

## Showers

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### Carry it Forward 🌐 ♿

(541) 654-0139

Carry It Forward is a 501(c)3 that serves unhoused people in Lane County, Oregon, with a primary concentration in Eugene, Springfield, and rural areas in East Lane County. No public showers.

<https://www.carryitforward.net/>

### Community Sharing 🌐 ♿

1440 Birch Ave, Cottage Grove, 97424

541-942-2176

Food boxes; Rent, utility and water assistance; prescription assistance. Help getting an ID. Laundry, shower, propane and gas vouchers. Bus passes for medical appointments and job interviews. More services available. COVID Update: Masks required.

Monday to Friday, 11 a.m. to 3:30 p.m.

<https://communitysharing.org/>

### Eugene Mission 🌐 ♿

1542 W 1st Ave, Eugene, 97402

541-344-3251

Meals for guests only. For overnight shelters, a lottery is held at 9 a.m. for available spaces, and all guests must sign in before 9 a.m. There is a men's shelter, a women's shelter, and a shelter for women with children (under 17 years of age). Overnight guests also have the following services available: laundry facilities, showers, meals, clothing, mail service, haircuts, case management, referrals. Walk-in day shelters are available. The men's day shelter is available from 7 a.m. to 1 p.m., 4 to 6 p.m. Monday through Friday; the women's day shelter is available from 7 a.m. to 1 p.m. Monday through Friday. Women and children are welcome most times of the day, Monday to Friday (please call the center for availability, if you can). Clothing is available to those who request items before 9 a.m., Monday to Friday. Showers are available for those who stay overnight and for those who walk in. Men can shower from 8 a.m. to 1 p.m. and 4:30 to 6:30 p.m. Monday to Friday. Women can shower from 9 to 11 a.m. Monday to Friday. Women with children can contact the Mission for shower time. Free haircuts are available, please call for the schedule. Clothing is available to those who request items before 9 a.m., Monday to Friday.

Monday to Friday, 7 a.m. to 1 p.m.

<https://eugenemission.org/>

### Hosea Youth Services ♿

834 Monroe St, Eugene, 97402

541-344-5583

Drop-in day access center for homeless and displaced youth 16-24 including job search, meals, showers, laundry, clothing, and personal hygiene items. Dinner served to go at 5 p.m.

Monday to Thursday, 1 p.m. to 6:30 p.m.

<http://www.hoseayouth.org>