost counseling to uninsured and/or underinsured adults (18 and over).

Services include individual counseling, support groups, and classes.

Webpage: www.ccceugene.org

Email address: info@cccceugene.org

Phone: 541-344-0620

Address: 1465 Coburg Rd., Eugene

Center for Family Development

Programs to address individual and relational needs of children, adolescents, adults and their families. Offers outpatient mental health services, mental health groups, outpatient substance use recovery, integrated community care and offense specific services.

Webpage: www.c-f-d.org

Phone: 541-342-8437

Address: 261 East 12th Ave., Eugene

Centro Latino Americano

Provides mental health, alcohol and addiction counseling, case management, health resource navigation, youth mentoring, and wrap around services.

Webpage: www.centrolatinoamericano.org

Email Address: info@centrolatinoamericano.org

Phone: 541-687-2667

Address: 944 West 5th Ave., Eugene

HEDCO Clinic University of Oregon

Provides individual, couple, and relational therapy to adults, children, and families to address a wide variety of concerns.

Webpage: <https://hedcoclinic.uoregon.edu/services/therapy-individual-and-relational>

Phone: 541-346-0923

Address: 1655 Alder St. Suite 170, Eugene

Child and Family Center

Offers low cost assessment, intervention, and referral services for children ranging 2 – 17 years. Provides family therapy, parent skills, and individual interventions.

Webpage: www.psi.uoregon.edu/child-and-family-center/

Phone: 541-346-4910

Address: 6217 University of Oregon, Eugene

The Child Center

Offers a continuum of psychiatric, therapeutic, and special education programs throughout Lane County. Provides crisis response services.

Webpage: www.thechildcenter.org

Phone: 541-726-1465

Address: 3995 Marcola Rd., Springfield

Direction Service Counseling Center

Outpatient counseling and mental health support for adults, children, adolescents, and families.

Webpage: www.directionservice.org

Phone: 541-686-5060

Address: 1144 Gateway Loop, Suite 200, Springfield

Lane County Behavioral Health

Services include treatment for children, families, and adults. Services can be accessed through a variety of programs focusing on mental health issues. The adult clinic specializes in treating major mental health illnesses.

Webpage:

lanecounty.org/government/county_departments/health_and_human_services/behavioral_health

Phone: 541-682-3608

Address: 2411 Martine Luther King Jr. Blvd., Eugene

Looking Glass Community Services

Provides a wide range of services such as counseling, adolescent recover, crisis response, runaway/homeless services, and residential services.

Webpage: www.lookingglass.us

Phone: 541-484-4428

Address: 260 East 11th Ave., Eugene

Options Counseling and Family Services

Provides individual and family therapy, behavioral health services, parenting classes, and other family supports.

www.wp.options.org

Eugene

Phone: 541-687-6983

Address: 1255 Pearl St. Suite 102, Eugene

Springfield

Phone: 541-762-1971

Address: 175 West B St, Bldg D., Springfield

Florence

Phone: 541-997-6261

Address: 1445 8th St., Florence

Oregon Community Programs

Provides research-based treatment and prevention services and programs to children, youth, and families. Individual, group, and treatment fostering services with extended support for biological, adoptive, and foster families.

Webpage: <https://www.oregoncommunityprograms.org/>

Email address: info@oregoncp.org

Phone: 541-743-4348

Address: 1170 Pearl Street, Eugene

White Bird Crisis Center

Lane County 24-hour crisis intervention service. Provides person centered crisis intervention via walk-ins or over the phone for individuals, couples, groups, and families.

Webpage: <https://whitebirdclinic.org/crisis>

Email Address: crisis@whitebirdclinic.org

Phone: 541-463-4000

Address: 990 West 7th Ave, Eugene

CAHOOTS Mobile Crisis Services

Eugene

Phone: 541-682-5111

Springfield

Phone: 541-726-3714

Disability

The Arc Families Connected

Peer-led organization helping parents in their journey of raising a child with an intellectual and/or developmental disability. Services include parent support, trainings, and advocacy.

Webpage: www.arclane.org

Email Address: nancy.berge@arclane.org

Phone: 541-343-5256 ext 100

Address: 4181 E St., Springfield

Direction Service

Provides support for families who have youth (to age 23) with disabilities. Provides information and referral for disability-related resources, no cost.

Webpage: www.directionservice.org

Email Address: info@directionservice.org

Phone: 541-686-5060

Address: 1144 Gateway Loop, Suite 200, Springfield

Oregon Commission for the Blind

Provides assistance to those who are blind or visually impaired. Assists with independence, education, and community involvement.

Webpage: www.oregon.gov/BLIND/Pages/index.aspx

Phone: 686-7990

Address: 541 Willamette, Rm 408, Eugene

Oregon Department of Human Services; Vocational Rehabilitation Services

Provides employment counseling, skills training and job placement for people with disabilities that meet state criteria.

Webpage: <https://www.oregon.gov/dhs/employment/VR/Pages/index.aspx>

Eugene

Phone: 541-686-7878

Address: McKenzie Center 2885 Chad Dr., Eugene

Springfield

Phone: 541-726-3525

Address: Springfield Main Street Center, 101 30th St.

Pearl Buck Preschool

Offers specialized services for parents with cognitive limitations. Provides home-based parenting support, home visits, case management, preschool (ages 2-5) and outreach for qualifying parents and their babies.

Webpage: www.pearlbuckcenter.com

Email Address: lise.schellman@pearlbuckcenter.com

Phone: 541-484-4666

Address: 3690 West 1st Ave., Eugene

University of Oregon Speech-Language-Hearing Center

Clinical and consultative speech/language services. Provides services for speech delays/disorders, cognitive impairments following TBI or stroke, stuttering, and more. Sliding-fee scale available.

Webpage: <https://hedcoclinic.uoregon.edu>

Phone: 541-346-0923

Address: HEDCO Clinic, 1655 Alder St. Suite 170, Eugene

Domestic Violence, Abuse and Assault

CASA of Lane County

CASA volunteers advocate in court for children (up to age 18) who have been abused or neglected.

Webpage: www.casa-lane.org

Phone: 541-984-3132

Address: 174 Deadmond Ferry Rd., Springfield

Jasper Mountain

Crisis Response Program Hotline: 1-888-989-9990

Intensive mental health treatment for children ages 4-13, includes residential treatment, therapeutic foster care, crisis stabilization and more.

Webpage: www.jastermountain.org

Phone: 541-741-7402

Address: 89124 Marcola Rd., Springfield

SASS

24 Hour Crisis/Support Line: 541-343-7277 or 1-844-404-7700

Sexual Assault Support Services. Services for survivors of sexual violence. Offers drop-in center, advocacy, support groups, community outreach, counseling, and more.

Webpage: www.sass-lane.org

Phone: 541-484-9791

Address: 591 West 19th Ave., Eugene

Womenspace 24 Hour Crisis/Support Line: 541-485-6513 or 1-800-281-2800

Provides safety, hope, and healing for victims and survivors of domestic and sexual violence. Serving people of all genders.

Webpage: www.womenspaceinc.org

Email Address: info@womenspaceinc.org

Phone: 541-485-8232

Address: 1577 Pearl St., 2nd Floor, Eugene

Family Education and Support

Bethel School District Young Mothers and Fathers Program

Teen-parent support program that includes high school diploma/GED, parenting education, free onsite childcare, and more. Ages up to 21.

Email Address: stella.ganfield@bethel.k12.or.us

Phone: 541-689-0734, ext 4119

Address: Willamette High School, 1801 Echo Hollow Rd., Eugene

Center for Dialogue and Resolution

Offers private, personalized, and balanced opportunities for good communication between teens and parents for issues involving trust, privacy, chores, curfew, driving, grades, dating drug-use, friends, and more. Also offers legal support.

Webpage: www.lanecdr.org

Email Address: info@lanecdr.org

Phone: 541-344-5366

Address: 1400 Cross St., Eugene

Family Relief Nursery

Provides early childhood preschool classes, parent education classes, referrals, resource library, food pantry, clothes closet, and respite. Serves Lane and North Douglas counties.

Webpage: www.familyreliefnursery.org

Email Address: crystaln@frncg.org

Phone: 541-942-4835

Address: 720 North 14th St, Cottage Grove

Family Resource Centers of Lane County

Offers support and activities for families including parenting classes, play groups, information and referrals, family literacy and math nights, computer access, and after school activities.

Cottage Grove Family Center

Phone: 541-942-4967

Creswell Family Resource Center

Phone: 541-895-6175

Oakridge-Westfir Family Resource Center

Phone 541-782-3281

Springfield Family Resource Center

Phone: 541-7446769

Head Start and Early Head Start of Lane County

Comprehensive early learning programs for pregnant women and children to age 5 in families with limited income. Provides health/social services, advocacy, and education.

Webpage: www.hsolc.org

Email Address: mbell@hsolc.org

Phone: 541-747-2425

Address: 221 B St., Springfield

Lane Kids

Lane County parenting education and family support hub. Connections for local resources, parenting tools, and family friendly activities.

Webpage: www.lanekids.org

Email Address: info@lanekids.org

Phone: 541-741-6000

Address: 3171 Gateway Loop, Springfield

Oregon Family Support Network

Provides support for families raising a youth with emotional, behavioral, or mental health challenges (no diagnosis needed). Offers respite, support groups, and IEP/504 support.

Webpage: www.ofsn.org

Email Address: ofsnlane@ofsn.net

Phone: 541-342-2876

Address: 72A Centennial Loop, Suite 150, Eugene

Parenting Now

Provides parenting education and support for parents with infants and young children.

Webpage: www.parentingnow.org

Email Address: info@parentingnow.org

Phone: 541-484-5316

Address: 86 Centennial Loop, Eugene

Relief Nursery, Inc.

Support for families with low income and children under 6. Crisis response, home visits, therapeutic classrooms, early childhood special education, parenting classes, child counseling, and recovery support. No cost.

Webpage: www.reliefnursery.org

Eugene

Phone: 541-343-9706

Address: 1720 West 25th Ave., Eugene

Springfield

Phone: 541-485-0007

Address: 850 South 42nd St., Springfield

Safe Kids West Oregon

Preventative education and resources to reduce the incidence and severity of injuries to children up to age 21.

Webpage: www.peacehealth.org/safekids

Email Address: jcole3@peacehealth.org

Phone: 541-222-7300

Address: 3333 RiverBend Dr., Springfield

Triple P: Positive Parenting Program

Online education course to help manage common parenting challenges.

Webpage: www.lanetriplep.org

Email Address: info@laneckids.org

Phone: 541-741-6000

Address: 3171 Gateway Loop, Springfield

Grief and Loss

The Compassionate Friends

Provides support to families experiencing the death of a child, sibling, or grandchild.

Webpage: www.eugenecompassionatefriends.org

Email Address: eugenecompassionatefriends@gmail.com

Phone: 541-525-4857 or 541-870-5427

Courageous Kids

Grief support program for youth (1st – 12th grades) and their families who have experienced the death of a loved one.

Webpage: www.courageouskidsoregon.org Email Address: kpfeiffer@peacehealth.org

Phone: 458-205-7474

Address: 677 East 12th Ave., Suite N 180, Eugene

First Candle

Bereavement support for those affected by the death of a baby.

Webpage: www.firstcandle.org

Email Address: info@firstcandle.org

Phone: 1-800-221-7437

Hospice of Sacred Heart

Offers 8 week grief support group sessions. Call to register.

Webpage: www.peacehealth.org

Phone: 485-205-7400

Address: 677 East 12th Ave., Suite N 110, Eugene

Help Lines

National Suicide Prevention Lifeline

Phone: 1-800-273-8255

National network of crisis centers. Provides free, confidential emotional support to people in suicidal crisis or emotional distress, 24/7. Veterans press 1.

Webpage: <https://suicidepreventionlifeline.org/>

Safe + Strong Oregon Helpline

Phone: 1-800-923-4357

Offers free 24/7 emotional support and resource referral to anyone who needs it.

Webpage: <https://www.safestrongoregon.org/mental-emotional-health>

SAMHSA National Helpline

Phone: 1-800-662-4357

Substance Abuse and Mental Health Services Administration. Confidential, free treatment referral and information service for those facing mental and/or substance abuse disorders, 24/7.

Webpage: www.samhsa.gov/find-help/national-helpline

NAMI Helpline**Phone: 1-800-950-6264**

National Alliance on Mental Health. Free nationwide peer-support service providing information, resource referrals and support to those living with mental health conditions.

Available Monday – Friday 10:00 – 6:00

Webpage: www.nami.org/help

Crisis Text Line**Text HOME to 741741**

24/7 crisis support. Text to reach a trained crisis counselor.

Trans Lifeline**Phone: 877-565-8860**

Peer support hotline run by and for trans people. Available 7:00 AM – 1:00 AM PST.

Webpage: <https://translifeline.org/>

Legal

Lane County Legal Aid/Oregon Law Center

Civil legal services at no cost for residents with low income in Lane County.

Webpage: <http://oregonlawcenter.org>

Phone: 541-485-1017

Address: 101 East Broadway Ave., Suite 200, Eugene

Lane County Youth Services – Mediation and Restorative Services

Offers custody and parenting time mediation, supervised parenting time, family checkup, Springfield Restorative Justice, and custody evaluations.

Webpage: www.lanecounty.org/mediation Email Address: mediation@co.lane.or.us

Phone: 541-682-4700

Address: 2727 Martin Luther King Jr. Blvd., Eugene

Oregon Department of Justice

Offers a variety of legal assistance services including crime victim and survivor services, child support claims, consumer protection and more.

Webpage: www.doj.state.or.us/

Phone: 541-686-7973

Address: 975 Oak St., Ste 200, Eugene

Victim Services Program

Support for crime victims, criminal-justice education and case management/crisis intervention.

Webpage: www.co.lane.or.us/DA

Phone: 541-682-4523

Address: District Attorney, 125 E 8th Ave., Suite 400, Eugene

Libraries

Cottage Grove Library

Offers internet (wifi) and computer usage, free e-books and audio books, research database access, and more for card holders.

Webpage: www.cottagegrove.org/library

Phone: 541-942-3828

Address: 700 E Gibbs Ave., Cottage Grove

Creswell Library

Offers internet (wifi) and computer usage, book groups, free e-books, and more for card holders.

Webpage: www.creswell-library.org/

Phone: 541-895-3053

Address: 64 W. Oregon Ave., Creswell

Eugene Public Library

Offers internet (wifi) and computer usage, laptop check-out, word processing technology, printing/scanning, research database access, and more for card holders.

Webpage: www.eugene-or.gov/library

Phone: 541-682-5450

Downtown Library

Address: 100 West 10th Ave., Eugene

Bethel Branch

Address: 1990 Echo Hollow Rd., Eugene

Sheldon Branch

Address: 1566 Coburg Rd., Eugene

Springfield Public Library

Offers internet (wifi) and computer usage, research database access, audio books, programming, and more for card holders.

Webpage: www.wheremindsgrow.org

Email Address: library@springfield-or.gov

Phone: 541-726-3766

Address: 225 5th St., Springfield

Medical and Dental

Community Health Centers of Lane County

Phone: 541-682-3550

Affordable healthcare for treatment of chronic conditions, mental health consultations, referrals to specialists and more.

Brookside Clinic

Address: 1680 Chambers St., Suite 103, Eugene

Charnelton Community Clinic

Address: 151 West 7th Ave., Suite 100, Eugene

Delta Oaks Clinic

Address: 1022 Green Acres Rd., Eugene

Lane County Behavioral Health Primary Care

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

RiverStone Clinic

Address: 2073 Olympic St., Springfield

Springfield Schools Health Center

Address: 1050 10th St., Springfield

Lane County Dental Society

Information on low-cost dental services without specific dental practitioner recommendations.

Webpage: www.lanedentalsociety.org

Email Address: office@lanedentalsociety.org

Phone: 541-686-1175

Address: 2300 Oakmont Way, Suite 110, Eugene

Lane County Public Health Services

Offers a variety of services including immunizations, STI treatment and testing, tobacco cessation programs, and more.

Webpage: www.lanecounty.org

Phone: 541-682-4041

Address: 151 West 7th Ave., Suite 310, Eugene

Planned Parenthood of Southwestern Oregon

Offers birth control, reproductive and sexual healthcare, annual exams, pregnancy testing, vaccination, STI treatment and testing and more.

Webpage: www.ppsworegon.org

Phone: 541-344-9411

Address: 3579 Franklin Blvd., Eugene

Phone: 541-344-9411

Address: 793 N Danebo Ave., Eugene

Volunteers in Medicine Clinic

Free medical care and mental health services for underserved adults in Lane County.

Webpage: www.vim-clinic.org

Email Address: dmeashintubby@vim-clinic.org

Phone: 541-685-1800

Address: 260 Marcola Rd., Springfield

White Bird Community Dental Clinic

Offers dental care and emergency clinics. Income-based sliding fee scale.

Webpage: www.whitebirdclinic.org

Email Address: dentalfrontoffice@whitebirdclinic.org

Phone: 541-344-8302

Address: 1415 Pearl St., Eugene

White Bird Medical Clinic

General medicine, urgent care clinics, labs, and referrals.

Webpage: www.whitebirdclinic.org/medical

Phone: 541-484-4800

Address: 1400 Mill St., Eugene

Recreation

City of Eugene Recreation Services

Programs and classes for all ages including swimming, sports leagues, outdoor programs, adaptive recreation and more.

Webpage: www.getrec.org

Email Address: recreation@eugene-or.gov

Phone: 541-682-5333

Address: 100 West 10th Ave., Suite 321, Eugene

Tamarack Aquatic Center

Offers swim lessons for all ages, wellness classes and exercise on your own times.

Webpage: www.tamarackaquatic.org

Email Address: info@tamarackaquatic.org

Phone: 541-686-9290

Address: 3575 Donald St., Suite 300, Eugene

Willamalane Park and Recreation District

Phone: 541-736-4544

Programs and classes including fitness center, swim center, and wellness services.

Webpage: www.willamalane.org

Phone: 541-736-4544

Address: 250 South 32nd St., Springfield

Substance Abuse and Recovery

Chrysalis – A Program of White Bird

Outpatient drug/alcohol and DUII treatment for adults. Acupuncture, maintenance, and other medical needs for detox.

Phone: 541-683-1614

Address: 350 East 11th Ave., Eugene

Emergence

Outpatient drug/alcohol treatment, gambling treatment, and mental health counseling.

Address: 2149 Centennial Plaza, Suite 4, Eugene

Phone: 541-741-7107

Address: 1040 Oak St., Eugene

Phone: 541-342-6987

Address: 1461 Oak St., Eugene

Phone: 541-687-9139

Address: 78B Centennial Loop, Eugene

Phone: 541-687-8820

Address: 347 Q St., Springfield

Phone: 541-746-4041

Address: 1932 Pine St., Florence

Phone: 541-997-8509

Nar-Anon Family Eugene-Springfield Group

Support group for those affected by a loved one's drug or alcohol abuse.

Webpage: www.nar-anon.org

Email Address: wso@nar-anon.org

Phone: 1-800-477-6291

Serenity Lane

Drug/alcohol treatment in Oregon and Washington for adults 18 and older.

Webpage: www.serenitylane.org

Email Address: admissions@serenitylane.org

Residential Treatment

Phone: 541-687-1100 or 1-800-543-9905

Outpatient Treatment

Phone: 541-485-1577

Willamette Family, Inc.

Substance abuse treatment, mental health, detoxification, and primary medical services.
Residential and outpatient settings.

Webpage: www.wfts.org

Email Address: info@wfts.org

Address: 195 West 12th St., Eugene (admissions to all services)

Detoxification and Sobering

Phone: 541-343-6512

Rapid Access Center

Phone: 541-762-4300

To request this information in an alternate format, please contact the Center for Accessible Resources at (541) 463-5150 or accessibleresources@lanecc.edu