Resource Guide
For Youth by Youth
in Eugene/Springfield

Last updates: 10/2022
The 15th Night is a youth guided, community-wide partnership that helps more than 790 of our Eugene-Springfield students who are navigating school, life, and homelessness alone by creating access to a coordinated network of existing community resources.

This resource guide includes organizations that work with youth facing barriers in Lane County. It is designed by youth to help youth navigate these resources and know how to connect to these organizations.

This publication was originally created by DevNW and updated by the 15th Night Youth Action Council with generous support from each of the organizations included in these pages.
# 15th Night

**Youth Resource Guide**

**2022-2023**

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MCKINNEY-VENTO LIAISONS

McKinney-Vento Liaisons are school district personnel dedicated to making sure ALL students have access to the same educational opportunities, no matter where they live.

If you need support from a McKinney-Vento Liaison, you can find your district liaison contact information on the next page. School staff and teachers can connect students to liaisons as well.
### Bethel: (541) 607-1463
Donna Butera  
donna.butera@bethel.k12.or.us  
Yadira Flores  
yadira.Flores@bethel.k12.or.us

### Blachly: (541) 925-3262 X106
Adam Watkis  
awatkins@blachly.k12.or.us

### Creswell: 541-852-0837
Sarah Stevens  
sstephens@creswell.k12.or.us

### Crow-Applegate-Lorane: (541) 935-2227
Kim Wilson  
kwilson@cal.k12.or.us

### Eugene 4J: (541) 790-6888
Kristine Craft  
craft_k@4j.lane.edu  
Jennifer Volem  
volem_j@4jlane.edu

### Fern Ridge: (541) 935 2253
Becky Dube  
rdube@fernridge.k12.or.us

### Junction City: (541) 998-6311 X621
Katie Bradford  
kbradford@junctioncity.k12.or.us

### Lowell: (541) 937-2105
Colette Ullrich  
cullrich@lowell.k12.or.us

### Mapleton: (541) 268-4322
Brenda Moyer  
bmoyer@mapleton.k12.or.us

### Marcola: (541) 933-2512
Stacey Whaley  
swhaley@marcola.k12.or.us

### McKenzie: (541) 822-1110
Lacey Joy  
lacey.joy@mckenziesd.org

### Oakridge: 541-782-2813
Mark Osborn  
mosborn@oihswarriors.net

### Pleasant Hill: (541) 736-0498
Devery Stoneberg  
dstoneberg@pleasanthill.k12.or.us

### Siuslaw: (541) 997-2514 x 5457
Ella Glowacki  
eglowacki@siuslaw.k12.or.us

### South Lane: 541-852-0837
Sarah Stevens  
sstephens@creswell.k12.or.us

### Springfield: 541-525-0171
Jocelyn Sanchez  
jocelyn.sanchez@springfield.k12.or.us  
Zoe Brookes  
zoe.prince-brookes@springfield.k12.or.us

### Oregon Connections Academy: (503) 897-8370
Isla Gearheart  
igearheart@orca.connections.org
School Resource Navigators are school employees who help students and their families connect to resources and services. These rockstars can support students and families by being the liaison between home, school, and the school district.

**4J School District**

**Cultural Navigators**  
Dulce Guillen  
guillen_d@4j.lane.edu  
(541)-790-6881

Yasmin Aguilar  
aguilar_y@4j.lane.edu  
(541)-790-6882

**Family Resource Coordinator**  
Alicia Longoria  
longoria@4j.lane.edu  
(541)-790-6880

**4J Welcome Center**  
541-790-6880

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**Bethel School District**

**Family Navigator**  
Prisilla Sanchez  
prisilla.sanchez@bethel.k12.or.us  
(541)-461-6401 X 4009

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**Springfield School District**

**Special Programs Assistant Director**  
Nicole Nakayama  
nicole.nakayama@springfield.k12.or.us  
(541)-726-3250

**Learning Specialist & Family Resource Coordinator**  
Stephanie Leahy  
stephanie.leahy@springfield.k12.or.us  
(541)-744-6415 X 30238
Having your different forms of identification is important!
Your birth certificate allows you to obtain a state ID and passport, your social security card helps secure employment, and a state ID opens the door to accessing opportunities including starting a bank account, and acquiring a job.

**BIRTH CERTIFICATE**

**15th Night Rapid Access Network:**
Eugene and Springfield (541) 246-4046
Call or text this number to be connected with an individual that provides technical and financial assistance with obtaining a birth certificate. Cost is covered.
**Times:** Available 24/7
**Age:** Max 21

**Catholic Community Services:**
Spanish speaking staff available.
Eugene (541) 345-3628 / Springfield (541) 345-3628 ext. 324
Clients can drop in and talk to a front desk staff about obtaining a birth certificate. Please bring any identification documents that might help in ordering a birth certificate. CCS will order and issue payment.
**Times:** Monday, Tuesday, Wednesday, Friday 8:00 am-4:00 pm / Thursday 9:00 am - 4:00 pm
**Age:** 18+
**Address:** 1464 w 6th Ave, Eugene, OR, 97402 / 1025 G Street, Springfield, OR 97477

**CORE:**
(541) 870-0036
CORE provides case management that includes document recovery (birth certificates, IDs, tribal enrollment). Contact CORE via text, social media, or emailing to inquire.
**Age:** 29 and under
**Facebook:** https://www.facebook.com/COREEugene/
**Instagram:** https://www.instagram.com/core.eugene/
**Email:** info@coreeugene.org

**White Bird Clinic:**
Eugene (541) 342-1295
Walk in times are available Tuesday-Thursday 9:30 am- 12:30 pm. Staff can assist with technical and financial assistance with obtaining a birth certificate. Cost is covered.
**Times:** Tuesday-Thursday 9:30 am-12:30 pm
**Age:** All ages
**Address:** 323 E 12th Ave, Eugene, OR, 97401
Social Security office:
1-800-772-1213
It is free to get a new social security card! However, you are only allowed 3 social security card replacements per year, and 10 replacements in your lifetime. You can visit the Social Security office in person or mail your application in with a valid state issued I.D.
**Times:** Monday-Friday 9:00am-4:00pm *Wednesday's closes at noon*
**Age:** All ages
**Address:** 2504 Oakmont Way, Eugene, OR, 97401

**STATE ISSUED I.D.**

Applications to get a state issued I.D. **MUST** be submitted in person at the DMV offices. There are a variety of offices throughout Lane County to accommodate location needs. Below is information about the Eugene and Springfield offices.

**EUGENE DMV**
*(541) 686-7855*
**Times:** Monday-Friday 8:00 am-5:00 pm
**Address:** Valley River Center, Eugene

**SPRINGFIELD DMV**
*(541) 686-7855*
**Times:** Monday-Friday 8:00 am-5:00 pm
**Address:** 204 30th St, Springfield

The full list of DMV locations can be found here: [https://www.oregon.gov/odot/dmv/pages/offices/index.aspx](https://www.oregon.gov/odot/dmv/pages/offices/index.aspx)

**What you need to apply for a state issued ID:**

- Proof of your identity, date of birth, and legal U.S. presence such as your U.S. Birth Certificate or U.S. citizenship certificate.
- Proof of your Oregon residency, such as your bank statement, insurance card or official mail addressed to you.
- Completed application.
- $44.50 for an identification card.

IF YOU DO NOT HAVE PROOF OF RESIDENCY, YOU CAN GET A LETTER FROM A SCHOOL STAFF MEMBER OR YOUR CASE MANAGER TO VERIFY YOUR RESIDENCE.
**SUPPORT GETTING A STATE ISSUED I.D.**

**15th Night Rapid Access Network**
Eugene and Springfield (541) 246-4046
Call or text this number to be connected with an individual that provides technical and financial assistance with obtaining a state issued I.D. **Cost is covered.**
**Times:** Available 24/7
**Age:** Max 21

**Catholic Community Services:**
Spanish speaking staff available.
Eugene (541) 345-3628 / Springfield (541) 345-3628 ext. 324
Clients can drop in and be added to DMV call list. Staff call DMV 2-3 times per week depending on availability, and call wait times. Once client has shown required documents, CCS can issue a voucher to take to DMV.
**Times:** Monday, Tuesday, Wednesday, Friday 8:00 am-4:00 pm / Thursday 9:00 am - 4:00 pm
**Age:** 18+
**Address:** 1464 w 6th Ave, Eugene, OR, 97402 / 1025 G Street, Springfield, OR 97477

**CORE:** see page 7

**Looking Glass New Roads:**
Eugene (541) 302-2551
Call or visit the New Roads desk to be connected with a case worker that provides technical assistance with obtaining a state issued I.D. The case worker can provide a letter to verify your residence if you do not have proof of residency.
Cost is sometimes covered depending on funds – call front desk to check!
**Times:**
Monday & Friday 8:45am-4:15pm
Tuesday & Thursday 8:45am-6:30pm
Wednesday 8:45am-3:30pm
**Address:** 941 W 7th Avenue, Eugene, OR, 97402
**Age:** 16-24

“*There are no limits to what you can accomplish, except the limits you place on your own thinking.*”
- Brian Tracy
Drop-In centers are safe spaces you can go to have your basic needs met. Below is a list of drop-in centers focused on serving youth. Many of these spaces have showers, food, clothing closets, hygiene items, computers, and welcoming staff to assist you along the way.

**Hosea Youth Services:**
(541) 344-5583
Hosea Youth Services is located in the basement of Grace Fellowship Church but is not affiliated with the church. Hosea has showers, laundry facilities, clothes, food, computers, case management, and employment assistance.
**Times:** Monday to Thursday 1:00-6:30pm (Lunch 1-3pm, Dinner 5pm)
Friday 10:00am-2:00pm (Lunch 11-1)
**Address:** 834 Monroe St, Eugene, OR, 97402
**Age:** 16-24

**Looking Glass New Roads:**
(541) 302-2551
Looking Glass New Roads has showers, laundry facilities, clothes, food, computers, case management, employment assistance, and education re-engagement options.
**Times:**
Monday & Friday 8:45am-4:15pm
Tuesday & Thursday 8:45am-6:30pm
Wednesday 8:45am-3:30pm
**Address:** 941 W 7th Avenue, Eugene, OR, 97402
**Age:** 16-24

**Ophelia’s Place: *Female Identifying Youth Only**
Spanish speaking staff available
(541) 284-4333
Ophelia’s Place recognizes an expansive definition of girl. OP is for all trans girls and cis girls, as well as for nonbinary youth, gender non-conforming youth, and genderqueer youth who feel or have a connection to girlhood or girlness. The drop-in offers snacks, games, community, homework assistance, and various empowerment workshops.
**Times:** Monday to Thursday 3:00-6:00 pm
**Age:** 10-18

**Youth ERA**
Youth Era is open for drop-in hours to access school Monday-Friday Youth Era has access to clothes, food, education re-engagement options and support.
**Times:** Monday-Friday, 3:00-6:00 pm
**Address:** 44 W 7th Ave, Eugene, OR, 97402
**Age:** 11-25
DROPP IN CENTERS

DROPP-IN CENTERS IF YOU ARE A FAMILY OR HAVE CHILDREN

Catholic Community Services G Street Oasis:
Spanish speaking staff available
(541) 214-0260
G Street Oasis serves homeless families. G Street Oasis provides showers, laundry facilities, clothes, food, case management, and employment assistance.
Times: Monday to Friday 9:00 am – 3:00 pm
Address: 1175 G Street, Springfield, OR 97477
Age: All ages, but must be with family

St. Vincent de Paul First Place Family Center:
(541) 342-7728
First Place Family Center serves homeless families with children. First Place provides showers, laundry facilities, clothes, food, diapers, access to computers, case management, employment assistance, and housing intakes.
Times: Monday to Sunday 8:00 am – 5:00 pm
Address: 1995 Amazon Parkway, Eugene, OR 97405
Age: All ages, but must be family with children

OUTREACH

Community Outreach Through Radical Empowerment (CORE)
Street Outreach Alliance Project (SOAP)
(541) 870-0036
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/Cottage Grove area. CORE’s outreach practices are based in harm reduction, trauma informed care, and empowerment. Our primary focus is to both literally and figuratively ‘meet people where they are at’ whatever this may look like. Each person we serve has an unique set of goals and we make it a point to be consistently listening, engaging, and adapting our approach to best meet the needs of each individual. Our target population for outreach is youth and young adults ages 16-29 however we provide supplies to anyone in need that we encounter on outreach. Outreach is currently on Wednesday nights from 5pm-7pm.
Instagram: https://www.instagram.com/core.eugene/
Facebook: https://www.facebook.com/COREEugene/

Looking Glass Outreach
(541) 686-4310
Staff provide youth on the streets of Eugene, Springfield and rural communities with gateway services, information, referrals, advocacy, and support.
We all need food to live and have energy! Below you will find lists of where you can access meals and where you can receive a food box.

**YOUTH SPECIFIC MEAL SITES**

**15th Night Burrito Friday**: Eugene  
Times: Every Friday  
3:00-5:00 pm  
Address: Downtown Eugene Library Courtyard  
Age: 12-24

**15th Night Our Neighborhood**: Springfield  
Times: Every Thursday  
5:00-7:00 pm  
Address: Willamalane Park, Springfield  
Age: 12-24

**Core Street Feed**: Eugene (541) 870-0036  
*currently on sabbatical until further notice - check IG core.eugene for most up to date times and locations*  
Times: 1st & 3rd Monday  
Dinner 5:00pm-7:00pm  
Address: 55 W Broadway, Eugene, OR, 97401  
Age: 16-24

**Hosea Youth Services**: Eugene (541) 344-5583  
Times: Monday – Thursday  
Lunch 1:00 pm  
Dinner 5:00 pm  
Friday, Lunch: 12:00 pm  
Address: 834 Monroe St, Eugene, OR, 97402  
Age: 16-24

**Looking Glass New Roads**: Eugene (541) 302-2551  
Times: Monday – Friday  
Breakfast 9:00 am  
Lunch: 12:00 pm  
Snack: 3:00 pm  
Address: 941 W 7th Avenue, Eugene, OR, 97402  
Age: Max 16-24

**NOT YOUTH SPECIFIC MEAL SITES**

**Burrito Brigade**: Eugene (541) 632-3239  
Times:  
Saturday 12:00 pm-1:00pm  
Sunday 12:30pm-2:00pm  
Address: no set location, can often be found downtown  
Age: *no age requirements

**Crossfire Hands of Hope**: Springfield (541) 686-5433  
Times:  
Breakfast Sunday 8:30 am – 10:30 am  
Address: 942 28 St. Springfield, OR 97477  
Age: *no age requirements
**FOOD**

**The Dining Room:** Eugene (541) 284-1340  
Times: Monday—Thursday  
Lunch 12:00 pm -2:45 pm  
Address: 270 W 8th Ave, Eugene, OR, 97401  
Age: 18+

**Ebbert United Methodist Church:** Eugene (541) 746-3513  
Times: Monday, Tuesday & Thursday  
8:30 am- 10:30 am  
Wednesday: 5:00pm  
Saturday: 3:00 pm  
Address: 525 C St. Springfield, OR, 97477  
Age: *no age minimum or maximum

**Acorn Cafe:** Eugene (541) 403-7647  
Times: Wednesday-Sunday 10:00 am-5:00pm  
Address: 769 Monroe St, Eugene, OR 97402  
Age: *no age requirements

**St. Vincent de Paul Service Station:** Eugene (541) 461-8688  
Times: Sunday-Saturday  
Dinner 8:30 am - 5:00 pm  
Address: 450 B Hwy 99, Eugene, OR, 97402  
Age: 18+

**YOUTH SPECIFIC FOOD BOXES**  
*contact specific school to schedule pick up*

**Churchill High School**  
Eugene (541) 790-5100  
Address: 1850 Bailey Hill Road, Eugene, OR 97405  
Requirement: must be a student of Churchill

**ECCO High School:**  
Eugene (541) 790-6850  
Address: 200 N. Monroe Street, Eugene, OR 97402  
Requirement: must be a student of ECCO

**Hamlin Middle School:**  
Springfield (541) 726-3232  
Address: 326 Centennial Blvd, Springfield, OR 97477  
Requirement: must be a student of Hamlin

**North Eugene High School:**  
Eugene (541) 790-4500  
Address: 200 Silver Lane, Eugene, OR 97404  
Requirement: must be a student of North

**Sheldon High School**  
Eugene (541) 790-6600  
Address: 2455 Willakenzie Rd. Eugene, OR, 97402  
Requirement: must be a student of Sheldon

**South Eugene High School**  
Eugene (541) 790-8000  
Address: 400 E 19th Ave. Eugene, OR, 97402  
Requirement: must be a student of SEHS

**Willamette High School:**  
Eugene (541) 689-0731  
Address: 1801 Echo Hollow Rd, Eugene, OR, 97402  
Requirement: must be a student of WHS
FOOD BOXES *NOT YOUTH SPECIFIC BUT YOUTH CAN ACCESS*

**Betheseda Lutheran Church:** Eugene (541) 688-9085  
**Times:** 2nd & 4th Saturday  
9:30 am – 12:30 pm  
**Address:** 445 Royal Ave, Eugene, OR, 97402  
**Age:** *no age requirements*

**Burrito Brigade:** Eugene info@burritobrigade.org  
**Times:** Monday - Wednesday  
4:00 pm – 6:00 pm  
**Address:** 1300 Irvington Dr, Eugene, OR, 97404  
**Age:** *no age requirements*  
Go online to sign up for an appointment to pick up food: burritobrigade.org/waste-to-taste/

**Catholic Community Services:**  
Eugene (541) 345-3628  
Springfield (541) 345-3628 ext. 324  
**Times:** Monday, Wednesday & Friday  
9:00 am – 12:00 pm  
**Address:** 1464 w 6th Ave, Eugene, OR, 97402  
**Age:** *no age requirements*

**Centro Latino Americano:** Eugene (541) 687 - 2667  
**Times:** Twice a month  
**Address:** 944 W. 5th Street Eugene, OR 97402  
**Age:** *no age requirements*  
Call before coming

**Crossfire Hands of Hope:** Eugene (541) 686-5433  
**Times:** Thursday  
12:00 pm-4:00pm  
**Address:** 942 28th St. Springfield, OR 97477  
**Age:** *no age requirements*  

**Pray Big! Food Pantry:** Eugene (541) 689-4010  
**Times:**  
Last Saturday 10:00 am – 11:30 am  
**Address:** 4110 River Rd. Eugene, OR 97404  
**Age:** *no age requirements*

For more information on food box or meal sites, visit https://foodforlanecounty.org/get-help/  
**For help applying for food stamps/SNAP benefits text the 15th Night Rapid Access Network:** (541) 246-4046
Emergency housing provides safe spaces youth can stay overnight while a long-term plan is developed. Below are youth specific emergency shelters.

**Looking Glass Station 7:**
(541) 689-3111
24/7 helpline 1 (888) 689-3111
Looking Glass Station 7 is an emergency shelter that emphasizes family reconciliation. It offers youth a safe location to go when they feel afraid or have run away from home.
**Address:** 931 W 7th Avenue, Eugene, OR, 97402
**Age:** 11-17 **can sometimes accommodate 18-21 year-olds depending on available beds. Call to confirm.

**Egan Warming Center:**
**open during winter months when temperature dips below 30**
(541) 689-6747
St. Vincent de Paul Egan Warming Center is open seasonally. The hours of operation depend on the temperature, facilities open when overnight temperature is forecasted below 30 degrees F.
**Times:** November 15 – March 31
**Address:** First United Methodist Church, 1376 Olive Street, Eugene, OR 97401
**Age:** Max age 21

“One day you will tell your story of how you overcame what you went through, and it will be someone else’s survival guide”
- Brene Brown
Transitional housing is temporary housing with the intention of transitioning residents into permanent, affordable housing. Transitional housing is free and often paired with case management to assist residents in creating and reaching life goals.

**A Family for Every Child, Host Home Program:**
(541) 343-2856
The Host Home Program offers all youth / young adults (YYA) experiencing homelessness access to safe, stable housing and resources as well as connections with other supports (reconnect with school, family members, mentors, service providers, etc.). AFFEC offers the HHP to YYA ages 11-24 that are pregnant and or parenting, juvenile justice involved, those of the LGBTQIA2S+ and BIPOC communities, with limited English proficiency and non-able bodied persons.

**Address:** A Family for Every Child, 1675 W 11th Ave, Eugene, OR 97402 **Age:** 11-24

**Hosea Youth Services Pallet Shelters**
(541) 344-5583
https://www.hoseayouth.org/
Through a partnership with SquareOne Villages, Hosea oversees 9 pallet shelters in the Eugene location. Contact Brad Bills for more information. Youth who frequent Hosea Youth Services Resource Center are prioritized.

**Address:** 834 Monroe Street Eugene, OR 97402 **Age:** 18-24

**Imagination House:**
niki@thrivehousingnetwork.org
Imagination House is a transitional independent living program for female-identifying young adults, ages 18-20 years old, who are currently in DHS custody or have experience with homelessness. This is a one year program designed to help young adults who are aging out of foster care develop independent living skills, productive schedules, rental history, and ultimately transition to independent housing.

**Age:** 18-20, female identifying youth
**Transitional Housing**

**Looking Glass:**
(541) 686-4310

*If you are literally homeless* (camping or sleeping in a car or shed), you can ask to be put on the Centralized Wait List. If you are on that list, you can qualify for housing with:

- **Rapid Rehousing Program:** pays application fees, move in deposits, rent, and utility payments for two years. Also provides case management.
- **Transitional Housing Program:** for female identifying youth ages 16-21. You live in apartments upstairs from New Roads, and this program has intensive case management by the on-site property manager.

*If you are couch surfing,* or staying with people but don’t have a regular address, you may be eligible for:

- **Transitional Living Program:** each enrolled client can get up to $1500 of financial assistance to move into a new apartment. They will work with you to prepare you to get into housing, and you will need to prove you can pay rent before they will pay a deposit.

**Times:**
- Monday & Friday 8:30am-4:45pm
- Tuesday & Thursday 8:30am-6:45pm
- Wednesday 8:30am-3:45pm

**Address:** 941 W 7th Avenue, Eugene, OR, 97402

**Age:** 16-24

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**St. Vincent de Paul Youth House:**
(541) 214-4380

This is a 2-year transitional living program for female-identifying youth between the ages 16-18. Housing is paired with wrap around case management to assist youth in identifying and reaching life goals, including education, employment, housing, etc. Housing is free of cost. Youth has opportunity to gain positive rental history.

**Address:** 3350 Willamette St. Eugene, OR 97405

**Age:** 16-24, Female identifying youth

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**Thrive House**
https://www.thrivehousingnetwork.org/

Single Moms Thrive House is a transitional living program for young single mothers and their children to begin to THRIVE on their own while taking steps toward a safe, stable, and sustainable future. Thrive House is open to young single moms and their children. Criteria includes moms already with children and pregnant new moms. **Moms must be 18 years or older.**

**Email:** Info@thrivehousingnetwork.org
Community Supported Shelters:
Spanish speaking staff available
(541) 683-0836
https://communitysupportedshelters.org/
Community Supported Shelters provides shelter options for individuals age 18+ experiencing homelessness. They build Conestoga Hut shelters that are pleasing to the eye, create caring and collaborative communities (Safe Spot Communities) located throughout Eugene, and provide extensive support that empowers clients to stabilize and rebuild their lives.
**Address:** 1160 Grant Street, Eugene, OR, 97402

Squareone Opportunity Village:
(541) 606-4455
https://www.squareonevillages.org/opportunity
SquareOne Village is a non-profit organization creating self-managed communities of cost-effective tiny homes for people in need of housing. Opportunity village is SquareOne’s transitional housing village with 30 units that cost $35/month.
**Address:** 111 N. Garfield St, Eugene, OR, 97402

St. Vincent de Paul Annex Night Shelter:
(541) 342-7728
This is a 90-day transitional housing for families with children. Families qualify through completing a housing assessment at First Place Family Center. Housing is paired with intensive case management.
**Address:** 1995 Amazon Pkwy. Eugene, OR 97405
**Age:** Families with children

*NOT YOUTH SPECIFIC*

There is always light.
If only we're brave enough to see it.
If only we're brave enough to be it.

AMANDA GORMAN
Affordable housing is long-term housing based on a renter’s income.

**DevNW Polk Apartments:**
Spanish speaking staff available
(541) 345-7106
https://devnw.org/affordable-homes/affordable-rentals/polk-street-apartments/
DevNW has 12 one-bedroom units located in the Whitaker. DevNW gives priority to youth aging out of Foster Care.
Contact Dannette Gwin at dannette.gwin@devnw.org for more information. **Age: 16+**

*NOT YOUTH SPECIFIC*
**Cornerstone Community Housing:**
(541) 683-1751
https://cornerstonecommunityhousing.org/housing-communities/
Cornerstone has multiple housing units around town. Individuals can apply to be placed on the waitlist thru the website. **Age: 18+**

**Homes for Good:**
(541) 682-3755
https://homesforgood.org/
Homes for Good is Lane County’s hub for affordable, low-income housing and services. We connect people with rental assistance and public housing. Our long-term efforts emphasize the creation of more affordable housing for low-income Lane County residents. Individuals can make an appointment to apply for affordable housing and Section 8 waitlists.
**Times:** Monday-Thursday, 8:00 am-4:00 pm. **Address:** 100 W 13th Ave, Eugene, OR 97401

**Mainstream Housing Incorporated:**
(541) 484-4868
http://mainstreamhousing.org/housing-options/
Mainstream Housing has multiple locations that provide safe and appealing living environments for individuals with developmental disabilities and affordable living options open to community members with low incomes. Housing complexes located in Eugene, Springfield and Cottage Grove. **Age: 18+**

**Shelter Care:**
(541) 686-1262
Sheltercare has a Youth Housing Program for youths that have a recent mental health diagnosis. Sheltercare provides move-in costs and long term rental assistance. **Age: 18-24**
AFFORDABLE HOUSING

Squareone Villages:
(541) 606-4455
https://www.squareonevillages.org/
SquareOne Village is a non-profit organization creating self-managed communities of cost-effective tiny homes for people in need of housing. Permanent housing villages are available in Eugene and Cottage Grove.
Age: 18+

St. Vincent de Paul
(541) 687-5820
https://www.svdp.us/what-we-do/affordable-housing/
St. Vincent de Paul has multiple low-income housing locations. Information about specific locations and open waitlists can be found on the website.
Age: 18+
Catholic Community Services:

Spanish speaking staff available.
Eugene (541) 345-3628 / Springfield (541) 345-3628 ext. 324
Waitlist opens each Wednesday at 9am as funding is available. Go to ccslc.org/find help/rental assistance. If it says active, fill out the prescreening form and submit. If it says not active, try back next Wednesday. Once on the list, our housing navigator will reach out to do a screening.
Times: Wednesday 9:00 am
Age: 18+
Address: 1464 w 6th Ave, Eugene, OR, 97402
1025 G St, Springfield, OR, 97477

Looking Glass: New Roads
(541) 302-2551
Youth who are head of households (if you have your own lease) can come here to get money for move-in deposits, or if you have a 72-hour notice, you can request funds to pay that.
*If you know you’re going to be short on rent, call them in advance!
Times: Monday-Friday 8:00am-4:00pm
Address: 941 W 7th Avenue, Eugene, OR, 97402
Age: 16-24

St. Vincent de Paul Second Chance Renters’ Education Program
(541) 607-0439
https://www.svdp.us/services/self-sufficiency-services/second-chance-renters-education/
An 8-series class to help lay the foundation of what people need to know in order to become successful and responsible tenants. The class is designed for folks who have been evicted or have damaged rental history. Upon graduation and completion of all required activities, Second Chance participants receive a certificate of completion and performance guarantee that is honored by landlords throughout Lane County.
Cost: By donation
Age: 16+
Address: 456 Highway 99 N, Eugene, OR 97402
If you or someone you know is experiencing a mental health, emotional, behavioral, or life crisis—do not be afraid to ask for help. The following hotlines have professionals that can help.

**Hope & Safety Alliance Crisis Hotline, 24/7**
(541) 485-6513
Confidential lifeline for victims and survivors of domestic abuse, intimate partner violence, stalking in Lane County. Hope & Safety Alliance may be able to provide services and referrals that include emergency transportation, shelter, some emotional support and encouragement.

**Hourglass Community Crisis Center**
(541) 505-8426
Short term, mental health crisis assessment & stabilization for adults. Walk in when needed.
**Hours:** 24/7 Monday-Friday, 8am-12am Saturday-Sunday
**Address:** 71 Centennial Loop, Suite A, Eugene, OR, 97401

**Looking Glass Youth & Family Crisis Line, 24/7**
(541) 689-3111
24 hour crisis prevention lifeline for homeless youth, or parents of children up to 18, when youth faces an immediate mental health, emotional, or behavioral crisis.

**National Suicide Prevention Lifeline, 24/7**
1-800-273-8255 OR 988

**Oregon Youth Line**
Call 877-968-8491, Text teen2teen to 839863. Chat at www.oregonyouthline.org
A teen-to-teen crisis and help line. Contact us with anything that may be bothering you; no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).

**Sexual Assault Support Services (SASS)**
541-343-7277
SASS is a non-profit organization providing outreach, advocacy and support to survivors of sexual violence and their partners, families and friends throughout Eugene-Springfield and the rest of Lane County.
**Website:** http://sass-lane.org/
The Child Center: Crisis Response Program, 24/7
1-888-989-9990
Short term, mental health crisis support for parents and children through age 17. If needed, a crisis response team may be sent to site of crisis.

Trans Lifeline, 24/7
1-877-565-8860
Provides peer counseling for transgender individuals in crisis.

Trevor Lifeline, 24/7
1-800-488-7386
A national, confidential suicide hotline for LGBTQ+ youth. Can also be reached via chat online or text. Text "START" to 678678.

Well Mama, 24/7
541-525-0495
Crisis text line for mothers experiencing emergency postpartum depression. Individuals can text "SUPPORT" to 541-525-0495 to receive one-on-one confidential support from someone who understand what you are going through.

Whitebird Crisis Hotline, 24/7
(541) 687-4000 or 1-800-422-7558
Provides crisis intervention, mental health referral and transportation assistance for people in Eugene or Springfield. If you need mobile assistance, call the non emergency dispatch and ask for CAHOOTS.

White Bird Crisis Assistance Helping Out On The Streets (CAHOOTS)
Eugene: (541) 682-4000 / Springfield (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.

IF YOU ARE IN DANGER OF HURTING YOURSELF OR SOMEONE ELSE, OR IF YOU ARE IN DANGER OF BEING HURT BY SOMEONE ELSE, CALL 911
Taking care of our mental health is contributes to our overall health. Seeing a counselor can help us to navigate our own mental health, learn how to cope with trauma, and understand how to take care of ourselves. Here are some of the resources available to youth in the world of counseling.

**Bethel School-Based Health Center:** (541) 607-1430  
Bethel Health Center offers individual, family and group counseling to students residing within the Bethel District.  
**Times:** Monday-Thursday 8:30am-5:00pm  
**Address:** 1525 Echo Hollow Rd Suite A, Eugene OR 97402

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**Center for Family Development:** (541) 342-8437  
**Spanish speaking staff available.**  
Provides counseling for youth, adults, and families. Dedicated to supporting family relationships. Provides mental health and recovery services. Accepts only OHP and has sliding scale option. Call the front desk, or complete the online enrollment form, to get started.  
**Times:** Monday-Friday 8:00am-5:30pm  
**Address:** 261 E 12th Ave, Eugene OR, 97401

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**Center for Community Counseling**  
(541) 344-0629  
Counseling services that are accessible and affordable.  
**Hours:** Monday-Thursday 9:00 am - 3:00 pm  
**Address:** 1465 Coburg Rd. Eugene, OR 97401

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**Centro Latino Americano:** (541) 687-2667  
**Spanish speaking staff available**  
Offers outpatient screening, evaluation, and treatment conducted in English and/or Spanish. Treatment includes individual, group counseling, and family therapy. Also offers classes in prevention and early intervention for 12-17 year-olds, as well as addiction treatment. Call for more information.  
**Times:** Monday-Thursday 8:00am-12:00pm; 1:00pm-5:00pm  
**Friday:** 9:00am-12:00pm  
**Address:** 944 W. 5th Ave, Eugene, OR 97402

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**The Child Center:** (541) 726-1465  
Provides mental health assessments as well as a continuum of psychiatric, therapeutic, and special education programs. Family based agency.  
**Address:** 3995 Marcola Rd, Springfield, OR, 97477  
**Age:** 17 and under
Direction Service Counseling:
(541) 686-5060
Spanish speaking staff available
Provides mental health services specializing in mood and anxiety disorders, post-traumatic stress disorder, and childhood impulse and behavioral disorders. Provides services to children, teens, families and adults of all ages. Accepts OHP.
**Times:** Monday-Friday 8:00am-5:00pm
**Address:** 1144 Gateway Loop, Suite 200, Springfield, OR 97477

Lane County Behavioral Health Child & Adolescent Program:
(541) 682-1915
Spanish speaking staff available
Provides mental health screening and referral, psychiatric evaluations and medication management, individuals, family and group therapy, and peer support with Oregon family support network. To begin intake process, call the screening number and leave a detailed message. A screener will return call within two business days. Accepts OHP and youths without insurance.

Looking Glass Counseling Program:
(541) 484-4428
Looking Glass Counseling Program offers outpatient mental health services for children, youth and adults. Accepts OHP and most private insurances. Call to schedule an appointment.
**Times:** Monday-Thursday 8:00am-6:00pm, Fridays: 8:00am-5:00pm
**Address:** 260 E 11th Ave, Eugene, OR, 97401
(Also has office locations in Cottage Grove, Junction City, Veneta & Oakridge)

Odyssey Community Counseling:
(541) 741-7107
Spanish speaking staff available
Provides counseling support to individuals experiencing depression, anxiety and panic, suicidal thoughts and self-harm behavior, PTSD, eating disorders, difficulty managing emotions and coping with stress, conflict or other issues in relationships, and other life challenges. To enroll, call the front desk and schedule an appointment. Open to all ages.
Low-cost and grant funded. Accepts OHP.
**Times:** Monday-Friday, 8:00 am-5:00pm
**Address:** 2149 Centennial Plaza, Suite 4, Eugene, OR, 97401
**Ophelia's Place:**
**Spanish speaking staff available**
(541)284-4333
Spanish speaking staff available
OP provides individual, relational and group therapy services for girl-identified and gender-expansive youth ages 10-18.
**Address:** 1577 Pearl St. #100, Eugene, OR 97401

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**Options Counseling:**
(541) 687-6983
Spanish speaking staff available
Individual and group therapy for children, adolescents, adults and families. Accepts OHP and private insurance.
**Address:** 3500 Chad Drive, Suite 350, Eugene, OR 97408

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**Oregon Community Programs:**
(541) 743-4348
Must be on OHP to qualify for services. Outpatient therapy program for families of youth ages 4-17.
Provides supports to youth learning to manage a range of common difficulties such as arguing, defiance, anxiety or depression, managing trauma, and more. Program model relies heavily on parent/guardian engagement and focuses on family therapy.
**Address:** 1170 Pearl St, Eugene, OR 97401

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**White Bird Clinic:**
(541) 342-8255
Weekly counseling is provided by licensed/supervised mental health counselors. White Bird provides outpatient services for adults over 18 who need alcohol and/or drug abuse treatment as well as mental health services through the Chrysalis Behavioral Health Outpatient Services program. Accepts OHP.
**Address:** 341 E 12th Ave, Eugene, OR, 97401
**Age:** 16+

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**Willamette Family:**
(541) 343-2993
Hosts a variety of programs including inpatient and outpatient for men and women, peer supports services, and mental health services. Must be 18+ to qualify for services.
Accepts OHP Trillium.
**Times:** Monday-Friday, 8:00am-8:00pm
**Address:** 195 w 12th Ave, Eugene, OR, 97401
The legal age of medical consent in Oregon is 15 years old. This means at age 15, a youth can still access medical care if they do not have contact with a parent or guardian. Medical care can include regular check ups, addiction support services, pregnancy support, etc.

**4J School-Based Health Centers**

**Churchill High School:**
(541) 790-5227  
**Times:** Monday-Thursday 8:00 am-4:30 pm  
1850 Bailey Hill Rd, Eugene, OR 97405

**North Eugene High School:**
(541) 790-4445  
**Times:** Monday-Thursday 8:00 am-4:30 pm  
200 Silver Lane, Eugene, OR 97404

Both health centers are staffed with a nurse practitioner and a mental health therapist. The health centers handle most health issues, including illnesses, injuries, ongoing health problems, child physicals and immunizations. The centers also provide mental health counseling with therapists for depression, anxiety, anger management, attention and focusing challenges, family stress and change, and can facilitate referrals for substance abuse. The health centers can bill private insurance and the Oregon Health Plan and are committed to making sure our patients get the care they need, whether they can afford to pay or not. Please call the clinics for hours and to schedule appointments.

**Bethel School-Based Health Center**

(541) 607-1430  
The Bethel Health Center provides services to current Bethel School District students and their families, children living within Bethel School District boundaries, children of Bethel students, Bethel Head Start students and Bethel School District staff and their dependents. It is staffed by a nurse practitioner, medical office assistant, mental health therapists, secretary and director. The Health Center provides counseling, vaccinations, physicals, reproductive health, dental care, and more.  
**Times:** Monday - Thursday 8:30 am - 5:00 pm  
**Address:** 1525 Echo Hollow Rd Suite A, Eugene, OR 97402

**Springfield School-Based Health Center**

(541) 682-3550  
Springfield Public Schools Health Center is a community health center overseen by Lane County Public Health aimed at supporting the health and wellness of our community through access to affordable, holistic healthcare. Services provided by the health center include: Common ailments (ear infections, fever, sore throats, rashes, etc.), Immunizations, Physicals (sports/work/camp), Medication management (prescriptions, asthma treatments, blood sugar maintenance, etc.), Mental health services, Vision screenings, Well-baby guidance and parenting support for teen parents. Call to make an appointment.  
**Times:** Monday - Thursday 8 am - 4 pm (closed for lunch from 12 - 1 pm)  
**Address:** 1050 10th Street, Springfield, OR 97477
Black Thistle Street Aid

Black Thistle Street Aid is a collective of outreach workers, herbalists & medical practitioners providing access to free healthcare through pop-up clinics and medical outreach to people experiencing homelessness in the Eugene-Springfield area. Black Thistle provides weekly non-emergent medical outreach to the Eugene/Springfield area via pop-up clinic and roving outreach team. Services include prescription refill assistance, wound care, foot baths, herbal consultations, first aid kits, clean syringes and hygiene/survival supplies. In addition to offering supplies and on-the-spot care, our team provides resource connections, follow-up care and referrals to higher levels of care as needed.

Clinic Address: Washington/Jefferson Park *under the bridge on 5th between Washington and Jefferson*

Clinic Hours: Wednesdays 2:00-5:00

Website: https://www.blackthistlestreetaid.org/

Community Health Centers of Lane County

(541) 682-3550

Lane County has 7 Community Health Center locations. Each clinic provides affordable primary care for the whole family. They offer compassionate care for infants, children, adolescents, adults and seniors. Their services encompass not only treatment and prevention of illness but also health education, behavioral health services, children's preventative dental service and outreach. From treatment of chronic conditions, such as diabetes, high blood pressure and asthma to mental health consultations and referrals to specialists, the clinic providers work side-by-side to help meet your healthcare needs.

LOCATIONS:

<table>
<thead>
<tr>
<th>Brookside Clinic</th>
<th>Charnelton Community Clinic</th>
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<tbody>
<tr>
<td>1680 Chambers St #103</td>
<td>151 W 7th Ave Suite 100</td>
</tr>
<tr>
<td>Eugene, OR 97402</td>
<td>Eugene, OR 97401</td>
</tr>
<tr>
<td>Medical Records Fax: 541-682-7612</td>
<td>Medical Records Fax: 541-682-6703</td>
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<table>
<thead>
<tr>
<th>Delta Oaks Clinic</th>
<th>LC Behavioral Health Primary Care</th>
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</thead>
<tbody>
<tr>
<td>1022 Green Acres Rd</td>
<td>2411 Martin Luther King Jr. Blvd</td>
</tr>
<tr>
<td>Eugene, OR 97408</td>
<td>Eugene, OR 97401</td>
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<tr>
<td>Medical Records Fax: 541-682-7201</td>
<td>Medical Records Fax: 541-682-9861</td>
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</tbody>
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<thead>
<tr>
<th>Prenatal Clinic</th>
<th>RiverStone Clinic</th>
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<tbody>
<tr>
<td>151 W 7th Ave # 310</td>
<td>2073 Olympic St</td>
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<tr>
<td>Eugene, OR 97401</td>
<td>Springfield, OR 97477</td>
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<td>Medical Records Fax: 541-682-3551</td>
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Springfield School-Based Center

See page 27
Helping Out Our Teens in the Schools (HOOTS)
(541) 246-2342 and (541) 246-2332
Helping Out Our Teens in Schools (HOOTS) provides on-site integrated health care clinics and tragedy response support to a number of high schools in the Eugene/Springfield area. Each week, teams consisting of a medic (either a nurse or an EMT) and a crisis worker (with years of experience in the mental health field) visit schools to offer walk-in clinics. HOOTS phone line is accessible from 9:00 am-4:00pm Monday-Friday. Video support is available from 11:00 am-2:00 pm on weekdays and is accessed by emailing hoots@whitebirdclinic.org with youth name and preferred time. HOOTS can provide short term counseling and mental health support, resource referrals and OHP sign up.
Website: https://whitebirdclinic.org/hoots

HIV Alliance
(541) 342-5088
HIV Alliance currently provides care coordination, nurse management, and pharmaceutical support to people living with HIV/AIDS. HIV Alliance hosts a needle exchange program, testing for Sexually Transmitted Infections (STIs) including Hep C and HIV, case management for both HIV and Hep C, behavioral health counseling for the greater LGBTQIA+ communities, and many other resources. HIV Alliance also partnered with Lane Community College Dental Program to offer low-cost, comprehensive dental services to folks with HIV/AIDS. At the core of our programs and services are core values, including collaboration, empowerment, adaptability and innovation, continuous improvement, and nonjudgement.
Address: 1195A City View Street, Eugene, OR 97402

Planned Parenthood of Eugene/Springfield
Spanish speaking staff available
(541)-344-9411
Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care. Youth can access services including wellness exams, STI testing, birth control and emergency contraception, abortion services, vasectomy, PrEP, gender affirming care, and pregnancy testing and options counseling. Appointments are available both in person and through telehealth.
Address: 3579 Franklin Blvd, Eugene, OR 97403
Times: Monday-Friday 9:30-6:00 pm, Saturday 8:00– 4:00 pm
West Eugene Location: 793 N. Danebo Dr. Eugene, OR 97402/
Times: Monday-Friday 9:30 am - 6:00 pm
Oregon Behavioral Health Support Line
800-923-4357
Provide emotional support, mental health triage, drug and alcohol counseling, or just connecting with a person who cares. Callers do not need to be in crisis to contact this line.

TransPonder
(508) 443-6337
Info@transponder.community
Community support and resources for transgender individuals. TransPonder provides updated lists of LGBTQIA+ affirming medical care professionals.
Website: https://transponder.community/category/medical/

White Bird Medical Clinic
(541) 484-4800
White Bird Medical Clinic provides primary care, perform preventative exams, treat injuries, perform minor procedures, and connect patients with mental health and chemical dependency services. Call or come by for more information.
Times: Monday: 9am-12pm & 2:00pm-5:30 pm / Tuesday-Friday 9:00 am—5:30 pm
Address: 1400 Mill Street, Eugene, OR 97401

White Bird Dental Clinic
541-344-8302
Our dental clinic offers emergency, preventative, and restorative dental care to people who may be uninsured, underinsured, low income or homeless, and may otherwise go without care. Services provided include: filling, crowns, endodontics, extractions, periodonture, bridges, prophylaxis, application of fluoride and sealants and oral health education. We accept OHP/Trillium/Pacific Source and private dental insurance. Uninsured patients are charged on a sliding scale based on income.
Address: 1415 Pearl Street, Eugene OR 97401
Times: Monday-Thursday 8:00 am-5:00 pm

For help applying for Oregon Health Plan text the 15th Night Rapid Access Network (541) 246-4046

The legal age of medical consent in Oregon is 15 years old. This means at age 15, a youth can still access medical care if they do not have contact with a parent or guardian. Medical care can include regular check ups, addiction support services, pregnancy support, etc.
CORE
(541) 870-0036

HRD is not about abstinence, it is a low barrier program that distributes harm reduction supplies, education around safer use, and resource navigation in our community. We operate from a harm reduction, empowerment and strengths based model. We provide supplies to anyone in need however we prioritize and focus on young adults. We provide condoms, clean needles, narcan/naloxone, referrals to resources and much more. We meet people where they are at no matter where they are on the spectrum of drug and alcohol use, sex work as well as people who engage in risky activities, because we believe people who access our services are the experts in their own lives. We use a needs based model versus 1:1 model. We treat everyone no matter where they are at with dignity, kindness and respect in hope to make our community a safer and more compassionate place. We also have supplies that are specific to folks in the life/sex work.

Social Media: https://www.facebook.com/COREEugene/
         https://www.instagram.com/core.eugene/

Ages: 29 and under

HIV Alliance
541-342-5088

Harm Reduction is a public health philosophy that seeks to empower individuals, remove barriers to accessing the support that they need, and supply pragmatic approaches to risk reduction in a non-judgmental/non-coercive way that is compassionate and accepting of any positive change. Harm Reduction supports a wide spectrum of strategies from doing the behavior more safely, to limiting certain behaviors, to abstinence.

HIV Alliance provides Syringe Service Programs – drop boxes and needle exchanges throughout the state of Oregon.

HIV Alliance offers trainings and distributions of a drug known as Naloxone. Naloxone is an opiate-inhibitor – when a person is overdosing on an opiate drug, if naloxone is used then the overdose can be reversed for a short time.

Email: Prevention@allianceor.org

Address: 1195 City View St. Eugene, OR 97402
Center for Family Development: Youth Treatment Program

Spanish speaking staff available.
541.342.8437

CFD’s Youth Recovery Program provides a safe and supportive environment to address adolescent substance use. Certified Alcohol and Drug Counselors use strength-based interventions to support youth and families to improve the development of a healthy support system. Treatment services assist the youth to identify and manage mental health issues related to substance use, with the goal to develop positive relationships with their family, peers, and the community. Services are covered by OHP and several private insurance carriers. CFD also offers a self-payment option. Financial support may be available if eligibility requirements are met.

Phone: English (541) 284-7560  Spanish (541) 687-2667
Website: https://www.odiclinic.org/afs/

Ideal Option

Medically assisted substance abuse treatment for addiction to opioids, alcohol, meth, and other substances. No waitlists. Medicaid accepted.

Request an appointment online or by calling 1-503-852-5089.

Ages: 15+ (youth ages 12-14 can access services with parent consent)

Phone: 1-503-852-5089
Website: https://my.idealoption.org/

Various locations throughout Oregon

ODI Clinic

Adolescent and Family Services (AFS)

AFS delivers a proven treatment for teens with alcohol and drug problems. Counseling services are provided in an outpatient setting at one of two Eugene locations: Oregon Social Learning Center Developments, Inc. (ODI) and Centro Latino Americano (Centro) and can be provided in English or Spanish.

*To receive treatment at AFS families must qualify and consent to participate in research.

Phone: English (541) 284-7560  Spanish (541) 687-2667
Website: https://www.odiclinic.org/afs/

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

– Carl Bard
LGBTQIA2S+ SUPPORTS & SERVICES

You are light. You are loved. You are seen.
You are deserving of safe and affirming spaces and people.

Basic Rights Oregon
(503) 222-6151
Justice organization based out of Portland advocating on a policy level for the LGBTQIA+ community. Basic Rights Oregon offers support and resources while focusing on transgender rights and justice in the workplace, schools, community, prisons, healthcare, and identity documents
Address: 620 SW 5th Ave. Suite 1210, Portland, OR 97204
Website: http://www.basicrights.org/

LGBTQ Youth Group
(541) 682-5373
Free drop-in group for LGBTQIA+ youth at Amazon Community Center. Support, conversation, connection, snacks, and more..
Times: Friday, 4:00 pm-6:00 pm
Address: Amazon Community Center, 2700 Hilyard St., Eugene, OR 97405
Ages: 13-18
Website: Instagram: lgbtq_youth_group_eugene

Ophelia's Place Queer Space Group
Spanish speaking staff available
(541)284-4333
Spanish speaking staff available
OP Queer Space Group is a virtual drop-in support group for members of the LGBTQIA+/Queer community. This space is for all girls and trans youth of any gender who are queer identified and/or are exploring their gender or sexual/romantic identity. This online group provides professional and peer support helpful in managing challenges faced by queer and trans youth.
Address: 1577 Pearl St. #100, Eugene, OR 97401
Ages: 12-18

Options Counseling: AFFIRM
(541) 687-6983
AFFIRM is a Cognitive Behavioral Therapy (CBT)-based group designed to help LGBTQ+ youth and young adults manage stress. As an evidence-based intervention, AFFIRM supports mental and sexual health, enhances coping skills, and validates the strengths of its participants. AFFIRM is open to individuals aged 12-21. Groups run throughout the year, and most insurance is accepted. Grants are also available for those unable to pay.
Address: 1255 Pearl Street, Suite 102, Eugene, OR 97401
Ages: 12-21
**Queer Eugene**

Our mission is to organize support, resources, and community for queer folks in the state currently known as Oregon. We will do this through events, information gathering and sharing, and one day have a physical space to develop a queer community center.

**Instagram:** queereugene

**Trans Lifeline, 24/7 877-565-8860**

A trans-led organization that connects trans people to the community, support, and resources they need to thrive and survive. Provides peer supports that can guide a trans individuals through the process of a legal gender and name change. Has funding to pay for legal name change or updated ID.

**Website:** https://translifeline.org/

**Trevor Lifeline, 24/7 1-800-488-7386**

A national, confidential suicide hotline for LGBTQ+ youth. Can also be reached via chat online or text. Text “START” to 678678.

**TransPonder**

(508) 443-6337

Info@transponder.community

Community support and resources for transgender individuals. TransPonder hosts monthly support groups and social outings, organizes educational events, provides lists of providers that are LGBTQIA+ affirmative, and more. Contact via phone or email for more information.

**Welcoming to all ages.**

**Website:** http://transponder.community/
BIPOC SUPPORTS & SERVICES

Your existence is one of a kind. You are seen. You are valued. You are loved. Your life matters.

Basic Rights Oregon
(503) 222-6151
Justice organization based out of Portland advocating on a policy level for the LGBTQIA+ community. Basic Rights Oregon offers support and resources while focusing on transgender rights and justice in the workplace, schools, community, prisons, healthcare, and identity documents. 
Address: 620 SW 5th Ave. Suite 1210, Portland, OR 97204
Website: http://www.basicrights.org/

BEAM
BEAM is a national collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. Their mission is to remove the barriers that Black people experience getting access to staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts. BEAM has many online supports and resources including peer support spaces and healing circles.
Website: https://www.beam.community/

Centro Latino Americano:
(541) 687-2667
Spanish speaking staff available
Offers comprehensive social services including community mental health, alcohol and addiction support, mentoring, and support services. Also offers bilingual support for OHP and SNAP application assistance. All services are offered in English and/or Spanish. Call for more information.
Times: Monday-Thursday 8:00am-12:00pm; 1:00pm-5:00pm, Friday: 9:00am-12:00pm
Address: 944 W. 5th Ave, Eugene, OR 97402

Community Alliance of Lane County
(541) 485-1755
Provides trained volunteers to work with youth and families to resolve problems of discrimination, harassment, and bullying. CALC also offers educational programs.
Website: www.calclane.org
Downtown Languages
(541) 283-6909
An organization dedicated to increasing opportunities for immigrants and building respect and understanding for cultures by providing language, literacy, and other educational programs.
Address: 532 C Street, Springfield, Or 97477
Website: https://downtownlanguages.org/

Eugene/Springfield NAACP
A National organization dedicated to ensuring the political, educational, social and economic equality of rights of all persons and to eliminate race-based discrimination. Lane County NAACP’s primary activities include implementation of education programs and events for public awareness and community building. Individuals can access resources including educational programs, tutoring, college prep, scholarships, and incident report forms on the website.
Address: Eugene/Springfield NAACP Branch #1119 PO Box 11484, Eugene, OR 97440
Website: https://naacplanecounty.org/

Eugene 4J Natives Program
(541) 790-5900
A program dedicated to students in the 4J school district dedicated to encouraging children’s growth by using cultural teachings in a nurturing environment. The Natives Program offers tutoring, culturally related events and activities, mentorship, assistance with future educational planning, and opportunities for cultural connections.
Address: 2295 Four Oaks Grange Road, Eugene, Or 97405
Website: https://www.4j.lane.edu/instruction/nativesprogram/

Honoring Our New Ethnic Youth (H.O.N.E.Y)
H.O.N.E.Y. offers programs dedicated to growth of it’s multi-racial, multi-cultural BIPOC youth. Programs include mentors for youth in 6-12th grade, Mo Basketball Exchange, and Culture Club, a safe space for youth ages 5-16 to address and heal from social and emotional trauma.
Website: https://honeynonprofit.org/

Lane African American/Black Student Success
(541) 461-8211
Lane AABSS is dedicated to improving academic outcomes for African/American Black students and to achieve a vision of an equitable education system in Lane County. AABSS offers African American Rites of Passage summer program, wrap around supports for students, and Student Navigators for African American/Black students and their families.
Website: https://www.lesd.k12.or.us/lane-aabss/index.html
Address: 1200 Hwy 99 N, Eugene, OR 97402
Lines for Life
(503) 575-3764
Crisis Line for Racial Equity Support staffed by BIPOC counselors M-F from 8:30AM - 5:00PM.

Lane ESD Migrant Education Program
(541) 461-8382
Migrant Education Program provides supplemental educational services to migrant students to support their academic success. MEP supports migrant students in order to overcome educational disruption, cultural and language differences; social isolation and systemic barriers; preparing for a successful transition to post-secondary and/or work life.
Website: https://mepregion28.org/
Address: Lane ESD 1200 Hwy 99 N, Eugene, Or 97402

TransPonder
(508) 443-6337
Info@transponder.community
Community support and resources for transgender individuals. Individuals can talk to a TBIPOC team member. TransPonder hosts monthly support groups and social outings, organizes educational events, provides lists of providers that are LGBTQIA+ affirmative, and more. Contact via phone or email for more information. Welcoming to all ages.
Website: http://transponder.community/
PREGNANT & PARENTING

EDUCATION OPTIONS FOR TEEN PARENTS

4J Young Parent Program
Services and support for young parents through age 21 at all Eugene 4j schools, including childcare and transportation options.
Julia Johnson, 4J Young Parent Liaison (541) 649-2646
ECCO High School Childcare, Jill Johnson (541) 790-6850

Bethel School District Young Parent Program
Bethel School District offers a Teen Parent Support Program including; high school diploma/GED, parenting education, free on-site State-Certified Childcare, and more. (541) 689-0731, ext. 4119

PARENTING CLASSES

Triple P: Positive Parenting Program
Spanish speaking staff available
(541) 741-6000
This program is free for all Lane County families. This is an online course for parents and caregivers of children ages 2-12 to learn different skills to help your family thrive. Mobile-friendly, English and Spanish.
Website: www.LaneTripleP.org.

LaneKids
Spanish speaking staff available
Lane County's parenting education and family support hub. LaneKids offers weekly parenting blog posts, information about free parenting classes, a local activity calendar, community resources, and more.
Website: www.lanekids.org.

Parenting Now
(541) 484-5316
Parenting groups for families with children ages 0-8 years old, including the Young Parents Program for parents 25 and younger, and Baby Connection, a weekly drop-in program for infant lactation and feeding support.
Website: parentingnow.org

The Child Center: Collaborative Problem Solving Parent Group
(541) 726-1465
Through parent and family education, CPS groups provide learning and support for parents to decrease behaviors which pose a problem at home and in family relationships, develop positive communication between parent and child, and help parents teach needed life skills to their children in the areas of problem solving, emotional regulation, and frustration tolerance. FREE CPS classes are offered as an eight week course split into two sections. Classes are currently offered via Zoom.

24/7 Crisis text line for mothers: Well Mama, text "support" to 541-525-0495
Options Counseling
(541) 687-6983
Options Counseling and Family Services provides various community-based parenting classes to help support parents as they navigate parenthood, manage difficult child behaviors, connect with other parents in the community, and more! Classes include Circle of Security, Make Parenting a Pleasure, Nurture Parenting and Strengthening Families.
Website: www.options.org
Address: 1255 Pearl Street, Suite 102, Eugene, OR 97401

Oregon Community Programs - Early Intervention
(541) 743-4340
Address: 1170 Pearl Street, Eugene, OR 97401

Early Childhood - Outpatient Services
For children 0-6. Intensive family therapy services aimed to promote positive parenting practices that teach parents the skills necessary to manage their child’s challenging behavior often due to underlying mental health issues. Families meet with a clinician on a weekly basis for support, guidance, and to learn new parenting skills. School support and case management are provided as needed. These services also provide weekly skills training or individual therapy services to help skills development in children in an individual manner and according to the mental health needs of each child. Treatment lasts approximately 6-9mos depending on the needs of the family and child.

Parent-Child Interaction Therapy
For children ages 0-6. Caregivers and their child meet with a clinician on a weekly basis in the office. A certified clinician observes parent/child interactions through a two-way mirror and provides in-the-moment coaching to teach positive parenting skills. Direct coaching can help parents work through difficult behaviors in the moment and provides the encouragement many families need when learning a new skill. This intervention is time-limited, 6-9 months.

Trauma-focused Cognitive Behavioral Therapy
For children 3 years and up. Helpful for children experiencing PTSD symptoms in relation to traumatic events they have experienced. Very structured and short-term intervention typically lasts 8-25 weeks. This intervention works with the parent and child and is an “in-office” service. It provides education to the parent regarding the effects of trauma and the impact it may have on children. Parenting support and skill development are also provided.
ADDITIONAL RESOURCES

Daisy C.H.A.I.N.
(541) 505-1139
Daisy C.H.A.I.N. (DC) is considered a leader in the community for doula, lactation, pregnancy, birthing, and parenting resources. DC programs are FREE to ALL families and are delivered by highly skilled, professionally-trained staff/volunteers in families’ homes and in community locations. Programs include: Birth support, loss support, lactation, postpartum, and termination. DC also hosts music classes: Baby Pop Music.

Daisy Chain has a Dandelion Street Team that provides full spectrum doula services, peer support, and advocacy to people who are experiencing houselessness, housing instability, addiction, and/or substance use.

Website: www.daisychainlane.org

Family and Child Health
(541) 682-8720
Offers a variety of parent support programs from pregnancy up to age 3. Nurses partner with families during pregnancy to support healthy pregnancy and support the family in preparing for the new baby. Families can also enroll in services after the birth of their child to support parenting, child development, and assistance in navigating community resources.

For Referrals, Intake, and Questions Call (541) 682-8720

Northwest Abortion Access Fund (NWAAF)
1-866-692-2310
The Northwest Abortion Access Fund is an abortion fund serving Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run the toll-free hotline. NWAAF helps people pay for their abortion care by sending funding directly to the clinic. They also help people get to and from the clinic and make sure people traveling for care have a safe place to stay. Additionally, NWAAF can help support in paying for childcare, groceries, medication, and other expenses associated with the abortion. For financial help from NWAAF, please the hotline at 1-866-NWAAF10 (1-866-692-2310).

Website: https://nwaafund.org/
Relief Nursery
(541) 343-9706
Relief Nursery provides a unique array of comprehensive family support services that are easily accessible to low-income parents with children up to five years of age who are at high risk for abuse or neglect. Program include: Therapeutic Early Childhood Program, Drug and Alcohol Recovery Support, Outreach, Crisis Intervention and Respite Care, Mental Health and Counseling Services, Healthy Families, Ancillary Services, and Respite Care.
Address: 1720 W 25th Ave, Eugene, OR 97405
Website: www.reliefnursery.org

Well Mama
24/7 Crisis text line for mothers: Well Mama, text “support” to 541-525-0495.
WellMama is a non-profit organization that provides comprehensive pregnancy and postpartum support for new, expectant, and grieving parents. Comprehensive services include 24/7 emergency support, a private self assessment, support groups, education, family support, and more. WellMama operates a variety of weekly and monthly support groups and wellness workshops here in Lane County.
Website: www.wellmama.help

For Food see page 12
For Shelter and Housing see pages 15 - 19
For Family Focused Drop In Centers see page 11
For Medical support see pages 26 - 30
SEXUAL VIOLENCE & EXPLOITATION SUPPORT SERVICES

Hope & Safety Alliance

Business Line: 541-485-8232

Crisis Line available 24/7: 541-485-6513 or 800-281-2800

Hope & Safety Alliance services are designed to support survivors in their efforts to find safety and heal from the trauma of intimate partner violence.

- Emergency Services includes 24-hour confidential crisis and support line, emergency shelter at our Jamie’s House, and our Crisis and Support Services Center.
- Advocacy and Support Services
- Housing Support Services
- Programs and Family Support

Address: 1577 Pearl Street, 2nd Floor, Eugene, OR 97401

Hours: Monday-Friday 9:00 am - 5:00 pm

One's Purpose

(541) 221-3448

One's Purpose is here to shine light on sex trafficking. We spread awareness and provide education to our community and beyond to help meet the needs of sex trafficking victims, support survivors through mentorship and relationship with the end goal of reintegration.

Website: https://www.onespurpose.org

Sexual Assault Support Services (SASS)

Business Line: 541-484-9791

Crisis Line available 24/7: 541-343-7277

SASS is a non-profit organization providing outreach, advocacy and support to survivors of sexual violence and their partners, families and friends throughout Eugene-Springfield and the rest of Lane County.

- 24/7 Crisis and Support Hotline
- Hospital advocacy via phone. SASS works with local hospital staff to arrange phone advocacy for survivors accessing emergency medical services
- A variety of virtual support groups for women, LGBTQIA+, spouses and partners of sexual violence survivors, and parents, families and caregivers of sexual violence survivors

Address: 591 W 19th Ave, Eugene, OR 97401
Ever wondered how to budget? Here’s who can teach you!

**DevNW: Youth Financial Foundations**
Spanish speaking staff available
(541) 345-7106 / ross.kanaga@devnw.org
Offers free youth financial education and one-on-one financial counseling to low-income youth. Eligible savers can save for a Youth Individual Development Account (IDA) for move-in costs, a car or education.

**Address:** 212 Main Street, Springfield, OR 97477  
**Times:** Offered quarterly. Contact office to learn more information.

**Goodwill Prosperity Center**
Spanish speaking staff available
(541) 342-8437
A Prosperity Planner will help participants work to financial capability goals, including getting a job or a better job. Offer employment focused Individual Development Accounts (IDA) options for education, transportation and First Impression dental. Free.

**Address:** 855 Seneca Road, Eugene, OR 97402
Interested in learning how to build it resume? Do you want help finding a job?

**Connected Lane County**

**Spanish speaking staff available**

Connected Lane County focuses on career connected learning and post-secondary success for students. Elevate offers job shadows, job mentorships, internships, and industry tours. CLC provides additional employment support to youth participating in the Navigate program as well as workshops on interview skills, resume building, job search strategies, and financial planning.

**Address:** 22 West 7th Ave Eugene, Or 97402

**Website:** http://connectedlane.org/

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**Goodwill Job Connections Program**

**Spanish speaking staff available**

(541) 431-3309

Goodwill's Job Connections program services include job search assistance, workshops, job leads, computer resources, job fairs and referrals. Experienced employment specialists provide assistance with resumes, applications, cover letters, networking strategies, interviewing techniques, community resource referrals and much more. Workshops are offered each month to help individuals learn about job searching techniques, overcoming a criminal background barrier, interviewing, financial education, and workplace success.

**Address:** 855 Seneca Road, Eugene, OR 97402

**Website:** https://goodwill-oregon.org/JobConnections/