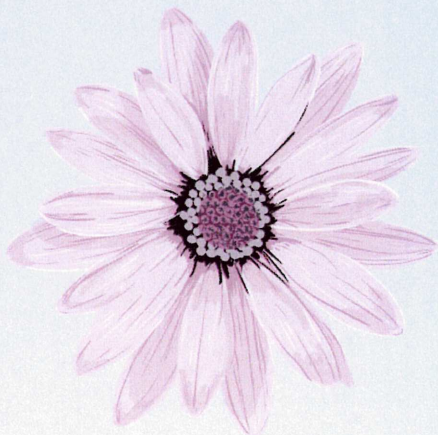




***Parent &
Child Care
Resource
Guide***



Post-Partum/Perinatal Support

Name	Phone	Address/Website	City	Cost	Information
Post-Partum Support Int'l	800-944-4773	www.postpartum.net			Phone/Email support, referrals.
Well Mama	800-896-0410	150 Shelton McMurphy Blvd. #208	Eugene		Mama to mama peer support. Support groups.

Child Abuse/Neglect

Name	Phone	Address/Website	City	Cost	Information
90x30		1244 Walnut St./ Website: friends@90x30.com	Eugene		Collaborative effort to reduce child abuse in Lane Cty. Volunteer opportunities.
CAFA-Christian as Family Advocates	541-686-6000	921 Country Club Rd., #222	Eugene		Supervise DHS parent-child abuse visits for a fee. Counseling, DV class, parenting class.
DHS Child Welfare	541-349-4444	Various			Call to report suspected child abuse/neglect, M-F 8 am-5 pm. After hours, call city police dept. If a child is in immediate danger, call 911.
Kids FIRST-Child Advocacy Ctr.	541-682-3938	2675 Martin Luther King Blvd.	Eugene		Medical exams, child interviews regarding abuse. Must be referred by DHS or law enforcement.
National Child Abuse Hotline	800-422-4453				24/7 crisis counselors, support, resource referrals.

Diapers

Name	Phone	Address/Website	City	Cost	Information
Catholic Comm Svcs.		1464 W. 6th St.	Eugene		Stop by to check availability.
		1025 G St.	Springfield		
Giving Diapers, Giving Hope		www.givingdiapersgivinghope.org			FREE cloth diapers for qualifying families. \$15 shipping & payment to ship back when finished.
Trillium Diaper Asst.		Contact your Pediatrician.			For children 3+ with development disability. Doctor prescription required.

Laundry

Name	Phone	Address/Website	City	Cost	Information
Laudry Love (Springfield Faith Ctr.)		Holiday Coin Laundromat on 14th St. across from Grocery Outlet	Springfield		Free access to laundromat. 2nd M of each month from 5-8 pm, and the last Th of each month, 10am-12pm. 1st served. 6 load max.

Car Seats

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

Breastfeeding Support

Name	Phone	Address/Website	City	Cost	Information
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Baby Connection	541-484-5316	86 Centennial Lp.	Eugene	FREE	Drop-in clinic for parents of new babies. Baby weigh-in, breastfeeding support.
Daisy Chain	541-505-1139	990 W. 7th	Eugene	FREE	Home visits from IBCLC and postpartum doulas, lactation support, workshops, thrift store.
La Leche League	541-744-6055			FREE	Breastfeeding support line.
McKenzie Willamette Lactation Consultation	541-726-4471	1460 G St.	Springfield	\$15/class, scholarships.	Phone consultation. Breastfeeding classes and asst.
Nutrition Education Program-OSU Lane Extn.	541-682-4281	950 W. 13th Ave.	Eugene	FREE	Teaches basic nutrition food prep, food safety and food shopping skills.
WIC-Women, Infants, Children)	541-682-4202	151 W. 7th Ave., #210	Eugene	FREE	Breastfeeding and nutrition support. Breast pumps available.

Doula Services

Name	Phone	Address/Website	City	Cost	Information
Corrinne Kaleese	541-914-9975	Facebook: Rainbow Bridge Doula Services		Sliding scale	Prenatal, birth and postpartum support.
Daisy Chain	541-505-1139	990 W. 7th	Eugene	FREE	Home visits from IBCLC and postpartum doulas, walk-in professional lactation support, workshops, thrift stores.
Doulas of Lane Cty.		http://doulasoflanecounty.com/		Fees vary	Professionally trained birth and postpartum doulas working within evidence-based standards of practice.

Prenatal/Baby Care

Name	Phone	Address/Website	City	Cost	Information
ACT for families	541-833-0017	WIC office, 7th and Charnelton	Eugene	FREE, OHP/WIC eligible only	6-week prenatal class. Post-natal class for families with 6-12 month babies (can bring infants to class.)
Baby Connection (Parenting Now)	541-484-5316	86 Centennial Lp.	Eugene	FREE	Baby weigh-in, breastfeeding support, connect with other parents.
Lane Cty. Prenatal Clinic	51-682-3926	135 E. 6th Ave.	Eugene	FREE	OHP enrollment assistance. Info, referrals, prenatal vitamins. Serves all languages.
Meternal/Child Health Programs	541-682-8720	151 W. 7th Ave.	Eugene	FREE	In-home education support/support for parents prenatally and up to age 5. (Nurse family partnership, CaCoon, Babies First!, Healthy Families, and Maternity Case Mgmt.)
McKenzie Willamette/ Women's Health/Birth	541-726-4471 or 541-741-4649	1460 G St.	Springfield	Varies	Birthing/breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
Post-Partum Support Int'l	541-231-4343 or 541-337-4960	Email: support@postpartum.net		FREE	Email/phone support, referrals for post-partum services.

Sacred Heart Pregnancy & Parenting Education	541-686-7074	677 E. 12th Ave., Ste 530	Eugene	Sliding scale, scholarships	Pregnancy/parent education, prenatal yoga, breastfeeding, birth center tours, new infant care.
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Family Planning/Pregnancy Options Counseling

Name	Phone	Address/Website	City	Cost	Information
Open Adoption and Family Services	541-484-2302	315 W. 10th Ave.	Eugene	FREE	All-options pregnancy counseling for pregnant/ parenting women, partners. Arranges open adoptions.
Planned Parenthood	541-344-9411	3579 Franklin Blvd.	Eugene	OHP, some private ins.	Pregnancy testing, birth control, STD testing, treatment & vaccines. Men's & Women's healthcare, emergency contraception, abortion svcs, HIV testing.

Children with Disabilities

Name	Phone	Address/Website	City	Cost	Information
ARC of Lane Cty	541-343-5256	4181 E St.	Springfield	Respite: \$10 for 1st child, \$5 for next. Paid by K-plan.	Respite for children with disabilities, age 2-21. After school program, community events.
Autism Society of OR	541-689-2228	www.autismsocietyoforegon.org		FREE	Resource referrals for individuals with autism spectrum disorder and their families. Adult social skills class.
Bridgeway House	541-345-0805	555 E. 15th	Eugene	Varies	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, advocacy, social events and a full-time school.
Child Development & Rehabilitation Ctr. (CDRC)	541-346-3575	901 E. 8th	Eugene	OHP/private ins.	Services for children with special health care needs & developmental disabilities. Feeding clinic.
Connect the Dots	541-255-2681	84 Centennial Lp.	Eugene	OHP/private ins.	Speech, physical and occupational therapy for feeding issues, developmental delays, sensory integration, Autism, ADD, etc., for children under 17.
Direction Service	541-686-5060	1144 Gateway Lp., #200	Springfield	OHP/private ins.	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane Cty. IEP support.
Early Education Program (EEP)	541-485-0368	Various		FREE for children with developmental delays, \$55-\$185 for non-delayed.	Preschool for childre with and without special needs, ages 3-5.

Early Childhood CARES	541-346-2578 or 541-344-4723-fax	1500 W. 12th Ave.	Eugene	FREE	Assessment and support for children with developmental delays, ages 0-5.
Embody Play Yoga	541-852-2799			Varies	Trauma-informed yoga therapy, classed for children and adults, including those impacted by trauma, disabilities or behavioral issues. Mindfulness-based parenting classes and parent coaching.
KindTree: Autism Rocks	541-780-6950	www.kindtree.org		Varies	Support groups (adults), activities, camp, transition-aged and adult skills training for people experiencing Autism.
Lane Cty. Developmental Disabilities Svcs.	541-682-6564	125 E. 8th Ave.	Eugene	FREE	Case mgmt, in-home support, consultation, equipment for children with developmental disabilities.
Lane Cty. Public Health CaCoon	541-682-8720	151 W. 7th Ave.	Eugene	FREE	Support for children birth to 18 with special healthcare needs.
Oregon Family Support Network	541-342-2876	72A Centennial Lp.	Eugene	FREE for most svcs.	Support for caregivers raising a child with mental health challenges. Parenting classes, support group, respite, family events, IEP support.
RideAble	541-684-4623	85230 Hicks Ln.	Eugene	Varies	Horsemanship classes for special needs children, teens and adults. Essential life skills are developed through riding.
RISE	503-851-7765	Some providers in Lane Cty			In-home support for children with disabilities, especially serious behavioral challenges.

Parent Education/Support

Name	Phone	Address/Website	City	Cost	Information
4J Young Parent Program	541-463-3950	Email: johnson_jul@4j.lane.edu		FREE	District-wide program to support pregnant and parenting students in their education and life goals.
A Family for Every Child	541-343-2856	1675 W. 11th	Eugene	FREE	Mentors for youth(5-18). 10+ hrs/mo of individual attention and support. Parent mentor for families at risk for DHS involvement.
ACT for families	541-833-0017	WIC office-7th & Charnelton	Eugene	FREE, OHP/WIC eligible only	6-week prenatal class. Post-natal class for families with 6-12 month babies (can bring infants to class.)
ARC of Lane Cty	541-343-5256	4181 E St.	Springfield	FREE	Support for parents with a cognitive limitation or who have a child with cognitive limitations.
Bridgeway House	541-345-0805	555 E. 15th	Eugene	Varies	Services for families affected by Autism. Home visits, support groups, parenting classes, advocacy +more.

CaCoon-Lane Cty. Public Health	541-682-8720	151 W. 7th Ave	Eugene	FREE	Support for parents of children birth-18 with special health care needs.
Center for Comm Counseling	541-344-0620	1465 Coburg Rd.	Eugene	\$5-\$40 sliding scale	Changing Anger for Parents class. Childcare available for parenting group.
Center for Dialogue & Resolution (Parent/Teen Program)	541-344-5366	93 Van Buren St.	Eugene	Varies	Private, personalized and balanced opportunities for good communication between parents and teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug use, friends and more.
Child Ctr.	541-726-1465	3995 Marcola Rd.	Springfield	OHP/private insurance	Collabrative problem solving classes and many other services such as child counseling.
Direction Svcs.	541-686-5060	1144 Gateway Lp., #200	Springfield	OHP/private insurance	Array of support & planning programs for youth with disabilities (ages 0-23) and their families.
Family Resource Ctrs.	541-461-6424 c	Bethal Villlage Family Ctr., Malbon Elementary, 1380 Taney	Eugene		Access to community resource information: Parent education Child literacy groups and story times Family activity nights Parent-child and parent-youth activities Play groups Parent resource libraries After school enrichment Parent literacy and computer support Assistance with accessing school personnel Basic needs resources Drop-in services for families, children, youth & teens
	541-942-4967	Cottage Grove/Creswell Bohemia Elementary School, 721 South R St.	Cottage Grove		
	541-790-7200	Eugene Family Resource Ctrs. River Road Elementary, 120 Hilliard Ln.	Eugene		
	541-998-2386 x	Junction City Family Resource Network Laural Hill Elementary, 1401 Laurel St.	Junction City		
	541-933-2411 x	Marcola Family Resource Ctr. 38300 Wendling Rd.	Marcola		
	541-822-1110	McKenzie Family Resource Ctr. 51187 Blure River Dr.	Finn Rock		
	541-782-3281	Oakridge-Westfir Family Resource Ctr. 76499 Rose St.	Oakridge		
	541-736-0493	Pleasant Hill Family Resource Ctr. 36386 Hwy. 58	Pleasant Hill		
	541-744-6769	Springfield Family Resource Ctr. Brattain House, 1030 G St.	Springfield		
Family Support & Connection-Catholic Comm Svcs.	541-345-3628	1025 G St.	Springfield	FREE	Home visiting for parents of children under 18, help connecting with resources, goal planning.
Focus on Children	541-682-2070			\$60/parent, 1/2 price if on SNAP	Parenting class required for parents who are getting a divorce.
Healthy Families	541-682-7425	850 S. 42nd	Springfield	FREE	Home visiting and parenting support for qualifying parents.
		86 Centennial Lp.	Eugene		
Maternal/Child Health-Lane Cty. Public Health	541-682-8720	151 W. 7th	Eugene	FREE	In-home education/support for parents prenatally and up to age 5.

Options Counseling Circle of Security group	541-687-6983	1255 Pearl St.	Eugene	OHP	10-12 week classes focused on helping parents better understand their children's attachment needs. For parents with children age 9 and younger.
Oregon Comm. Programs	541-743-4340	1170 Pearl St.	Eugene	OHP	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Oregon Family Support Network	541-342-2876	72A Centennial Lp.	Eugene	FREE	Support for caregivers raising a child with mental health challenges. Parenting classes, support group, respite, family events, IEP support.
Parent Helpline	211 x5				Child development specialist will answer questions from parents with children ages 0-8.
Parenting Now	541-484-5316	86 Centennial Lp.	Eugene	Varies, scholarships	Classes and support groups for parents of children 0-8. Also, classes for teen parents.
Pearl Buck Ctr.	541-484-4666	3690 W. 1st Ave.	Eugene	FREE	Support for parents who experience cognitive limitations and have children ages 2-5.
Relief Nursery-Outreach Svcs.	541-343-9706	1720 W. 25th, Eugene - or - 42nd, Springfield	850 S.	FREE	Home visiting, parenting support, resource referral, developmental screenings, respite for qualifying families.
Relief Nursery-Parenting Classes	541-343-9706			FREE for RN clients	Parenting classes
Relief Nursery-Parents for Recovery	541-485-0007			FREE	Support group for parents in recovery for drug/alcohol addiction.
Young Fathers Program-Catholic Comm Svcs.	541-345-3628 x			1025 G St.	Springfield

Foster Parent Support

Name	Phone	Address/Website	City	Cost	Information
A Family for Every Child	541-343-2856	1675 W. 11th	Eugene	FREE	Mentor program for at-risk & foster youth ages 5-18. 10 hrs+/mo of individual support
Foster & Adoptive Parent Assoc. of Lane Cty.	541-515-9951	Varies		FREE	Monthly support group, family events, peer support for foster and adoptive families.
OR Fost Parent Assoc.	888-544-3402	410 Mill, #366	Salem		
Relatives as Parents Program (RAPP)	541-682-3353	1015 Willamette	Eugene	FREE	Financial assistance for relatives 55+ raising a child. Adoption/guardianship not req.

Adoption Support

Name	Phone	Address/Website	City	Cost	Information
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A Family for Every Child	541-343-2856	1675 W. 11th	Eugene	FREE	Mentor program for at-risk & foster youth ages 5-18. 10 hrs+/mo of individual support
Adoption Connections	541-554-1201	Website: www.openadopt.org Email: aco@peak.org		FREE	Support, education, activities, friendship for anyone touched by adoption.
Foster & Adoptive Parent Assoc. of Lane Cty.	541-515-9951	Varies		FREE	Monthly support group, family events, peer support for foster and adoptive families.
Open Adoption & Family Svcs.	541-343-4825	315 W. 10th Ave. Website: www.openadopt.org Email: info@openadopt.org	Eugene	FREE	Free, all options pregnancy counseling for women and couples. Adoption plans at no cost to birth parents. Lifelong services for clients.

Childcare/Early Education

Name	Phone	Address/Website	City	Cost	Information
211 (Child care referrals)	211 or text "chi	Website: www.211info.org		FREE	Referrals to local child care providers.
Early Education Program (EEP)	541-485-0368	Various		Varies. FREE for children with delays.	Preschool for both children with special needs and typically developing children ages 3-5.
Family Relief Nursery	541-942-4835	1720 N. 14th	Cottage Grove	FREE	Therapeutic early childhood and infant programs, family support, parenting classes, respite, Latino outreach and more.
		996 West A St.	Cresswell		
Head Start	541-747-2425	Various		FREE	Preschool and home-based programs for qualifying children.
KITS-Kids in Transition to School	541-485-2711	Various		FREE	Therapeutic play group that helps prepare children for entry into kindergarten.
Pearl Buck Ctr.	541-484-4666	3690 W. 1st Ave.	Eugene	FREE	Preschool for children ages 2-5 whose parents have cognitive limitations. Parenting support.
Preschool Promise (United Way)	541-740-6000	Various		FREE	Free high quality preschool for qualifying children.
Relief Nursery Therapeutic Preschool	541-343-9706	1720 W. 25th	Eugene	FREE	Therapeutic early childhood program, respite and other support services for qualifying children ages 2-6 and their families.
	541-485-0007	850 S. 42nd	Springfield		

Activities for Children

Name	Phone	Address/Website	City	Cost	Information
Adventure Children's Museum	541-653-9629	490 Valley River Center	Eugene	\$4/person	Weekdays: 10 am-6 pm Weekends: 11 am-6 pm
Amazon Comm Ctr.	541-682-5373	2700 Hilyard St.	Eugene	Varies	Fitness, trips out of town, family art & pottery classes, outdoor concerts, summer camps, preschool program.
Amazon Pool	541-682-5350	2600 Hilyard St.	Eugene	Varies	Lap and rec swims, lessons and water-based fitness classes.

Brattain House Play Groups	541-744-6769	1030 G St.	Springfield	FREE	Drop in play group for parents and kids 0-5; call for times.
Campbell Comm Ctr.	541-682-5318	155 High St.	Eugene	Varies	Classes, activities, weekly social groups, presentations, support groups and special events.
Echo Hollow Pool	541-682-5525	1655 Echo Hollow Rd.	Eugene	Varies	Lap swims, recreational swims, lessons and water-based fitness classes.
Eugene Parks & Rec	541-682-5333	Various		Varies	Fitness, enrichment classes, camps, child care.
Eugene Public Library	541-682-8316	100 W. 10th	Eugene	FREE	Weekly story times. See website for current information, click on Kids Events.
		1990 Echo Hollow Rd.			
		1566 Coburg Rd.			
Go Mom Go		www.gomomgoeugene.com/			Calendar of local events for children in Lane Cty.
Hilyard Comm Ctr.	541-682-5311	2580 Hilyard St.	Eugene	Varies	Crafts, camps, trips, drama, music, fitness, support groups, sports, paralympic sports, Veteran programs, adaptive equipment rentals.
Kidsports	541-683-2374	2190 Polk St.	Eugene	Varies	Positive youth team sports experiences.
Lanekids.org		Website: www.lanekids.org/events			Calendar of local events for children in Lane Cty.
Little Hands Can		http://littlehandscan.org		FREE	Local volunteer opportunities for children.
River Road Parks & Rec.	541-688-4052	1400 Lake Dr.	Eugene	Varies	Fitness and enrichment opportunities for youth and adults.
Science Factory	541-682-7888	2300 Leo Harris Pkwy.	Eugene	Varies	Reduced rates with EBT card. Exhibit hall \$1, Stargazing shows \$1
Sheldon Comm Ctr.	541-682-5312	2445 Willakenzie Rd.	Eugene	Varies	Preschool, after school programs, camps, fitness center. Poop - lap & rec swim, lessons, water-based fitness classes.
Skateworld	541-746-8424	3188 Gateway Lp.	Springfield	\$2-\$6	Open for skating at various times, including \$2 night and Family Skate night. Lessons also available.
Springfield Public Library	541-726-3766	225 N. 5th St.	Springfield	FREE	Events for families. Story time every W & T at 10 am. Check the website for a current calendar.
Tamarack Aquatic Ctr.	541-686-9290	3575 Donald St., #300	Eugene	Varies, scholarships	Warm water swim lessons and swim times for ages 6 mos and up.
Willamalane Parks & Rec	541-736-4544	250 S. 32nd	Springfield	Varies, scholarships	Fitness and enrichment classes, camps and child care.
YMCA	541-686-9622	2055 Patterson	Eugene	Varies, scholarships	Recreational programs for people of all ages.

Mediation Services

Name	Phone	Address/Website	City	Cost	Information
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Ctr for Dialogue & Resolution	541-344-5366	93 Van Buren St.	Eugene	Call	Mediation for issues such as tenant disputes, family issues, foreclosures, noise, pet problems, teen parents.
Lane Cty Family Mediation	541-682-3962	151 W. 7th, #360	Eugene	FREE 1st session. Discount if on SNAP.	Custody, parenting time, financial mediation.

