

Little Help Book



Lane County, Oregon

Produced 18 August 2021

Emergency Crisis Lines

911

Dial 911

Emergencies only Hours: 24/7

CAHOOTS – Eugene only

541-682-5111

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: Natl. Child Abuse Hotline

1-800-422-4453

National Child Abuse Hotline Hours: 24/7

Womenspace 24/7 Hotline

541-485-6513

24/7 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

24 hour crisis prevention helpline for families with children or homeless youth ages 17 and under Hours: 24/7

Thoughts of Suicide: National Suicide Prevention Lifeline

1-800-273-8255

National Suicide Prevention Lifeline Hours: 24/7

Trans Lifeline

1-877-565-8860

Provides peer counseling for transgender individuals in crisis. Hours: 7 days 7am-1am

Trevor Lifeline

1-866-488-7386

A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text "START" to 678678 (standard text messaging rates apply). 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

How To Use This Book

Are you in Crisis?

A crisis is defined personally by each individual who reaches out to White Bird Clinic. It can be a difficult or dangerous time, but it is also an opportunity for change. Anxiety, depression, grief, trauma, identity issues, abuse, interpersonal conflict, and other external or internal factors can contribute to a time of crisis. If you find your ability to access your own resources is compromised by a crisis event, please reach out to us on our 24/7 crisis line at 541-687-4000 or 1-800-422-7558 or turn to page 2 for a complete listing of emergency crisis lines.

Are you looking for help in an area of need?

Check the general categories and find the one your need best fits (like “Health” or “Housing”). Then see if you can find your need under that category.

Are you looking for a service you know the name of?

Go to the index of service providers on page 85 and find the providers listed alphabetically, and all the pages their entries are found.

Are you outside of Eugene or Springfield but in Lane County?

We have a special section just for you! Our “Lane County” section begins at page 75 and services are listed by cities.

Are you LGBTQIA, or a Vet or Youth or Latinx or getting out of prison or a Senior or Jewish?

We have special sections, just for you, in the Unique Situations category!

STILL can't find what you're looking for?

- If you are looking for something like clothing or a bathroom, check the “Basic Needs” section in the Table of Contents.
- Some services listed on the bottom of one page has information continuing on the next page.
- Ask a friend or service provider to help you use the book to find the info you need.

There are some services not found in this book. Sorry. If you think we are missing a service, please let us know at the email:

littlehelpbookfrommyfriends@whitebirdclinic.org If you want to leave a note about our clever email address, we'd appreciate that.

Legend

- 🌐 Other languages than English spoken
- ♿ ADA accessible

Credits

Basic Needs

Bathrooms

First Place Family Center 🌐 ♿

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken. COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

St. Vincent de Paul - Eugene Service Station ♿

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

White Bird - Front Rooms Resource Center 🌐 ♿

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing.

Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

Bedding

First Christian Church - Helping Hand Room 🌐 ♿

1166 Oak St, Eugene, 97401

541-344-1425

Provides clothing for all ages, including baby clothes, kitchen items, and bedding to those in need. Items are used and in good condition.

Tuesday and Thursday noon to 2 p.m.

<https://www.heartofeugene.org/>

Skate Park Breakfasts

5th Ave between Washington and Jefferson

831-601-0022

Breakfasts. Blankets, sleeping bags, boots, socks, jackets, as available.

Wednesday to Saturday, 9 to 10 a.m.

No website available, call listed phone number for more information

St. Vincent de Paul - Eugene Service Station ♿

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

Camp Support

Community Outreach through Radical Empowerment (CORE)

150 West Broadway, Eugene, 97401 (Spectrum) 503-877-5320
SOAP (Street Outreach Alliance Program) is a multifaceted, collaborative street outreach program. CORE partners with different agencies in the community to provide consistent and effective outreach to our neighbors living on the streets and in camps in the Eugene/Springfield area. Street Feed is a program that offers free hot meals and survival supplies every other Friday in Downtown Eugene. Street Feed exists to create safe space and access to resources for people between the ages of 16 and 24. Harm Reduction Distribution (HRD) is a low barrier program that creates access to harm reduction supplies as well as providing education around safer use and resource navigation in our community. HRD operates from a harm-reduction, empowerment, and strengths based model.
Every other Friday, 5 to 7 p.m.
<https://coreeugene.org/>

Laundry Unicorns - Eugene Mennonite Church

Contact by phone, email only 541-343-9548
Individuals who live on the street may get their clothes laundered and dried for free. Currently picking up at scheduled camps for same day service. Call to see if we have an opening.
Mondays, Wednesdays at 9 a.m. for pick ups
<https://www.eugenemennonite.com/>

SOAP

Call or email to arrange a place to meet 503-877-5320 (text or call)
Harm reduction supplies and case management for youth (16-24) who live on the street. Naloxone Distribution/Overdose Education; Safe Sex Items; Syringe Services; Wound Care Services. Call or email to schedule a time to meet. 541core@gmail.com
All days, all hours
No website available

Skate Park Breakfasts

5th Ave between Washington and Jefferson 831-601-0022
Breakfasts. Blankets, sleeping bags, boots, socks, jackets, as available.
Wednesday to Saturday, 9 to 10 a.m.
No website available, call listed phone number for more information

Wednesday Clinic

5th and Washington, under the bridge (458) 201-3317
Black Thistle Street Aid, CORE and Occupy Medical provide a weekly team that includes a FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready-to-eat food, harm-reduction supplies.
Wednesdays, 11 a.m. to 3 p.m.

Clothing

1st Way of Eugene

1162 B St, #213, Springfield, 97477 541-687-8651
Provides pregnancy tests, baby and toddler clothes, baby wipes, diapers, and furniture for all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. COVID update: Mobile units for ultrasounds not available.
Tuesday and Wednesday, 10 a.m. to 4 p.m.
<https://www.1st-way.org/>

Better Living Center ♿

85134 Hwy 101, Florence, 97439

541-997-2137

A wide selection of free clothing and small household goods are available to anyone.

No qualifying required.

Wednesday, Sunday 11 a.m. to 4 p.m.

Ebbert United Methodist Church

532 C Street, Springfield, 97477

541-746-3513

Meals served. Breakfast on Mondays from 8:30 to 10:30 a.m. Sack lunches on Tuesdays and Thursdays from 8 a.m. to 11:15 p.m. Community meal on Wednesdays at 5 to 7 p.m. Saturday dinner 3 to 4 p.m. provided by Hope House. Clothing closet open Wednesdays at meal times.

Monday, Wednesday, Thursday 8 to 11:30 a.m.; Wednesday 5 to 7 p.m.; Saturday 3 to 4 p.m.

<https://ebbertumc.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/>

First Christian Church - Helping Hand Room 🌐 ♿

1166 Oak St, Eugene, 97401

541-344-1425

Provides clothing for all ages, including baby clothes, kitchen items, and bedding to those in need. Items are used and in good condition.

Tuesday and Thursday noon to 2 p.m.

<https://www.heartofeugene.org/>

Junction City Local Aid ♿

210 E 6th Ave, Junction City, 97448

541-998-3992

Food pantry available Tuesdays and Wednesdays 9 a.m. to 1 p.m., Thursdays 3 p.m. to 7 p.m., last Saturday of every month from 10 a.m. to noon. Prescription drug assistance, heating assistance (propane vouchers), bus passes, and clothing also available.

Tuesday and Wednesday 9 a.m. to 1 p.m. Thursday 3 to 7 p.m. and the last Saturday of every month, 10 a.m. to noon

<http://junctioncitylocalaid.org/>

Looking Glass - New Roads Program

941 W 7th Ave, Eugene, 97402

541-686-2688

One-hour appointments available to those not in the overnight shelter Monday to Friday 10 a.m. to 3 p.m. for food, clothing and showers. Drop-in hours are Monday to Friday, 5 p.m. to 7 p.m. Overnight shelter for youth 12-21 only. Meals provided for overnight guests. COVID Update: screening at the door.

Monday through Friday, 10 a.m. to 3 p.m. and 5 to 7 p.m.

<https://www.lookingglass.us/new-roads>

Oakridge Westfir Family Resource Center &

46433 Westfir Rd, Westfir, 97492

541-782-2631

Open when school is in session; call for assistance during COVID restrictions. Early Head Start program, Preschool Promise, Early Childhood Cares. Offers computers, free printing and faxing, a small kids clothes closet, food pantry, blankets, after-school activities for kids, parenting classes, information and referrals, and a weekly toddler group. The town of Westfir is just west of Oakridge.

Monday to Thursday, 10 a.m. to 2 p.m.

Website not yet identified

Share Fair

Various

Email available

Every month Share Fair gives away care packages and food at five locations. The service is mobile. The locations includes Washington/Jefferson Park, Whittaker, Downtown Eugene, West Eugene and Springfield. If you need a care package, please check out the website or contact us through email, sharefair@neighborhoodanarchists.org Last Tuesday of every month, 3 to 6:30 p.m.

<https://neighborhoodanarchists.org/sharefair/>

Skate Park Breakfasts

5th Ave between Washington and Jefferson

831-601-0022

Breakfasts. Blankets, sleeping bags, boots, socks, jackets, as available.

Wednesday to Saturday, 9 to 10 a.m.

No website available, call listed phone number for more information

Springfield Adventist Community Center

1546 N 12th St Springfield, 97477

541-746-8263

Food pantry available on the first and third Tuesday 10 a.m. to 1 p.m. and the second and fourth Tuesday from 4 to 7 p.m. Clothing available by appointment only; please call the office on Thursday or Friday.

First and third Tuesday 10 to 1 p.m.; Second and fourth Tuesday 4 p.m. to 7 p.m.

<https://springfieldor.adventistchurch.org/ministries/community-services>

St. Vincent de Paul - Eugene Service Station &

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

Triangle Food Box ☺ &

20280 Blachly Grange Road, Blachly, 97412

541 925 3254

Food pantry open Friday following the third Thursday of each month, from 10 a.m. to 2 p.m. Clothing and other goods sometimes available.

Third Thursday of every month, 10 a.m. to 2 p.m.

<https://www.facebook.com/trianglefoodbox/>

White Bird - Front Rooms Resource Center 🌐 ♿

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing. Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

Day Shelters

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/>

First Place Family Center 🌐 ♿

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken. COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

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>

St. Vincent de Paul - Eugene Service Station ♿

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

White Bird - Front Rooms Resource Center 🌐 🇺🇸

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing.

Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

Day Storage

St. Vincent's Storage Locker

On Olive Street, behind Eugene Public Library

541-689-6747

Day-use storage lockers, attended during the day.

Monday to Friday, 9 a.m. to 5:30 p.m.

Haircuts

Eugene Mission 🌐 🇺🇸

1542 W 1st Ave, Eugene, 97402

541-344-3251

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

<https://eugenemission.org/>

Household Goods

1st Way of Eugene

1162 B St, #213, Springfield, 97477

541-687-8651

Provides pregnancy tests, baby and toddler clothes, baby wipes, diapers, and furniture for all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. COVID update: Mobile units for ultrasounds not available.

Tuesday and Wednesday, 10 a.m. to 4 p.m.

<https://www.1st-way.org/>

Better Living Center 🇺🇸

85134 Hwy 101, Florence, 97439

541-997-2137

A wide selection of free clothing and small household goods are available to anyone. No qualifying required.

Wednesday, Sunday 11 a.m. to 4 p.m.

Oakridge Westfir Family Resource Center 🌐 🇺🇸

46433 Westfir Rd, Westfir, 97492

541-782-2631

Open when school is in session; call for assistance during COVID restrictions. Early Head Start program, Preschool Promise, Early Childhood Cares. Offers computers, free printing and faxing, a small kids clothes closet, food pantry, blankets, after-school activities for kids, parenting classes, information and referrals, and a weekly toddler group. The town of Westfir is just west of Oakridge.

Monday to Thursday, 10 a.m. to 2 p.m.

Website not yet identified

St. Vincent de Paul Social Services 🌐 🇺🇸

456 Highway 99 N, Eugene, 97402

541-689-6747

Currently closed. Social Services provides one-time rental assistance, a food pantry, clothing, vouchers for household goods and furniture, propane, prescription assistance, and Second Chance Renters Rehabilitation.

Currently closed

<https://www.svdp.us/get-help/>

Triangle Food Box 🌐 🇺🇸

20280 Blachly Grange Road, Blachly, 97412

541 925 3254

Food pantry open Friday following the third Thursday of each month, from 10 a.m. to 2 p.m. Clothing and other goods sometimes available.

Third Thursday of every month, 10 a.m. to 2 p.m.

<https://www.facebook.com/trianglefoodbox/>

Hygiene Items

Catholic Community Services Eugene Center 🌐 🇺🇸

1464 W 6th Ave, Eugene, 97402

541-345-3628 extension 404

Food pantry, rental assistance, housing referrals, hygiene items, assistance to obtain ID, prescription assistance, referrals to employment counseling, and more. Oregon Health Plan sign-up assistance available. Food pantry is from 8 a.m. to noon Monday, Wednesday, and Friday. Food delivery box for age 60+ is available for those who check in by noon.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Catholic Community Services Springfield Center 🌐 🇺🇸

1025 G St, Springfield, 97477

541-345-3628, extension 324

Food pantry, utility help, ID assistance, housing resources, hygiene items, prescription assistance, rental assistance and SNAP enrollment assistance; Oregon Health Plan sign-up is also available. Food pantry is available 8 a.m. to 11:45 a.m. Monday, Wednesday, Friday. Food delivery box for age 60+ is available for those who check in by 12 p.m.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.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/>

G Street Oasis

1175 G St, Springfield, 97477

541-214-0260

Provides services for homeless families with children. To obtain services one must be registered in the program. Please call Gail at the phone above to register, or email gstreet@ccslc.org COVID update: No day shelter or kitchen facilities or transitional housing.

Monday, Wednesday, Friday, 9 a.m. to 3 p.m.

<https://www.ccslc.org/g-street-oasis>

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>

SOAP

Call or email to arrange a place to meet

503-877-5320 (text or call)

Harm reduction supplies and case management for youth (16-24) who live on the street. Naloxone Distribution/Overdose Education; Safe Sex Items; Syringe Services; Wound Care Services. Call or email to schedule a time to meet. 541core@gmail.com

All days, all hours

No website available

Share Fair

Various

Email available

Every month Share Fair gives away care packages and food at five locations. The service is mobile. The locations includes Washington/Jefferson Park, Whittaker, Downtown Eugene, West Eugene and Springfield. If you need a care package, please check out the website or contact us through email, sharefair@neighborhoodanarchists.org Last Tuesday of every month, 3 to 6:30 p.m.

<https://neighborhoodanarchists.org/sharefair/>

Wednesday Clinic

5th and Washington, under the bridge

(458) 201-3317

Black Thistle Street Aid, CORE and Occupy Medical provide a weekly team that includes a FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready-to-eat food, harm-reduction supplies.

Wednesdays, 11 a.m. to 3 p.m.

ID / Birth Certificate Replacement

Catholic Community Services Eugene Center 🌐 ♿

1464 W 6th Ave, Eugene, 97402

541-345-3628 extension 404

Food pantry, rental assistance, housing referrals, hygiene items, assistance to obtain ID, prescription assistance, referrals to employment counseling, and more. Oregon Health Plan sign-up assistance available. Food pantry is from 8 a.m. to noon Monday, Wednesday, and Friday. Food delivery box for age 60+ is available for those who check in by noon.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Catholic Community Services Springfield Center 🌐 ♿

1025 G St, Springfield, 97477

541-345-3628, extension 324

Food pantry, utility help, ID assistance, housing resources, hygiene items, prescription assistance, rental assistance and SNAP enrollment assistance; Oregon Health Plan sign-up is also available. Food pantry is available 8 a.m. to 11:45 a.m. Monday, Wednesday, Friday. Food delivery box for age 60+ is available for those who check in by 12 p.m.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

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/>

Lane County Vital Records 🌐

151 W 7th Ave, 5th Floor, Eugene, 97401

541-682-4045

Birth and death certificates for births and deaths in Lane County within five months of the event. Fill out the form at the drop box at the physical address or send an email.

After five months, the certificates must be obtained by the state.

Monday to Friday, 9 a.m. to 4:30 p.m.

https://lanecounty.org/government/county_departments/health_and_human_services/

Oregon Department of Motor Vehicles - Eugene 🌐 ♿

2870 W 10th Pl, Eugene, 97402

541-686-7855

Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. COVID update: By appointment only through the website. All patrons must be six feet apart, wear masks, and wait outside the building. One person per appointment. There are multiple locations on the website.

Monday, Tuesday, Thursday, Friday 8 a.m. to 5 p.m.

<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Oregon Department of Motor Vehicles - Florence 🌐 🇺🇸

2056 Hwy 101 N, Florence, 97439

541-997-6837

Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. COVID Update: By appointment only through the website. All patrons must be six feet apart, wear masks, and wait outside the building. One person per appointment. There are multiple locations on the website.

Monday to Friday, 9 a.m. to 5 p.m.

<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Oregon Department of Motor Vehicles - Springfield 🌐 🇺🇸

204 N 30th St, Springfield, 97478

503-945-5000

Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. COVID Update: By appointment only through the website. All patrons must be six feet apart, wear masks, and wait outside the building. One person per appointment. There are multiple locations on the website.

Monday, Tuesday, Thursday, Friday 9 a.m. to 5 p.m.

<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Oregon Vital Records 🇺🇸

800 NE Oregon Street, Room 205, Portland 97232

1-888-896-4988

Obtain birth and death certificates for all of Oregon. Look at the website before you try to order a certificate for the necessary information. COVID update: The office is currently closed. Obtain all certificates through the website, mail or phone. All information is on the website.

Monday to Friday, 9 a.m. to 4 p.m.

<https://www.oregon.gov/oha/PH/BIRTHDEATHCERTIFICATES/GETVITALRECORDS/Pages>

White Bird - Navigation Empowerment Services Team (NEST)

323 E 12th Ave, Eugene, 97401

541-816-2793

Assistance with SSI/SSDI assistance from a public benefits specialist. Oregon birth certificate requests, transportation to appointments. Phone access, direct express cards, Assurance/Lifeline phones, and food stamps. Helps clients sign up for the Oregon Health Plan and purchasing private insurance through www.healthcare.gov. Walk in during open hours. Assistance is available by phone until 2 p.m.

Monday to Thursday 9:30 a.m. to 12 p.m.

<https://whitebirdclinic.org/nest>

Internet Access & Library Services

Bethel Branch Library 🌐 🇺🇸

1990 Echo Hollow Road, Eugene, 97402

541-682-5450

Wi-Fi and computer access available. COVID Update: Reduced capacity; one-hour limit. Mask wearing required.

Monday, Wednesday, Thursday, Friday, Saturday from 10 a.m. to 6 p.m.; Tuesday noon to 8 p.m.

<https://www.eugene-or.gov/130/Eugene-Public-Library>

Campbell Community Center

155 High St, Eugene, 97401

541-682-5318

Wi-Fi available. Printed pages are ten cents a sheet.

Monday 8:30 a.m. to 7 p.m.; Tuesday through Friday, 8:30 a.m. to 4:30 p.m.

<https://www.eugene-or.gov/3237/Campbell-Community-Center>

Cottage Grove Public Library

700 E. Gibbs Avenue, Cottage Grove, OR 97424

541-942-3828

COVID Update: Building is closed, including browsing and computers. Curbside pickup

Monday to Friday. Call ahead of time to arrange a pick up of items.

Monday to Friday, 3 to 5 p.m.

<https://www.cottagegrove.org/library>

Creswell Public Library

64 W. Oregon Ave., Creswell, OR 97426

541-895-3053

Wi-Fi available in the parking lot.

Building currently closed

<https://www.creswell-library.org/>

Eugene Public Library ♿

100 W 10th Ave, Eugene, 97401

541-682-5450

Wi-Fi and computer access available. Spanish and American Sign Language spoken.

Monday to Thursday, 10 a.m. to 8 p.m.; Friday to Sunday, 10 a.m. to 6 p.m.

<https://www.eugene-or.gov/4422/Eugene-Public-Library>

Fern Ridge Public Library

88026 Territorial Road, Veneta, OR 97487

541-935-7512

Wi-Fi is available on the grounds 24/7. Curbside pickup and phone reference is available. Call or use the catalog online to arrange for holds. Covid Update: Building closed for pandemic.

Monday to Saturday, 10 a.m. to 4 p.m.

<http://fernridgelibrary.org/>

First Place Family Center ♿

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken.

COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

Junction City Public Library

726 Greenwood, Junction City, 97448

541-998-8942

Library services. Computers, one hour at a time.

Tuesday to Thursday, 11 a.m. to 6 p.m., Friday and Saturday, 10 a.m. to 4 p.m.

<http://www.junctioncity.com/library.html>

Oakridge Public Library

48318 E. First Street, Oakridge, 97463

541-782-2258, extension 9

Curbside pick up. Call ahead to order materials. Wi-Fi in the parking lot.

Call for curbside hours

<https://www.ci.oakridge.or.us/library>

Oakridge Westfir Family Resource Center ♿

46433 Westfir Rd, Westfir, 97492

541-782-2631

Open when school is in session; call for assistance during COVID restrictions. Early Head Start program, Preschool Promise, Early Childhood Cares. Offers computers, free printing and faxing, a small kids clothes closet, food pantry, blankets, after-school activities for kids, parenting classes, information and referrals, and a weekly toddler group. The town of Westfir is just west of Oakridge.

Monday to Thursday, 10 a.m. to 2 p.m.

Website not yet identified

Sheldon Branch, Eugene Public Library ♿

1566 Coburg Road, Eugene, 97401

541-682-5450

Library with Wi-Fi and computers.

Monday to Saturday, 10 a.m. to 6 p.m.

<https://www.eugene-or.gov/130/Eugene-Public-Library>

Siuslaw Public Library District - Main Branch

1460 9th Street, Florence, 97439

541-997-3132

Call to arrange for curbside pick up of materials. Wi-Fi available.

Monday to Friday, 10 a.m. to 1 p.m.

<http://www.siuslawlibrary.info/>

Springfield Public Library ♿

225 5th Street, Springfield, 97477

541-726-3766

Wi-Fi and computers. Wi-Fi access is outside the building, call for details. Also call for updated hours or services.

Monday to Wednesday 4 to 6 p.m.; Thursday to Saturday 10 a.m. to 12 p.m.

<https://wheremindsgrow.org/home>

University of Oregon Knight Library ♿

501 Kincaid, Eugene, 97403

541-346-3053

Public workstations provide full access to the library catalog, the libraries' electronic databases and resources, information about the libraries, and open Internet access.

Public workstations are available on a first come/first served basis and are limited to 30 minutes. COVID Update: Open only to UO faculty, students, and staff with current UO ID cards.

Monday to Thursday, 8 a.m. to 9 p.m.; Friday, 8 a.m. to 7 p.m.

<https://library.uoregon.edu/knight-library>

WorkSource Lane County ♿

2510 Oakmont Way, Eugene 97401

541-686-7601

Provides job-search assistance, career counseling, job-finding workshops, resume and cover-letter writing assistance to all job seekers. Provides information about unemployment. Computer and internet access available for job search purposes.

Monday to Friday, 8 a.m. to 5 p.m.

<http://worksourceoregon.org/>

Laundry

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/>

First Place Family Center 🌐 🇺🇸

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken. COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

G Street Oasis

1175 G St, Springfield, 97477

541-214-0260

Provides services for homeless families with children. To obtain services one must be registered in the program. Please call Gail at the phone above to register, or email gstreet@ccslc.org COVID update: No day shelter or kitchen facilities or transitional housing.

Monday, Wednesday, Friday, 9 a.m. to 3 p.m.

<https://www.ccslc.org/g-street-oasis>

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>

Laundry Unicorns - Eugene Mennonite Church

Contact by phone, email only

541-343-9548

Individuals who live on the street may get their clothes laundered and dried for free.

Currently picking up at scheduled camps for same day service. Call to see if we have an opening.

Mondays, Wednesdays at 9 a.m. for pick ups

<https://www.eugenemennonite.com/>

Siuslaw Outreach Services 🌐 🇺🇸

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florencesos.org/services.html>

St. Vincent de Paul - Eugene Service Station 🇺🇸

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

Mail and Messages

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/>

First Place Family Center 🌐 🇺🇸

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken. COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

St. Vincent de Paul - Eugene Service Station 🇺🇸

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

White Bird - Front Rooms Resource Center 🌐 🇺🇸

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing.

Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

Phone

FreedomPop

Headquarters in Los Angeles, California

1-800-491-5676

Requires an email and place to list as your physical address, \$5 GSM SIM kit to start

Free monthly plan, \$17 a month for Premium plan. One option is compatible with most

unlocked GSM AT&T and T-Mobile phones, and another is compatible with most

unlocked GSM Phones, Tablets, and Hotspots.

Monday to Friday, 9 a.m. to 5 p.m.

<https://www.freedompop.com/>

Oregon Lifeline

Oregon Public Utility Commission in Salem

Call: 800-848-4442 or 503-373-7171 Videophone: 971-239-5845

Offers free service or discounted service. This is a federal and state government

program that reduces the monthly cost of phone or broadband service for qualifying

low-income Oregon households. If you qualify, you could get one of the following

benefits of the program with a participating service provider in your area: Receive a

discount on your phone bill of up to \$19.25 per month; receive a discount on your

broadband bill of up to \$21.25 per month; or receive free cell phone and data service.

Discount amounts are subject to change. Federal and state regulations limit the

Lifeline benefit to one person per household for phone or broadband service.?? View

each application for a list of Oregon Lifeline service providers. View each page to

determine which option you want and submit your application.

9 a.m. to 4 p.m. Monday through Friday

<https://www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx>

St. Vincent de Paul - Eugene Service Station 🇺🇸

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail

services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift

stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

White Bird - Front Rooms Resource Center 🌐 🇺🇸

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing.

Porta-potties are available outside of the building. Syringe drop-off site. Also provides

vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

Propane

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/>

FISH / Trinity United Methodist Church 🇺🇸

440 Maxwell Rd, Eugene, 97404

541-689-9750

Provides emergency food, propane and prescription drug assistance to individuals and families. Operates a food cupboard and takes calls for food, prescription drug and propane assistance five days a week. Phone-in a request for food and pick up from 2 to 3 p.m. the same day. The building is closed. Food provided once a month. ID required.

Monday to Friday, 10:30 a.m. to 1:30 p.m.

<https://trinityumceugene.org/fish-food-pantry/>

Junction City Local Aid 🇺🇸

210 E 6th Ave, Junction City, 97448

541-998-3992

Food pantry available Tuesdays and Wednesdays 9 a.m. to 1 p.m., Thursdays 3 p.m. to 7 p.m., last Saturday of every month from 10 a.m. to noon. Prescription drug assistance, heating assistance (propane vouchers), bus passes, and clothing also available.

Tuesday and Wednesday 9 a.m. to 1 p.m. Thursday 3 to 7 p.m. and the last Saturday of every month, 10 a.m. to noon

<http://junctioncitylocalaid.org/>

St. Vincent de Paul Social Services 🇺🇸

456 Highway 99 N, Eugene, 97402

541-689-6747

Currently closed. Social Services provides one-time rental assistance, a food pantry, clothing, vouchers for household goods and furniture, propane, prescription assistance, and Second Chance Renters Rehabilitation.

Currently closed

<https://www.svdps.us/get-help/>

Showers

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>

Looking Glass - New Roads Program

941 W 7th Ave, Eugene, 97402

541-686-2688

One-hour appointments available to those not in the overnight shelter Monday to Friday 10 a.m. to 3 p.m. for food, clothing and showers. Drop-in hours are Monday to Friday, 5 p.m. to 7 p.m. Overnight shelter for youth 12-21 only. Meals provided for overnight guests. COVID Update: screening at the door.

Monday through Friday, 10 a.m. to 3 p.m. and 5 to 7 p.m.

<https://www.lookingglass.us/new-roads>

Siuslaw Outreach Services 🌐 ♿

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florencesos.org/services.html>

St. Vincent de Paul - Eugene Service Station ♿

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdvp.us/what-we-do/homeless-services/eugene-service-station/>

Care

Burial and Cremation

Lane County Medical Examiner

125 E 8th Ave. Suite #400, Eugene, 97401

541-682-4261 (ask the District Attorney's office to connect you to the ME)

The Medical Examiner investigates deaths and provide information about cause of death to next-of-kin. The website has a list of funeral homes and cremation services. The Medical Examiner's office cannot make a recommendation of a funeral home for you. If you call the Medical Examiner, you first speak to the administrative assistant of the District Attorney.

Monday to Friday, 9 a.m. to 5 p.m.

https://www.lanecounty.org/https://www.lanecounty.org/UserFiles/Servers/Server_3581/Feb2014.pdf

Domestic Violence / Sexual Assault

Options Counseling Services

1255 Pearl St, Ste 102, Eugene, 97401

541-687-6983

Provides mental health, family preservation, life skills for families with children.

Monday to Friday, 8:30 a.m. to 5 p.m.

<https://wp.options.org/>

Oregon Department of Human Services - 11th Ave 🌐 🇺🇸

2101 W 11th Ave, Eugene, 97402

541-686-7722

Apply for state- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Referrals to other services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits> English and Spanish spoken. COVID Update: No computers available, no public restrooms.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Springfield 🌐 🇺🇸

1040 Harlow Rd, Springfield, 97477

541- 726-6644

State- and federally-funded services. Child welfare only. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits> COVID Update: no computers or produce available. Must wear masks and follow the entrance protocol.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Willamette 🌐 🇺🇸

1899 Willamette St, Eugene, 97401

541-686-7555

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services- 30th St 🇺🇸 🇬🇧

101 30th St, Springfield, 97478

541-726- 3525

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. COVID Update: no computers or produce available.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Siuslaw Outreach Services 🇺🇸 🇬🇧

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florescesos.org/services.html>

Womenspace - Domestic Violence Advocacy Center 🇺🇸 🇬🇧

1577 Pearl St, 2nd Floor, Eugene, 97401

541-485-8232

Emergency and support services for domestic violence survivors in intimate partner relationships. Includes emergency shelter, legal advocacy, transportation, safety planning, case management, and children and youth services. All services free of charge. COVID Update: Drop-in service is currently not available, but mobile advocates are responding to needs.

Monday to Friday, 9 a.m. to 4:30 p.m.

<https://www.womenspaceinc.org/>

Womenspace 24-hr. Hotline

Phone only

541-485-6513 or toll free 800-281-2800

24/7 crisis line for all victims and survivors of domestic violence, intimate partner violence, sexual assault and stalking in Lane County. Web chat available on website.

All hours, every day

<https://www.womenspaceinc.org/>

Family Care Services

1st Way of Eugene

1162 B St, #213, Springfield, 97477

541-687-8651

Provides pregnancy tests, baby and toddler clothes, baby wipes, diapers, and furniture for all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. COVID update: Mobile units for ultrasounds not available.

Tuesday and Wednesday, 10 a.m. to 4 p.m.

<https://www.1st-way.org/>

Catholic Community Services Eugene Center 🇺🇸 🇬🇧

1464 W 6th Ave, Eugene, 97402

541-345-3628 extension 404

Food pantry, rental assistance, housing referrals, hygiene items, assistance to obtain ID, prescription assistance, referrals to employment counseling, and more. Oregon Health Plan sign-up assistance available. Food pantry is from 8 a.m. to noon Monday, Wednesday, and Friday. Food delivery box for age 60+ is available for those who check in by noon.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Catholic Community Services Springfield Center 🌐 🇺🇸

1025 G St, Springfield, 97477

541-345-3628, extension 324

Food pantry, utility help, ID assistance, housing resources, hygiene items, prescription assistance, rental assistance and SNAP enrollment assistance; Oregon Health Plan sign-up is also available. Food pantry is available 8 a.m. to 11:45 a.m. Monday, Wednesday, Friday. Food delivery box for age 60+ is available for those who check in by 12 p.m.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Family Relief Nursery 🌐 🇺🇸

720 N 14th St, Cottage Grove, 97424

541-942-4835

Provides a therapeutic classroom for children six weeks to four years old; scheduled respite program for ages six weeks to six years, but call ahead for availability. Parent education and support; Latino outreach; mental health services; and peer support for clients with substance abuse issues. Information and referral services also provided. Spanish and English spoken.

Monday to Friday, 8 a.m. to 4 p.m.

<http://www.frncg.org/>

First Place Family Center 🌐 🇺🇸

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken.

COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

G Street Oasis

1175 G St, Springfield, 97477

541-214-0260

Provides services for homeless families with children. To obtain services one must be registered in the program. Please call Gail at the phone above to register, or email gstreet@ccslc.org COVID update: No day shelter or kitchen facilities or transitional housing.

Monday, Wednesday, Friday, 9 a.m. to 3 p.m.

<https://www.ccslc.org/g-street-oasis>

McKenzie/Blue River Family Resource Center 🌐 🇺🇸

51187 Blue River Dr, Finn Rock 97488

541-822-3313

Parenting education, family activity opportunities and more.

By appointment

<http://www.lanekids.org/family-resource-centers/>

Oakridge Westfir Family Resource Center 🌐 🇺🇸

46433 Westfir Rd, Westfir, 97492

541-782-2631

Open when school is in session; call for assistance during COVID restrictions. Early Head Start program, Preschool Promise, Early Childhood Cares. Offers computers, free printing and faxing, a small kids clothes closet, food pantry, blankets, after-school activities for kids, parenting classes, information and referrals, and a weekly toddler group. The town of Westfir is just west of Oakridge.

Monday to Thursday, 10 a.m. to 2 p.m.

Website not yet identified

Oregon Department of Human Services - 11th Ave 🌐 🇺🇸

2101 W 11th Ave, Eugene, 97402

541-686-7722

Apply for state- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Referrals to other services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>
English and Spanish spoken. COVID Update: No computers available, no public restrooms.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Cottage Grove 🌐 🇺🇸

305 Coop Ct, Cottage Grove, 97424

541-942-9186

State- and federally-funded services. Food benefits, employment services, cash assistance, domestic violence services, child welfare services, senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Florence 🌐 🇺🇸

3180 Hwy 101 N, Florence, 97439

541-997-8251

State- and federally-funded services. Food benefits, employment services, cash assistance, domestic violence services, child welfare services, senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Springfield 🌐 🇺🇸

1040 Harlow Rd, Springfield, 97477

541- 726-6644

State- and federally-funded services. Child welfare only. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>
COVID Update: no computers or produce available. Must wear masks and follow the entrance protocol.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Willamette 🌐 🇺🇸

1899 Willamette St, Eugene, 97401

541-686-7555

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services- 30th St 🌐 🇺🇸

101 30th St, Springfield, 97478

541-726- 3525

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. COVID Update: no computers or produce available.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Parenting Now

86 Centennial Loop, Eugene, 97401

541-484-5316

Provides free parenting education and support to families with young children. Free car seats by arrangement.

Monday to Thursday, 9 a.m. to 4 p.m.

<https://parentingnow.org/>

Relief Nursery - Eugene 🌐 🇺🇸

1720 W 25th Ave, Eugene, 97405

541-343-9706, leave a message

A child-abuse-and-neglect prevention agency for high-risk families. Therapeutic early childhood services and comprehensive family support, including alcohol and drug recovery support services. Spanish speakers available. COVID Update: No on-site appointments.

Monday to Thursday, 9 a.m. to 4 p.m.; Friday 8:30 a.m. to 12:30 p.m.

<http://reliefnursery.org/>

Relief Nursery - Springfield 🌐 🇺🇸

850 S 42nd St, Springfield, 97478

541-485-0007, leave a message

A child-abuse-and-neglect prevention agency for high-risk families. Therapeutic early childhood services and comprehensive family support, including alcohol and drug recovery support services. Spanish speakers available. COVID Update: No on-site appointments.

Monday to Thursday, 9 a.m. to 4 p.m.; Friday 8:30 a.m. to 12:30 p.m.

<http://reliefnursery.org/>

Sacred Heart - Pregnancy and Parenting Education 🇺🇸

3333 Riverbend Dr, Springfield, 97477

541-222-7074

Provides pregnancy and parenting education programs. Classes and workshops include childbirth classes, breast-feeding classes and family birth center tours. COVID Update: Register for classes online or by phone. Bring a receipt when paid by phone.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.peacehealth.org/>

ShelterCare

499 West 4th Ave, Eugene, 97401

541-689-7156

Homeless prevention program. Shelter for families, the medically-fragile and others in crisis.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

<https://www.sheltercare.org/what-we-do/>

White Bird - Counseling Program 🇺🇸

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides individual and family counseling. This therapy is for adults wanting to clarify and explore issues in their lives and/or for more in-depth healing and growth. Also provides end-of-life counseling. No walk in; please make an appointment. Intake form available online.

Monday to Friday, 8 a.m. to 5 p.m.

<https://whitebirdclinic.org/>

Pet Care

Community Veterinary Center

470 Highway 99 N, Eugene, 97402

541-636-3324

Sliding-scale clinic, by appointment only. Basic care includes: wellness checks, vaccines, blood work, euthanasia, dental treatments, prescriptions, diagnosis and treatments, radiology, sterile surgery, and spay/neuter. COVID Update: Masks required.

Tuesday, Wednesday, Thursday from 9 a.m. to 4 p.m.

<http://www.communityvet.org/>

Pro-Bone-O

Clinics currently closed

541-607-8089 (Message phone, we will return your call)

Provides free clinics for the pets of homeless individuals. Vaccinations, flea and tick prevention, treatment of minor ailments, spay/neuter vouchers, worming, food and treats. The clinics are 9:30 a.m. to 1:30 p.m. on the second and fourth Sundays from January through October and on the second Sunday in November and December. A lottery is held for the appointments available at 8:30 a.m. At these times the clinic is held at Eugene Mission, 1542 W 1st Ave, Eugene.

See description for times

<http://proboneo.org/>

SPOT (Stop Pet Overpopulation Today)

Phone or website only

541-607-4900

Gives vouchers to help cover costs for spaying or neutering dogs of low-income individuals. Co-pays are based on level of need and all breeds are eligible. Preferred contact by website, please fill out application. Phone calls are returned Monday-Friday generally within 48 hours.

<https://www.spotspayneuter.org/apply/>

Crisis Lines

Culturally Specific

Jewish Interests

Jewish Federation of Lane County - Jewish Family Services 🌐 🇮🇱

Inside Temple Beth Israel, 1175 E 29th Ave, Eugene, 97403

541-484-2541

Provides for Jewish individuals: counseling, assessment and problem-solving for seniors, families and children; information on community resources and activities; emergency aid. English and Hebrew spoken.

Call for hours

<https://jewishfedlc.org/jewish-family-services/>

LGBTQIA

Basic Rights Oregon

Headquarters located outside Lane County

503-222-6151

Works to advocate politically for the LGBTQ community. Call or check website for resources or referrals.

Monday to Friday, 9 a.m. to 5 p.m.

<http://www.basicrights.org/>

Gay and Lesbian Activists and Defenders

Website only

Resources and activism for LGBTQIA+. Also includes a special section for anti-racism resources.

<http://www.glad.org/>

LGBTQ Youth Group 🇮🇱

2700 Hilyard, Eugene, 97405

541-682-5373

Call to inquire about appointments and current services. Group meetings and drop-ins might be suspended.

Call for hours

<https://www.eugene-or.gov/2492/Amazon-Community-Center>

Trans Lifeline

Phone only

877-565-8860

A national hotline that provides peer counseling in response to crisis situations for transgender individuals. Run by trans for trans. Also can guide trans individuals to grants.

All hours, all days

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

Trans*Ponder

Phone only

508-443-6337

Provides community and resources for transgendered individuals. Provide a yoga class and support groups for transgendered folks, questioning and parents. Website provides a list of providers that are LGBTQ affirmative. Please contact via website or email for full services, places and times. Leave message on the phone and they will get back. Also check Facebook: [facebook.com/transponderpublic](https://www.facebook.com/transponderpublic) COVID Update: Social groups meet on Zoom.

Call for available services. Leave message anytime.

<https://transponder.community/>

Trevor Lifeline

Phone only

1-866-488-7386

A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text "START" to 678678 (standard text-messaging rates apply).

All hours, every day

<https://www.thetrevorproject.org/>

Latino / Latinx

Centro Latino Americano 🌐 ♿

44 W 5th Ave, Eugene, 97402

541-687-2667

Provides for the local Latino population: social services, alcohol and addiction treatment, community health care, translation services for youth and adults.

Monday to Thursday, 8:30 a.m. to 5 p.m. (closed noon to 1 p.m.); Friday 8:30 a.m. to noon

<https://centrolatinoamericano.org/>

Emergence Addiction and Behavioral Therapies - Juntos 🌐 ♿

374 Q Street, Springfield, 97477

541-741-7107

Provides substance abuse, gambling, addiction, and mental health treatment. Support groups, and outpatient care. Specializes in Dialectical Behavior Therapy. Call for appointment, no walk in. Spanish spoken.

Monday to Friday, 8 a.m. to 5 p.m.

<http://www.4emergence.com/programs/juntos>

Huerto de la Familia

944 W 5th Ave, Eugene, OR 97402

541-505-9569

Provides Latino families in Lane County with a plot of land to garden and provides education and training opportunities. Also possible to contact by email:

info@huertodelafamilia.org

<https://huertodelafamilia.org/>

Education

Adult Education

Lane Community College Financial Aid 🌐 🗎

4000 E 30th Ave, Building 1, Eugene, 97405

541-463-3400

Provides information and assistance obtaining grants or financial aid to attend college.
Monday, Tuesday, Wednesday, Friday 8:30 a.m. to 5 p.m. and Thursday 10:30 a.m. to 5 p.m.

<https://www.lanecc.edu/financialaid>

Lane Community College GED Preparation 🌐 🗎

4000 E 30th Ave, Building 11, Eugene, 97405

541-463-5214

Finish your basic education with a GED certificate, which will prepare you for college.

Many tests and courses are low cost or free for some students. Free tuition.

Scholarships available for those in the program. Spanish language GED program available. COVID Update: No transportation assistance while classes are online.

Monday to Thursday, 8:30 a.m. to 3:30 p.m. and Friday 8:30 a.m. to 2 p.m.

<https://www.lanecc.edu/abse>

Food

Food Boxes / Pantries

Bethesda Lutheran Church

4445 Royal Avenue, Eugene, 97402

541-688-9085

Food pantry. Open the second and fourth Saturdays of the month from 9:30 a.m. to noon, first come, first served. Emergency food bags (with two days of food provided) are available Monday to Friday, 10 a.m. to noon.

Monday through Friday, 10 a.m. to 12 p.m.; the second and fourth Saturday of every month, 9:30 a.m. to noon

<https://bethesdalutheranchurch.com/>

Catholic Community Services Eugene Center 🌐 🇺🇸

1464 W 6th Ave, Eugene, 97402

541-345-3628 extension 404

Food pantry, rental assistance, housing referrals, hygiene items, assistance to obtain ID, prescription assistance, referrals to employment counseling, and more. Oregon Health Plan sign-up assistance available. Food pantry is from 8 a.m. to noon Monday, Wednesday, and Friday. Food delivery box for age 60+ is available for those who check in by noon.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Catholic Community Services Springfield Center 🌐 🇺🇸

1025 G St, Springfield, 97477

541-345-3628, extension 324

Food pantry, utility help, ID assistance, housing resources, hygiene items, prescription assistance, rental assistance and SNAP enrollment assistance; Oregon Health Plan sign-up is also available. Food pantry is available 8 a.m. to 11:45 a.m. Monday, Wednesday, Friday. Food delivery box for age 60+ is available for those who check in by 12 p.m.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

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/>

Creswell Food Pantry 🌐 🇺🇸

364 Cobalt Ln, Creswell, Oregon 97426

541-246-9117

Once a month food box—plus, four extra times during the year. Bring a box. 3-5 days of food, 20 lbs per person. Provide a piece of mail to confirm address. Help for those with no address. COVID Update: Parking lot distribution of boxes, please wear masks.

Thursdays 9 a.m. to 12:30 p.m.

communityfoodforcreswell.org

Cross Fire Hands of Hope

942 E 28th St., Springfield, OR 97477

541-686-5433

Food boxes available on Thursdays noon to 4 p.m. Closed on the first Thursday of every month. To-go meals available Thursdays at 6:15 p.m. and Sundays at 8:30 a.m.

Thursday noon to 4 p.m. and to-go meals Thursdays 6:15 p.m., Sundays 8:30 a.m.

https://www.mycrossfire.com/cgi-bin/htmls.cgi/apps/ministries/ministries.html?mid=food_ministry&ld=cfom

Eugene Faith Center 🌐 🇺🇸

1410 West 13th Ave, Eugene, 97402

541-686-9244

Food boxes available. The dates every month are updated on the website.

Two Thursdays every month, 2 to 4 p.m.

<https://www.eugenefaithcenter.org/food-pantry>**FISH / Trinity United Methodist Church** 🇺🇸

440 Maxwell Rd, Eugene, 97404

541-689-9750

Provides emergency food, propane and prescription drug assistance to individuals and families. Operates a food cupboard and takes calls for food, prescription drug and propane assistance five days a week. Phone-in a request for food and pick up from 2 to 3 p.m. the same day. The building is closed. Food provided once a month. ID required. Monday to Friday, 10:30 a.m. to 1:30 p.m.

<https://trinityumceugene.org/fish-food-pantry/>**FOOD for Lane County** 🌐

770 Bailey Hill Rd, Eugene, 97402

541-343-2822

Call for a location to pick up food. COVID Update: All programs still operating—call or access website for any changes that might be occurring at specific sites.

Monday to Friday, 9 a.m. to 4 p.m.

<https://foodforlanecounty.org/>**Florence Food Share** 🌐 🇺🇸

2190 Spruce St, Florence, 97439

541-997-9110

Free food pantry.

Monday to Friday, 9:30 a.m. to 1 p.m.; Monday and Wednesday, 4 to 6 p.m.; the second and fourth Saturday, 10 a.m. to 1 p.m.

<http://www.florencefoodshare.org/>**God's Food Box** 🇺🇸

7373 8th St, Junction City, 97448

541-688-8884

Food boxes by appointment only, please call. Food box size is determined by size of family. Some free clothes available.

The fourth week of the month

<http://alvadorechristian.com/gods-box/>**Goldson's Grange** 🌐 🇺🇸

23479 Hwy 36, Cheshire, 97419

541-343-2822

Provides food boxes and also a small community library. Food available on the 3rd Thursday of the month 12 to 4 p.m.

Third Thursday of every month, noon to 4 p.m.

<https://www.facebook.com/goldsongranger/>**Junction City Local Aid** 🇺🇸

210 E 6th Ave, Junction City, 97448

541-998-3992

Food pantry available Tuesdays and Wednesdays 9 a.m. to 1 p.m., Thursdays 3 p.m. to 7 p.m., last Saturday of every month from 10 a.m. to noon. Prescription drug assistance, heating assistance (propane vouchers), bus passes, and clothing also available.

Tuesday and Wednesday 9 a.m. to 1 p.m. Thursday 3 to 7 p.m. and the last Saturday of every month, 10 a.m. to noon

<http://junctioncitylocalaid.org/>

Lane County Mutual Aid

Website and phone only

541-321-8749

Referrals for emergency financial assistance, food or grocery delivery. Please contact us through the website or by email: info@lanemutualaid.org

Call or email for availability

<https://lanemutualaid.org/>

Looking Glass - New Roads Program

941 W 7th Ave, Eugene, 97402

541-686-2688

One-hour appointments available to those not in the overnight shelter Monday to Friday 10 a.m. to 3 p.m. for food, clothing and showers. Drop-in hours are Monday to Friday, 5 p.m. to 7 p.m. Overnight shelter for youth 12-21 only. Meals provided for overnight guests. COVID Update: screening at the door.

Monday through Friday, 10 a.m. to 3 p.m. and 5 to 7 p.m.

<https://www.lookingglass.us/new-roads>

Love Project Food Pantry

25035 W. Broadway Ave, Veneta 97487

541-935-4555

Distributes food monthly through an average of 325 boxes to about 1000 people. One employee and about 25 volunteers serve the community. COVID Update: During the pandemic, they offer non-contact drive-through.

Monday, Wednesday, Friday 10 to 11:30 a.m. and 12:30 to 2 p.m. Wednesday evenings from 6 to 7:30 p.m.

<https://midlanecares.com/veneta-love-project-food-pantry-gleaners-garden/>

Lowell Food Pantry

4 E Lakeview Dr, Lowell, 97452

541-603-5043

Food pantry open the 1st and 3rd Tuesday of the month, from 2 p.m. to 5 p.m. Bread day and clothing bank on the 2nd and 4th Tuesday from 10 a.m. to 12 p.m. First and third Tuesdays 2 to 5 p.m.

<https://www.ci.lowell.or.us/business-directory-listing/food-pantry>

Lower McKenzie Community Resources

45061 McKenzie Hwy, Waltermville, OR 97489

541-521-3835

Food pantry

Call for hours

<https://mckenziecommunity.org/>

Mannahouse - Daily Bread &

89780 N Game Farm Road, Eugene, 97408

541-344-3380

Currently closed.

Thursday 2 to 6 p.m.

<https://mannahouse.church/gather/times-locations/>

Mapleton Food Share

10718 Hwy 126, Mapleton, 97453

541-268-2715

Food pantry open on the second Thursday and fourth Saturday from 10:00 a.m. to 2:00 p.m. Clothing and household items available and fuel vouchers for gas. Sign language available. COVID Update: Maximum of five shoppers inside, five waiting on porch. All others wait in cars. Masks required.

Second Thursday and Fourth Saturday from 10:00 a.m. to 2:00 p.m.

<http://www.mapletonfoodshare.org/> or facebook.com/mapletonfoodshare.org

Oakridge Food Pantry at the Willamette Activity Center ☺

47674 School St, Oakridge, 97463

541-782-2192

Drive-through food distribution.

Tuesday, Wednesday, Thursday, 9 a.m. to 1 p.m.

<https://www.facebook.com/pages/Willamette-Activity-Center/156009647772584>**Oakridge Westfir Family Resource Center** ☺

46433 Westfir Rd, Westfir, 97492

541-782-2631

Open when school is in session; call for assistance during COVID restrictions. Early Head Start program, Preschool Promise, Early Childhood Cares. Offers computers, free printing and faxing, a small kids clothes closet, food pantry, blankets, after-school activities for kids, parenting classes, information and referrals, and a weekly toddler group. The town of Westfir is just west of Oakridge.

Monday to Thursday, 10 a.m. to 2 p.m.

Website not yet identified

Our Redeemer Lutheran Church Food Pantry ☺

255 Maxwell Road, Eugene, 97404

541-688-2027

Food pantry is open every second and fourth Saturday of each month, 10 a.m. to noon.

Drive through only, stay in car.

Second and fourth Saturday, 10 a.m. to noon

<http://www.ourredeemereugene.org/>**Produce Plus - Bethel Farm**

1200 N Terry Eugene, 97402 (behind Prairie Mountain School)

541-343-2822

During the school year (September to June), the program provides fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment.

Tuesdays and Fridays from 11 a.m. to 2 p.m.

<https://foodforlanecounty.org/get-help/trillium-produce-plus/>**Produce Plus - Bethel's Cascade Middle School**

1525 Echo Hollow Road, Eugene, 97402

541-343-2822

Produce Plus program provides brings fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment.

Tuesdays noon to 4 p.m. when the school is open

<http://blogs.bethel.k12.or.us/thebethelfarm/produce-plus-free-market/>**Produce Plus - Unitarian Universalist Church**

1685 W 13th Avenue, Eugene, 97402

541-343-2822

Program provides fresh fruits and vegetables to households in Lane County living at or below 200% of the Federal Poverty Level, with no program enrollment.

First and third Tuesday, 3 to 6 p.m.

<https://uueugene.org/outreach/food/>**Salvation Army** ☺ ☹

640 W 7th Ave, Eugene, 97402

541-343-3328

Food boxes are available. Meet at the door.

Tuesdays 8:30 to 11 a.m.

<https://eugene.salvationarmy.org/>

Springfield Adventist Community Center

1546 N 12th St Springfield, 97477

541-746-8263

Food pantry available on the first and third Tuesday 10 a.m. to 1 p.m. and the second and fourth Tuesday from 4 to 7 p.m. Clothing available by appointment only; please call the office on Thursday or Friday.

First and third Tuesday 10 to 1 p.m.; Second and fourth Tuesday 4 p.m. to 7 p.m.

<https://springfieldor.adventistchurch.org/ministries/community-services>

St. Vincent de Paul Social Services 🌐

456 Highway 99 N, Eugene, 97402

541-689-6747

Currently closed. Social Services provides one-time rental assistance, a food pantry, clothing, vouchers for household goods, propane, prescription assistance, and Second Chance Renters Rehabilitation.

Tuesday, Thursday, Friday 10 a.m. to 2 p.m.

<https://www.svdp.us/get-help/>

The Shepherd's Table at St. John's

2537 Game Farm Rd Springfield, 97477

541-746-3322

Food boxes provided.

First and fourth Saturday, 10 a.m. to 1 p.m.

<https://stjohnspringfield.org/the-yoke-food-pantry/>

Thurston Food Pantry inside Waypoint Community Church

332 58th Street, Springfield, 97478

Online and in-person only

Pre-packed food boxes third Saturday of each month. Some paperwork the first visit.

Third Saturday of every month 9 a.m. to 11 p.m.

<https://www.ccslc.org/food-and-emergency-help>

Triangle Food Box 🌐 🇺🇸

20280 Blachly Grange Road, Blachly, 97412

541 925 3254

Food pantry open Friday following the third Thursday of each month, from 10 a.m. to 2 p.m. Clothing and other goods sometimes available.

Third Thursday of every month, 10 a.m. to 2 p.m.

<https://www.facebook.com/trianglefoodbox/>

Up River Food Pantry 🇺🇸

37895 Row River Rd, Dorena, 97434

541 343 2822

Food boxes

First and third Friday of every month, 4:00 to 5:00 p.m.

<https://foodfinder.oregonfoodbank.org/locations/up-river-pantry-culp-creek>

Visible Helpers: Kiva

125 W 11th, Eugene, 97401

541.517.5038

Outdoor food pantry. Limited stock.

All hours, every day

<https://visiblehelpers.org/>

Visible Helpers: Little Y

603 W 19th Ave, Eugene, 97402

541.517.5038

Outdoor food pantry. Limited stock.

All hours, every day

<https://visiblehelpers.org/>

Visible Helpers: Plaza Latina

1333 W 7th Ave, Eugene, 97402
Outdoor food pantry. Limited stock.
All hours, every day
<https://visiblehelpers.org/>

541.517.5038

Visible Helpers: St. Mary's

1062 Charnelton St, Eugene, 97401
Outdoor food pantry. Limited stock.
All hours, every day
<https://visiblehelpers.org/>

541.517.5038

Visible Helpers: White Bird

341 E 12th Ave, Eugene, 97401
Outdoor food pantry. Limited stock.
All hours, every day
<https://visiblehelpers.org/>

541.517.5038

Waste to Taste

1300 Irvington Dr, Eugene, 97404 Contact by email
A walk-in food pantry where you fill your own food boxes. By appointment only.
Contact website to make an appointment. Masks required. If you have questions please
email info@burritobrigade.org.
Monday to Thursday, 4 to 6 p.m.
<https://burritobrigade.org/waste-to-taste/>

Wednesday Clinic

5th and Washington, under the bridge (458) 201-3317
Black Thistle Street Aid, CORE and Occupy Medical provide a weekly team that includes
a FREE medical clinic and street outreach services. Prescription refills, wound care,
referrals, hygiene supplies, ready-to-eat food, harm-reduction supplies.
Wednesdays, 11 a.m. to 3 p.m.

Meals

Burrito Brigade

Various locations in Eugene / Springfield 541-556-5051
Vegetarian burritos are distributed Saturdays and Sundays 1:45 to 3 p.m. at various
locations including Occupy Medical (1717 Centennial Blvd. Suites 4 & 7 in Springfield,
Oregon) and in front of the White Bird Front Rooms (341 E 12th Ave, Eugene).
Visit their Facebook page, events for current hours
<https://www.facebook.com/EugeneBurritoBrigade/>

Café 60 - Coburg United Methodist Church

91193 N Willamette, Coburg, 97408 541-682-4378
Free meals for seniors 60 and over. COVID Update: All meals are take-out.
Wednesday at noon
<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Creswell Villa

350 S 2nd St, Creswell, 97426 541-895-2338
Free meal for seniors 60 and over. COVID Update: All meals are take-out.
Monday, Wednesday, and Friday at noon
<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Fern Ridge Service Center

25035 W Broadway, Veneta, 97487

541-935-7354

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Monday, Wednesday, and Friday at 11:30 a.m.

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Florence Senior Center

1570 Kingwood, Florence, 97439

541-997-5673

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Monday, Wednesday, and Friday at 11:45 a.m.

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Meals for Seniors - Eugene, Jacobs Dr

Northwest Neighbors, 1221 Jacobs Dr, Eugene, 97402

541-689-8011

Anyone age 60 and older is served regardless of income. Guests under age 60 are welcome to attend for \$8 per meal. COVID Update: All meals are take-out.

Monday to Friday at 11:30 a.m.

<https://lanesenior meals.org/>

Café 60 - Meals for Seniors - Eugene, Olive St.

Olive Plaza, 1135 Olive St, Eugene, 97402

541-342-3515

Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for \$8 per meal. COVID Update: All meals are take-out.

Monday to Friday at 11:45 a.m.

<https://lanesenior meals.org/>

Café 60 - Meals for Seniors - Springfield, W C St.

Springfield Willamalane Adult Ctr, 215 W C St, Springfield, 97477

541-736-4444

Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for \$8 per meal. COVID Update: All meals are take-out.

Monday to Friday at 11:30 a.m.

<https://lanesenior meals.org/>

Café 60 - Riverview Terrace - Cottage Grove

925 W Main St, Cottage Grove, 97424

541-942-9261

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Tuesday, Wednesday, and Thursday at noon

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - The Church of the Nazarene - Oakridge

48187 Highway 58, Oakridge, 97463

541-782-4318

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Tuesday and Thursday at noon

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Viking Sal Senior Center - Junction City

245 W 5th St, Junction City, 97448

541-998-5367

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Monday, Wednesday, and Friday at 11:30 a.m.

<https://lanesenior meals.org/177/Caf-60-Locations>

Community Kitchen at the Trinity Lutheran Church ☩

675 S 7th St, Cottage Grove, 97424

541-942-2373

To-go meals served Monday, Wednesday and Thursday mornings.

Mondays, Wednesdays, Thursdays 8:30 a.m. to 12:30pm

<http://tlccg.com/>

Community Outreach through Radical Empowerment (CORE)

150 West Broadway, Eugene, 97401 (Spectrum)

503-877-5320

SOAP (Street Outreach Alliance Program) is a multifaceted, collaborative street outreach program. CORE partners with different agencies in the community to provide consistent and effective outreach to our neighbors living on the streets and in camps in the Eugene/Springfield area. Street Feed is a program that offers free hot meals and survival supplies every other Friday in Downtown Eugene. Street Feed exists to create safe space and access to resources for people between the ages of 16 and 24. Harm Reduction Distribution (HRD) is a low barrier program that creates access to harm reduction supplies as well as providing education around safer use and resource navigation in our community. HRD operates from a harm-reduction, empowerment, and strengths based model.

Every other Friday, 5 to 7 p.m.

<https://coreeugene.org/>

Cross Fire Hands of Hope

942 E 28th St., Springfield, OR 97477

541-686-5433

Food boxes available on Thursdays noon to 4 p.m. Closed on the first Thursday of every month. To-go meals available Thursdays at 6:15 p.m. and Sundays at 8:30 a.m.

Thursday noon to 4 p.m. and to-go meals Thursdays 6:15 p.m., Sundays 8:30 a.m.

https://www.mycrossfire.com/cgi-bin/htmos.cgi/apps/ministries/ministries.html?mid=food_ministry&ld=cfm

Ebbert United Methodist Church

532 C Street, Springfield, 97477

541-746-3513

Meals served. Breakfast on Mondays from 8:30 to 10:30 a.m. Sack lunches on Tuesdays and Thursdays from 8 a.m. to 11:15 p.m. Community meal on Wednesdays at 5 to 7 p.m. Saturday dinner 3 to 4 p.m. provided by Hope House. Clothing closet open Wednesdays at meal times.

Monday, Wednesday, Thursday 8 to 11:30 a.m.; Wednesday 5 to 7 p.m.; Saturday 3 to 4 p.m.

<https://ebbertumc.org/>

Eugene Catholic Worker

Currently without a physical location

541-654-5596

No services available now.

Message through their Facebook page for current events

<https://www.facebook.com/eugene catholic worker>

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/>

Eugene Seventh Day Adventist Church 🌐 🇺🇸

1275 Polk St, Eugene, 97402

541-683-4169

Free meals on the 2nd, 3rd and 4th Saturdays of each month, 1 p.m.

The second and fourth Saturday at 1 p.m.

<https://eugeneor.adventistchurch.org/>

FOOD For Lane County - The Dining Room

270 W 8th (8th & Lincoln), Eugene, 97401

541-284-1340

Serving to-go meals for first 250 guests. Must be 18 or older unless with legal guardian.

Monday to Thursday, noon to 2:45 p.m.

<https://foodforlanecounty.org/get-help/fflcs-dining-room/>

Fern Ridge Service Center 🌐 🇺🇸

25035 W Broadway Ave, Veneta, 97487

541-935-4555

A variety of activities and programs with low or no cost for individuals age 50 and over.

Food boxes for all ages. Cafe 60 and Meals on Wheels Monday, Wednesday, Friday.

Information and referrals, outreach casework. Limited financial assistance for energy bills, prescriptions, scholarships for youth activities. COVID Update: Hours may vary during the pandemic.

Monday to Friday, 9 a.m. to 2 p.m.

<https://midlanecares.com/>

First Christian Church - Sunday Breakfast 🌐 🇺🇸

1166 Oak St, Eugene, 97401

541-344-1425

Meal service closed during the pandemic.

Meal closed during pandemic

<https://www.heartofeugene.org/>

First Place Family Center 🌐 🇺🇸

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken.

COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

Food Not Bombs 🇺🇸

Park Blocks across from the courthouse in Eugene

Facebook messenger

Nutritious, vegan meal served Fridays at 4 p.m. in the Park Blocks across from the courthouse.

Friday 4 p.m.

<https://www.facebook.com/foodnotbombseugene/>

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>

Looking Glass - New Roads Program

941 W 7th Ave, Eugene, 97402

541-686-2688

One-hour appointments available to those not in the overnight shelter Monday to Friday 10 a.m. to 3 p.m. for food, clothing and showers. Drop-in hours are Monday to Friday, 5 p.m. to 7 p.m. Overnight shelter for youth 12-21 only. Meals provided for overnight guests. COVID Update: screening at the door.

Monday through Friday, 10 a.m. to 3 p.m. and 5 to 7 p.m.

<https://www.lookingglass.us/new-roads>

Meals on Wheels - Creswell 🌐

Cresview Villa, 350 S 2nd St, Creswell, 97426

541-682-3353

Delivers meals to homebound seniors over 60. Frozen meals available by request.

Monday, Wednesday, Friday 11 a.m. to 1 p.m.

<https://lanesenior meals.org/>

Meals on Wheels - Eugene

1015 Willamette St, Eugene, OR 97401

541-607-5065

Meals delivered to people age 60 and older and their spouses who cannot get out much due to illness or advanced age. Please call to sign up and get more information.

Please call

<https://lanesenior meals.org/>

Meals on Wheels - Florence 🌐 🇺🇸

1570 Kingwood St, Florence, 97439

541-682-3353

Delivers meals to homebound seniors over 60 at noontime Mondays, Wednesdays, and Fridays.

Monday, Wednesday, Friday 11 a.m. to 1 p.m.

<https://lanesenior meals.org/>

Meals on Wheels - Oakridge

48187 Hwy 58 Oakridge, 97463

541-682-3353

Delivers meals to homebound seniors over 60 on Tuesdays and Thursdays. Frozen meals are available by request. No fee is charged but donations are appreciated.

Tuesday and Thursday 11 a.m. to 1 p.m.

<http://lanesenior meals.org/>

Meals on Wheels - Veneta

25035 W Broadway Ave, Veneta, 97487

541-682-3353

Delivers meals to home bound seniors over 60 on Mondays, Wednesdays and Fridays. Frozen meals are available.

Mondays, Wednesdays, and Fridays

<https://lanesenior meals.org/>

New Hope Baptist Church 🇺🇸

597 S Front St, Creswell, 97426

541 895-4436

Free drive-through meals.

Wednesday 5 to 6 p.m.

<https://www.newhopecreswell.com/>

Senior Meals - Olive Plaza 🇺🇸

1135 Olive St, Eugene, 97402

541-342-3515

Nourishing to-go meals served for seniors over 60. Closed on the third Friday of every month.

Monday to Friday 10 a.m. to noon. Third Friday closed.

<https://lanesenior meals.org/>

Share Fair

Various

Email available

Every month Share Fair gives away care packages and food at five locations. The service is mobile. The locations includes Washington/Jefferson Park, Whittaker, Downtown Eugene, West Eugene and Springfield. If you need a care package, please check out the website or contact us through email, sharefair@neighborhoodanarchists.org

Last Tuesday of every month, 3 to 6:30 p.m.

<https://neighborhoodanarchists.org/sharefair/>

Skate Park Breakfasts

5th Ave between Washington and Jefferson

831-601-0022

Breakfasts. Blankets, sleeping bags, boots, socks, jackets, as available.

Wednesday to Saturday, 9 to 10 a.m.

No website available, call listed phone number for more information

St. John Maximovitch Church

304 Blair Blvd, Eugene, 97402

541-484- 5810

Breakfast served the first Saturday of every month 9 to 11 a.m.

The first Saturday of every month, 9 to 11 a.m.

<http://stjohnthewonderworker.org/our-ministries/first-saturday-neighborhood-breakfast/>

St. Mary's Episcopal Breakfast

1300 Pearl St, Eugene, 97401

541-343-9253

Breakfast served the second and fourth Saturday of every month at 9:30 a.m.

The second and fourth Saturday of every month at 9:30 a.m.

<http://www.saint-marys.org/>

St. Vincent de Paul - Eugene Service Station &

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdvp.us/what-we-do/homeless-services/eugene-service-station/>

Summer Food Program by Food for Lane County

Check website for locations in Lane County

541-343-2822

Meals available Monday to Friday for children 18 and under; from late June to late

August. Variety of locations throughout Lane County, different every summer. Please

call or check the website for schedule. COVID Update: Food to go provided

Summers, Monday to Friday, 9 a.m. to 4 p.m.

<https://foodforlanecounty.org/get-help/>

Valley United Methodist Church &

25133 E Broadway Ave, Veneta, 97487

541-935-1614

Community meal served to go 4:30 p.m. to 6:30 p.m. In the winter (when temperatures is 28 degrees or below) opens as an overnight warming shelter at 5 p.m., with dinner served; closes 8 a.m. Call for more information about AA meetings and availability for transitional camping. The pastor is a licensed counselor specializing in grief and willing to speak with those who are in grief. COVID Update: Meals to go; limited capacity; please check in the church early.

Sunday 4:30 to 6:30pm

<http://www.valleychurchveneta.org/>

Health

Addiction Recovery Services

Alcoholics Anonymous Meetings (AA)

741 Main St, Suite A Springfield, 97477

541-342-4113

Helps find an AA meeting nearby. Phone calls may be answered after 5 p.m. Meetings listed on website.

Monday to Friday, 9 a.m. to 5 p.m.

<https://eviaaweb.org/>

Buckley's Sobering Services 🌐 ♿

605 W 4th Ave, Eugene, 97402

541-762-4575

The first step toward becoming sober. Sobering and medical detox on site. Walk up to the building, call, or get transportation from CAHOOTS. Spanish speakers available. COVID Update: The center is open, and staff is available but please don't enter the building.

All hours, every day

<https://wfts.org/sobering.htm>

Celebrate Recovery - Awakening Church, Eugene

757 W Broadway, Eugene, 97402

458-210-1737

Faith-based 12-step recovery support

Tuesday 7 p.m.

<https://www.celebraterecovery.com>

Celebrate Recovery - Crossfire Outreach International

242 28th St, Springfield, 97477

458-210-1737

Faith-based 12-step recovery support

Thursday 7 p.m.

<https://www.celebraterecovery.com>

Celebrate Recovery - Dayspring Fellowship

1580 River Rd, Eugene, 97404

458-210-1737

Faith-based 12-step recovery support

Thursday 6:15 p.m.

<https://www.celebraterecovery.com>

Celebrate Recovery - Echo Hollow Crossfire Church

1310 Echo Hollow Rd, Eugene, 97402

458-210-1737

Faith-based 12-step recovery support

Friday 7 p.m.

<https://www.celebraterecovery.com>

Celebrate Recovery - First Church of the Nazarene

830 Madison St, Eugene, 97402

458-210-1737

Faith-based 12-step recovery support

Tuesday 7 p.m.

<https://www.celebraterecovery.com>

Celebrate Recovery Meeting at Calvary Chapel, Cottage Grove

1447 North Highway 99, Cottage Grove, 97424 541-942-6842 or 541-554-8135
Faith-based 12-step recovery support program for all hurts, hang-ups, and habits.
Thursdays at 6:30 p.m. Additional materials available on their website.
Thursday 6:30 p.m.
<https://www.celebraterecovery.com>

Center for Family Development Outpatient Substance Use Recovery ☎

240 E 12th Ave, Eugene OR 97401 541-342-8437
Services provided include: individual and group therapy, family therapy, peer support, urine analysis, and collaboration with referring agencies. Please call to sign in. COVID Update: All therapy is over Zoom or phone. All details subject to change during pandemic.
Monday to Friday, 8 a.m. to 5:30 p.m.
<http://www.c-f-d.org/>

Co-Dependents Anonymous (CoDA)

341 E 12th Ave, Eugene, 97401 541-341-1657 or 541-505-2956
A 12-step recovery program from co-dependence. The only requirement for membership is a desire for healthy and loving relationships. Local meeting times and places are available by phone, or by visiting the website. COVID update: Masks required.
Local meeting times and places are available by phone, or by visiting the website
<http://coda.org/>

Emergence Addiction and Behavior Therapies Counseling Program ☎

2149 Centennial Plaza, Ste 4, Eugene, 97401 541-393-0777
Provides substance abuse, gambling, addiction, and mental health treatment. Support groups, and outpatient care. Specializes in Dialectical Behavior Therapy. Oregon Health Plan accepted. Call for appointment, no walk-in. COVID Update: Tele-health and Zoom available.
Monday to Friday, 8 a.m. to 5 p.m.
<http://4emergence.com/>

Lane County Methadone Treatment Program ☎

151 W 7th Ave, Rm 163, Eugene, 97401 541-682-4464, Spanish 541-682-4464
Provides outpatient chemical dependency treatment for adults with opiate addictions. For information in Spanish, please call (541) 682-4464.
Monday to Friday, 6 a.m. to 10 a.m.; Saturday and Sunday, 7 a.m. to 10 a.m.
https://lanecounty.org/government/county_departments/health_and_human_services/t

Laurel Hill Center - Psychiatric Rehabilitation Services ☎

2145 Centennial Plaza, Eugene, 97401 541-485-6340
Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have Oregon Health Plan.
Monday to Friday, 8 a.m. to 5 p.m.
<http://www.laurel.org/>

Laurel Hill Center - Psychiatric Rehabilitation Services ☎

210 E 6th Ave, Junction City, 97448 541-780-6361
Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have Oregon Health Plan.
Monday to Friday, 8 a.m. to 5 p.m.
<http://www.laurel.org/>

NA (Narcotics Anonymous) Meetings

Various locations in Lane County

541-729-0080

Helps one find an NA meeting near them. COVID Update: Meeting availability subject to change; check website. Zoom dial-in: 253-215-8782 (Tacoma, WA) or 669-900-6833 (San Jose, CA).

All hours, every day

<http://lanecountyarea-na.org/>

Nar-Anon Family Groups

Call for location

1-800-477-6291

Support groups for family and friends affected by a loved one's substance abuse. Call for meeting times and places. No dues or fees. COVID Update: Some groups are returning to physical meetings, but others are still meeting virtually.

Monday to Friday 9 a.m. to 5 p.m.

<https://www.nar-anon.org/>

ODI Clinic: Adolescent & Family Services 🇺🇸

10 Shelton McMurfhey Blvd (4th and Pearl), Eugene, 97401

541-284-7560

Provides no-cost treatment for youth addiction (12-18) that includes cognitive behavioral approaches with active parent involvement. Families wishing to see a counselor at the OSLC location should call and ask for an appointment with Adolescent & Family Services.

Call to schedule an appointment

<https://www.odiclinic.org/afs/>

ODI Clinic: Centro Latino Americano 🇺🇸 🇲🇽

944 W 5th Ave, Eugene, 97402

541-687-2667

Provides treatment for youth addiction that includes cognitive behavioral and behavioral approaches with active parent involvement. Provides for the local Latino population social services, alcohol and addiction treatment, community health care, translation services for youth and adults.

Monday to Thursday 9 a.m. to noon, 1 p.m. to 4.30 p.m.; Friday 9 a.m. to noon.

<https://centrolatinoamericano.org/>

Serenity Lane 🇺🇸 🇲🇽

4211 West 11th Ave, Eugene, 97402

1-800-543-9905 / 541-485-1577

Outpatient services and DUI assistance.

Monday to Friday, appointments as scheduled within guidelines

<https://serenitylane.org/location/eugene-or/>

Serenity Lane - Residential Treatment Center 🇺🇸 🇲🇽

91150 Coburg Industrial Way, Coburg, 97408

541-687-1110

Detox and treatment center for alcohol and other drug addictions with inpatient / residential and outpatient services to adults 18 years and older. OHP accepted for detox and outpatient services only. Facilities in Coburg and Eugene, please call.

Every day, 8 a.m. to 5 p.m.

<https://serenitylane.org/>

South Lane Mental Health 🇺🇸 🇲🇽

1345 Birch Ave, Cottage Grove, 97424

541-942-3939

Day center from 9 a.m. to 11 a.m. with substance-use treatment. Counseling, crisis service, medication management and housing support available.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.slmh.org/>

South Lane Mental Health Recovery Center ♿

75 S 5th St, Cottage Grove, 97424

541-767-4260

A five-bed mental health foster home for adults with severe mental illnesses. Case management and youth counseling available. Recovery services available for both adults and youth.

Monday to Friday, 9 a.m. to 5 p.m.

<https://www.slmh.org/recovery-services/>

White Bird - Chrysalis Behavioral Health Outpatient Services ♿

350 E 11th Ave, Eugene, 97401

541-683-1641

Services for substance abuse and mental health care through individual and group counseling. Also, an opiate treatment program, DUII education and rehabilitation. Intake form available online.

Monday to Thursday, 9 a.m. to 6 p.m. (closed Thursday 11:30 a.m. to 2:30 p.m.)

<https://whitebirdclinic.org/>

Willamette Family Inc. - Rapid Access Center 🌐 ♿

195 W 12th, Eugene, 97401 (2nd floor)

541-762-4300

Same day treatment services for those in crisis with mental health issues and alcohol or drug abuse. After intake, there are immediate services, including transportation to sobering or detox. Transitional housing is available for clients only. Walk in or call.

Monday to Thursday 8 a.m. to 5 p.m., Friday 8 a.m. to 4:30 p.m.

<https://wfts.org/rac.htm>

Counseling & Mental Health

Bushnell University - Counseling Center 🌐

755 E 11th Ave, Eugene, 97401

541-349-7471

Graduates in the Community Counseling Program provide individual counseling for a low cost. Initial consultation free; hardship waivers available for non-students. Free for students. Call for an appointment. COVID Update: Offering in-person and tele-health counseling (depends on current state guidelines). Face coverings required for in-person sessions.

Monday to Friday, 8 a.m. to 8 p.m.

<https://www.bushnell.edu/life-at-bushnell/wellness-safety/counseling-center/>

CAHOOTS - Eugene only

Phone 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, operated by White Bird Clinic.

All hours, every day

<https://whitebirdclinic.org/cahoots/>

CAHOOTS - Springfield only

Phone 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, operated by White Bird Clinic.

All hours, every day

<https://whitebirdclinic.org/cahoots/>

Center for Community Counseling ☎

1465 Coburg Rd, Eugene, 97401

541-344-0620

Mental health services for low income adults. Classes and group sessions on managing emotions and parenting and long-term counseling. Sliding scale. No Oregon Health Plan.

Monday to Thursday, 9 a.m. to 3 p.m.

<https://www.cceugene.org/>

Center for Family Development - North Building ☎

240 E 12th Ave, Eugene, 97401

541-342-8437

Outpatient mental health programs for children, adolescents, and adults.

Specializations include: child abuse, sexual behavior, depression, ADHD, anxiety, delinquent behavior, and group therapy. OHP accepted. COVID Update: Therapy is over Zoom. All information is subject to change during the pandemic.

Monday to Friday, 8 a.m. to 5:30 p.m.

<http://c-f-d.org/>

Early Assessment and Support Alliance (EASA) ☎

1200 Hilyard St, Ste 570, Eugene, 97401

458-205-7070

The First Episode Program helps people ages 15-25 who have recently experienced their first psychotic break. Services provided include: assessment, counseling, peer support, vocational education, job search assistance, medication management and case management.

Monday, Tuesday, Thursday from 8:30 a.m. to 6 p.m.; Wednesday 9 a.m. to 6 p.m.; Friday 8 a.m. to 5 p.m.

<http://www.easacommunity.org/>

Emergence Addiction and Behavior Therapies Counseling Program ☎

2149 Centennial Plaza, Ste 4, Eugene, 97401

541-393-0777

Provides substance abuse, gambling, addiction, and mental health treatment. Support groups, and outpatient care. Specializes in Dialectical Behavior Therapy. Oregon Health Plan accepted. Call for appointment, no walk-in. COVID Update: Tele-health and Zoom available.

Monday to Friday, 8 a.m. to 5 p.m.

<http://4emergence.com/>

Eugene Vet Center ☎

190 East 11th Ave, Eugene, 97401

541-465-6918

Individual, family and group mental health counseling for vets and the families of vets who served in combat in need of readjustment to society or for those who are experiencing trauma. COVID Update: In person initial appointments and then scheduled on a case-by-case basis. Employment assistance is suspended through the end of the year and likely through June, 2021.

Monday to Saturday, 8 a.m. to 4:30 p.m.

https://www.va.gov/find-locations/facility/vc_0626V

Laurel Hill Center - Psychiatric Rehabilitation Services 🌐 ☎

2145 Centennial Plaza, Eugene, 97401

541-485-6340

Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have Oregon Health Plan.

Monday to Friday, 8 a.m. to 5 p.m.

<http://www.laurel.org/>

Laurel Hill Center - Psychiatric Rehabilitation Services 🌐 📞

210 E 6th Ave, Junction City, 97448

541-780-6361

Adult psychiatric rehabilitation center with housing, employment, outreach and wellness programs. Must have Oregon Health Plan.

Monday to Friday, 8 a.m. to 5 p.m.

<http://www.laurel.org/>

Looking Glass Community Services 🌐 📞

260 E 11th Ave, Eugene, 97401

541-484-4428

Outpatient mental health and substance abuse treatment. Individual, family, and group therapy for children, adolescents, adults, and their families.

Monday to Thursday 8 a.m. to 6 p.m.; Friday 8 a.m. to 5 p.m.

<https://www.lookingglass.us/>

Looking Glass Crisis Response Line

Phone only

1-888-989-9990

24-hour crisis prevention helpline for families with children or runaways ages 17 and under.

All hours, every day

<https://www.lookingglass.us/>

National Alliance on Mental Illness Lane County (NAMI) 🌐

129 9th St, Springfield 97477

541-343-7688

Zoom meetings for family members, caregivers, and loved ones of individuals living with mental health condition. Call to register, or register online.

Wednesday 4 p.m. to 6 p.m.

<https://namilane.org/>

National Suicide Prevention Lifeline

Phone only

1-800-273-8255

Free and confidential counseling for those who are in a suicide crisis. Assistance in Spanish available; specific resources available for various communities (i.e. youth, Veterans, LGBTQ+, Deaf/Hard of Hearing, Native Americans, and more).

All hours, every day

<https://suicidepreventionlifeline.org/>

SASS - Sexual Assault Support Services 🌐

591 W 19th Ave, Eugene, 97401

541-343-7277

Counseling and support services for those who are sexually assaulted (present or past). Services free of charge. COVID Update: In-person services are on hold, support groups are offered online. Spanish spoken.

Tuesday, Wednesday, Thursday 9 a.m. to 4 p.m., drop-in center hours

<http://sass-lane.org/>

SASS Crisis Line

Phone only

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

Crisis and support services for those who are sexually assaulted (present or past).

All hours, all days

<http://sass-lane.org/>

South Lane Mental Health 🌐 📞

1345 Birch Ave, Cottage Grove, 97424

541-942-3939

Day center from 9 a.m. to 11 a.m. with substance-use treatment. Counseling, crisis service, medication management and housing support available.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.slmh.org/>

South Lane Mental Health Recovery Center ♿

75 S 5th St, Cottage Grove, 97424

541-767-4260

A five-bed mental health foster home for adults with severe mental illnesses. Case management and youth counseling available. Recovery services available for both adults and youth.

Monday to Friday, 9 a.m. to 5 p.m.

<https://www.slmh.org/recovery-services/>

Veterans Crisis Hotline ☎

Phone only

800-273-8255, press 1

Support line for all veterans, service members, National Guard members and their families. Translation service available.

All hours, every day

White Bird - Chrysalis Behavioral Health Outpatient Services ♿

350 E 11th Ave, Eugene, 97401

541-683-1641

Services for substance abuse and mental health care through individual and group counseling. Also, an opiate treatment program, DUII education and rehabilitation. Intake form available online.

Monday to Thursday, 9 a.m. to 6 p.m. (closed Thursday 11:30 a.m. to 2:30 p.m.)

<https://whitebirdclinic.org/>

White Bird - Counseling Program ♿

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides individual and family counseling. This therapy is for adults wanting to clarify and explore issues in their lives and/or for more in-depth healing and growth. Also provides end-of-life counseling. No walk in; please make an appointment. Intake form available online.

Monday to Friday, 8 a.m. to 5 p.m.

<https://whitebirdclinic.org/>

Willamette Family Inc. - Rapid Access Center ☎ ♿

195 W 12th, Eugene, 97401 (2nd floor)

541-762-4300

Same day treatment services for those in crisis with mental health issues and alcohol or drug abuse. After intake, there are immediate services, including transportation to sobering or detox. Transitional housing is available for clients only. Walk in or call.

Monday to Thursday 8 a.m. to 5 p.m., Friday 8 a.m. to 4:30 p.m.

<https://wfts.org/rac.htm>

Womenspace - Domestic Violence Advocacy Center ☎ ♿

1577 Pearl St, 2nd Floor, Eugene, 97401

541-485-8232

Emergency and support services for domestic violence survivors in intimate partner relationships. Includes emergency shelter, legal advocacy, transportation, safety planning, case management, and children and youth services. All services free of charge. COVID Update: Drop-in service is currently not available, but mobile advocates are responding to needs.

Monday to Friday, 9 a.m. to 4:30 p.m.

<https://www.womenspaceinc.org/>

Dental

Lane Community College Dental Clinic 🌐 ♿

2460 Willamette St, Eugene, 97405

541-463-5206

Services include root canals and crowns, fillings, extractions, hygiene appointments, x-rays, and dentures. New patients call for an evaluation. No walk-in or immediate appointments available.

Monday to Friday, some Saturdays 8 a.m. to 5 (closed Friday during summer)

<https://www.lanecc.edu/dentalclinic>

White Bird - Community Dental Clinic 🌐 ♿

1415 Pearl St, Eugene, 97401

541-344-8302

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

Monday to Friday, 8 a.m. to 5 p.m.

<https://whitebirdclinic.org/>

Willamette Family Health Clinic 🌐 ♿

195 W 12th, Eugene, 97401 (1st floor)

541-762-4325

Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays and Tuesdays only. Provides OHP sign up.

Monday to Friday, 8 a.m. to 12 p.m. (closed during lunchtime) 1 p.m. to 5 p.m.

<https://wfts.org/health-clinic.htm>

HIV / AIDS

Alton Baker Park Syringe Dropoff

100 Day Island Rd, Eugene, 97401 (near bathroom)

541-342-5088

Syringe drop off

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Buckley Center Syringe Drop Off

605 W 4th Ave, Eugene, 97402

541-342-5088

Syringe drop off

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Eugene Service Station Syringe Drop-off

450 OR-99, Eugene, 97402

541-342-5088

Syringe drop off

Every day, 8 a.m. to 5 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance - Cottage Grove Needle Exchange

75 S 5th St, Cottage Grove, 97424

541-342-5088

Provides syringe exchange and harm reduction services as well as HIV and hepatitis C testing.

Tuesdays 5:30 to 7 p.m.

<https://hivalliance.org/prevent/syringe-services/#syringe-exchange>

HIV Alliance Community

1195A City View St, Eugene, 97402

541-342-5088

Syringe drop off, needle exchange services. Helps people living with HIV/AIDS to stabilize and maintain their health through support, advocacy, referral services and emergency financial assistance for basic needs like housing, food, electricity and heat, and medication. Call for services by phone; no in-person appointments. HIV and hepatitis C testing for high-risk individuals.

Monday to Friday, 10 a.m. to 2 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance Outreach - Florence Needle Exchange

310 9th St, Florence, OR 97439 (Peace Harbor Medical)

541-342-5088

Needle exchange services provided to reduce hepatitis C and HIV in Lane County.

1st and 3rd Fridays, 11 a.m. to 3 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance Outreach - Needle Exchange

1195A City View St, Eugene, 97402

541-342-5088

Needle exchange services provided to reduce hepatitis C and HIV in Lane County.

Check website for schedule.

Tuesday 1 to 3 p.m. and Friday 1 to 5 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance Outreach - Wednesday Needle Exchange

1400 Mill St, Eugene, OR 97401 (White Bird)

541-342-5088

Needle exchange services provided to reduce hepatitis C and HIV in Lane County.

Wednesdays 6 to 7:30 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance, Inc. - Case Management

1195A City View St, Eugene, 97402

541-342-5088

Helps people living with HIV/AIDS to stabilize and maintain their health through support, advocacy, referral services and emergency financial assistance for basic needs like housing, food, electricity and heat, and medication. Call for services by phone; no in-person appointments. HIV and hepatitis C testing for high-risk individuals.

Monday to Friday, 9 a.m. to 5 p.m.

<https://hivalliance.org/>

HIV Alliance, Inc. - HIV and Hepatitis C Testing 🌐 📍

1195A City View St, Eugene, 97402

541-342-5088

Offers free HIV and hepatitis C testing for high risk individuals. Results are available in 20 minutes.

Monday 3 to 7 p.m.; Tuesday 5 to 7 p.m.; Thursday 6 to 8 p.m.; Friday 1 to 5 p.m.

<https://hivalliance.org/>

Integrated Health Clinics of Eugene 🌐 📍

715 Lincoln St, Eugene, 97401

541-344-3574

Services for opioid-addicted persons include: HIV/Hepatitis screening and counseling, TB testing, medication monitoring, medically-supervised detoxification, urine drug screens, treatment/relapse prevention planning, individual, and group counseling, referrals for educational, vocational and other ancillary services, prevention education, intervention, mentor program.

Monday to Friday, 6 a.m. to 2:30 p.m; Saturday 7 to 9:30 a.m.

<http://integratedclinics.com/>

Springfield Library Syringe Drop-off

225 5th Street, Springfield, 97477 (under walkway)

541-342-5088

Syringe drop off

Monday to Saturday 10 a.m. to 6 p.m.

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box Sites

Visit their website for current drop-box locations:

541-342-5088

Syringe drop-box sites in Eugene/Springfield: HIV Alliance Main Office: 1195a City View

St White Bird Clinic: 341 E 12th Ave Buckley House Detox: 605 W 4th Ave Springfield

Library: 225 N 5th St, Springfield Eugene Service Station on Hwy 99: 450 OR-99

Washington-Jefferson Park near the skatepark restrooms Alton Baker Park: 100 Day

Island Park (near the bathroom) Emergence: 1461 Oak St Coburg Bike Path: near 76 Gas

Station (near the corner of Coburg and MLK Jr. Blvd) For locations throughout Lane

County for disposing your sharps disposal containers year-round, see the Prevention

Lane website.

See website for hours by location

<https://preventionlane.org/sharps-disposal-locations-in-lane-county>

Washington-Jefferson Park Syringe Drop-off

Between Washington St and Jefferson St at 1st Ave (near skatepark bathrooms)

541-342-5088

Syringe drop-off at container. When checking the HIV Alliance website, please excuse the street address they've included for the Washington-Jefferson Park, for all familiar with Eugene, that will look off, and it is off. The address included here, near the skatepark, is the one.

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

White Bird Needle Exchange

1400 Mill St, Eugene, 97401

541-484-4800

The program works to keep sterile syringes accessible so that those who inject drugs or hormones do not feel a need to share their syringes and risk becoming infected with HIV, HCV, or another blood-borne disease.

Wednesdays 6:00 p.m. to 7:30 p.m.

<https://hivalliance.org/prevent/syringe-services/>

Medical Clinics / Urgent Care / Emergency Rooms

Community Health Clinics of Lane County - Eugene, Chambers St 🌐 ♿

Brookside Clinic, 1680 Chambers St, Suite 103 Eugene, 97402

541-682-3550

Health care center for all; accepts Oregon Health Plan. Accepting new patients.

Assistance with Oregon Health Plan applications is available. Lane County Family Planning services are available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry.

Monday to Friday, 8 a.m. to 5 p.m.

lanecounty.org/chc

Community Health Clinics of Lane County - Eugene, Green Acre Rd 🌐 ♿

Delta Oaks Clinic, 1022 Green Acre Rd Eugene, 97408

541-682-3550

Health care center for all, accepts Oregon Health Plan. Accepting new patients.

Assistance with OHP applications is available. Lane County Family Planning services are available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry.

Monday to Friday, 8 a.m. to 5 p.m.

lanecounty.org/chc

Community Health Clinics of Lane County - Eugene, MLK Jr Blvd 🌐 📞

LCBH Primary Care, 2411 Martin Luther King Jr Blvd, Eugene, 97401 541-682-3550
Health care center for all; accepts Oregon Health Plan. Accepting new patients. Lane County Family Planning services are available. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Eugene, W 7th 🌐 📞

Charnelton Health Clinic, 151 W 7th Ave, #100 Eugene, 97401 541-682-3550
Health care center for all; accepts Oregon Health Plan. Accepting new patients. Lane County Family Planning services are available. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Springfield, 10th St 🌐 📞

Springfield Schools Health Center, 1050 10th St, Springfield, 97477 541-682-3550
Health care center for all; accepts Oregon Health Plan. Accepting new patients. Lane County Family Planning services are available. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Springfield, Olympic St 🌐 📞

Riverstone Clinic, 2073 Olympic St, Springfield, 97477 541-682-3550
Lane County Family Planning services are available. Health care center for families; accepts Oregon Health Plan. Accepting new patients. Assistance with OHP applications is available. COVID Update: Phone visits are available. Masks are required and all visitors and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Dexter Clinic 🌐 📞

38843 Dexter Rd, Dexter, 97431 541-937-2134
This is a family practice that covers the treatment of chronic and sudden illness, health-care screening, immunizations, minor surgical procedures, lab tests, prescriptions, minor emergency care and referral service to appropriate agencies. COVID Update: Symptom check before entry. No visitors except those accompanying patients needing assistance. Online video appointments available.
Monday to Friday, 8 a.m. to 5 p.m.
<https://www.peacehealth.org/phmg/cottage-grove/locations/dexter>

Eugene VA Healthcare Center 📞

3355 Chad Dr, Eugene, 97408 541-607-0897
Full service hospital for veterans.
Monday to Friday, 8 a.m. to 4:30 p.m.
<https://www.roseburg.va.gov/locations/eugene.asp>

Integrated Health Clinics of Eugene 🌐 ♿

715 Lincoln St, Eugene, 97401

541-344-3574

Services for opioid-addicted persons include: HIV/Hepatitis screening and counseling, TB testing, medication monitoring, medically-supervised detoxification, urine drug screens, treatment/relapse prevention planning, individual, and group counseling, referrals for educational, vocational and other ancillary services, prevention education, intervention, mentor program.

Monday to Friday, 6 a.m. to 2:30 p.m.; Saturday 7 to 9:30 a.m.

<http://integratedclinics.com/>

Lane County Public Health Services ♿

151 W 7th Ave #310, Eugene, 97401

541-682-4041

Testing for tuberculosis and sexually transmitted diseases. Immunizations provided.

Accepts Oregon Health Plan.

Monday to Friday, 8 a.m. to 5 p.m.

<https://lanecounty.org/>

McKenzie-Willamette Medical Center 🌐 ♿

1460 G St, Springfield, 97477

541-726-4400

Full hospital with 24 hour emergency services and maternity care.

All hours, every day

<http://www.mckweb.com/>

Mid Lane Cares

25035 W. Broadway Ave, Veneta, OR 97487

541-935-4555

Serves the 475 square mile area known as Fern Ridge with various programs, including:

Love Project Food Pantry Free Medical Clinic Senior Meals & Programs Emergency

Assistance Jim Petty Scholarship Fund S.A.N.T.A. & Silver Tree

Call for specific program hours

<https://midlanecares.com/>

Occupy Medical 🌐 ♿

1717 Centennial Blvd, Springfield, 97477 — Suites 4 and 7

Email available

We offer medical, wound care, herbal medicine and emotional support. All services are

free. Sundays, noon to 4 p.m. Please arrive before 1 p.m. to get your name on the list.

Includes lunch.

Sunday from noon to 4 p.m. — Please arrive early and get your name on the list

between 11:50 a.m. and 1 p.m. to assure you get an appointment.

<http://occupy-medical.org/>

Peace Harbor Hospital - Home Care Services 🌐 ♿

400 9th St, Florence, 97439

541-997-3418

Individualized in-home care is available for patients of all ages, from newborns to

seniors. Hospice services also provided. Call for eligibility requirements and details

about service. Also services Deadwood, Yachats, and Westlake.

All hours, every day

<https://www.peacehealth.org/>

PeaceHealth Medical Group - Urgent Care Center / Springfield

860 Beltline Rd, Springfield, 97477

541-222-7650

Same day care for less than an emergency room. Accepts OHP.

All hours, every day

<https://www.peacehealth.org/>

PeaceHealth Medical Group - Urgent Care Center / Valley River

1400 Valley River Dr, Ste 110, Eugene, 97401

541-222-7375

Same day care for less than an emergency room. Accepts Oregon Health Plan.

Every day, 8 a.m. to 7 p.m.

<https://www.peacehealth.org/>

PeaceHealth Medical Group - Urgent Care Center / West 11th

3321 West 11th Ave, Eugene, 97402

541-222-7200

Same day care for less than an emergency room. Accepts OHP.

Every day, 8 a.m. to 7 p.m.

<https://www.peacehealth.org/>

PeaceHealth Sacred Heart Medical Center University District

1200 Hilyard Ave, Eugene, 97401

541-686-7300

Emergency room

All hours, every day

<https://www.peacehealth.org/>

PeaceHealth Sacred Heart Riverbend 🏠

3333 Riverbend Dr, Springfield, 97477

541- 222-7300.

Full hospital with 24-hour emergency room.

All hours, every day

<https://www.peacehealth.org/>

PeaceHealth Sacred Heart Univ. District 🏠 🚗

1255 Hilyard St, Eugene, 97401

541-686-7300

Full hospital with emergency care provided 24/7

All hours, every day

<https://www.peacehealth.org/>

Peacehealth Medical Group - Cottage Grove Community Hospital and Clinics 🏠 🚗

1515 Village Dr, Cottage Grove, 97424

541-767-5200

Hospital with a 24-hour emergency room.

All hours, every day

<https://www.peacehealth.org/cottage-grove-medical-center>

School Health Centers, Eugene School District

Churchill High, 1850 Bailey Hill Rd Eugene, 97405

541-790-5227

Health clinics for students and siblings ages 0 to 18 during school year; sliding-scale

costs. Mental health counselors on site Monday, Tuesday, Thursday, Friday from 8 a.m.

to 4 p.m. Nurse on site at Churchill, Monday and Thursday.

During the school year, Monday to Friday, 8 a.m. to 4:30 p.m.

<https://www.4j.lane.edu/instruction/student-services/health/healthcare-providers/>

School Health Centers, Eugene School District

North Eugene High, 200 Silver Lane, Eugene, 97404

541-790-4445.

Health clinics for students and siblings ages 0 to 18 during school year, sliding-scale

costs. Mental health counselors on site Monday, Tuesday, Thursday, Friday from 8 a.m.

to 4 p.m. Nurse on site at North Eugene High School, Tuesday and Friday.

During the school year, Monday to Friday, 8:30 a.m. to 4:30 p.m.

<https://www.4j.lane.edu/instruction/student-services/health/healthcare-providers/>

Volunteers in Medicine 🌐

2260 Marcola Rd, Springfield, 97477

541-685-1800

Health clinic and primary care for low-income patients. Call for a pre-screening interview.

Monday, Wednesday, Thursday 9 a.m. to 5 p.m. (closed noon to 1:20 p.m.); Tuesday 1:30 p.m. to 8:30 p.m. (closed 5 to 5:30 p.m.)

<https://vim-clinic.org/patients/services-eugene/>

Wednesday Clinic

5th and Washington, under the bridge

(458) 201-3317

Black Thistle Street Aid, CORE and Occupy Medical provide a weekly team that includes a FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready-to-eat food, harm-reduction supplies.

Wednesdays, 11 a.m. to 3 p.m.

White Bird - Medical Clinic 🌐

1400 Mill St, Eugene, 97401

541-484-4800

Clinicians provide primary care, perform preventative exams, treat injuries, perform minor procedures, and connect patients with mental health and chemical dependency services. COVID-19 testing available. White Bird Medical Clinic accepts most Medicare B and Oregon Health Plan (OHP) insurance.

Monday to Friday, 9 a.m. to 6 p.m. (closed Mondays 12:30 to 2:30 p.m.)

<https://whitebirdclinic.org/>

Willamette Family Health Clinic 🌐

195 W 12th, Eugene, 97401 (1st floor)

541-762-4325

Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays and Tuesdays only. Provides OHP sign up.

Monday to Friday, 8 a.m. to 12 p.m. (closed during lunchtime) 1 p.m. to 5 p.m.

<https://wfts.org/health-clinic.htm>

Needle Exchange / Disposal

Alton Baker Park Syringe Dropoff

100 Day Island Rd, Eugene, 97401 (near bathroom)

541-342-5088

Syringe drop off

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Buckley Center Syringe Drop Off

605 W 4th Ave, Eugene, 97402

541-342-5088

Syringe drop off

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Community Outreach through Radical Empowerment (CORE)

150 West Broadway, Eugene, 97401 (Spectrum)

503-877-5320

SOAP (Street Outreach Alliance Program) is a multifaceted, collaborative street outreach program. CORE partners with different agencies in the community to provide consistent and effective outreach to our neighbors living on the streets and in camps in the Eugene/Springfield area. Street Feed is a program that offers free hot meals and survival supplies every other Friday in Downtown Eugene. Street Feed exists to create safe space and access to resources for people between the ages of 16 and 24. Harm Reduction Distribution (HRD) is a low barrier program that creates access to harm reduction supplies as well as providing education around safer use and resource navigation in our community. HRD operates from a harm-reduction, empowerment, and strengths based model.

Every other Friday, 5 to 7 p.m.

<https://coreeugene.org/>

Eugene Service Station Syringe Drop-off

450 OR-99, Eugene, 97402

541-342-5088

Syringe drop off

Every day, 8 a.m. to 5 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance Community

1195A City View St, Eugene, 97402

541-342-5088

Syringe drop off, needle exchange services. Helps people living with HIV/AIDS to stabilize and maintain their health through support, advocacy, referral services and emergency financial assistance for basic needs like housing, food, electricity and heat, and medication. Call for services by phone; no in-person appointments. HIV and hepatitis C testing for high-risk individuals.

Monday to Friday, 10 a.m. to 2 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance Outreach - Monday Needle Exchange

499 W. 4th Ave., Eugene, OR 97401 (Sheltercare)

541-342-5088

Needle exchange services provided to reduce hepatitis C and HIV in Lane County, on the following schedule:

Mondays 6 to 7:30 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance Outreach - Springfield Needle Exchange

201 S 18th St, Springfield, 97477 (South 18th and A)

541-342-5088

Needle exchange services provided to reduce hepatitis C and HIV in Lane County.

Thursdays 6 to 7:30 p.m.

<https://hivalliance.org/prevent/syringe-services/>

HIV Alliance Outreach - Thursday Needle Exchange

456 Hwy. 99 (Lindholm Center Parking Lot), Eugene, OR 97402

541-342-5088

Needle exchange services provided to reduce Hepatitis C and HIV in Lane County.

Thursdays from 9:45 a.m. to noon

<https://hivalliance.org/prevent/syringe-services/>

SOAP

Call or email to arrange a place to meet

503-877-5320 (text or call)

Harm reduction supplies and case management for youth (16-24) who live on the street. Naloxone Distribution/Overdose Education; Safe Sex Items; Syringe Services; Wound Care Services. Call or email to schedule a time to meet. 541core@gmail.com

All days, all hours

No website available

Springfield Library Syringe Drop-off

225 5th Street, Springfield, 97477 (under walkway)

541-342-5088

Syringe drop off

Monday to Saturday 10 a.m. to 6 p.m.

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box - 1461 Oak

1461 Oak St, Eugene, 97401

541-687-9141

Emergence community syringe drop-box at the Midtown Office - Endeavor Program

Monday to Friday, 8 a.m. to 5 p.m.

<http://4emergence.com/about/locations>

Syringe Drop-Box - Alton Baker Park

100 Day Island Park (near the bathroom)

541-342-5088

Community syringe drop-box site.

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box - City View

1195a City View St, Eugene, 97402

541-342-5088

HIV Alliance main office, community syringe drop-box site.

Monday to Friday, 9 a.m. to 5 p.m.

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box - E 12th

341 E 12th Ave, Eugene, 97401

541-342-5088

Community syringe drop-box site at White Bird Clinic.

Monday to Friday, 9 a.m. to 10 p.m.

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box - Eugene Service Station on Hwy 99

456 State Hwy 99 N, Eugene, 97402

541-342-5088

Community syringe drop-box site. Also provides homeless adults with a warm and welcoming place where they can meet their basic needs.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

Syringe Drop-Box - MLK & Coburg Rd

Ruth Bascom (Coburg Rd) Bike Path near the 76 Gas Station

541-342-5088

Ruth Bascom (Coburg) Bike Path near 76 Gas Station (near the corner of Coburg Road and MLK Jr. Blvd.)

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box - Springfield City Hall

225 5th St, Springfield, 97477

541-342-5088

Near walkway by back stairs/elevator.

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box - W 4th

605 W 4th Ave, Eugene, 97402

541-342-5088

Buckley House Detox community syringe drop-box.

Monday to Friday, 9 a.m. to 10 p.m.

<https://hivalliance.org/prevent/syringe-services/>

Syringe Drop-Box - Washington-Jefferson Park

Between Washington St and Jefferson St at 1st Ave (near skatepark bathrooms)

541-342-5088

Place syringes in the container near skatepark. Address on HIV Alliance website may be in error.

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Washington-Jefferson Park Syringe Drop-off

Between Washington St and Jefferson St at 1st Ave (near skatepark bathrooms)

541-342-5088

Syringe drop-off at container. When checking the HIV Alliance website, please excuse the street address they've included for the Washington-Jefferson Park, for all familiar with Eugene, that will look off, and it is off. The address included here, near the skatepark, is the one.

All hours, every day

<https://hivalliance.org/prevent/syringe-services/>

Wednesday Clinic

5th and Washington, under the bridge

(458) 201-3317

Black Thistle Street Aid, CORE and Occupy Medical provide a weekly team that includes a FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready-to-eat food, harm-reduction supplies.

Wednesdays, 11 a.m. to 3 p.m.

White Bird - Front Rooms Resource Center 🌐 🇺🇸

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing.

Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

White Bird Needle Exchange

1400 Mill St, Eugene, 97401

541-484-4800

The program works to keep sterile syringes accessible so that those who inject drugs or hormones do not feel a need to share their syringes and risk becoming infected with HIV, HCV, or another blood-borne disease.

Wednesdays 6:00 p.m. to 7:30 p.m.

<https://hivalliance.org/prevent/syringe-services/>

Oregon Health Plan Sign Up

Catholic Community Services Eugene Center 🌐 🇺🇸

1464 W 6th Ave, Eugene, 97402

541-345-3628 extension 404

Food pantry, rental assistance, housing referrals, hygiene items, assistance to obtain ID, prescription assistance, referrals to employment counseling, and more. Oregon Health Plan sign-up assistance available. Food pantry is from 8 a.m. to noon Monday, Wednesday, and Friday. Food delivery box for age 60+ is available for those who check in by noon.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Catholic Community Services Springfield Center 🌐 🇺🇸

1025 G St, Springfield, 97477

541-345-3628, extension 324

Food pantry, utility help, ID assistance, housing resources, hygiene items, prescription assistance, rental assistance and SNAP enrollment assistance; Oregon Health Plan sign-up is also available. Food pantry is available 8 a.m. to 11:45 a.m. Monday, Wednesday, Friday. Food delivery box for age 60+ is available for those who check in by 12 p.m.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Oregon Department of Human Services - 11th Ave 🌐 🇺🇸

2101 W 11th Ave, Eugene, 97402

541-686-7722

Apply for state- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Referrals to other services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits> English and Spanish spoken. COVID Update: No computers available, no public restrooms.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Springfield 🌐 🇺🇸

1040 Harlow Rd, Springfield, 97477

541- 726-6644

State- and federally-funded services. Child welfare only. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits> COVID Update: no computers or produce available. Must wear masks and follow the entrance protocol.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Willamette 🌐 🇺🇸

1899 Willamette St, Eugene, 97401

541-686-7555

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at:

<https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services- 30th St 🌐 🇺🇸

101 30th St, Springfield, 97478

541-726- 3525

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. COVID Update: no computers or produce available.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Health Plan

Oregon Health Authority in Salem

800-699-9075

Apply for Oregon Health Plan online.

Every day, 8 a.m. to 5 p.m.

<https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx>

Senior & Disability Services 🌐 🇺🇸

1015 Willamette St, Eugene, 97401

541-682-3353

Provides referrals to a variety of services to seniors and family caregivers throughout Lane County. Referrals for meals, SNAP, Oregon Health Plan, and many other services. Monday to Friday, 10 a.m. to 2 p.m.

<https://www.sdslane.org/1093/Senior-Disability-Services>

White Bird - Navigation Empowerment Services Team (NEST)

323 E 12th Ave, Eugene, 97401

541-816-2793

Assistance with SSI/SSDI assistance from a public benefits specialist. Oregon birth certificate requests, transportation to appointments. Phone access, direct express cards, Assurance/Lifeline phones, and food stamps. Helps clients sign up for the Oregon Health Plan and purchasing private insurance through www.healthcare.gov. Walk in during open hours. Assistance is available by phone until 2 p.m.

Monday to Thursday 9:30 a.m. to 12 p.m.

<https://whitebirdclinic.org/nest>

Willamette Family Health Clinic 🌐 🇺🇸

195 W 12th, Eugene, 97401 (1st floor)

541-762-4325

Primary care health services for those on the Oregon Health Plan. Free dental care on Mondays and Tuesdays only. Provides OHP sign up.

Monday to Friday, 8 a.m. to 12 p.m. (closed during lunchtime) 1 p.m. to 5 p.m.

<https://wfts.org/health-clinic.htm>

Prescription Assistance (non-pain reliever)

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/>

FISH / Trinity United Methodist Church 🇺🇸

440 Maxwell Rd, Eugene, 97404

541-689-9750

Provides emergency food, propane and prescription drug assistance to individuals and families. Operates a food cupboard and takes calls for food, prescription drug and propane assistance five days a week. Phone-in a request for food and pick up from 2 to 3 p.m. the same day. The building is closed. Food provided once a month. ID required.

Monday to Friday, 10:30 a.m. to 1:30 p.m.

<https://trinityumceugene.org/fish-food-pantry/>

Fern Ridge Service Center 🌐 🇺🇸

25035 W Broadway Ave, Veneta, 97487

541-935-4555

A variety of activities and programs with low or no cost for individuals age 50 and over. Food boxes for all ages. Cafe 60 and Meals on Wheels Monday, Wednesday, Friday. Information and referrals, outreach casework. Limited financial assistance for energy bills, prescriptions, scholarships for youth activities. COVID Update: Hours may vary during the pandemic.

Monday to Friday, 9 a.m. to 2 p.m.

<https://midlanecares.com/>

Junction City Local Aid 🇺🇸

210 E 6th Ave, Junction City, 97448

541-998-3992

Food pantry available Tuesdays and Wednesdays 9 a.m. to 1 p.m., Thursdays 3 p.m. to 7 p.m., last Saturday of every month from 10 a.m. to noon. Prescription drug assistance, heating assistance (propane vouchers), bus passes, and clothing also available.

Tuesday and Wednesday 9 a.m. to 1 p.m. Thursday 3 to 7 p.m. and the last Saturday of every month, 10 a.m. to noon
<http://junctioncitylocalaid.org/>

Siuslaw Outreach Services 🇺🇸

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florencesos.org/services.html>

St. Vincent de Paul Social Services 🇺🇸

456 Highway 99 N, Eugene, 97402

541-689-6747

Currently closed. Social Services provides one-time rental assistance, a food pantry, clothing, vouchers for household goods and furniture, propane, prescription assistance, and Second Chance Renters Rehabilitation.

Currently closed

<https://www.svdp.us/get-help/>

Wednesday Clinic

5th and Washington, under the bridge

(458) 201-3317

Black Thistle Street Aid, CORE and Occupy Medical provide a weekly team that includes a FREE medical clinic and street outreach services. Prescription refills, wound care, referrals, hygiene supplies, ready-to-eat food, harm-reduction supplies.

Wednesdays, 11 a.m. to 3 p.m.

Reproductive Health / Birth Control

1st Way of Eugene

1162 B St, #213, Springfield, 97477

541-687-8651

Provides pregnancy tests, baby and toddler clothes, baby wipes, diapers, and furniture for all without charge. Pregnant women can be signed up for insurance and receive referrals for health services. COVID update: Mobile units for ultrasounds not available.

Tuesday and Wednesday, 10 a.m. to 4 p.m.

<https://www.1st-way.org/>

Boys and Girls Aid

Headquarters outside Lane County

503-222-9661, for donations only

Pregnancy counseling to discuss options when pregnant. Answers basic questions about COVID. You can also text "Askme" to 503.841.2672 Chat or text only. Live chat on website available evenings and weekends.

Monday to Friday, 8:30 a.m. to 5 p.m.

<https://www.boysandgirlsaid.org/options>

Community Health Clinics of Lane County - Eugene, Chambers St 🌐 ♿

Brookside Clinic, 1680 Chambers St, Suite 103 Eugene, 97402 541-682-3550
Health care center for all; accepts Oregon Health Plan. Accepting new patients.
Assistance with Oregon Health Plan applications is available. Lane County Family
Planning services are available. COVID Update: Phone visits are available. Masks are
required and all visitors and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Eugene, Green Acre Rd 🌐 ♿

Delta Oaks Clinic, 1022 Green Acre Rd Eugene, 97408 541-682-3550
Health care center for all, accepts Oregon Health Plan. Accepting new patients.
Assistance with OHP applications is available. Lane County Family Planning services are
available. COVID Update: Phone visits are available. Masks are required and all visitors
and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Eugene, MLK Jr Blvd 🌐 ♿

LCBH Primary Care, 2411 Martin Luther King Jr Blvd, Eugene, 97401 541-682-3550
Health care center for all, accepts Oregon Health Plan. Accepting new patients. Lane
County Family Planning services are available. Assistance with OHP applications is
available. COVID Update: Phone visits are available. Masks are required and all visitors
and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Eugene, W 7th 🌐 ♿

Charnelton Health Clinic, 151 W 7th Ave, #100 Eugene, 97401 541-682-3550
Health care center for all; accepts Oregon Health Plan. Accepting new patients. Lane
County Family Planning services are available. Assistance with OHP applications is
available. COVID Update: Phone visits are available. Masks are required and all visitors
and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Springfield, 10th St 🌐 ♿

Springfield Schools Health Center, 1050 10th St, Springfield, 97477 541-682-3550
Health care center for all; accepts Oregon Health Plan. Accepting new patients. Lane
County Family Planning services are available. Assistance with OHP applications is
available. COVID Update: Phone visits are available. Masks are required and all visitors
and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Community Health Clinics of Lane County - Springfield, Olympic St 🌐 ♿

Riverstone Clinic, 2073 Olympic St, Springfield, 97477 541-682-3550
Lane County Family Planning services are available. Health care center for families;
accepts Oregon Health Plan. Accepting new patients. Assistance with OHP applications
is available. COVID Update: Phone visits are available. Masks are required and all
visitors and staff are screened on entry.
Monday to Friday, 8 a.m. to 5 p.m.
lanecounty.org/chc

Northwest Abortion Access Fund 🌐

Phone or website

866-692-2310

Provides abortion information and referral services over the phone, as well as funding for abortions and abortion access issues (transportation, childcare, lodging). You can leave a Spanish-language voicemail. Translation assistance available for other languages.

They will return your call within 24 hours

<https://nwaafund.org/>

Planned Parenthood West Eugene Health Center 🌐 🗺️

793 N Danebo, Eugene, 97402

541-344-9411

Services provided include: Pregnancy tests, birth control, STI and HIV testing, pregnancy testing, abortion referral, both women's and men's health care, reproductive health counseling and education. Menstrual care packets and condoms are available. Accepts Oregon Health Plan. COVID Update: If you have COVID symptoms, call and ask for a triage nurse before making an appointment. Tele-health and virtual education available.

Monday, Tuesday, Wednesday, Friday 9:30 a.m. to 6 p.m. and Thursday 10:30 a.m. to 6 p.m.

<https://www.plannedparenthood.org/health-center/oregon/eugene/97402/west-eugene-health-center-3069-91380>

Planned Parenthood of Southwestern OR - Eugene 🌐 🗺️

3579 Franklin Blvd, Eugene, 97403

541-344-9411

A private family-planning agency providing pregnancy tests, birth control, STI screening and treatment, HIV testing, pregnancy testing, men's and women's health care services, reproductive health counseling, and education. Menstrual care packets and condoms are available. Accepts Oregon Health Plan. COVID Update: If you have COVID symptoms, call and ask for a triage nurse before making an appointment. Tele-health and virtual education available.

Monday, Tuesday, Wednesday, Friday 9:30 a.m. to 6 p.m. and Thursday 10:30 a.m. to 6 p.m.; Saturday 8:30 a.m. to 4 p.m.

<https://www.plannedparenthood.org/planned-parenthood-southwestern-oregon/patient-resources>

Vision / Hearing Aids

Catholic Community Services Eugene Center 🌐 🗺️

1464 W 6th Ave, Eugene, 97402

541-345-3628 extension 404

Food pantry, rental assistance, housing referrals, hygiene items, assistance to obtain ID, prescription assistance, referrals to employment counseling, and more. Oregon Health Plan sign-up assistance available. Food pantry is from 8 a.m. to noon Monday, Wednesday, and Friday. Food delivery box for age 60+ is available for those who check in by noon.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Lions Clubs International - State of Oregon 🗺️

Phone only

541-484-0452

Can provide financial assistance for children and adults who need visual aids, hearing aids, eye or ear surgery. Phone referrals only, and services available only to qualifying applicants.

Monday to Friday, 8 a.m. to 5 p.m.

<http://www.md36lionsclubs.org/>

Oregon Relay 🌐

Headquarters in Salem

Dial 711

Free 24-hour statewide service for deaf, hard of hearing, deaf-blind, speech disabled, to place and receive calls.

All hours, every day

<https://www.oregonrelay.com>

White Bird - Front Rooms Resource Center 🌐 ♿

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing.

Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

Information

Crisis Lines / Hotlines

211 Info 🌐

Phone, text, or web only

211

211info connects people with health and social service organizations, offering information and referral and assistance programs for specific services: Child Care and Parenting, Utility Assistance, Emergency Management, Food, Health, Housing & Shelter. Text your zip code to 898211 (TXT211), standard messaging and data rates may apply. Text STOP to opt-out. HELP for help. One can also search the resource database on their website. To ask about resources in your area: call, text, or email (help@211info.org).

Monday to Friday, 8 a.m. to 6 p.m., texting available Monday to Friday 9 to 5

<https://www.211info.org/>

911

Call

911

Emergencies only. 911 is for people to reach police, fire or emergency medical assistance from any phone in any location, without having to look up specific phone numbers.

All hours, every day

<https://www.911.gov/>

Alzheimer's Association Helpline 🌐

Phone only

800-272-3900

Help for sufferers of dementia and their families or caregivers. Sometimes out of the office, but leave a number and they will call back. Spanish speakers available.

All hours, every day

<https://www.alz.org/help-support/resources/helpline>

Boys and Girls Aid

Headquarters outside Lane County

503-222-9661, for donations only

Pregnancy counseling to discuss options when pregnant. Answers basic questions about COVID. You can also text "Askme" to 503.841.2672 Chat or text only. Live chat on website available evenings and weekends.

Monday to Friday, 8:30 a.m. to 5 p.m.

<https://www.boysandgirlsaid.org/options>

CAHOOTS - Eugene only

Phone 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, operated by White Bird Clinic.

All hours, every day

<https://whitebirdclinic.org/cahoots/>

CAHOOTS - Springfield only

Phone 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, operated by White Bird Clinic.

All hours, every day

<https://whitebirdclinic.org/cahoots/>

Child Abuse: National Child Abuse Hotline

Phone only

1-800-422-4453

National Child Abuse Hotline

All hours, every day

<https://www.childhelp.org/hotline/>

Eugene Police Non-Emergency Line

Phone only

541 682-5111

Eugene Police non-emergency line

All hours, every day

<https://www.eugene-or.gov/4423/Police>

Hourglass Community Crisis Center 🌐 🇺🇸

71 Centennial Loop, Suite A, Eugene, OR 97401

(541) 505-8426

Hourglass Community Crisis Center serves adults residing in Lane County who are in need of short-term, mental health crisis assessment and stabilization, but do not require the medical capabilities of an acute care hospital or longer-term residential care. Hourglass Community Crisis Center welcomes individuals to walk in when they need it, or they can be referred by local law enforcement and other community partners due to a mental health crisis.

24/7

<http://www.columbiacare.org/hourglass-community-crisis-center.html>

Lane County Police Non-Emergency Line

Phone only

541-682-3729

Lane County Police non-emergency line.

All hours, every day

<https://www.lanecounty.org/>https://www.lanecounty.org/government/county_department

Lines for Life - Alcohol & Drug Helpline 🌐

Phone only

1-800-923-4357

For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information. Call now, all hours. Or text "RecoveryNow" to 839863 (8 a.m. to 11 p.m.).

All hours, every day

<https://www.linesforlife.org/get-help-now/>

Lines for Life - Military Crisis Line

Phone only

(888) 457-4838

Free, confidential support to service members, veterans and their families. Answered by veterans and others trained in military culture, our crisis lines offer compassionate, non-judgmental support and, where appropriate, connect people with the referrals, resources, or treatment they need through tough times.

24/7

<https://www.linesforlife.org/mhl/>

Lines for Life - Racial Equity Support

Phone only

503-575-3764

The Racial Equity Support Line is a service led and staffed by people with lived experience of racism. We offer support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues.

Monday to Friday, 10 a.m. to 7 p.m.

<https://www.linesforlife.org/racial-equity-support-line/>

Looking Glass Crisis Response Line

Phone only 1-888-989-9990
24-hour crisis prevention helpline for families with children or runaways ages 17 and under.
All hours, every day
<https://www.lookingglass.us/>

Military Helpline

Phone only 888-457-4838
24/7 resource for military service members, veterans and their families. Text "MIL1" to 839863
All hours, every day
<http://militaryhelpline.org/>

National Child Abuse Hotline 🗣️

Phone only 1-800-422-4453
Provides counseling concerning child abuse 24/7 (interpretation available for 140 languages).
All hours, every day
<https://www.childhelp.org>

National Suicide Prevention Lifeline

Phone only 1-800-273-8255
Free and confidential counseling for those who are in a suicide crisis. Assistance in Spanish available; specific resources available for various communities (i.e. youth, Veterans, LGBTQ+, Deaf/Hard of Hearing, Native Americans, and more).
All hours, every day
<https://suicidepreventionlifeline.org/>

Oregon Abuse Hotline for Children & Adults

Phone only 1-855-503-7233
Report suspected child abuse to DHS. Be ready to provide identifying information and the whereabouts of the child if known. TTY/Voice: 503-945-5811
All hours, every day
<https://www.oregon.gov/DHS/abuse/Pages/index.aspx>

SAMHSA Disaster Distress Hotline 🌐

(800) 985-5990 or text TalkWithUS to 66746
Crisis counseling & support for people experiencing emotional distress related to natural or human-caused disasters.
24/7
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SASS Crisis Line

Phone only 541-343-7277 or 1-844-404-7700
Crisis and support services for those who are sexually assaulted (present or past).
All hours, all days
<http://sass-lane.org/>

Sexual Assault Support Services (SASS)

591 West 19th Ave, Eugene, 97401 1-800-788-4727 or 541-343-7277
Crisis and support services for those who are sexually assaulted (present or past).
All hours, every day
<http://sass-lane.org/>

Trans Lifeline

Phone only

877-565-8860

A national hotline that provides peer counseling in response to crisis situations for transgender individuals. Run by trans for trans. Also can guide trans individuals to grants.

All hours, all days

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

Trevor Lifeline

Phone only

1-866-488-7386

A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text "START" to 678678 (standard text-messaging rates apply).

All hours, every day

<https://www.thetrevorproject.org/>

Veterans Crisis Hotline 🌐

Phone only

800-273-8255, press 1

Support line for all veterans, service members, National Guard members and their families. Translation service available.

All hours, every day

Veterans Homeless Services Hotline 🌐

Phone only

877-424-3838

A national line that provides referral to services for homeless veterans or veterans at risk of becoming homeless. Others can also request referrals on behalf of veterans.

Veterans will be referred to the Housing Coordinator at their local VA Medical Center for assistance. Translation service available.

All hours, every day

Western Lane Fire & EMS Authority

541-967-3866 or 1-800-304-7468

Mobile Crisis Response Unit serving the community of Florence and Western Lane County. Support to people in crisis, including sudden death, loss of home due to fire, depression, suicidal ideation/threat, chronic mental illness, homelessness. Mainly dispatched through law enforcement/911.

White Bird 24/7 Crisis Line

Phone only

541-687-4000, 1-800-422-7558

24/7 humanistic, person-centered crisis intervention by phone, free taxi rides for clients with significant mental health-related disabilities, and Lane County Information and Referral for social services. After-hours point of contact for 15th Night.

All hours, every day

<https://whitebirdclinic.org/crisis>

Womenspace 24-hr. Hotline

Phone only

541-485-6513 or toll free 800-281-2800

24/7 crisis line for all victims and survivors of domestic violence, intimate partner violence, sexual assault and stalking in Lane County. Web chat available on website.

All hours, every day

<https://www.womenspaceinc.org/>

Youth ERA ♿

965 Oak Alley, Eugene, 97401

971-334-9295

Works to empower young people and create breakthroughs with the dedicated systems that serve them. Suicide Prevention and Crisis Response available.

Monday to Friday, 8:00 a.m. to 5 p.m.

<https://www.youthera.org/eugene-drop>

Youthline

Phone only

877-968-8491

24/7 crisis line staffed by and for teenagers. Text “teen2teen” to 839863.

All hours, every day

<https://oregonyouthline.org/>

Referral and Information Services

211 Info 🌐

Phone, text, or web only

211

211info connects people with health and social service organizations, offering information and referral and assistance programs for specific services: Child Care and Parenting, Utility Assistance, Emergency Management, Food, Health, Housing & Shelter. Text your zip code to 898211 (TXT211), standard messaging and data rates may apply. Text STOP to opt-out. HELP for help. One can also search the resource database on their website. To ask about resources in your area: call, text, or email (help@211info.org).

Monday to Friday, 8 a.m. to 6 p.m., texting available Monday to Friday 9 to 5

<https://www.211info.org/>

Alcoholics Anonymous Meetings (AA)

741 Main St, Suite A Springfield, 97477

541-342-4113

Helps find an AA meeting nearby. Phone calls may be answered after 5 p.m. Meetings listed on website.

Monday to Friday, 9 a.m. to 5 p.m.

<https://eviaaweb.org/>

Alzheimer's Association Helpline 🌐

Phone only

800-272-3900

Help for sufferers of dementia and their families or caregivers. Sometimes out of the office, but leave a number and they will call back. Spanish speakers available.

All hours, every day

<https://www.alz.org/help-support/resources/helpline>

Aunt Bertha

Headquarters outside Lane County

Website only

A national, searchable online database that connects people with services in their communities for a range of issues.

Accessible online, all the time

<https://www.auntbertha.com/find-social-services/oregon>

Community Alliance of Tenants

Headquarters outside Lane County

503-288-0130

Helps tenants and renters in Oregon understand their rights. Basic information is provided on the website. The hotline service and classes are for Community Alliance of Tenants Members—see this page to learn about joining:

<https://www.oregoncat.org/join-cat>. Services are for members; dues are ten dollars a month.

Saturdays 1 to 2 p.m. and Tuesdays 6 to 7 p.m.

<https://www.oregoncat.org/renters-rights-hotline>

Community Outreach through Radical Empowerment (CORE)

150 West Broadway, Eugene, 97401 (Spectrum)

503-877-5320

SOAP (Street Outreach Alliance Program) is a multifaceted, collaborative street outreach program. CORE partners with different agencies in the community to provide consistent and effective outreach to our neighbors living on the streets and in camps in the Eugene/Springfield area. Street Feed is a program that offers free hot meals and survival supplies every other Friday in Downtown Eugene. Street Feed exists to create safe space and access to resources for people between the ages of 16 and 24. Harm Reduction Distribution (HRD) is a low barrier program that creates access to harm reduction supplies as well as providing education around safer use and resource navigation in our community. HRD operates from a harm-reduction, empowerment, and strengths based model.

Every other Friday, 5 to 7 p.m.

<https://coreeugene.org/>

FOOD for Lane County 🌐

770 Bailey Hill Rd, Eugene, 97402

541-343-2822

Call for a location to pick up food. COVID Update: All programs still operating—call or access website for any changes that might be occurring at specific sites.

Monday to Friday, 9 a.m. to 4 p.m.

<https://foodforlanecounty.org/>

Fern Ridge Service Center 🌐 ♿

25035 W Broadway Ave, Veneta, 97487

541-935-4555

A variety of activities and programs with low or no cost for individuals age 50 and over. Food boxes for all ages. Cafe 60 and Meals on Wheels Monday, Wednesday, Friday. Information and referrals, outreach casework. Limited financial assistance for energy bills, prescriptions, scholarships for youth activities. COVID Update: Hours may vary during the pandemic.

Monday to Friday, 9 a.m. to 2 p.m.

<https://midlanecares.com/>

First Place Family Center 🌐 ♿

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken. COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

Homeownership Preservation Foundation

Phone only

1-888-995-HOPE

Referrals and counseling provided for homeowners facing foreclosure.

Call for hours

<https://homeownershippreservation.org>

Housing and Urban Development

Headquarters outside of Lane County

1-800-669-9777

HUD takes on cases when housing rights have been violated. Make a complaint on the website or by phone.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

https://www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint

Lane County Dovetail Program

151 W 7th Ave, Eugene, 97401

541-682-3806

Navigation services for those who are having difficulty in finding services in Lane

County. COVID Update: Call to make an appointment.

Call to make appointment

https://www.oregonpublichealth.org/assets/2019_Slides/Dovetail%20Program%20OPH.

Lane County Mutual Aid

Website and phone only

541-321-8749

Referrals for emergency financial assistance, food or grocery delivery. Please contact us through the website or by email: info@lanemutualaid.org

Call or email for availability

<https://lanemutualaid.org/>

Love for Lane County

Phone only

541-653-8537

The Call Center will listen to your needs and try to find a service that will provide assistance. (Unable to help in crisis or housing situations.)

Monday to Thursday, 10 a.m. to 2 p.m.

<https://www.loveforlanecounty.org/>

National Alliance on Mental Illness Lane County (NAMI) 🌐

129 9th St, Springfield 97477

541-343-7688

Zoom meetings for family members, caregivers, and loved ones of individuals living with mental health condition. Call to register, or register online.

Wednesday 4 p.m to 6 p.m.

<https://namilane.org/>

National Clearinghouse for Alcohol & Drug Information (NCADI) 🌐

Headquarters outside of Lane County

877-726-4727

National resource for information about substance abuse prevention and addiction treatment. Free publications are available on its website.

All hours, every day

<https://store.samhsa.gov/>

National Health Information Center 🌐

Headquarters outside of Lane County

Website contact form only

Helps connect health professionals and consumers to the organizations that can best answer their questions by providing up-to-date contact information for the most reliable sources.

All hours, every day

<https://www.usa.gov/federal-agencies/national-health-information-center>

Oregon Department of Human Services - 11th Ave 🌐 🇺🇸

2101 W 11th Ave, Eugene, 97402

541-686-7722

Apply for state- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Referrals to other services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits> English and Spanish spoken. COVID Update: No computers available, no public restrooms.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Helps! Social Service Eligibility Calculator 🌐

Online only

Website

This free web service can tell you whether your family is eligible for 33 programs and assistance, including Food Stamps, Oregon Health Plan, Employment Related Day Care (ERDC), Temporary Assistance for Needy Families (TANF), Federal Housing Assistance, Low-Income Home Energy Assistance Program (LIEAP), federal and state Earned Income Tax Credits, Oregon's Working Family Tax Credit, Individual Development Accounts (IDAs), National School Lunch Program, Women, Infants, and Children Nutrition Program (WIC), and Emergency Food.

All hours, every day

<http://oregonhelps.211info.org/>

Parenting Now

86 Centennial Loop, Eugene, 97401

541-484-5316

Provides free parenting education and support to families with young children. Free car seats by arrangement.

Monday to Thursday, 9 a.m. to 4 p.m.

<https://parentingnow.org/>

Public Benefits Hotline

Phone only

800-520-5292

Provides assistance for those who are having trouble with government benefits, such as social security, food stamps, Oregon Health Plan and others.

Monday to Thursday, 9:30 a.m. to 12:30 p.m., 1 to 4 p.m.

<https://oregonlawhelp.org/resource/public-benefits-information-hotline>

Senior & Disability Services 🌐 ♿

1015 Willamette St, Eugene, 97401

541-682-3353

Provides referrals to a variety of services to seniors and family caregivers throughout Lane County. Referrals for meals, SNAP, Oregon Health Plan, and many other services.

Monday to Friday, 10 a.m. to 2 p.m.

<https://www.sdslane.org/1093/Senior-Disability-Services>

Trans*Ponder

Phone only

508-443-6337

Provides community and resources for transgendered individuals. Provide a yoga class and support groups for transgendered folks, questioning and parents. Website provides a list of providers that are LGBTQ affirmative. Please contact via website or email for full services, places and times. Leave message on the phone and they will get back. Also check Facebook: facebook.com/transponderpublic COVID Update: Social groups meet on Zoom.

Call for available services. Leave message anytime.

<https://transponder.community/>

White Bird - Front Rooms Resource Center 🌐 ♿

341 E 12th Ave, Eugene, 97401

541-342-8255

Provides water, a mail/messaging service, phone access, clothing, and hand washing.

Porta-potties are available outside of the building. Syringe drop-off site. Also provides vouchers for no-cost vision exams, lenses and frames.

Every day, 9:30 a.m. to 4:30 p.m.

<https://whitebirdclinic.org/front-rooms>

White Bird 24/7 Crisis Line

Phone only

541-687-4000, 1-800-422-7558

24/7 humanistic, person-centered crisis intervention by phone, free taxi rides for clients with significant mental health-related disabilities, and Lane County Information and Referral for social services. After-hours point of contact for 15th Night.

All hours, every day

<https://whitebirdclinic.org/crisis>

Legal

Know Your Rights

American Civil Liberties Union of Oregon (ACLU)

Headquarters in Portland 503-227-3186, 888-527-2258
Provides free legal education through online resources and legal assistance in some cases that involve violations of civil liberties. Know Your Rights resources are available through their website. Voicemail may take several weeks to respond. COVID Update: Resources available only by phone or send a message through the website.
By phone or website
<https://www.aclu-or.org/en/Know-Your-Rights>

Basic Rights Oregon

Headquarters located outside Lane County 503-222-6151
Works to advocate politically for the LGBTQ community. Call or check website for resources or referrals.
Monday to Friday, 9 a.m. to 5 p.m.
<http://www.basicrights.org/>

Civil Liberties Defense Center

1430 Willamette St, #359, Eugene, OR 97401 541-687-9180
Know Your Rights classes for activists, immigrants and youth. Trainings and resources for activists. Legal defense opportunities. Contact form and education registration is on the website.
Call for hours
<https://cldc.org/>

Community Alliance of Tenants

Headquarters outside Lane County 503-288-0130
Helps tenants and renters in Oregon understand their rights. Basic information is provided on the website. The hotline service and classes are for Community Alliance of Tenants Members—see this page to learn about joining:
<https://www.oregoncat.org/join-cat>. Services are for members; dues are ten dollars a month.
Saturdays 1 to 2 p.m. and Tuesdays 6 to 7 p.m.
<https://www.oregoncat.org/renters-rights-hotline>

Eugene Springfield Solidarity Network (ESSN)

688 Charnelton St, Eugene, 97401 541-600-5754
ESSN brings together labor unions, student groups, religious congregations, and community organizations to support the civil and economic rights of all working people—especially the right to a decent standard of living, the right to a stable job, and the right to organize.
Monday to Friday, 9 a.m. to 5 p.m.
<https://www.solidaritynetwork.org>

Gay and Lesbian Activists and Defenders

Website only
Resources and activism for LGBTQIA+. Also includes a special section for anti-racism resources.
<http://www.glad.org/>

Homeownership Preservation Foundation

Phone only

1-888-995-HOPE

Referrals and counseling provided for homeowners facing foreclosure.

Call for hours

<https://homeownershippreservation.org>

Housing and Urban Development

Headquarters outside of Lane County

1-800-669-9777

HUD takes on cases when housing rights have been violated. Make a complaint on the website or by phone.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

https://www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint

Lane County Legal Aid - Oregon Law Center ☎ &

101 E Broadway St, Suite 200, Eugene, 97401

541-485-1017

Provides legal services for low-income clients, civil matters, housing services, family law services for survivors of domestic and sexual abuse, assistance with immigration, foreclosures, and expungements. Assistance obtaining other public benefits.

Monday to Friday, 9 a.m. to 5 p.m.

<http://www.lclac.org/>

Oregon Law Help ☎

Online only

Website

Website that provides information on a variety of legal issues, including family, abuse, seniors, employment, tenant issues, disability, and farm workers. Many languages available.

All hours, every day

<https://oregonlawhelp.org/>

Public Benefits Hotline

Phone only

800-520-5292

Provides assistance for those who are having trouble with government benefits, such as social security, food stamps, Oregon Health Plan and others.

Monday to Thursday, 9:30 a.m. to 12:30 p.m., 1 to 4 p.m.

<https://oregonlawhelp.org/resource/public-benefits-information-hotline>

Senior Law Services &

Campbell Community Center, 155 High St, Eugene, 97401

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday to Friday, 9 a.m. to 5 p.m. (closed for lunch from 11:45 to 12:45 p.m.)

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Senior Law Services - Cottage Grove &

Phone only

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday 8 a.m. to 7 p.m., Tuesday to Friday 8:30 a.m. to 4:30 p.m.

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Senior Law Services - Florence ☎

Phone only

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday 8 a.m. to 7 p.m., Tuesday to Friday 8:30 a.m. to 4:30 p.m.

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Survivors Justice Center

101 East Broadway, Suite 200, Eugene, 97401

541-485-1017

A branch of Lane County Legal Aid. Website gives basic information and referrals for abuse survivors.

Monday to Friday, 9 a.m. to 5 p.m.

<http://www.lclac.org/sjc/>

Legal Services

American Civil Liberties Union of Oregon (ACLU)

Headquarters in Portland

503-227-3186, 888-527-2258

Provides free legal education through online resources and legal assistance in some cases that involve violations of civil liberties. Know Your Rights resources are available through their website. Voicemail may take several weeks to respond. COVID Update: Resources available only by phone or send a message through the website.

By phone or website

<https://www.aclu-or.org/en/Know-Your-Rights>

Eugene Springfield Solidarity Network (ESSN)

688 Charnelton St, Eugene, 97401

541-600-5754

ESSN brings together labor unions, student groups, religious congregations, and community organizations to support the civil and economic rights of all working people—especially the right to a decent standard of living, the right to a stable job, and the right to organize.

Monday to Friday, 9 a.m. to 5 p.m.

<https://www.solidaritynetwork.org>

Lane County District Attorney's Office ☎

125 E 8th Ave #400, Eugene, 97401

541-682-4261

Provides assistance, criminal-justice education, guidance and support to crime victims.

Services include crisis intervention, securing emergency assistance, case status notification, property return, community resource and referral, and court accompaniment. Also assists victims with application for crime victim's compensation benefits.

Monday to Friday, 8 a.m. to 5 p.m. (out of office from noon to 1 p.m.)

<https://lanecounty.org>/https://lanecounty.org/government/county_departments/district

Lane County Legal Aid - Oregon Law Center ☎

101 E Broadway St, Suite 200, Eugene, 97401

541-485-1017

Provides legal services for low-income clients, civil matters, housing services, family law services for survivors of domestic and sexual abuse, assistance with immigration, foreclosures, and expungements. Assistance obtaining other public benefits.

Monday to Friday, 9 a.m. to 5 p.m.

<http://www.lclac.org/>

Oregon State Bar Referral and Information Services 🌐

Headquarters in Tigard

503-684-3763 or 800-452-7636

Refers clients to attorneys by area of law for an office consultation in a client's geographical area. Attorneys agree to charge no more than \$35 for the initial consultation.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.osbar.org/public/ris/>

Senior Law Services ♿

Campbell Community Center, 155 High St, Eugene, 97401

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday to Friday, 9 a.m. to 5 p.m. (closed for lunch from 11:45 to 12:45 p.m.)

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Senior Law Services - Cottage Grove ♿

Phone only

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday 8 a.m. to 7 p.m., Tuesday to Friday 8:30 a.m. to 4:30 p.m.

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Senior Law Services - Florence ♿

Phone only

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday 8 a.m. to 7 p.m., Tuesday to Friday 8:30 a.m. to 4:30 p.m.

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Survivors Justice Center

101 East Broadway, Suite 200, Eugene, 97401

541-485-1017

A branch of Lane County Legal Aid. Website gives basic information and referrals for abuse survivors.

Monday to Friday, 9 a.m. to 5 p.m.

<http://www.lclac.org/sjc/>

Money

Financial Assistance

Arc of Lane County 🌐 🇺🇸

4181 E St, Springfield, 97478

541-343-5256

Provides representative payee services for those who need assistance managing their finances.

Monday to Friday, 9 a.m. to 5 p.m.

<https://arclane.org/>

Housing Services for Families (ShelterCare)

499 West 4th Avenue, Eugene, 97401

541-689-3785

ShelterCare Housing Services for Families has some monies to assist families with children, the elderly and individuals with a disability to remain in their homes. Call the phone number to begin the application process.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

<https://www.sheltercare.org/homelessness-prevention-program/>

Multiple Sclerosis Foundation Emergency Assistance Program

Phone and website contact form

888-673-6287

Full or partial financial assistance for urgent needs related to rent, utilities, or medication for those diagnosed with Multiple Sclerosis.

Monday to Friday, 5:30 a.m. to 3:30 p.m.

<https://msfocus.org/Get-Help/MSF-Programs-Grants/Emergency-Assistance-Program>

Oregon Department of Human Services - 11th Ave 🌐 🇺🇸

2101 W 11th Ave, Eugene, 97402

541-686-7722

Apply for state- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. Referrals to other services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits> English and Spanish spoken. COVID Update: No computers available, no public restrooms.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Cottage Grove 🌐 🇺🇸

305 Coop Ct, Cottage Grove, 97424

541-942-9186

State- and federally-funded services. Food benefits, employment services, cash assistance, domestic violence services, child welfare services, senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Florence 🌐 🇺🇸

3180 Hwy 101 N, Florence, 97439

541-997-8251

State- and federally-funded services. Food benefits, employment services, cash assistance, domestic violence services, child welfare services, senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Springfield 🌐 🇺🇸

1040 Harlow Rd, Springfield, 97477

541-726-6644

State- and federally-funded services. Child welfare only. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits> COVID Update: no computers or produce available. Must wear masks and follow the entrance protocol.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Willamette 🌐 🇺🇸

1899 Willamette St, Eugene, 97401

541-686-7555

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at:

<https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services- 30th St 🌐 🇺🇸

101 30th St, Springfield, 97478

541-726- 3525

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. COVID Update: no computers or produce available.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

P2P Loans Lane County

Phone or email only

541-343-9548

Arranges loans for qualified candidates to pay rent and essential bills. Leave a message on the voicemail with a phone number to return your call. Provides no-interest loans for emergency situations, such as late rent, deposit or lapsed bills to qualified persons when funds are available.

Tuesdays and Fridays 4 to 6 p.m.

<https://www.eugenemennonite.com/about-2>

Pink Fund

Headquarters outside Lane County

877-234-7465

Provides financial assistance for those who have been diagnosed with breast cancer and are undergoing active treatment. Qualified candidates may receive cost-of-living assistance for bills during treatment and recovery. Inquire about grants by email.

Monday to Friday, 9 a.m. to 5 p.m.

<https://www.pinkfund.org/get-help/>

Samfund Grants for Cancer Survivors

Headquarters outside Lane County

617-938-3484

Grants available for those finished with cancer treatment between the ages of 21 and 39. Applications can be filled out on the website. Email for a reply in a day.

Annual grant applications

<http://www.thesamfund.org/get-help/grants/>

Rent Assistance

Catholic Community Services Springfield Center 🌐 🇺🇸

1025 G St, Springfield, 97477

541-747-8349

Provides one-on-one support and various rental assistance programs as funding is available. Call 541-345-3628 (extension 408) on Monday mornings at 9 a.m. to check the status of the rental assistance waiting list. Utility assistance is available at the above number. Please call or walk in to get more information. A food pantry, clothing closet, hygiene items, prescription assistance, housing referrals, utility help and more are also available.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/rentassistance>

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/>

P2P Loans Lane County

Phone or email only

541-343-9548

Arranges loans for qualified candidates to pay rent and essential bills. Leave a message on the voicemail with a phone number to return your call. Provides no-interest loans for emergency situations, such as late rent, deposit or lapsed bills to qualified persons when funds are available.

Tuesdays and Fridays 4 to 6 p.m.

<https://www.eugenemennonite.com/about-2>

ShelterCare 🌐

499 West 4th Ave, Eugene, 97401

541-689-3785

Depending on the level of need, families who face imminent loss of housing but have the capacity to maintain housing with assistance, can receive case management support and rental assistance. Spanish spoken.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

<http://www.sheltercare.org/>

Siuslaw Outreach Services 🌐 🇺🇸

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florescesos.org/services.html>

St. Vincent de Paul Social Services 🇺🇸

456 Highway 99 N, Eugene, 97402

541-689-6747

Currently closed. Social Services provides one-time rental assistance, a food pantry, clothing, vouchers for household goods and furniture, propane, prescription assistance, and Second Chance Renters Rehabilitation.

Currently closed

<https://www.svdp.us/get-help/>

Utility Assistance

Catholic Community Services Eugene Center 🌐 🇺🇸

1464 W 6th Ave, Eugene, 97402

541-345-3628 extension 404

Food pantry, rental assistance, housing referrals, hygiene items, assistance to obtain ID, prescription assistance, referrals to employment counseling, and more. Oregon Health Plan sign-up assistance available. Food pantry is from 8 a.m. to noon Monday, Wednesday, and Friday. Food delivery box for age 60+ is available for those who check in by noon.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/>

Catholic Community Services Springfield Center 🌐 🇺🇸

1025 G St, Springfield, 97477

541-747-8349

Provides one-on-one support and various rental assistance programs as funding is available. Call 541-345-3628 (extension 408) on Monday mornings at 9 a.m. to check the status of the rental assistance waiting list. Utility assistance is available at the above number. Please call or walk in to get more information. A food pantry, clothing closet, hygiene items, prescription assistance, housing referrals, utility help and more are also available.

Monday to Friday, 8 a.m. to 3 p.m.

<https://www.ccslc.org/rentassistance>

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/>

EPUD Helping Hands

33733 Seavey Loop, Eugene, 97405

541-746-1583

Helps customers pay their EPUD bills. The maximum award is \$300. First come, first serve, one grant per household a year.

Monday to Thursday, 7:30 a.m. to 6 p.m.

<https://www.epud.org/news/helping-hands-assistance-program-now-open/>

EWEB Customer Care

541-685-7000

Any customers struggling to pay their bills should call EWEB at 541-685-7000 M-F 9 a.m. - 6:30 p.m. First-come, first-serve. Application opens the first business day of each month.

9:00 AM to 6:30 PM

<http://www.eweb.org/residential-customers/income-based-assistance>

Energy Assistance Stability Coronavirus Relief Program (EASCR)

Website only

See website for phone numbers

Provides energy assistance for those in need due to COVID. Look at website for initial guidelines, locations and phone numbers for qualifications. Provides assistance as long as funding lasts. Specific program for seniors.

Call for appointment

<https://www.lanecounty.org/cms/one.aspx?pageId=16810052>

Fern Ridge Service Center 🌐 🇺🇸

25035 W Broadway Ave, Veneta, 97487

541-935-4555

A variety of activities and programs with low or no cost for individuals age 50 and over. Food boxes for all ages. Cafe 60 and Meals on Wheels Monday, Wednesday, Friday. Information and referrals, outreach casework. Limited financial assistance for energy bills, prescriptions, scholarships for youth activities. COVID Update: Hours may vary during the pandemic.

Monday to Friday, 9 a.m. to 2 p.m.

<https://midlanecares.com/>

Lane County Energy Programs

151 W. 7th Ave, Room 560, Eugene, 97401

541-682-3378

Provides information and referrals for energy and weatherization programs available in Lane County. The website has the basic guidelines and a list of the different programs. COVID Update: Call the number for an appointment; no drop-in appointments.

Call for appointment

https://lanecounty.org/https://lanecounty.org/government/county_departments/health

Lane Electric Member Assistance Program

787 Bailey Hill Rd, Eugene, 97402

541-484-1151

This energy assistance program helps Lane Electric Cooperative (LEC) members that are falling behind pay their LEC bill, up to \$250. COVID Update: By appointment only.

Monday to Thursday, 7:30 a.m. to 5:30 p.m.

<https://laneelectric.com/>

Low Income Energy Assistance Program (LIEAP)

See website

See website

Energy assistance for low-income seniors or disabled citizens of Lane County. See website for phone numbers and locations, depending on age and city of residence. Sign up for the waitlist in September.

See website

<https://www.ncdhhs.gov/assistance/low-income-services/low-income-energy-assistance>

Mid Lane Cares

25035 W. Broadway Ave, Veneta, OR 97487

541-935-4555

Serves the 475 square mile area known as Fern Ridge with various programs, including: Love Project Food Pantry Free Medical Clinic Senior Meals & Programs Emergency Assistance Jim Petty Scholarship Fund S.A.N.T.A. & Silver Tree

Call for specific program hours

<https://midlanecares.com/>

Oregon Low Income Home Energy Assistance Program

All of Lane County

541-682-3378

Designed to help low income households with home heating and cooling costs. To qualify, apply online or call.

Monday to Friday, 8 a.m. to 5 p.m.

<https://lanecounty.org/cms/One.aspx?portalId=3585881&pageId=9773412>

Siuslaw Outreach Services 🌐 🇺🇸

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florescesos.org/services.html>

Post-Incarceration

RecordSponge

1143 Oak St, Eugene 97401

541-484-2611

Are you looking to clear your record? The Public Defender Services of Lane County can provide analysis and help you file for expungement. The majority of court fees are subject to waiver for income-qualified individuals who complete the waiver form.

Please contact: <http://www.lanepds.org>

Monday to Friday, 8 a.m. to 12 p.m. and 1 p.m. to 5 p.m.

<https://recordsponge.com/>

Sponsors, Inc. - Re-Entry Resource Center

338 Hwy 99 N, Eugene, 97402

541-505-5690

Services for those on probation or parole. Transitional housing for men and women.

Information, resources and referrals to find employment. COVID Update: No drop ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

Sponsors, Inc. - Re-Entry Resource Center – Women's Assistance Program

767 East 8th Ave, Eugene, 97402

541-505-5690

Women's assistance program to re-enter life after incarceration. Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

Seniors

Café 60 - Coburg United Methodist Church

91193 N Willamette, Coburg, 97408

541-682-4378

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Wednesday at noon

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Creswell Villa

350 S 2nd St, Creswell, 97426

541-895-2338

Free meal for seniors 60 and over. COVID Update: All meals are take-out.

Monday, Wednesday, and Friday at noon

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Fern Ridge Service Center

25035 W Broadway, Veneta, 97487

541-935-7354

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Monday, Wednesday, and Friday at 11:30 a.m.

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Florence Senior Center

1570 Kingwood, Florence, 97439

541-997-5673

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Monday, Wednesday, and Friday at 11:45 a.m.

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - Meals for Seniors - Eugene, Jacobs Dr

Northwest Neighbors, 1221 Jacobs Dr, Eugene, 97402

541-689-8011

Anyone age 60 and older is served regardless of income. Guests under age 60 are welcome to attend for \$8 per meal. COVID Update: All meals are take-out.

Monday to Friday at 11:30 a.m.

<https://lanesenior meals.org/>

Café 60 - Meals for Seniors - Eugene, Olive St.

Olive Plaza, 1135 Olive St, Eugene, 97402

541-342-3515

Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for \$8 per meal. COVID Update: All meals are take-out.

Monday to Friday at 11:45 a.m.

<https://lanesenior meals.org/>

Café 60 - Meals for Seniors - Springfield, W C St.

Springfield Willamalane Adult Ctr, 215 W C St, Springfield, 97477

541-736-4444

Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for \$8 per meal. COVID Update: All meals are take-out.

Monday to Friday at 11:30 a.m.

<https://lanesenior meals.org/>

Café 60 - Riverview Terrace - Cottage Grove

925 W Main St, Cottage Grove, 97424

541-942-9261

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Tuesday, Wednesday, and Thursday at noon

<https://lanesenior meals.org/177/Caf-60-Locations>

Café 60 - The Church of the Nazarene - Oakridge

48187 Highway 58, Oakridge, 97463

541-782-4318

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Tuesday and Thursday at noon

<https://laneseniormeals.org/177/Caf-60-Locations>

Café 60 - Viking Sal Senior Center - Junction City

245 W 5th St, Junction City, 97448

541-998-5367

Free meals for seniors 60 and over. COVID Update: All meals are take-out.

Monday, Wednesday, and Friday at 11:30 a.m.

<https://laneseniormeals.org/177/Caf-60-Locations>

Energy Assistance Stability Coronavirus Relief Program (EASCR)

Website only

See website for phone numbers

Provides energy assistance for those in need due to COVID. Look at website for initial guidelines, locations and phone numbers for qualifications. Provides assistance as long as funding lasts. Specific program for seniors.

Call for appointment

<https://www.lanecounty.org/cms/one.aspx?pagelId=16810052>

Fern Ridge Service Center ☎ 🇺🇸

25035 W Broadway Ave, Veneta, 97487

541-935-4555

A variety of activities and programs with low or no cost for individuals age 50 and over.

Food boxes for all ages. Cafe 60 and Meals on Wheels Monday, Wednesday, Friday.

Information and referrals, outreach casework. Limited financial assistance for energy bills, prescriptions, scholarships for youth activities. COVID Update: Hours may vary during the pandemic.

Monday to Friday, 9 a.m. to 2 p.m.

<https://midlanecares.com/>

Low Income Energy Assistance Program (LIEAP)

See website

See website

Energy assistance for low-income seniors or disabled citizens of Lane County. See website for phone numbers and locations, depending on age and city of residence. Sign up for the waitlist in September.

See website

<https://www.ncdhhs.gov/assistance/low-income-services/low-income-energy-assistance>

Meals on Wheels - Creswell 🌐

Cresview Villa, 350 S 2nd St, Creswell, 97426

541-682-3353

Delivers meals to homebound seniors over 60. Frozen meals available by request.

Monday, Wednesday, Friday 11 a.m. to 1 p.m.

<https://laneseniormeals.org/>

Meals on Wheels - Eugene

1015 Willamette St, Eugene, OR 97401

541-607-5065

Meals delivered to people age 60 and older and their spouses who cannot get out much due to illness or advanced age. Please call to sign up and get more information.

Please call

<https://laneseniormeals.org/>

Meals on Wheels - Florence 🌐 🇺🇸

1570 Kingwood St, Florence, 97439

541-682-3353

Delivers meals to homebound seniors over 60 at noontime Mondays, Wednesdays, and Fridays.

Monday, Wednesday, Friday 11 a.m. to 1 p.m.

<https://lanesenior meals.org/>

Meals on Wheels - Oakridge

48187 Hwy 58 Oakridge, 97463

541-682-3353

Delivers meals to homebound seniors over 60 on Tuesdays and Thursdays. Frozen meals are available by request. No fee is charged but donations are appreciated.

Tuesday and Thursday 11 a.m. to 1 p.m.

<http://lanesenior meals.org/>

Meals on Wheels - Veneta

25035 W Broadway Ave, Veneta, 97487

541-682-3353

Delivers meals to home bound seniors over 60 on Mondays, Wednesdays and Fridays.

Frozen meals are available.

Mondays, Wednesdays, and Fridays

<https://lanesenior meals.org/>

Mid Lane Cares

25035 W. Broadway Ave, Veneta, OR 97487

541-935-4555

Serves the 475 square mile area known as Fern Ridge with various programs, including:

Love Project Food Pantry Free Medical Clinic Senior Meals & Programs Emergency

Assistance Jim Petty Scholarship Fund S.A.N.T.A. & Silver Tree

Call for specific program hours

<https://midlanecares.com/>

NorseMen Village Apartments

920 W 1st Ave, Junction City, 97448

541-998-2236

Low income apartments for seniors (62 years and older) and disabled people.

Norsemen is walking distance from old downtown Junction City, with proximity to

cafes and shops, and close to City Hall and other services and was completely

renovated in 2013. The Viking Sal Senior Center is also nearby. There is professional

onsite management and maintenance who attend to the development's upkeep. Food

assistance available for residents. Some units ADA accessible. COVID Update: Phone

appointments only during the pandemic, Monday to Friday, 9 a.m. to 1 p.m.

Monday to Friday, 9 a.m. to 1 p.m.

<https://www.homesforgood.org/find-a-home/site-details/10030>

Oregon Department of Human Services - 11th Ave 🌐 🇺🇸

2101 W 11th Ave, Eugene, 97402

541-686-7722

Apply for state- and federally-funded services. Food benefits (SNAP), employment

services, cash assistance (TANF), domestic violence services, child welfare services,

health benefits (OHP), senior citizens services. Referrals to other services. You can also

apply for all these services online at: <https://govstatus.egov.com/or-dhs-benefits>

English and Spanish spoken. COVID Update: No computers available, no public

restrooms.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services - Willamette 🌐 🇺🇸

1899 Willamette St, Eugene, 97401

541-686-7555

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. You can also apply for all these services online at:

<https://govstatus.egov.com/or-dhs-benefits>

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Oregon Department of Human Services- 30th St 🌐 🇺🇸

101 30th St, Springfield, 97478

541-726- 3525

State- and federally-funded services. Food benefits (SNAP), employment services, cash assistance (TANF), domestic violence services, child welfare services, health benefits (OHP), senior citizens services. COVID Update: no computers or produce available.

Monday to Friday, 7 a.m. to 6 p.m.

<https://www.oregon.gov/DHS/Offices/Pages/index.aspx>

Senior & Disability Services 🌐 🇺🇸

1015 Willamette St, Eugene, 97401

541-682-3355

Provides referrals to a variety of services to seniors and family caregivers throughout Lane County. Referrals for meals, SNAP, Oregon Health Plan, and many other services.

Monday to Friday, 10 a.m. to 2 p.m.

<https://www.sdslane.org/1093/Senior-Disability-Services>

Senior Law Services - Cottage Grove 🇺🇸

Phone only

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday 8 a.m. to 7 p.m., Tuesday to Friday 8:30 a.m. to 4:30 p.m.

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Senior Law Services - Florence 🇺🇸

Phone only

458-234-4261

Provides legal services and referrals for seniors. COVID Update: Fully operational by phone during the pandemic. Call to apply for legal services and referrals for seniors 60 and above.

Monday 8 a.m. to 7 p.m., Tuesday to Friday 8:30 a.m. to 4:30 p.m.

<https://oregonlawcenter.org/lane-county-senior-service-program/>

Senior Meals - Olive Plaza 🇺🇸

1135 Olive St, Eugene, 97402

541-342-3515

Nourishing to-go meals served for seniors over 60. Closed on the third Friday of every month.

Monday to Friday 10 a.m. to noon. Third Friday closed.

<https://lanesenior meals.org/>

Shelter

Housing Navigation

Coordinated Entry

151 W 7th Ave, Eugene, 97401

541-682-3070

Connects houseless individuals with services that will rapidly end their houselessness.

COVID Update: No drop in. Call to make an appointment.

Call for service

<https://www.lanecounty.org/cms/one.aspx?pageId=12711062>

G Street Oasis

1175 G St, Springfield, 97477

541-214-0260

Provides services for homeless families with children. To obtain services one must be registered in the program. Please call Gail at the phone above to register, or email gstreet@ccslc.org COVID update: No day shelter or kitchen facilities or transitional housing.

Monday, Wednesday, Friday, 9 a.m. to 3 p.m.

<https://www.ccslc.org/g-street-oasis>

Homes For Good 🌐 📞

100 W 13th Avenue, Eugene, 97401

541-682-3755

Rental assistance program, including sign-up for Section 8. Complete a housing application when the wait list is open. COVID Update: No drop in. Please call.

Monday to Thursday, 8 a.m. to 4 p.m.

<https://homesforgood.org/>

ShelterCare

499 West 4th Ave, Eugene, 97401

541-689-7156

Homeless prevention program. Shelter for families, the medically-fragile and others in crisis.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

<https://www.sheltercare.org/what-we-do/>

Siuslaw Outreach Services 🌐 📞

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florencesos.org/services.html>

South Lane Mental Health 🌐 📞

1345 Birch Ave, Cottage Grove, 97424

541-942-3939

Day center from 9 a.m. to 11 a.m. with substance-use treatment. Counseling, crisis service, medication management and housing support available.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.slmh.org/>

Sponsors, Inc. - Re-Entry Resource Center

338 Hwy 99 N, Eugene, 97402

541-505-5690

Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

Sponsors, Inc. - Re-Entry Resource Center – Women's Assistance Program ♿

767 East 8th Ave, Eugene, 97402

541-505-5690

Women's assistance program to re-enter life after incarceration. Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

St. Vincent de Paul Society 🌐 ♿

2890 Chad Dr, Eugene, 97408

541-687-5820

Apply for St. Vincent housing, apartments and houses, and also Veterans housing.

Monday to Friday, 8 a.m. to 5 p.m.

<https://svdp.us/>

St. Vincent de Paul Support Services for Veteran Families 🌐 ♿

2890 Chad Dr, Eugene, 97408

541-743-7107

Housing assistance, eviction prevention, case management, referrals and assistance to other services and benefits. Aimed at helping homeless veterans and those at risk of homelessness with the resources needed to become or remain permanently housed.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/affordable-housing/supportive-services-veteran-families/>

Overnight / Short Term Shelters

Community Supported Shelters ♿

1160 Grant St, Eugene, 97402

541-683-0836

Provides transitional shelter in Conestoga hut. Safe Spot Community, along with plan advisers and peer support. Apply at office. Wheelchair accessible.

Wednesday, Thursday, Friday 1 p.m. to 4 p.m.

<https://communitysupportedshelters.org/>

Egan Warming Centers ♿

Various locations in Lane County

Physical location only

Provides warm places to sleep when temperatures drop below 30 degrees between November 15th and March 31st. There are several host sites, including a site dedicated to homeless youth. Please check website to see which sites are active.

Cold winter nights

<http://www.eganwarmingcenter.com/about-us/>

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/>

First Place Family Center 🌐 🇺🇸

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken. COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.
Every day 8 a.m. to 4 p.m.
<https://www.svdpc.us/what-we-do/homeless-services/first-place-family-center/>

Looking Glass - Station #7 🌐 🇺🇸

931 W 7th Ave, Eugene, 97402

541-689-3111

Provides crisis intervention services and temporary emergency shelter for runaway and homeless youth ages 11-17.
All hours, every day
<https://www.lookingglass.us/station-7>

Nightingale Hosted Shelters 🇺🇸

3500 Hilyard St, Eugene, 97405

541-632-4278

Temporary shelter and healthy supportive community for people who are unhoused. NHS provides Conestoga huts or tents, port-a-potties, and garbage and recycling. Apply online to get on the waiting list.
Monday to Friday, 9 a.m. to 5 p.m.
<https://nightingaleshelters.org/>

ShelterCare

499 West 4th Ave, Eugene, 97401

541-689-7156

Homeless prevention program. Shelter for families, the medically-fragile and others in crisis.
Monday to Friday, 8:30 a.m. to 4:30 p.m.
<https://www.sheltercare.org/what-we-do/>

Siuslaw Outreach Services 🌐 📞

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florencesos.org/services.html>

Sponsors, Inc. - Re-Entry Resource Center

338 Hwy 99 N, Eugene, 97402

541-505-5690

Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

Sponsors, Inc. - Re-Entry Resource Center – Women's Assistance Program 📞

767 East 8th Ave, Eugene, 97402

541-505-5690

Women's assistance program to re-enter life after incarceration. Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

Valley United Methodist Church 📞

25133 E Broadway Ave, Veneta, 97487

541-935-1614

Community meal served to go 4:30 p.m. to 6:30 p.m. In the winter (when temperatures is 28 degrees or below) opens as an overnight warming shelter at 5 p.m., with dinner served; closes 8 a.m. Call for more information about AA meetings and availability for transitional camping. The pastor is a licensed counselor specializing in grief and willing to speak with those who are in grief. COVID Update: Meals to go; limited capacity; please check in the church early.

Sunday 4:30 to 6:30pm

<https://www.valleychurchveneta.org/>

Womenspace 🌐 📞

1577 Pearl St, Suite 200, Eugene, 97401

541-485-6513 or 800-281-2800, 24-hour crisis hotline

Confidential, emergency shelter for families and individuals leaving a dangerous situation. Access to shelter is through the 24-hour crisis and support line or meeting with an advocate. Web chat available on website. COVID Update: Drop-in service is currently not available but mobile advocates are responding to needs.

Monday to Friday, 9 a.m. to 5 p.m.; 24-hour crisis hotline

<https://www.womenspaceinc.org/>

Overnight Parking

St. Vincent de Paul - Eugene Service Station 📞

450 Highway 99 North, Eugene, 97402

541-461-8688

Provides day shelter, bathrooms, meals, laundry services, showers, telephones, mail services, and Dusk to Dawn shelter. Also provides vouchers for St. Vincent's thrift stores, which can be used for clothes, bedding, and other items.

Every day, 8 a.m. to 5 p.m.

<https://www.svdp.us/what-we-do/homeless-services/eugene-service-station/>

Transitional or Permanent Housing

Cornerstone Community Housing

1175 Charnelton St, Eugene, 97401

541-683-1751

Provides affordable community housing.

Monday through Thursday 9 a.m. to 4 p.m.; Friday 9 a.m. to noon

<https://cornerstonecommunityhousing.org/housing-communities/>

Homes For Good 🌍 ♿

100 W 13th Avenue, Eugene, 97401

541-682-3755

Rental assistance program, including sign-up for Section 8. Complete a housing application when the wait list is open. COVID Update: No drop in. Please call.

Monday to Thursday, 8 a.m. to 4 p.m.

<https://homesforgood.org/>

NorseMen Village Apartments

920 W 1st Ave, Junction City, 97448

541-998-2236

Low income apartments for seniors (62 years and older) and disabled people.

Norsemen is walking distance from old downtown Junction City, with proximity to cafes and shops, and close to City Hall and other services and was completely renovated in 2013. The Viking Sal Senior Center is also nearby. There is professional onsite management and maintenance who attend to the development's upkeep. Food assistance available for residents. Some units ADA accessible. COVID Update: Phone appointments only during the pandemic, Monday to Friday, 9 a.m. to 1 p.m.

Monday to Friday, 9 a.m. to 1 p.m.

<https://www.homesforgood.org/find-a-home/site-details/10030>

Opportunity Village

111 N Garfield St, Eugene, 97402

541-525-0501

Transitional shelter for adults, singles and couples.

Every day, 10 a.m. to 5 p.m.

<https://www.squareonevillages.org/opportunity>

ShelterCare

499 West 4th Ave, Eugene, 97401

541-689-7156

Homeless prevention program. Shelter for families, the medically-fragile and others in crisis.

Monday to Friday, 8:30 a.m. to 4:30 p.m.

<https://www.sheltercare.org/what-we-do/>

Sponsors, Inc. - Re-Entry Resource Center

338 Hwy 99 N, Eugene, 97402

541-505-5690

Services for those on probation or parole. Transitional housing for men and women.

Information, resources and referrals to find employment. COVID Update: No drop ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

St. Vincent de Paul Society 🌍 ♿

2890 Chad Dr, Eugene, 97408

541-687-5820

Apply for St. Vincent housing, apartments and houses, and also Veterans housing.

Monday to Friday, 8 a.m. to 5 p.m.

<https://svdp.us/>

Transportation

CAHOOTS - Eugene only

Phone 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, operated by White Bird Clinic.

All hours, every day

<https://whitebirdclinic.org/cahoots/>

CAHOOTS - Springfield only

Phone 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, operated by White Bird Clinic.

All hours, every day

<https://whitebirdclinic.org/cahoots/>

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/>

Diamond Express Transportation Service ♿

3500 E 17th Ave, Eugene, 97403

541-782-1157

COVID Update: Currently on hold due to pandemic.

Currently on hold

https://www.ltd.org/system-map/route_900/

Junction City Local Aid ♿

210 E 6th Ave, Junction City, 97448

541-998-3992

Food pantry available Tuesdays and Wednesdays 9 a.m. to 1 p.m., Thursdays 3 p.m. to 7 p.m., last Saturday of every month from 10 a.m. to noon. Prescription drug assistance, heating assistance (propane vouchers), bus passes, and clothing also available.

Tuesday and Wednesday 9 a.m. to 1 p.m. Thursday 3 to 7 p.m. and the last Saturday of every month, 10 a.m. to noon

<http://junctioncitylocalaid.org/>

LTD Reduced Fare

3500 E 17th Ave, Eugene, 97403

541-687-5555

LTD provides free bus fares for those 65 and older and reduced fare for those who are disabled. Check website for details COVID Update: Masks required.

<https://www.ltd.org/riding-the-bus/>

LTD RideSource 🌐

Phone only

541-682-5566, 1-877-800-9899

A program to provide residents with non-emergency medical transportation. Call the above numbers to get information about obtaining a transportation assessment. Call M-5 8-5 to set up a scheduled transport. RideSource does not provide same-day transport. COVID Update: Only critical or essential trips are accepted; masks required at all times.

Monday to Friday, 8 a.m. to 5 p.m., Saturday and Sunday from 11 a.m. to 5 p.m.

<https://www.ltd.org/ridesource/>

Oregon Department of Motor Vehicles - Eugene 🌐 🇺🇸

2870 W 10th Pl, Eugene, 97402

541-686-7855

Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. COVID update: By appointment only through the website. All patrons must be six feet apart, wear masks, and wait outside the building.

One person per appointment. There are multiple locations on the website.

Monday, Tuesday, Thursday, Friday 8 a.m. to 5 p.m.

<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Oregon Department of Motor Vehicles - Springfield 🌐 🇺🇸

204 N 30th St, Springfield, 97478

503-945-5000

Provides all forms of driver licensing, vehicle titles and registration, MCTD and highway permits. For disabled parking placards, pick up an application, get a doctor's signature, and return the application. Homeless individuals may use shelter location with letter as proof of address for obtaining IDs. COVID Update: By appointment only through the website. All patrons must be six feet apart, wear masks, and wait outside the building. One person per appointment. There are multiple locations on the website.

Monday, Tuesday, Thursday, Friday 9 a.m. to 5 p.m.

<https://www.oregon.gov/ODOT/DMV/Pages/index.aspx>

Siuslaw Outreach Services 🌐 🇺🇸

1576 West 12th St, Florence, 97439

541-997-2816 / Crisis Hotline: 541-997-4444

Provides assistance with emergency shelter, housing, rent and utility assistance, prescription assistance, homeless prevention, shower, laundry, transportation vouchers, special veterans program, and domestic violence / sexual abuse advocacy.

Monday to Thursday, 10 a.m. to 3:30 p.m., Friday by appointment

<https://florencesos.org/services.html>

South Lane Wheels 🇺🇸

1450 Birch Ave, Cottage Grove, 97424

541-942-0456

Accessible public transportation in the Cottage Grove and Creswell area with service to Eugene and Springfield destinations. Information and referral also provided. LTD Connector, a door-to-door transportation service to any location in the Cottage Grove area, offered from 8 a.m. to 5 p.m. Monday to Friday.

Monday to Friday, 8:00 a.m. to 5:00 p.m.

<http://southlanetransit.com/>

Veterans

Access the Law ☎

245 W 13th, Eugene, 97401

541-686-4890

Provides quality legal services for working and low income families and individuals. Fifty-dollar consultation. Provides free legal consultation for veterans once a month. (Free service only available from January-October.) COVID Update: contact by phone only, no drop ins.

Monday to Friday, 8 a.m. to 5 p.m. (out of office from noon to 1 p.m.)

<https://accessthelaw.org/>

Access the Law - Oakridge

47663 Hwy 58, Oakridge, 97463

541-780-4989

Provides quality legal services for working and low income families and individuals. 50 dollar consultation. Provide free legal consultation for veterans once a month.

Call to schedule a consultation

<https://accessthelaw.org/>

Community Reintegration Service Center ☎

190 E 11th, Eugene, 97401

541-465-6918, after hours call 877-927-8387

Eugene Vet Center. Reintegration and bereavement support of combat vets and survivors of military sexual trauma. Thursdays: Veteran Employment Specialist, WorkSource Lane, (8:30 a.m. - 3:30 p.m.) A counselor is available at the following locations once or twice a month, call the Eugene Vet Center for dates and times: Lane Community College, University of Oregon, Umpqua Community College, and Oregon State University. The Eugene Vet Center offers the following groups, please call the Eugene Vet Center for details: PTSD, Vietnam Specific, OEF/OIF, Anger Management, Self-Esteem/Depression, Life Skills Building, DBT Emotional Skills, and Women's MST Survivors Group.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.lanec.edu/esfs/va-education-benefits-certification-local-and-regional-veterans-service-agencies>

Eugene VA Healthcare Center ☎

3355 Chad Dr, Eugene, 97408

541-607-0897

Full service hospital for veterans.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://www.roseburg.va.gov/locations/eugene.asp>

Eugene Vet Center ☎

190 East 11th Ave, Eugene, 97401

541-465-6918

Individual, family and group mental health counseling for vets and the families of vets who served in combat in need of readjustment to society or for those who are experiencing trauma. COVID Update: In person initial appointments and then scheduled on a case-by-case basis. Employment assistance is suspended through the end of the year and likely through June, 2021.

Monday to Saturday, 8 a.m. to 4:30 p.m.

https://www.va.gov/find-locations/facility/vc_0626V

Lane Community College VA Educational Benefits Office

4000 East 30th Ave, Building 19, Room 233A, Eugene OR 97405

541-463-5663

Certifies students eligible for VA educational benefits and can advise regarding qualifications, assist with determining educational goals and help with guiding students through navigating enrollment at LCC.

See website for current hours

<https://www.lanec.edu/esfs/veterans-education-certification-information>

Lane County Veteran Service Office 🇺🇸

151 W 7th Ave, Suite 460, Eugene, 97401

541-682-4191

Case management for vets, including filing for disability claims, obtaining military records, applying for VA Health Care, education benefits and surviving spouse benefits.

COVID Update: Not available for in-person appointments.

Monday to Friday, 8 a.m. to 3 p.m. (closed noon to 1 p.m.)

<http://lanecounty.org/?paged=4133203>

Lines for Life - Military Crisis Line

Phone only

(888) 457-4838

Free, confidential support to service members, veterans and their families. Answered by veterans and others trained in military culture, our crisis lines offer compassionate, non-judgmental support and, where appropriate, connect people with the referrals, resources, or treatment they need through tough times.

24/7

<https://www.linesforlife.org/mhl/>

Military Helpline

Phone only

888-457-4838

24/7 resource for military service members, veterans and their families. Text "MIL1" to 839863

All hours, every day

<http://militaryhelpline.org/>

Operation Homefront

Headquarters outside Lane County

800-722-6098

Providing assistance for Veterans in need. All financial needs must be documented.

They provide for those qualified: financial assistance, transitional housing, school supplies, holiday meals.

All hours, every day

<https://www.operationhomefront.org/>

PenFed Foundation 🌐

Headquarters outside Lane County

800-558-9224

Emergency financial assistance program offers financial assistance for wounded, ill, and injured post 9-11 combat veterans who are experiencing an unexpected short term (one to two months) financial setback. Apply on website.

All hours, every day

<https://penfedfoundation.org/>

St. Vincent de Paul Support Services for Veteran Families 🌐 🇺🇸

2890 Chad Dr, Eugene, 97408

541-743-7107

Housing assistance, eviction prevention, case management, referrals and assistance to other services and benefits. Aimed at helping homeless veterans and those at risk of homelessness with the resources needed to become or remain permanently housed.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.svdv.us/what-we-do/affordable-housing/supportive-services-veteran-families/>

Veterans Crisis Hotline 🌐

Phone only

800-273-8255, press 1

Support line for all veterans, service members, National Guard members and their families. Translation service available.

All hours, every day

Veterans Homeless Services Hotline 🌐

Phone only

877-424-3838

A national line that provides referral to services for homeless veterans or veterans at risk of becoming homeless. Others can also request referrals on behalf of veterans. Veterans will be referred to the Housing Coordinator at their local VA Medical Center for assistance. Translation service available.
All hours, every day

Wildfire Support

Work

Employment or Job Search

Goodwill Industries Job Connections 🌐 ♿

102 30th St, Springfield, 97477

458-205-8157

Provides employment and job search assistance for those who have barriers to employment. Workshops, job leads and employment opportunities are available.

Monday to Thursday, 8 a.m. to 4 p.m.

<https://goodwilljobconnection.org/>

Goodwill Industries Job Connections 🌐 ♿

855 Seneca Rd, Building 1, Eugene, 97402

541-431-3309

Call first. Provides employment and job search assistance for those who have barriers to employment. Workshops, job leads and employment opportunities are available.

Monday to Friday, 8 a.m. to 4 p.m.

<https://goodwilljobconnection.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>

Laurel Hill Center - Employment Services 🌐 ♿

2145 Centennial Plaza, Eugene, 97401

541-485-6340

Job search support provided to those with psychiatric disabilities. Intake required.

COVID Update: Not accepting new clients. Appointments available for current clients.

Intake Hours: Tuesday to Thursday 9 a.m. to 10 a.m. (Doors open at 8 a.m.)

<http://www.laurel.org>

Sponsors, Inc. - Re-Entry Resource Center

338 Hwy 99 N, Eugene, 97402

541-505-5690

Services for those on probation or parole. Transitional housing for men and women.

Information, resources and referrals to find employment. COVID Update: No drop ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

Sponsors, Inc. - Re-Entry Resource Center – Women's Assistance Program ♿

767 East 8th Ave, Eugene, 97402

541-505-5690

Women's assistance program to re-enter life after incarceration. Services for those on probation or parole. Transitional housing for men and women. Information, resources and referrals to find employment. COVID Update: No drop-ins during pandemic. Please call for assistance.

Monday to Friday, 8 a.m. to 4:30 p.m.

<https://sponsorsinc.org/reentry-resource-center/>

Vocational Rehabilitation Office - Eugene 🌐 ♿

2885 Chad Dr, Eugene, 97408

541-686-7722

Provides those who are blind or deaf or have vocal impairments opportunities for employment.

Monday to Friday, 8 a.m. to 5 p.m.

<https://www.oregon.gov/dhs/EMPLOYMENT/VR/Pages/Locator-Schools-Families.aspx>

Vocational Rehabilitation Services (OVRs) - Springfield 🌐 ♿

101 30th St, Springfield, 97478

541-726-3525

Provides those who are blind or deaf or have vocal impairments opportunities for employment.

Monday to Friday, 8 a.m. to 5 p.m.

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

WorkSource Lane - Florence Office 🌐 ♿

3180 Hwy 101 N, Florence, 97439

541-997-1913

The Job and Career Center provides job-search assistance, career counseling, job-finding workshops, resume and cover-letter writing assistance to all job seekers.

Provides information about unemployment. Computer and internet access available for job search purposes.

Monday to Friday, 8 a.m. to noon, 1 p.m. to 5 p.m.

<http://worksourceoregon.org/>

WorkSource Lane County 🌐 ♿

2510 Oakmont Way, Eugene 97401

541-686-7601

Provides job-search assistance, career counseling, job-finding workshops, resume and cover-letter writing assistance to all job seekers. Provides information about unemployment. Computer and internet access available for job search purposes.

Monday to Friday, 8 a.m. to 5 p.m.

<http://worksourceoregon.org/>

Youth

School Support

15th Night

Phone only

541-246-4046, call or text

24/7 talk or chat hotline for youth under 18. Provides rapid access to resources and emergency services, such as: clothing/shoes, personal care products, backpacks, food, housing specialist, transportation, doctor's appointments, counseling, mentors/peer support, youth advocate, application assistance, and library cards.

All hours, every day

<https://www.15thnight.org>

Boys & Girls Clubs of Emerald Valley &

1545 W 22nd Ave, Eugene, 97405

541-345-9939

After-school programs and activities for youth from 1st through 12th grade. Activities include academics, athletics and board games. Meal provided for children in the program. Charges \$25 dollars a week. COVID Update: Assistance with online school, limited to seventy youth, but there are openings now.

Monday to Friday, 8:00 a.m. to 5:30 p.m.

<https://www.bgcev.org>

Community Outreach through Radical Empowerment (CORE)

150 West Broadway, Eugene, 97401 (Spectrum)

503-877-5320

SOAP (Street Outreach Alliance Program) is a multifaceted, collaborative street outreach program. CORE partners with different agencies in the community to provide consistent and effective outreach to our neighbors living on the streets and in camps in the Eugene/Springfield area. Street Feed is a program that offers free hot meals and survival supplies every other Friday in Downtown Eugene. Street Feed exists to create safe space and access to resources for people between the ages of 16 and 24. Harm Reduction Distribution (HRD) is a low barrier program that creates access to harm reduction supplies as well as providing education around safer use and resource navigation in our community. HRD operates from a harm-reduction, empowerment, and strengths based model.

Every other Friday, 5 to 7 p.m.

<https://coreeugene.org/>

Early Assessment and Support Alliance (EASA) &

1200 Hilyard St, Ste 570, Eugene, 97401

458-205-7070

The First Episode Program helps people ages 15-25 who have recently experienced their first psychotic break. Services provided include: assessment, counseling, peer support, vocational education, job search assistance, medication management and case management.

Monday, Tuesday, Thursday from 8:30 a.m. to 6 p.m.; Wednesday 9 a.m. to 6 p.m.; Friday 8 a.m. to 5 p.m.

<http://www.easacommunity.org/>

First Place Family Center 🌐 🇺🇸

1995 Amazon Parkway, Eugene, 97405

541-342-7728

Offers a daytime facility for families with children, meals, mail service, laundry, computers, preschool, limited overnight accommodations, and referrals for jobs, housing and recovery. Waiting list for overnight accommodations. Spanish spoken. COVID Update: Two separate blocks of time for the preschool. Only six non-staff people inside the building at a time. Meals are to go.

Every day 8 a.m. to 4 p.m.

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

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>

Looking Glass - New Roads Program

941 W 7th Ave, Eugene, 97402

541-686-2688

One-hour appointments available to those not in the overnight shelter Monday to Friday 10 a.m. to 3 p.m. for food, clothing and showers. Drop-in hours are Monday to Friday, 5 p.m. to 7 p.m. Overnight shelter for youth 12-21 only. Meals provided for overnight guests. COVID Update: screening at the door.

Monday through Friday, 10 a.m. to 3 p.m. and 5 to 7 p.m.

<https://www.lookingglass.us/new-roads>

Looking Glass - Station #7 🌐 🇺🇸

931 W 7th Ave, Eugene, 97402

541-689-3111

Provides crisis intervention services and temporary emergency shelter for runaway and homeless youth ages 11-17.

All hours, every day

<https://www.lookingglass.us/station-7>

Looking Glass Community Services 🌐 🇺🇸

260 E 11th Ave, Eugene, 97401

541-484-4428

Outpatient mental health and substance abuse treatment. Individual, family, and group therapy for children, adolescents, adults, and their families.

Monday to Thursday 8 a.m. to 6 p.m.; Friday 8 a.m. to 5 p.m.

<https://www.lookingglass.us/>

Looking Glass Crisis Response Line

Phone only

1-888-989-9990

24-hour crisis prevention helpline for families with children or runaways ages 17 and under.

All hours, every day

<https://www.lookingglass.us/>

McKinney-Vento Liaison: Bethel School District

541-689-3280

The McKinney-Vento Act is a federal law that ensures the rights of youth to go to school even when they are homeless or don't have a permanent address. Every school district in the country is required to have McKinney-Vento liaisons who work to reduce barriers that prevent homeless youth from enrolling, attending, and succeeding in school; including transportation, residency requirements, school meals, and documentation requirements. McKinney-Vento liaisons also connect students and families to local support resources. Contact your local school district to request more information about McKinney-Vento supports.

McKinney-Vento Liaison: South Lane School District

541-731-5702

The McKinney-Vento Act is a federal law that ensures the rights of youth to go to school even when they are homeless or don't have a permanent address. Every school district in the country is required to have McKinney-Vento liaisons who work to reduce barriers that prevent homeless youth from enrolling, attending, and succeeding in school; including transportation, residency requirements, school meals, and documentation requirements. McKinney-Vento liaisons also connect students and families to local support resources. Contact your local school district to request more information about McKinney-Vento supports.

McKinney-Vento Liaison: Springfield Public Schools

541-744-6769

The McKinney-Vento Act is a federal law that ensures the rights of youth to go to school even when they are homeless or don't have a permanent address. Every school district in the country is required to have McKinney-Vento liaisons who work to reduce barriers that prevent homeless youth from enrolling, attending, and succeeding in school; including transportation, residency requirements, school meals, and documentation requirements. McKinney-Vento liaisons also connect students and families to local support resources. Contact your local school district to request more information about McKinney-Vento supports.

McKinney-Vento Liaison: Eugene School District 4J

541-790-4932

The McKinney-Vento Act is a federal law that ensures the rights of youth to go to school even when they are homeless or don't have a permanent address. Every school district in the country is required to have McKinney-Vento liaisons who work to reduce barriers that prevent homeless youth from enrolling, attending, and succeeding in school; including transportation, residency requirements, school meals, and documentation requirements. McKinney-Vento liaisons also connect students and families to local support resources. Contact your local school district to request more information about McKinney-Vento supports.

Mid Lane Cares

25035 W. Broadway Ave, Veneta, OR 97487

541-935-4555

Serves the 475 square mile area known as Fern Ridge with various programs, including: Love Project Food Pantry Free Medical Clinic Senior Meals & Programs Emergency Assistance Jim Petty Scholarship Fund S.A.N.T.A. & Silver Tree
Call for specific program hours
<https://midlanecares.com/>

Ophelia's Place 🌐 🇺🇸

1577 Pearl St, Suite 100, Eugene, 97401

541-284-4333

Eugene Support and empowerment center for girl-identified youth (ages 10 to 18).
Counseling by appointment. COVID Update: All services (counseling, etc.) are being conducted virtually, primarily on Zoom. Please call for orientation information. Spanish speakers available.
Monday to Thursday 10 a.m. to 6 p.m.; Friday 10 a.m. to 3 p.m.
<http://opheliaplace.net/>

Oregon Family Support Network 🇺🇸

72A Centennial Loop, Suite 150, Eugene, 97401

541-342-2876

Support for families raising a youth with emotional, behavioral, or mental health challenges (no diagnosis needed). Check website or text "safe" + city, state and zip code to 44357 to find a location.
Monday to Friday, 8:30 a.m. to 5 p.m. (best to call first)
<http://www.ofsn.org/>

Project Safe Place 🌐 ♿

Locations throughout Lane County

To use TXT 4 HELP, text the word "safe" and your current location (city/state/zip) to 4HELP (44357)

Find a Safe Place location by entering an address or zip code in their website or by texting. Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency. You will also have the option to text interactively with a professional for more help. This national program provides youth with safe places to seek help. Youth ages 11-17 can access any of the 68 Safe Place sites across Lane County identified by the yellow and black diamond-shaped signs. Staff at each site are trained to assist the youth in contacting Station 7. Participating businesses are identified by highly visible yellow and black diamond-shaped signs.

All hours, every day

<https://www.nationalsafeplace.org/find-a-safe-place>

South Lane Mental Health Recovery Center ♿

75 S 5th St, Cottage Grove, 97424

541-767-4260

A five-bed mental health foster home for adults with severe mental illnesses. Case management and youth counseling available. Recovery services available for both adults and youth.

Monday to Friday, 9 a.m. to 5 p.m.

<https://www.slmh.org/recovery-services/>

The Child Center Crisis Response Program 🌐 ♿

3995 Marcola Rd, Springfield, 97477

541-726-1465

24/7 Crisis Response Program providing support and help to teens, children, parents and families during times of crisis. Must call first.

All hours, every day

<https://www.thechildcenter.org/>

Youth ERA ♿

965 Oak Alley, Eugene, 97401

971-334-9295

Works to empower young people and create breakthroughs with the dedicated systems that serve them. Suicide Prevention and Crisis Response available.

Monday to Friday, 8:00 a.m. to 5 p.m.

<https://www.youthera.org/eugene-drop>

Youthline

Phone only

877-968-8491

24/7 crisis line staffed by and for teenagers. Text "teen2teen" to 839863.

All hours, every day

<https://oregonyouthline.org/>