

**Behavioral  
Health, Basic  
Needs  
& Housing  
Resource  
Guide**

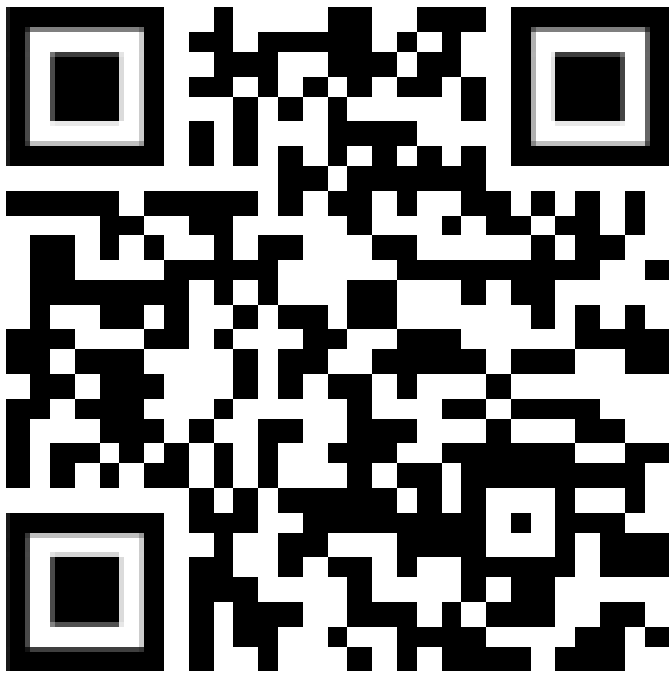


# Non-Police Emergency Crisis Lines

- **Cahoots (Eugene Only)-----541-682-5111**
  - Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line
    - Hours: 24/7
- **Cahoots (Springfield Only)-----541-726-3714**
  - Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line
    - Hours: 24/7
- **Child Abuse National Hotline-----1-800-422-4453**
  - Provides on-site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid. Dispatched by police non-emergency line.
    - Hours: 24/7
- **Womensspace Hotline-----541-485-6513**
  - Crisis line for all victims and survivors of domestic violence, intimate partner violence, sexual assault, and stalking in lane county.
    - Hours: 24/7
- **Looking Glass Crisis Response line-----1-888-989-9990**
  - Crisis prevention helpline for families with children or homeless youth ages 17 and under
    - Hours: 24/7
- **National Suicide Prevention Lifeline-----1-800-273-8255**
  - Hours: 24/7
- **Trans Lifeline-----1-877-565-8860**
  - Provides peer counseling for transgender individuals in crisis
    - Hours: 7am-1am, & days a week
- **Trevor Lifeline-----1-866-488-7386**
  - A crisis intervention and suicide prevention phone service for LGBTQIA.
    - Call line, or text START to 678678
      - Hours: 24/7
- **White Bird 24/7 Crisis Line-----541-687-4000/  
1-800-422-7558**
  - Crisis intervention, mental health referral and transportation assistance for people with mental health needs in Eugene or Springfield without homes.
    - Hours: 24/7.

# LGBTQIA+ Resources

**Transponder  
Resource Page:**



**TransPonder is a transgender-founded and led nonprofit based in Eugene, Oregon providing support, resources, and education for the transgender and gender-diverse community and our allies.**

# MOBILE CRISIS SERVICES OF LANE COUNTY (MCS-LC)

## WHO:

The Mobile Crisis Services of Lane County (MCS-LC) Team is staffed with peer support specialists, case managers, mental health professionals, a senior office assistant, and clinical supervisors.

MCS-LC works with anyone in Lane County who is having a mental health crisis.

## WHAT:

MCS-LC is intended to be accessible to everyone in Lane County.

Services offered include:

- Mental health crisis support and de-escalation
- Peer support
- 72 hour follow up
- Care coordination
- Resources
- Support accessing higher levels of care
- Narcan

## WHERE:

MCS-LC is mobile and able to meet individuals in the community wherever they may be. This includes residences, public spaces, private businesses, and hospitals or other institutional settings.

## MCS-LC CONTACT:

The MCS-LC crisis team can be reached at:

**541-682-1001**

- You can also call **988** if you are experiencing a mental health emergency.



# ***OHP Mental Health Providers w/ openings (As of 11/21/24):***

<b>Provider:</b>	<b>Populations Served:</b>	<b>Phone number</b>	<b>Medication Management Available?</b>
Arise Counseling Service	Mental Health	541-321-2278	No
Avodah Therapy Services Corporation	Mental Health	458-240-2893	No
Benson Health Clinic	Mental Health	541-345-1722	yes
Cascade Health Counseling	Mental Health	541-345-2800	no
Cedar Psychiatric Associates	Mental Health	541-731-4600	yes
Center for Family Development	Mental Health/ Substance Use	541-342-8437	yes
Center for transformative healing	Mental Health	541-203-3916	no
Centria Healthcare	ABA Therapy	248-436-4578	no
Nuestra Plaza de la comunidad	Mental Health, Substance use, Peer support, Medication Management, Psychotherapy	541-687-2667	yes
Creative Spirit Collaboration	Mental Health	541-514-7997	no
Direction Service Counseling	Mental Health	541-344-7303	no
Emergence-Eugene	Mental Health, Substance Use, Peer Support	541-393-07777	no
Eugene Center for Anxiety and Stress	Mental Health	541-357-9764	no
Eugene Treatment Center	Medication Management	458-273-4008	yes
Griffin and Associated Practioners	Mental Health	541-343-1728	no
Insight Northwest Recovery	Mental Health	541-203-0539	yes
Invictus Therapy and Consultation	Mental Health	641-313-6199	no
Jasper MT SAFE Center	Mental Health	541-741-7402	Yes

# ***OHP Mental Health Providers w/ openings (As of 11/21/24):***

<b>Provider:</b>	<b>Populations Served:</b>	<b>Phone number</b>	<b>Medication Management Available?</b>
Karla Marvich	Med Management	541-255-1411	Yes
Live, Grow, Share	Mental Health, Substance Use, Peer Support	541-505-9190	Unknown
Looking Glass Counseling	Mental Health/Substance Use	541-484-4428	Yes
Midwise Counseling	Mental Health	541-991-9585	No
Oregon Community Programs	Mental Health	458-240-6754	Unknown
Oregon Directions	Mental Health Therapy	541-818-0009 Ext 1	No
Oregon Psychiatric Partners	Mental Health	541-726-9912	Yes
Oregon Social Learning Center	Mental Health	541-485-2711	Unknown
Options Counseling	Mental Health	541-687-6983	Yes
Restorative Counseling	Mental Health	541-556-1378	No
Serenity Lane	Substance Use	541-485-1577	Yes
Shangri La Outpatient	Mental Health	541-344-1121	No
Sheltercare	Mental Health	541-505-5188	No
South Lane Mental Health	Mental Health	541-942-3939	Yes
Springfield Treatment Center	Substance Use	541-653-8284	Yes
Stronger Oregon	Mental Health Therapy	541-900-4285	No
Pacific NW Mindful Change	Mental Health	540-824-4461	No
Intentional Journeys Counseling	Mental Health	541-206-3965	No

# ***HOUSING RESOURCE GUIDE FOR LANE COUNTY***

## ***Emergency Shelters, Homeless Services, & Short-Term Housing***

### **Homeless Services**

- Catholic Community Services Oasis - Provides a safe place during the day (unavailable during COVID) for homeless families for access to laundry, showers, and restroom facilities, food.
  - For more information contact Amy Wilson
  - (541)345-3628 or oasis@ccslc.org; 1175 G St, Springfield
- Community Sharing Program (Cottage Grove) - Offers propane, shower, and laundry vouchers for people experiencing homelessness.
  - (541)942-2176
- First Place family Center (FPFC) - FPFC provides homeless families (children must be present) with access to showers, laundry, preschool, and meals.
  - 1995 Amazon Parkway, Eugene; (541)342-7728 - Open 7 days a week from 8am-5pm.
- Siuslaw Outreach Services - Vouchers for shower and laundry services are provided to individuals and families experiencing homelessness.
  - 1576 W. 12th St, Florence (541)997-2816; Open for drop-ins Monday- Thursday, 10am-3:30pm, Fridays by appointment.
- St. Vincent de Paul's (SVdP) Eugene Service Station (ESS): ESS provides a welcoming place that provides access to food, day shelter, clothing, laundry, showers, and supplies, as well as stabilization services to those experiencing homelessness. Phone and message services, computer access, job and housing referrals are also available.
  - 450 Highway 99 North, Eugene; (541)461-8688; Open 7 days a week from 8:30am-5pm.

### **Shelters (Includes Weather Related and Domestic Violence Shelter).**

- Catholic Community Services Cold Weather Motel Shelter Program is available for families with children under age 18 when temperatures drop below 30°.
  - To sign up, call (541)232-9653 M-F 8am-3pm or visit an office in person on Mon, Wed, or Fri from 8am-3pm: Eugene- 1464 W 6th Ave; Springfield- 1025 G St
- Community Sharing Program (Cottage Grove) - Warming shelters are activated when temperatures drop below 32° during the cold season.
  - November 1st to March 31st. 224 N 12th St, Cottage Grove (541)942-2176
- Eugene Mission - Rescue shelter available for up to 14 days. Longer term shelter available for those working with their revitalization programs, R3 Academy or Life Change programs.
  - 1542 West First Ave, Eugene, (541)344-3251
- First Place family Center Night Shelter program - Homeless families needing emergency shelter must visit the First Place Family Center first at 1995 Amazon Parkway, Eugene.
  - Call (541)342-7728 for more information
- Hope & Safety Alliance - Provides Domestic Violence Survivors with emergency services, safe housing, food and supplies, legal services, peer counseling, one on one support, and transportation.
  - Call the 24-hour crisis line
  - (541)485-6513 or (800)281-2800

- [ShelterCare's Housing Services for Families](#)- Case management and financial assistance for families who are facing a loss of housing, have lost housing, are at risk of losing their children due to a housing crisis or, who need short-term shelter-
  - Call (541) 689-3785
- [ShelterCare's Medical Recuperation](#)- 30 day stay in a shelter for people who are homeless and have been discharged from the hospital.
  - All clients are referred by PeaceHealth, Pacific Source and Trillium.
- [Siuslaw Outreach Services \(Florence\)](#)- For a Domestic Violence or sexual abuse emergency
  - Contact their 24-hour Crisis Line at (541)-997-4444. Motel vouchers available. Please call (541)997-2816 for eligibility criteria and requirements to access the vouchers
- [SVdP-Egan Warming Shelters](#)- activated when overnight temperatures drop below 30° during the cold weather months,
  - November 15th to March 31st.

## **Safe Spot Camps and Rest Stops**

- [Community Supported Shelters](#)- Safe Spots and microsites that provide shelter in Conestoga huts
  - (541)-683-0836; 1160 Grant Street, Eugene- Walk in hours Wed-Fri 1-4pm
- [Nightingale Hosted Shelters](#) supports a rest stop with Conestoga huts. Application can be found online, or in person at the Rest Stop at 34th and Hilyard Alley.
  - Call 541-870-5388 to make sure camp manager is available before going in person.
- [SquareOne Villages](#)- operating new microsites in addition to their ongoing village projects with the use of Pallet Shelters and Conestoga huts.
  - Call 541-650-6937, or apply at Opportunity Village, 111 N Garfield, Eugene
- [SVdP- Dawn to Dawn](#)- For homeless individuals-
  - Entry is coordinated through the Eugene Service Station at 450 Highway 99 N, Eugene
- [SVdP- Overnight Parking](#)- For adults over 18 who have lost their homes, living in a car or camper spots are accessed by waitlist through the Eugene Service Station
  - 450 Highway 99 N, Eugene.
- [Safe Sleep sites](#)- The City of Eugene's Safe Sleep sites, operated by various community partner agencies including SVDP, Everyone Village (Everyone Church), Carry if Forward, and SquareONE Villages.
  - 310 Garfield St. - Approximately 55 vehicles are allowed for people experiencing homelessness and currently living in cars and RVs. Sleep Site Wait List
  - 410 Garfield St. - This site includes an indoor facility with 88 safe, heated spaces and a variety of features to support health and stability. Sign up for the Safe Sleep Wait List.
  - Dwayne Woods (Rosa) Safe Sleep Site, 2243 Roosevelt Blvd. Referrals accepted here.
  - Chase Commons Park. Not yet accepting applications



## ***Coordinated Entry Programs-***

Coordinated Entry is a centralized process for individuals and families experiencing homelessness that includes a coordination of resources to connect people efficiently and effectively to assistance that will rapidly end their homelessness. Completing a Front Door Assessment with one of the following agencies will start the process to be added to the Central Waitlist for Housing. Diversion can be accessed through a front door assessor or by calling 211.

- **St. Vincent de Paul-**

- First Place Family Center (Serving families with children only) – by appointment
  - 541-342-7728, 1995 Amazon Parkway, Eugene; Agency hours: M-F 8am-5pm
- Eugene Service Center- by appointment 541-607-0439; 450 Highway 99 N, Eugene
  - Agency hours: M-F 8-5, closed 12:30-1:30
- Supportive Services for Veteran Families –
  - By appointment, call (541)687-5820
    - 2890 Chad Dr, Eugene

- **Catholic Community Services-**

- 541-345-3628;
- Eugene: 1464 W 6th St;
- Springfield: 1025 G St
- Agency hours: Mon-Wed 8am-4pm, Thurs 8am-3:30pm, Fri 8am-4pm

- **Looking Glass (Serving Youth Only) by appointment**

- New Roads- - (541)686-4310, 941 W 7th Ave, Eugene
- Cottage Grove site- Lucy Simmons (541)767-3823, 508 E Whitaker Ave, Cottage Grove,
  - Mon-Fri 8:30am-5pm

- **Lane County Health and Human Services-**

- By appointment- (541) 682-4663

### ***Rapid Rehousing Programs:***

- Catholic Community Services- Rapid Rehousing Services may be available to families accessing the Coordinated Entry Program and working with Oasis
- Looking Glass- Rapid rehousing programs that are designed for youth up through age 24 who are experiencing homelessness. Case managers help youth identify and apply for housing as well as continue working with them to help the youth be financially independent and permanently housed.
  - Call 541-686-4310 or email nr@lookingglass.us.
- Shelter Care's Rapid Exit and Diversion Services- Newly unhoused individual's Case management-
  - Call (541) 497-0785 or email reds@sheltercare.org
- Siuslaw Outreach Services (Florence)- For Domestic Violence or sexual abuse emergency
  - contact their 24-hour Crisis Line at 541-997-4444;
  - Available for drop-in Monday through Thursday from 10am-3:30pm.
  - Available on Friday by appointment (541)997-2816

## *Youth Services*

- Looking Glass - 24-hour crisis line
  - (888)689-3111
- Station 7- Emergency shelter for youth 11-17 that includes family reconciliation and wraparound supports. 931 W 7th Ave, Eugene,
  - (541)689-3111
- New Roads – Drop-in Center for homeless youth to access showers, food, clothing, and other resources
- Rural Program – For homeless youth ages 11-21. Drop-in Center provides youth with food, clothing, and other vital resources. Case management and employment services are also provided.
- Hosea Youth Services- For youth ages 16-24. Drop-in services include meals, showers, laundry facilities, computer and Wi-Fi access, outdoor supplies, clothing, toiletries, and other necessary resources.
  - 834 Monroe St, Eugene
- 15th Night- Provides rapid access to resources and services in the Eugene and Springfield area, such as clothing/shoes, backpacks, transportation, personal care products, application assistance, food, housing specialists, youth advocates, mentors/peer support, counseling, and more.
  - Call or text to get help fast (541)246-4046
- Youth Era – Drop-in Center open to youth ages 14-21 every Friday from 3-6pm. Provides a safe space with education and employment services, peer support, and connections to community-based resources with a focus on youth empowerment.
  - 44 W 7th Ave, Eugene, (971)334-9295. More youth shelter options may be available in the future.

## *Transitional Housing*

- Looking Glass New Roads Program - For youth up to age 21- Case management as well as education, behavioral health, employment, and other skill building services are available. (541)686-4310, 941 W 7th Ave, Eugene
- ShelterCare- For adults who are medically fragile, chronically homeless. Call (541) 686-1262 or email scadmin@sheltercare.org.
- Sponsors- For individuals re-entering communities after incarceration. Provides short-term, stable housing with wraparound services such as employment and education support, mental health services and mentorship. To seek admission, write the Executive Director Paul Solomon (Attn: Admission), 338 Hwy 99 N, Eugene, OR 97402.
- SVDP Connections- Helps families experiencing homelessness transition from repeated episodes of homelessness to stability through intensive case management with innovative and appropriate services for up to 2 years. (541)687-5820

- [SVDP Youth House](#)- For unaccompanied homeless teens who identify as female. Provides up to 2 years of transitional housing in 13 individual studio apartments. Personalized support and case management provided to prepare for independent living. Contact Michael Yoshioka, Director of SVdP Youth and Family Services (541)342-7728
- [SVDP Veteran's Housing project](#)- The Veterans' Housing Project can supply affordable housing for up to two years, giving veterans time to get reacquainted, explore their options, and move forward.
  - Program contact: Kristi Koch (458)221-0718

### ***Permanent Supported Housing***

- [Laurel Hill- HUD Subsidized Housing](#)- All households must include a person with a disability of chronic mental illness to qualify for residency at Laurel Grove/Laurel Court Apartments. Preference given to those receiving Laurel Hill outreach services for 4 months or longer. Applications for the waiting list are open on occasion.
  - Please call 541-485-6340 to learn more.
- [ShelterCare's Permanent Supported Housing](#)- Low or no-barrier housing for individuals who have been chronically homeless and are medically fragile or are living with a mental illness. Example: ShelterCare is the service provider for the Commons on MLK. Contact Behavioral Health Services
  - (541)505-5188 to get started
- [Sponsors](#)- For individuals re-entering the community after incarceration. Long-term supportive housing is available for individuals with a higher risk of recidivism and additional barriers to securing housing in the private market. Extended services to help participants achieve self-sufficiency are available.
  - To seek admission, write the Executive Director Paul Solomon (Attn: Admission), 338 Hwy 99 N, Eugene, OR 97402.

### ***Low Income and Other Affordable Housing***

- [Cornerstone](#)- Committed to quality, affordable housing for people with limited incomes while offering services that promote opportunities for personal growth and economic independence. They have various properties in Eugene. Contact each property to learn how to apply.
- [DevNW](#)- Affordable rentals are available, with some being set aside for specific populations. To see the list of rentals in Lane County and beyond and to access contact information for each rental property, [click here](#). Although DevNW manages a few properties, most are managed by Cascade Property management.
- [Homes for Good](#)
  - *Section 8*- Housing Choice Voucher Program- Provides rental assistance to low-income families through the private rental market. The Section 8 waitlist opens periodically (last open in November 2019). [Click here](#) to subscribe to be notified by email or text when the waitlist opens up.
  - *Agency Owned and Managed Housing*- Homes for Good owns a variety of housing at a subsidized rate. In most cases, rent is based on 30% of the household's income. Their various housing units come available via a waitlist at periodic times. Call (541)682-3755 for more information.

- *Emergency Housing Voucher program (EHV)* - Created in 2021 through the American Rescue Act and is similar to a section 8 voucher. They are designed for households who are homeless or at risk of homelessness, fleeing or attempting to flee domestic violence, dating violence, sexual assault, stalking or human trafficking. (Pre-applications for EHV closed on 7/23/21)
- *Agency Owned, Third-Party Managed Housing* – There are several affordable housing complexes that Homes for Good owns but are managed by a contracted property management firm. They have their own waitlist, and each management firm must be contacted directly to find out about vacancies.
- Square One Villages- Innovative, resident-owned, community-based approach to affordable housing for individuals, couples, and small families. Includes (click hyperlinks for details to apply) Opportunity Village (Eugene), Emerald Village Co-op (Eugene), Cottage Village Co-op (Cottage Grove), Peace Village (River Road in Eugene), Rosa Village (Roosevelt in Eugene) & C Street Co-op (Springfield).
- St. Vincent de Paul- SVdP has multiple housing units, including apartments and mobile homes, that are managed in-house. The housing is available through a waitlist process and when open it will be posted on the SVdP home page. Here is a list of SVdP properties.

### ***Rent/Mortgage Assistance***

- Catholic Community Services- Funds become available at various times.
  - Please call 541-345-3628 or click here for more information
- Community Sharing Program (Cottage Grove)- For those living in Creswell or Cottage Grove, rent, deposit, and other housing-related assistance may be available.
  - Call their Housing Program Coordinator for more information, (541)942-7933
- Lane County- (Currently on pause) For questions, call Lane County Rent Assistance at 541-682-3776 or email LCHSHSDRentAssist@lanecountyor.gov
- Oregon Emergency Rental Assistance Program- OERAP helps eligible low-income households negatively impacted by COVID with past-due rent. Call (541)682-3776 for residents of Lane County
- Oregon Homeownership Center- Mortgage assistance and other homeowner resources are available, including the Homeowner Assistance Fund (not taking applications as of November 2022), COVID-19 Mortgage Relief, foreclosure prevention, access to a local housing counselor, support services for homeowners, and more.
- Shelter Care- for families in need of temporary rent assistance, call (541)689-3785
- Siuslaw Outreach Services (Florence)- Rent assistance for low-income families in the event of an unforeseen event or crisis. The rent assistance program is dependent on availability of funds. Call (541)997-2816 to learn more.
- St. Vincent de Paul- rent assistance may be available depending on available funding. Call (541)689-6747 to schedule an appointment

## *Eviction and Other Legal Housing Issues*

- Fair Housing Council of Oregon- serves renters, homebuyers, housing providers, social service providers, policymakers, and planners to accomplish the elimination of illegal housing discrimination and ensure access to housing choice through education and enforcement of fair housing law. Learn more about fair housing as a renter here: <https://fhco.org/renters/>
- Laurel Hill's Rent Well- A renter's education program for low-income members of Lane County who are at risk of losing housing, are in a Transitional Living Program, or is working with other agencies to secure housing. Ready to Rent Certificate of Completion is provided to present to potential landlords as proof of their achievement.
  - Contact the Laurel Hill Center Housing team at [housingservices@laurel.org](mailto:housingservices@laurel.org) or call (541)485-6340 for more information.
- Oregon Law Center- Provides free legal help to low-income families for matters related to their homes, livelihoods, medical care, and physical safety against domestic violence
- Eviction Defense Project- Provides free legal assistance to low-income tenants facing eviction court.
  - Call (888)585-9638 and be ready to provide your name, case number, and court summons date.
- Lane County Legal Aid Office- Cases are accepted based on set priorities through a client needs assessment.
  - Call (541)485-1017 or (844)595-8330 to schedule an appointment. Located at 101 E Broadway, Suite 200, Eugene
- Springfield Eugene Tenants Association (SETA)- Dedicated to renters' rights and interests though assisting, educating, and empowering tenants in the Eugene & Springfield area.
  - Access their free Hotline at (541)972-3715 or email [SETAPublic@gmail.com](mailto:SETAPublic@gmail.com)
- SVDP Second Chance Renters' Education Program- Helps families overcome a past eviction through a series of 8 powerful and informative class sessions that lays the foundation of being a successful and responsible tenant. Up to 90% of graduates have overcome a past eviction. Graduates receive a certificate of completion that is honored by landlords throughout Lane County.
  - Call (541)607-0439 ext 224 or email [secondchance@svdp.us](mailto:secondchance@svdp.us) to inquire.

# Addiction & Recovery Resources



## Addiction-Gambling

Name	Phone	Address	City	Fees	Information
Meridian Gambling Prog. (Emergence)	541-741-7107	2149 Centennial Plaze, Suite 4		FREE	Outpatient gambling treatment.
Problem Gambling Hotline	877-MYLIMIT			FREE	Referrals to outpatient gambling tx for the state of Oregon. Phone/Skype based tx.
Centro Latino Americano	541-687-2667	944 W. 5th St.	Eugene	FREE	Gambling and addiction support.

## Smoking Cessation

Name	Phone	Address	City	Fees	Information
Emergence	541-393-0777	78 A Centennial Lp.		OHP, sliding scale	12-week intensive outpatient (level 2).
Options Tobacco Cessation	541-222-7442	3311 Riverbend Dr.	Eugene	\$60	Evaluation, behavior therapy after quitting smoking.
Oregon Tobacco Quit Line	800-784-8669	www.quitnow.net/oregon			Talk or chat online with an expert Quit Coach.

## Recovery Support

Name	Phone	Address	Fees	Information
Alcohol Treatment Referral Hotline	800-252-6465			
Al-Anon & Alateen	541-741-2841	www.alanonlaneor.us/ find-a-meeting	FREE	Support for families/friends of people experiencing addiction to alcohol. Call or check website for locations/meeting times.
Alcoholics Anonymous	541-342-4113	http://www.eviaa.org/	FREE	Support for people experiencing addiction to alcohol. Call or check website for locations/meeting times.
Center for Family Develop	541-342-4189	146 E. 12th	OHP, sliding scale, other ins.	Recovery/cooccurring programs. Counseling, recover skills training, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm
Centro Latino Americano	541-687-2667	944 W. 5th	\$10-\$25 sliding scale, OHP	Addiction support for Spanish speaking adults and teens. Family/individual counseling. Social service navigation. Youth mentoring 7-16.
Chrysalis (White Bird)	541-683-1641	350 E. 11th Ave.	OHP, sliding scale	Outpatient. Peer counseling, groups, court deferred DUI, acupuncture tx for withdrawals.
Drug Addiction Hotline	800-905-7590			
Emergence	541-393-0777	76 A Centennial Lp	OHP, sliding scale, other ins.	Outpatient services. Specialize in drug court, corrections, DUI, gambling, mental health, smoking cessation.
Integrated Health Clinics of Eugene	541-344-3574	715 Lincoln St.	OHP, sliding scale, other ins.	OHP, sliding scale, some insurance. Outpatient treatment for opioid addiction. Group/individual counseling.
Looking Glass Counseling	541-484-4428	260 E. 11 Ave.	OHP, private ins.	Residential/outpatient for children, teens and young adults. Services for runaway/homeless youth. Addiction counseling for youth under 21. Therapeutic alternative school settings.
Methadone Treatment Lab	541-682-4464	151 W. 7th Ave., Rm 163	OHP, private ins. or self pay	Methadone dispensing & monitoring group, individual, family counseling, drug screens, crisis intervention, drug education, HIV education & risk assessment. Resource referrals as needed.
PAR Prevention & Recovery NW	541-484-9274	1188 Olive St.	Sliding scale, OHP	Outpatient. Men's, women's, co-ed groups. Prevention, outreach, DUI program.
Relief Nursery-Parents for Recovery	541-343-9706	1720 W. 25th Ave.	FREE	Support group for parents in recovery from drug and alcohol addiction.
	541-485-0007	850 S. 42nd Ave.		
Relief Nursery-Peer Support	541-343-9706	1720 W. 25th Ave.	FREE	Must be participating in other Relief Nursery programs or referred by DHS.
	541-485-0007	850 S. 42nd Ave.		
Serenity Lane	541-687-1110	4211 W. 11th Ave. (Outpatient)	Private ins., private pay, some OHP	Outpatient and inpatient treatment. Able to treat clients with dual diagnoses.
		616 E. 16th St. (Inpatient)		
Veterans Affairs	541-607-0897	3355 Chad Dr.		Mental health services, outpatient alcohol treatment and aftercare.
Willamette Family (Rapid Access Center)	541-762-4300	195 W. 12th St.	Sliding scale, OHP	Same day medical & behavioral health services. Addiction assessments. Residential & outpatient for adults/teens. Walk-in M-F 8 am-4 pm

## Women's Recovery Houses

Name	Phone	Address/Website	Fees	Information
Ashes to Beauty	541-654-5652	4736 Royal Ave PMB 112 Website: <a href="http://www.ashestobeauty.org">www.ashestobeauty.org</a>	Call for details	Women 18-55, children (boys under 8, girls under 13). Education, job, parent support, mandatory meetings, bible study, counseling, UA's. No smoking or sex offenders. Apply online.
Autzen House (Oxford)	541-844-1676 or 541-337-5064	920 Summit Blvd.	Call for details	30 days clean/sober, no arsonists or sex offenders. Mandatory meetings, random UA's.
Baker House (Oxford)	541-246-8858	1826 Danebo	Call for details	
Beverly House (Oxford)	458-201-7762	2406 Beverly St.	Call for details	
Spence Butte House (Oxford)	541-653-8236	3230 Portland St.	Call for details	
Riverbend House (Oxford)	541-344-9191	5117 Innsbruck Way	Call for details	
Dalton House (Oxford)	541-505-8517	1740 Dalton Dr.	Call for details	
Westmoreland House (Oxford)	541-844-1950	1895 Polk St.	Call for details	
Safe Haven	541-514-8610	969 W. 3rd	Call for details	Women/children. Mandatory meetings, random UA's.
Teen Challenge Hannah's House	541-344-4328	85989 Bailey Hill Rd.	Call for details	12-mo live-in program. Faith- based. Children up to age 6.
Fresh Start	541-579-1961	Various	Call for details	Call Dan Lansing for more information and current openings. Must be clean and sober. 3 mtgs per week, random UA's.
Resurrection House	541-606-0537	940 N. Park	Call for details	Women - 2 weeks clean. Mandatory mtgs, random UA's.
Sponsor's	541-485-6738	767 W. 8th Ave.	Call for details	30 days clean/sober. Random UA's, mandatory mtgs.



## Men's Recovery Houses

Name	Phone	Address/Website	Fees	Information
Crenshaw House (Oxford)	541-653-9381	1257 Crenshaw Rd.	Call for details	30 days clean/sober, no arsonists or sex offenders. Mandatory meetings, random UA's.
Crescent House (Oxford)	541-636-4279	2475 Crescent Ave.	Call for details	
Donald House (Oxford)	541-654-0744	3302 Donald St.	Call for details	
Echo Hollow House (Oxford)	541-505-7912	4160 Avalon St.	Call for details	
Hayden Bridge House (Oxford)	541-735-3953	1017 Hayden Bridge Rd.	Call for details	
Howard House (Oxford)	541-654-0294	133 Howard Ct.	Call for details	
Mohawk House (Oxford)	541-505-7057	1923 Centennial	Call for details	
Nighthawk House (Oxford)	541-505-9286	660 Aspen St.	Call for details	
Emerald Valley House (Oxford)	541-501-1826	4087 Concord St.	Call for details	
Glory House (Oxford)	541-505-9311	875 Glory Dr.	Call for details	30 days clean. 6-mo commitment, zero tolerance house. Mandatory mtgs, random UA's.
Phoenix House	541-654-3998 or 541-607-5869	675 Hughes St.	Call for details	
Fresh Start #1	541-579-1961	727 5th St.	Call for details	Call Dan Lansing for interview. Must be clean & sober.
Fresh Start #2	541-579-1961	544 Water St.	Call for details	Call Dan Lansing for interview. Must be clean & sober.
Uncle John's	541-515-6866	313 49th St.	Call for details	Must be clean & sober, random UA's.
Sponsor's	541-485-8341	338 Hwy 99 N.	Call for details	30 days clean & sober, mandatory support groups, random UA's.
Recovery First	541-606-3644	742 Washington St.	Call for details	2 weeks clean & sober, random UA's.
Safe Haven	541-606-2995	743 S. 37th St.	Call for details	Mandatory support groups, random UA's.
Clean & Sober Living	541-954-6710	724 Washington St.	Call for details	2 weeks clean & sober, random UA's.
Housing Our Vets	541-606-9220	Various	Call for details	Call Lorie Perkins for more information and openings.

# Grief Support



Name	Phone	Address	Information
Cascade Health Solutions	541-228-3083	Various locations	Grief education and support groups for adults living with the loss of a loved one. FREE
Compassionate Friends	541-689-0824	Call for group location.	Support group for families grieving the death of a child/grandchild. FREE
Courageous Kids	458-205-7474	677 E. 12th Ave., #N180	Grief support, group, summer camp for children 6017 who have experienced the death of a loved one. FREE
Elrod Center	541-294-1010	105 E. Hilliard Ln.	Offers a variety of therapeutic services and classes for youth 2-22, including traumatic grief and loss. \$10/class/child
Grief Education & Support Groups	541-228-3083	Cascade Health Solutions	Open to adults living with the loss of a loved one. FREE
Grief Support Group	541-726-4478	McKenzie Willamette Med. Ctr.	Weekly general bereavement support group. FREE
HOPE Mentor (MISS Foundation)	541-215-0005		Phone/email support for parents who have experienced pregnancy loss or loss of a child. FREE Email: Jessie.hope.mentor@gmail.com
McKenzie Willamette Grief Support Group	541-726-4478		Weekly general bereavement support group. FREE
MISS Foundation	888-455-6477		Phone/email support and online forums for families grieving the death of a child/grandchild. FREE
Parents of Murdered Children	888-818-7662		Support referrals for family members who have suffered the murder of a child. FREE
Sacred Heart Hospice Bereavement	458-205-7400	677 E. 12th Ave.	Grief classes/support groups. Call for a list of local grief counselors. FREE
Suicide Bereavement Group			Monthly support group in Springfield for survivors of suicide loss. FREE www.jenniferbakerfund.org
WillMam Pregnancy & Infant Loss Support	800-896-0410	150 Shelton McMurphy Blvd., #208	Monthly support group for parents who have experienced pregnancy loss or the loss of a child. FREE

# Legal Support



## General Legal Support

Name	Phone	Address	Hours	Information
Child Support - Dept of Justice	544-686-7833 - Eugene	Call for nearest location.	M-F 8 am - 5 pm	Child support services for families who receive or have received TANF.
	541-726-3525- Springfield			
Family Court Assistance	541-682-4302	125 E. 8th St.	Drop in: M-F 8:30 am-11:30 am. Or call for appt.	Review documents regarding divorce and custody. Review is FREE. Document costs may vary.
Lawyer Referral Svc.	800-452-7636			Refers clients to attorneys for an office consultation. No telephone consultations. Cost: \$35 for first visit.
Legal Aid and Advocacy	541-485-1017	376 E. 11th Ave.	M/W/F 12:45 - 2:45 pm	Apply in person. FREE
Legal Clinic at Sponsors	541-505-569 0	338 Hwy 99 N.		Support for past/present criminal legal issues. Call for dates and registration.
Modest Means	503-431-6444 or 800-452-7636			Initial consultation, up to 30 mins. Cost: \$35 max for consult, \$60-\$100/hr.

## Worker's Compensation

Name	Phone	Web Address	Information
Workers' Comp Div	800-452-0288	<a href="http://wcd.oregon.gov/Pages/index.aspx">http://wcd.oregon.gov/ Pages/index.aspx</a>	Call regarding workers' comp claims.

## Immigration Services

Name	Phone	Address	Cost	Information
Centrol Latino Americanl	541-687-2667	944 W. 5th	Varies	An independent immigration lawyer rents space at their location. Call Centro for info.
Legal Aid & Advocacy	541-485-1017	376 E. 11th Ave.	FREE	Intakes M, W, F 12:30 pm. Must apply in person.
US Citizenship & Immigration	800-375-5283			

## Victims of Crime

Name	Phone	Address	Information
Crime Victim Compensation Dept.	503-378-5348		Support for costs of medical, mental health, funeral, grief counseling and loss of income. FREE
Crime Victim's Assistance (City of Eugene)	541-682-8401	99 W. 10th, #310	Assists victims in misdemeanor cases handled by City Proscuter's Office. FREE
Victim Services Program	541-682-4523	125 E. 8th Ave., #400	Provide crime victims with information regarding the legal process. Support with victim's compensation. FREE

# Medical and Dental Care



## Medical

Name	Phone	Address	Cost	Information
Acupuncture for the People	541-521-6285	2833 Willamette St., Suite B	1st appt \$30-\$55, then \$14-40	Licensed acupuncurist servicing anyone who needs a sliding scale.
Ask-a-Nurse	541-686-7000		FREE	
Bethel Health Ctr.	541-607-1430	1525 Echo Hollow Rd.	FREE	Nurse practitioner, wellnewss exams, reproductive health, injuries, chronic conditions, counseling, vaccinations, sports physicals, mental health services. M-Th 8:30 am-5 pm
Charnelton Comm Clinic	541-682-3550	151 W. 7th, #100	OHP, sliding scale, some insurance	Call for services offered.
Community Health Centers of Lane County	503-682-3550	Call for Locations	OHP, Private Insurance, Sliding scale	Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk-ins.
Healthy Tomorrows-Peace Health	541-687-6242	Call for Locations	Free, if not eligible for OHP	Immunizations, child health, vision, hearing, developmental screenings, dental referrals.
HIV Alliance	541-342-5088	1966 Garden Ave.	OHP only	HIV/hepatitia test, health/dental care, case management, housing support, social events, meals, financial assistance
Homeless Youth Clinic	541-686-4310	941 W. 7TH Ave.	FREE	STI/HIV testing/medical care for youth 11-21 (parent permission required under age 16)
Lane County Public Health	541-682-4041	151 W. 7th, #310	OHP, sliding scale, some insurance	STD testing, vaccinations by appt only. No walk ins.
Occupy Medical	541-316-5743	1717 Centennial Blvd., Suites 4 & 7	FREE	Every Sunday 10 am-4 pm. Sign up by 1 pm to ensure a spot. Last appointment is 3 pm.
Planned Parenthood	541-344-9411	3579 Franklin Blvd.	Varies, sliding scale, some ins.	Women's and mens' healthcare. Call for details.
Rapid Access Ctr-Willamette Family	541-762-4300	195 W. 12th	OHP only	Same day walk-in medical, behavioral health and addictive services.
Riverstone Health Ctr.	541-682-3550 or 541-747-3426	1640 G St.	OHP, some insurance, \$20-\$60 sliding scale	Child/adult health services, OHP applications, homeless youth health

School Health Ctrs.	541-790-5227	Churchill High, 1850 Bailey Hill		For students and siblings, ages 0-18. Mental health counselors and both locations. Nurse on site at Churchill M&Th and at North T&F.
	541-790-4445	North Eugene High, 200 Silver Ln.		
The SHOP (Sharing Healthcare Options Program)	541-342-8255	341 W. 12th	FREE	OHP enrollment assistance.
Trauma Healing Project	541-687-9447	2222 Coburg Rd.	Sliding scale	Body-centered therapies such as yoga and acupuncture. Wellness classes.
Trillium Member Svcs	541-485-2155		FREE	Members can call this number to change physicians.
Volunteers in Medicine	541-685-1800	2260 Marcola Rd.	FREE	Medical, mental health, prescriptions for low-income adults without insurance, or those enrolled in OHP, but without a provider.
White Bird	541-484-4800	1400 Mill St.	OHP, sliding scale	Medical walk-in clinic.

### Vision Care

Name	Phone	Address	Cost	Information
Lion's Eyeglass Assoc.	971-270-0203	Website: lionsclubreferrals@olshf.org	FREE	Eye exam, glasses. Call or email to schedule.
White Bird Front Room Programs	541-342-8255	341 E. 12th	FREE	Vouchers For eye exam, glasses. Come into the clinic to apply. 3-4 month wait. M-F 9-9:30 am.

### Prescription Assistance

Name	Phone	Address	Cost	Information
Catholic Comm Svcs	541-345-3628	1464 W. 6th	FREE	\$50/year if funds are available (not controlled substances.)
F.I.S.H.-St. Mary's church	541-689-9750	440 Maxwell Rd.	FREE	Food, propane, prescriptions.
OR Prescription Drug Discount Program	800-913-4146	Website: www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx	FREE	20-50% off. Apply online or by phone.
Volunteers in Medicine	541-685-1800	2260 Marcola Rd.		For moderate income uninsured.

## Dental

Name	Phone	Address	Cost	Information
Children's Dental Ctr.	541-687-3232	1850 Baily Hill Rd.	FREE	Dental for uninsured school grade-aged children. Referrals made through school nurse.
Comm Health Centers of Lane County	541-682-3550	Call for locations.	OHP, Private Insurance, Sliding scale	Dental prevention program. No walk-ins. OHP enrollment assistance.
Dental Clinic-LCC	541-463-5206	2460 Willamette	Free Evaluation, low cost svcs.	Exams, x-rays, cleaning, fluoride, sealants. No fillings, surgery. Mostly for adults.
White Bird	541-344-8302	1400 Mill St.	OHP, sliding scale,	Dental appointments, walk-in clinic. Call for hours.

## Telephone

### Phone/Utility Support



Name	Address	Information
Oregon Lifeline	<a href="http://www.puc.state.or.us/rspf/otap.aspx">www.puc.state.or.us/rspf/otap.aspx</a>	Reduce bills, apply online from website.

## Electricity/Gas

Name	Phone	Address	Information
Ebbert Memorial Methodist Church	541-746-3513	532 C St.	With shut off notice, can offer \$25, if client can pay balance. SUB only.
Catholic Comm Svcs	541-747-8349	1464 W. 6th	Call to enroll in LIHEAP, EWEB, SUB, NW Natural and Pacific Power assistance programs.
		1025 G St.	
EWEB	541-345-3642	Call the first business day of the month after 9 am to add your name to the wait list.	
LIHEAP		Call the first day of the month starting at 9 am.	
SUB (Springfield Utility Board)		Customers with past due bills call on Mondays starting at 9 am.	

# Clothing



Name	Phone	Address	Hours	Information
4J School District	541-687-3349	200 N. Monroe		Call for appointment.
Adventist Community Center	541-746-7071	1546 N. 12th	T 10-12	Clothing
Catholic Community Services	541-345-3628	1464 W. 6th	M-F 9-4:30	Clothing
	541-345-3628	1025 G St.	M-F 9-12	Clothing
Centro Latino Americano	541-687-2667	944 W. 5th		Clothing
Clothing Room - Compassionate Ministry	541-746-5624	1761 E St.	T,Th, F 10-3 W 11-3	Clothing
Eastside Clothes Closet (Eastside Faith Center)		95 Centennial Lp.	1st & 3rd Tu 1-3, last Th 7-8:30	Clothing
Eugene Mission	541-344-3251	1542 W. 1st Ave.	Men: M-Sa 8:15-9, 9:45-11 Women: M-Sa 8:30-10:30, 2:30-3:30	Clothing
First Chrisitan Church - Helping Hand Room	541-344-1425	1166 Oak Street	T/Th 12-2	Clothing
Hosea Youth Svcs	541-344-5583	834 Monroe	M/W/F 3-6:30 pm, meals at 5 pm.	Youth 22 and under. Showers, food, laundry, clothing.
Relief Nursery Clothing Closet	541-343-9706	1720 W. 25th Ave.		For families receiving Relief Nursery services.
	541-485-0007	850 S. 42nd		
Salvation Army	541-343-3328	640 W. 7th	M-Th 8:30-12, 1-1:30 F 8:30-12:30	Clothing
St. Vincent de Paul	541-689-6749	456 Hwy 99	M, T, Th, F 10-2, 1:30-4	Clothing
White Bird Clinic	541-342-8255	341 E. 12th Ave.	7 days week	Free box



## *Transportation*



Name	Phone	Address	Cost	Information
Catholic Community Svcx	541-345-3628 x324	1464 W. 6th	FREE	Day bus passes. Call or stop in to find out availability.
		1025 G St.		
LTD Half/Free Fare Programs	541-687-5555	1080 Willamette	\$3 for bus card	Half-fare for people with disabilities. FREE fare to adults 65+.
RideSource	541-682-5566	240 Garfield St.	FREE	For people who cannot right the LTD bus due to disability/other circumstance.

## *Car Seats*

Name	Phone	Address	Cost	Information
Kohl's Car Seat Clinic	541-782-2510	2nd & Chambers, Fire Station #2	FREE	Car seat inspection, recall checks, some free car seats, if needed. See schedule: <a href="http://www.kohlscarseatclinic.org/kohls-clinic-flyer">http://www.kohlscarseatclinic.org/kohls-clinic-flyer</a>

## *Education*

### Adult

Name	Phone	Address	Information
Downtown Languages	541-686-8483	532 C St.	ESL, GED, Citizenship, bilingual computer class.
Eugene Mission	541-344-3251	1470 W. 1st St.	GED classes for people in shelter.
LCC GED	541-463-5723	Call for locations.	GED classes. Call for details. Scholarships.
Women in Transition (LCC)	541-463-5353	4000 E. 30th St.	Educational/career planning, empowerment.

## Alternative Education

<b>Name</b>	<b>Phone</b>	<b>Address</b>	<b>Information</b>
Bridgeway House	541-345-0805	555 E. 15th	For families affected by Autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, advocacy, social events and a full-time school.
Center Point School (Looking Glass)	541-868-0661	1790 W. 11th Ave.	Year-round therapeutic middle and high school for youth experiencing emotional, neurological, and/or behavioral challenges. Mental health and educational assessments, individual, group and family therapy, transition services.
Child Center	541-726-1465	3995 Marcola Rd.	Psychiatric day treatment school for children ages 3-12 (for other services, see Child Mental Health)
Jasper Mtn	541-747-1235	37875 Jasper-Lowell Rd.	Intensive residential mental health treatment, day treatment school, ages 3-13.
Lane School	541-463-8500	1717 City View (at Lane ESD Westmorland Campus)	Short-term behavioral and academic day school for K-8 students in need of special education and have been identified with Emotional Disturbance or Autism Spectrum Disorder. Students are referred by school district.
Martin Luther King, Jr. Education Ctr	541-682-4715	2515 Martin Luther King, Jr. Blvd	Serves middle and high school students with an active case with Lane County Youth Services. Links to other services including counseling, tutoring and employment support.
New Roads School (Looking Glass)	541-302-2551	945 W. 7th Ave.	Alternative educational program for runaway and homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, and recreational activities.
Riverfront School (Looking Glass)	541-302-2554	1666 W. 12th Ave.	Education and vocational training for at-risk and out-of-school youth 11-21, diploma/GED, computer skills, work readiness, job placement, assistance with transportation, clothing, child care, independent living program for youth if foster care.
Strive Academy	541-321-9945	375 Holly St.	Education site for homeschoolers grades 4-12. Mon-Thur.

# Veteran Services



Name	Phone	Address/ Website	Hours	Information
24/7 VA Svcs Hotline	877-424-3838 or 800-273-8255	<a href="http://www.va.gov/homeless">www.va.gov/homeless</a>		Assistance with homelessness.
Community Reintegration Svc Ctr	541-242-0445	211 E. 7th	M-F 8 am-4:30 pm	Homeless program, housing, HUD/ VASH, substance abuse, vocational rehabilitation.
Eugene Vet Ctr	541-465-6918	190 E. 11th	M/F/S 8 am-4:30 pm T/ Th 8 am-8 pm	Assistance obtaining vet services.
Lane Cty Veterans Svcs	541-682-4191	151 W. 7th Ave., Suite 460	M-F 8 am-5 pm, Walk-ins M-W 9-11 am & 1-4 pm	Provides assistance with disability claims, obtaining records, applying for VA healthcare or educational benefits, and applying for spouse benefits.
St. Vincent de Paul/SSVF	541-743-7107	2890 Chad Dr.		Housing assistance, eviction prevention, case mgmt, referrals and assistance to other services and benefits.
St. Vincent de Paul/VIP	541-607-0439	456 Hwy 99		Employment assistance.
St. Vincent de Paul/Vet LIFT	541-344-0465	1070 W. 6th		Serves veterans diagnosed with substance abuse and/ or mental health issues.
Veterans Benefits Admin.	800-827-1000	<a href="https://benefits.va.gov/benefits/">https://benefits.va.gov/benefits/</a>		Claims for VA disability and pension benefits, and ratings, appeals or home loan issues, educational benefits.

# Employment Services



Name	Phone	Address	Information
Centro Latino Americano	541-687-2667	944 W. 5th St.	Employment and resume support.
eDev	541-463-4619	1445 Willamette, #1	Assists people sharing a business.
Quality Care Connections	541-463-3954	4000 E. 30th, Bldg 24	Training/Business assistance for childcare providers
Goodwill - Job Connections	541-431-3309	1010 Green Acres	Job search, supported employment, resume help
Lace Work Source	541-505-8674	1401 Willamette St.	Skill assessment, job search, on the job training
Re-entry Resource Ctr at Sponsors	541-505-5690	338 Hwy 99 N.	Resume, interviews, jobs search
St Vincent de Paul	541-607-0439	456 Hwy 99 N.	Career counseling, resume help, interviewing tips
Supported Employment	541-687-0687	711 Country Club Rd, #1-A	Employment support for adults who experience developmental disabilities
Vocational Rehab DHS -Self Sufficiency	541-684-2450	2885 Chad Dr.	Training/job placement for adults who experience developmental disabilities
Worksource Lane	541-686-7601	2510 Oakmont Way	Resume, interviewing, job search center with internet.

# Food/Meals



Name	Phone	Address	Times
Bethel Food Pantry - Bethesda Lutheran Church	541-688-9085	4445 Royal Ave.	2nd & 4th Sa, 9:30 am-12 pm
Casa de Luz (se habla espanol)	541-521-7437	1295 Taney St.	3rd Sa, 10-11:30 am
Catholic Community Svcs	541-345-3628	1464 W. 6th Ave.	M,W,F 9 am-1 pm
Daily Bread - Eugene Christian Fellowship	541-344-3380 x32	89780 N. Game Farm Rd.	Th 2-6pm
Eugene Faith Center Pantry	541-686-9244	1410 W. 13th	2nd & 4th Th, 2-6 pm
Larry Collins Memorial Pantry-Our Redeemer Lutheran Church	541-688-2027	255 Maxwell Rd.	
Salvation Army	541-343-3328	640W. 7th Ave.	W,Th,F8:30-11:55 am & 1-3:25 pm
St. Vincent de Paul Food Room	541-689-6747	456 Hwy 99	T,Th, F 10 am-2 pm

Name	Phone	Address	Information
Food for Lane County	541-343-2822	770 Bailey Hill Rd.	Provides,food for food pantries and meal sites in Lane County. Call or see list of pantry/meal sites at: <a href="http://www.foodforlanecounty.org">www.foodforlanecounty.org</a>
Natural Grocers	541-345-3300	201 Coburg Rd.	Free nutrition and cooling classes. Call or see website for current offerings.
Nutrition Education Program	541-344-0249	996 Jefferson St.	Hands-on cooking, nutrition and physical activity classes for adults in both English and Spanish. Can offer in-home education if that is preferrable.
SNAP (Food stamps)	800-723-3638	Call for closest location.	Apply in person or at <a href="http://www.apps.state.or.us/">www.apps.state.or.us/</a> onlineApplication.
WIC (Women infants and Children)	541-682-4202	151 W. 7th Ave., Rm 210	Nutrition education, food vouchers for pregnant and breast-feeding women and children under 5.

## Meal Sites

Name	Phone	Address	M	T	W	Th	F	Sa	Su
Crossfire Food Ministry	541-686-3473	942 28th St.				6:30 PM			8:30 AM
Eugene Catholic Worker	541-735-3823	5th & Washington	Call for meal times.						
Eugene Mission	541-344-3251	1542 W. 1st St.							
First Baptist Church	541-344-1425	1166 Oak St.				12:00 PM			7:45-9:15 am
Food Not Bombs		Kesey Sq.					3:00 PM		
Free People		Lamb's Cottage at Skinner's Butte park							5:30-6:15 pm
Hosea (13-23 yr olds)		834 Monroe	5-7 pm		5-7 pm		5-7 pm		
Liberation Street Church	503-803-2921	Royal & Hwy 99	Call for meal times.						
Looking Glass, New Roads (11-21 yr olds)	541-686-4310	941 7th Ave.		5:30-6:30 pm		5:30-6:30 pm			
Occupy Medical		509 E. 13th Ave.							11:45 am-3 pm
Eugene Svc Stn (Catholic Comm Svcs.	541-461-8688	450B Hwy 99 N.	Daily breakfast and lunch 8 am- 5 pm						
St. John Maximovitch		304 Blair						1st Sa, 9-11 am	
St. Mary's Episcopal Church	541-343-9253	13th & Pearl	Call for meal times.						
The Dining Room	541-343-2822	270 W. 8th Ave.	Call for meal times. Youth must be with legal guardian.						