



# RESOURCE GUIDE

For youth, by youth  
Eugene & Springfield, OR



# 15TH NIGHT YOUTH RESOURCE GUIDE 2024

**15th Night** is a youth-guided, community-wide partnership that helps youth in Eugene-Springfield 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 created and updated by the 15th Night Youth Action Council with support from each of the organizations included in these pages.

## TABLE OF CONTENTS

<b>03</b>	MCKINNEY-VENTO LIAISON
<b>04</b>	MCKINNEY-VENTO LIAISON CONTACT INFO
<b>06</b>	SCHOOL RESOURCE NAVIGATORS
<b>07</b>	IDENTIFICATION
<b>10</b>	DROP-IN CENTERS
<b>13</b>	OUTREACH CENTERS
<b>14</b>	FOOD
<b>18</b>	EMERGENCY SHELTER
<b>19</b>	TRANSITIONAL HOUSING
<b>22</b>	AFFORDABLE HOUSING
<b>24</b>	MOVE-IN COSTS ASSISTANCE
<b>25</b>	HOUSING EDUCATION
<b>26</b>	CRISIS
<b>29</b>	COUNSELING
<b>32</b>	MEDICAL
<b>37</b>	HARM REDUCTION
<b>38</b>	SUBSTANCE DEPENDENCE TREATMENT
<b>40</b>	LGBTQIA+ SUPPORT & SERVICES
<b>42</b>	BIPOC SUPPORTS
<b>45</b>	PREGNANT & PARENTING
<b>50</b>	SEXUAL VIOLENCE & EXPLOITATION SUPPORTS
<b>51</b>	FINANCIAL COUNSELING
<b>52</b>	EMPLOYMENT RESOURCES
<b>53</b>	MAILING RESOURCES

# MCKINNEY-VENTO LIAISONS

**McKinney-Vento Liaisons** are school district staff 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.

## IF YOU OR YOUR FAMILY IS IN ANY OF THE FOLLOWING SITUATIONS...



In a shelter or in transitional housing



In a vehicle, tent, trailer, etc



With friends/family due to extenuating circumstances



In a hotel or motel

## YOU HAVE THE RIGHT TO...

- Stay in the school you were attending when you lost housing or enroll in the neighborhood school where you are currently staying at night.
- Enroll immediately even if lacking necessary documentation
- Receive free school meals

## MCKINNEY-VENTO LIASONS CAN HELP YOU...

- Register for & enroll in school
- Set up school transportation
- Provide advocacy & outreach services
- Make referrals to local service providers
- Help navigate systems
- Help students with basic needs

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.

# MCKINNEY-VENTO LIAISONS CONTACT INFO

## **AL KENNEDY**

541-520-5666

## **COURTNEY ROSE**

courtney.rose@slane.k12.or.us

---

## **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 WATKINS**

awatkins@blachly.k12.or.us

---

## **CRESWELL**

541-852-0837

## **SARAH STEVENS**

sstephens@creswell.k12.or.us

---

## **COTTAGE GROVE**

541-520-4754

## **MARISSA MARTIN**

marissa.martin@slane.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

## **EVE CORNELIUS**

cornelius\_e@4j.lane.edu

## **MARY KATE COY**

coy\_m@4j.lane.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

## **SUE WILSON**

swilson@mapleton.k12.or.us

---

## **MARCOLA**

541-933-2512

## **LINDA BRENDT-KWIRANT**

lbrecht-kwirant@marcola.k12.or.us

---

## **MCKENZIE**

541-822-1110

## **LACEY JOY**

lacey.joy@mckenzie.org

---

## **OAKRIDGE**

541-782-2813

## **MARK OSBORN**

mosborn@oihs-warriors.net

---

## **OREGON CONNECTIONS ACADEMY**

503-897-8370

## **ISLA GEARHEART**

igearheart@orca.connections.org

---

## **PLEASANT HILL**

541-736-0498

## **BREANNA FAIRCHILD**

bfairchild@pleasanthill.k12.or.us

---

## **SIUSLAW**

541-997-2514 X5457

## **ELLA GLOWACKI**

eglowacki@siuslaw.k12.or.us

---

# MCKINNEY-VENTO LIAISONS CONTACT INFO

## **SPRINGFIELD**

541-525-0171

**JOCELYN SANCHEZ**

[jocelyn.sanchez@springfield.k12.or.us](mailto:jocelyn.sanchez@springfield.k12.or.us)

# SCHOOL RESOURCE NAVIGATORS

**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

---

### DISTRICT FAMILY SUPPORT SERVICES

**Vanessa Vasquez**  
vasquez@4j.lane.edu  
541-790-7717

### FAMILY RESOURCE COORDINATOR

**Alicia Longoria**  
longoria@4j.lane.edu  
541-790-6880

### 4J WELCOME CENTER

541-790-6880

## 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 X30238

## BETHEL SCHOOL DISTRICT

---

### FAMILY RESOURCE NAVIGATOR

**Sarah Appelbaum**  
Sarah.Appelbaum@bethel.k12.or.us  
541-607-1449



# IDENTIFICATION

**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 opening a bank account and getting a job.

## BIRTH CERTIFICATE

---

### 15TH NIGHT RAPID ACCESS NETWORK

Call or text this number to be connected with an individual who provides technical and financial assistance for obtaining a birth certificate. **Cost is covered.**

**Phone:** 541-246-4046

**Times:** Available 24/7

**Age:** 12-21

### CATHOLIC COMMUNITY SERVICES

*Spanish-speaking staff available.*

Clients can drop in and talk to front desk staff about obtaining a birth certificate. Please bring any identification documents needed to order a birth certificate. CCS will order and issue payment.

**Eugene Phone:** 541-345-3628

**Springfield Phone:** 541-345-3628 X324

**Website:** [ccslc.org/need-help](http://ccslc.org/need-help)

**Times:** Monday, Tuesday, Wednesday, Friday 8:00 am - 4:00 pm / Thursday 9:00 am - 4:00 pm

**Address:** 1464 W. 6th Ave., Eugene, OR 97402 / 1025 G St., Springfield, OR 97477

**Age:** 18+

### CORE

CORE provides case management that includes document recovery (birth certificates, IDs, tribal enrollment). Contact CORE via text, social media, or email to inquire.

**Phone:** 541-870-0036

**Website:** [coreeugene.org/](http://coreeugene.org/)

**Email:** [info@coreeugene.org](mailto:info@coreeugene.org)

**Facebook:** [facebook.com/COREEugene/](https://facebook.com/COREEugene/)      **Instagram:** [instagram.com/core.eugene/](https://instagram.com/core.eugene/)

**Age:** 29 & under

### WHITE BIRD CLINIC

Walk-in times are available Tuesday-Thursday 9:30 am- 12:30 pm. Staff can assist with technical and financial assistance for obtaining a birth certificate. **Cost is covered.**

**Phone:** 541-342-1295

**Website:** [whitebirdclinic.org/birthcertificate](http://whitebirdclinic.org/birthcertificate)

**Times:** Tuesday - Thursday 9:30 am - 12:30 pm

**Address:** 341 E 12<sup>th</sup> Ave, Eugene, OR 97401

**Age:** All ages

# IDENTIFICATION

## SOCIAL SECURITY CARD

---

### SOCIAL SECURITY OFFICE

It is free to get a new social security card! However, you are only allowed three social security card replacements per year, and 10 replacements in your lifetime. Depending on your situation, you may be able to apply for a replacement card online. You can also visit the Social Security office in person; bring a valid state-issued ID and birth certificate.

**Phone:** 1-800-772-1213

**Website:** [www.ssa.gov/](http://www.ssa.gov/)

**Times:** Monday - Friday 9:00 am - 4:00 pm, closed at noon on Wednesday

**Address:** 2504 Oakmont Way, Eugene, OR 97401

**Age:** All ages

## STATE-ISSUED ID

---

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

### EUGENE DMV

**Phone:** 541-686-7855

**Times:** Monday - Friday 8:00 am - 5:00 pm

**Address:** 499 Valley River Center, Eugene, OR 97401

**Age:** All ages

### SPRINGFIELD DMV

**Phone:** 541-686-7855

**Times:** Monday - Friday 8:00 am - 5:00 pm

**Address:** 204 30<sup>th</sup> St., Springfield, OR 97401

**Age:** All ages

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

### What you need to apply for a state 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



# IDENTIFICATION

## SUPPORT GETTING A STATE-ISSUED ID

---

### 15TH NIGHT RAPID ACCESS NETWORK

Call or text this number to be connected with an individual who provides technical and financial assistance for obtaining a state-issued ID. **Cost is covered.**

**Phone:** 541-246-4046

**Times:** Available 24/7

**Age:** Max 21

### CATHOLIC COMMUNITY SERVICES

*Spanish-speaking staff available.*

Clients can drop in and talk to front desk staff about obtaining a birth certificate. Please bring any identification documents needed to order a birth certificate. CCS will order and issue payment.

**Eugene Phone:** 541-345-3628

**Springfield Phone:** 541-345-3628 X324

**Website:** [ccslc.org/need-help](https://ccslc.org/need-help)

**Times:** Monday, Tuesday, Wednesday, Friday 8:00 am - 4:00 pm / Thursday 9:00 am - 4:00 pm

**Address:** 1464 W. 6th Ave., Eugene, OR 97402 / 1025 G St., Springfield, OR 97477

**Age:** 18+

### CORE

CORE provides case management that includes document recovery (birth certificates, IDs, tribal enrollment). Contact CORE via text, social media, or emailing to inquire.

**Phone:** 541-870-0036

**Website:** [coreeugene.org/](https://coreeugene.org/)

**Email:** [info@coreeugene.org](mailto:info@coreeugene.org)

**Facebook:** [facebook.com/COREEugene/](https://facebook.com/COREEugene/)

**Instagram:** [instagram.com/core.eugene/](https://instagram.com/core.eugene/)

**Age:** 29 & under

### LOOKING GLASS NEW ROADS

Call or visit the New Roads desk to be connected with a caseworker who provides technical assistance for obtaining a state-issued ID. The caseworker can provide a letter to verify your residence if you do not have proof. Cost is sometimes covered depending on funds – call the front desk to check!

**Program Phone:** 541-686-4310

**New Roads School Phone:** 541-302-2551

**Website:** [lookingglass.us/new-roads](https://lookingglass.us/new-roads)

**Times:** Monday - Sunday 8:30 am - 8:30 pm

**Address:** 941 W. 7<sup>th</sup> Ave., Eugene, OR 97402

**Age:** 16-24

**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.**

# DROP-IN YOUTH CENTERS

**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.

## **CONNECTED LANE COUNTY, SPRINGFIELD LOCATION**

Connected Lane County's Springfield location offers showers, laundry facilities, snacks, and access to technology and support services. Staff provide employment assistance, career mentorship, education exploration and re-engagement options, and connections to housing and healthcare resources.

**Phone:** 541-654-4095

**Website:** [connectedlane.org/dropin/](http://connectedlane.org/dropin/)

**Times:** Wednesday & Thursday 3:00 pm - 6:00 pm, select Fridays

**Address:** Spark at Booth-Kelly, 303 S. 5th St., STE 150, Springfield, OR 97477

**Age:** 14-24

## **CORE: ZEPHYR HOUSE**

Zephyr House is a low barrier, safe space created for young people ages 16-24 and is located between the Whiteaker neighborhood and downtown Eugene. The Zephyr House is a centralized hub for programs, offering a rotating schedule of life-skills, art, and recreation workshops centered around education, harm reduction, and radical empowerment. All activities/classes/groups are led by people in the community who come from the communities that our participants come from.

**Phone:** 541-870-0036

**Website:** [coreeugene.org/](http://coreeugene.org/)

**Email:** [Info@coreeugene.org](mailto:Info@coreeugene.org)

**Instagram:** [instagram.com/core.eugene/](https://www.instagram.com/core.eugene/)

**Facebook:** [facebook.com/coreeugene/](https://www.facebook.com/coreeugene/)

**Times:** Check the website or Instagram for when programs are happening

**Address:** 3003 W. 11th St., Eugene, OR 97402

**Age:** 16-24

## **HOSEA YOUTH SERVICES**

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.

**Phone:** 541-344-5583

**Website:** [hoseayouth.org/](http://hoseayouth.org/)

**Times:** Monday - Thursday 1:00 am - 6:30 pm (Lunch 1:00 pm - 3 pm / Dinner 5:00)

Friday 10:00 am - 2:00 pm (Lunch 11 am - 1 pm)

**Address:** 834 Monroe St., Eugene, OR 97402

**Age:** 16-24

# DROP-IN YOUTH CENTERS

## **LOOKING GLASS NEW ROADS**

Looking Glass New Roads has showers, laundry facilities, clothes, food, computers, case management, employment assistance, and education re-engagement options.

**Phone:** 541-686-4310

**Website:** [lookingglass.us/new-roads](http://lookingglass.us/new-roads)

**Times:** Monday - Sunday 8:30 am - 8:30 pm

**Address:** 941 W. 7<sup>th</sup> Ave., Eugene, OR 97402

**Age:** 16-24

## **OPHELIA'S PLACE** *\*female identifying youth only*

*Spanish-speaking staff available.*

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.

**Phone:** 541-284-4333

**Website:** [opheliasplace.net/](http://opheliasplace.net/)

**Times:** Monday - Thursday 3:00 pm - 6:00 pm

**Address:** 1577 Pearl St. #100, Eugene, OR 97401

**Age:** 10-18

## **YOUTH ERA**

Youth ERA drop-in center is open Monday through Friday. Youth can access showers, laundry, food, clothes, and educational support. Computers and internet access are also available.

**Times:** Monday - Friday 3:00 pm - 6:00 pm \*Check Instagram for most up to date information

**Instagram:** [instagram.com/eugenedrop.youthera/](https://www.instagram.com/eugenedrop.youthera/)

**Address:** 44 W. 7th Ave., Eugene, OR 97402

**Age:** 14-21

# DROP-IN FAMILY CENTERS

## **CATHOLIC COMMUNITY SERVICES G STREET OASIS**

*Spanish-speaking staff available.*

G Street Oasis serves homeless families. G Street Oasis provides showers, laundry facilities, clothes, food, case management, and employment assistance.

**Phone:** 541-214-0260

**Website:** [ccslc.org/need-help](http://ccslc.org/need-help)

**Times:** Monday - Wednesday 8:00 am - 4:00 pm / Thursday 9:00 am - 4:00 pm

**Address:** 1025 G St., Springfield, OR 97477

**Age:** All ages, but **must be with family**

## **ST. VINCENT DE PAUL FIRST PLACE FAMILY CENTER**

First Place Family Center (FPFC) is St. Vincent de Paul's low-barrier emergency access day center for families experiencing homelessness in Lane County. FPFC addresses basic needs and provides essential social services to families and children under age 18. FPFC provides showers, laundry facilities, clothes, food, diapers, access to computers, case management, employment assistance, and housing intakes.

**Phone:** 541-342-7728

**Website:** [svdp.us/services/youth-family-services/first-place-family-center/](http://svdp.us/services/youth-family-services/first-place-family-center/)

**Times:** Monday - Sunday 9:00 am - 5:00 pm

**Address:** 4060 W. Amazon Drive, Eugene, OR 97405

**Age:** All ages, **but must be family with children**

# OUTREACH

## **CORE: STREET OUTREACH ALLIANCE PROJECT (SOAP)**

A multifaceted, collaborative street outreach program, CORE partners with various 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. CORE's primary focus is to both literally and figuratively 'meet people where they are at' – whatever this may look like. Each person served has a unique set of goals and CORE makes it a point to be consistently listening, engaging, and adapting its approach to best meet the needs of each individual. The target population for outreach is youth and young adults ages 16-29; however, supplies are provided to anyone in need. Please reach out between 11 am - 3 pm on Tuesdays if you are in need of outreach supplies.

**Phone:** 541-870-0036

**Website:** [coreeugene.org/](http://coreeugene.org/)

**Email:** [info@coreeugene.org](mailto:info@coreeugene.org)

**Times:** Tuesdays 4:00 pm - 7:00 pm

**Instagram:** [instagram.com/core.eugene/](https://www.instagram.com/core.eugene/)

**Facebook:** [facebook.com/coreeugene/](https://www.facebook.com/coreeugene/)

**Age:** 16-29

## **LOOKING GLASS OUTREACH**

Staff provide youth on the streets of Eugene, Springfield, and rural communities with gateway services, information, referrals, advocacy, and support.

**Phone:** 541-686-4310

**Website:** [lookingglass.us/services/#runaway](http://lookingglass.us/services/#runaway)

# FOOD

**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 OUR NEIGHBORHOOD, SPRINGFIELD

**Times:** Every Thursday 5:00 pm - 7:00 pm

**Address:** Check Instagram @15thNight for updates

**Age:** 12-21

### HOSEA YOUTH SERVICES

**Phone:** 541-344-5583

**Times:** Monday - Thursday 11:00 am - 6:30 pm, Lunch 12:00 pm - 2:00 pm, Dinner 5:00 pm - 5:30 pm  
Friday 11:00 am - 3:00 pm, Lunch 12:00 pm - 2:00 pm

**Address:** 834 Monroe St., Eugene, OR 97402

**Age:** 16-24

### LOOKING GLASS NEW ROADS

**Phone:** 541-302-2251

**Times:** Monday - Friday: Breakfast - 9:00 am, Lunch - 12:00 pm, Snack - 3:00 pm

**Address:** 941 W. 7<sup>th</sup> Ave., Eugene, OR 97402

**Age:** 16-24

## NON-YOUTH-SPECIFIC MEAL SITES

---

### ACORN CAFÉ

Vegan café and food resource to ensure youth guests have access to a free meal.

**Phone:** 541-403-7647

**Website:** [eatacorncafe.com/](http://eatacorncafe.com/)

**Times:** Wednesday - Sunday 10:00 am - 3:00 pm / Thursday - Saturday 5:00 pm - 8:00 pm

**Address:** 769 Monroe St., Eugene, OR 97402

**Age:** All ages

### BURRITO BRIGADE

**Phone:** 541-632-3239

**Website:** [burritobrigade.org/eugene](http://burritobrigade.org/eugene)

**Email:** [info@burritobrigade.org](mailto:info@burritobrigade.org)

**Times:** Saturday 12:00 pm - 1:00 pm / Sunday 12:30 pm - 2:00 pm

**Address:** No set location, can be found downtown. Check website for updates.

**Age:** All ages

# FOOD

## THE DINING ROOM

Hot, nutritious meal at no cost.

**Phone:** 541-284-1340

**Website:** [foodforlanecounty.org/get-help/fflcs-dining-room/](http://foodforlanecounty.org/get-help/fflcs-dining-room/)

**Times:** Monday - Thursday 12:00 pm - 2:45 pm

**Address:** 270 W. 8th Ave., Eugene, OR 97401

**Age:** 18+ and children accompanied by a parent or guardian

## ST. VINCENT DE PAUL SERVICE STATION

Food, showers, and laundry available.

**Phone:** 541-461-8688

**Website:** [svdp.us/services/emergency-services/eugene-service-station/](http://svdp.us/services/emergency-services/eugene-service-station/)

**Times:** Sunday - Saturday 8:30 am - 5:00 pm, Breakfast 8:30 am, Lunch 12:00 pm

**Address:** 450 Hwy 99, Eugene, OR 97402

**Age:** 18+

## YOUTH-SPECIFIC FOOD BOXES *\*contact the school to schedule your pick up*

### CHURCHILL HIGH SCHOOL

**Phone:** 541-790-5100

**Address:** 1850 Bailey Hill Road, Eugene, OR 97405

**Requirement:** Must be a student of CHS

### ECCO HIGH SCHOOL

**Phone:** 541-790-6850

**Address:** 200 N. Monroe St., Eugene, OR 97402

**Requirement:** Must be a student of ECCO

### HAMLIN MIDDLE SCHOOL

**Phone:** 541-726-3232

**Address:** 326 Centennial Blvd., Springfield, OR 97477

**Requirement:** Must be a student of HMS

### NORTH EUGENE HIGH SCHOOL

**Phone:** 541-790-4500

**Address:** 200 Silver Lane, Eugene, OR 97404

**Requirement:** Must be a student of NEHS

### SHELDON HIGH SCHOOL

**Phone:** 541-790-6600

**Address:** 2455 Willakenzie Road, Eugene, OR 97402

**Requirement:** Must be a student of SHS



# FOOD

## **SOUTH EUGENE HIGH SCHOOL**

**Phone:** 541-790-8000

**Address:** 400 E. 19th Ave., Eugene, OR 97402

**Requirement:** Must be a student of SEHS

## **WILLAMETTE HIGH SCHOOL**

**Phone:** 541-689-0731

**Address:** 1801 Echo Hollow Road, Eugene, OR 97402

**Requirement:** Must be a student of WHS

## **FOOD BOXES** *\*not youth specific but youth can access*

---

### **BETHESEDA LUTHERAN CHURCH FOOD PANTRY**

**Phone:** 541-688-9085

**Times:** 2<sup>nd</sup> & 4<sup>th</sup> Saturday 9:30 am - 12:00 pm

**Address:** 445 Royal Ave., Eugene, OR 97402

**Age:** All ages

### **BETHESEDA EMERGENCY FOOD CLOSET**

**Phone:** 541-688-9085

**Times:** Monday - Friday 9:00 am - 3:00 pm

**Address:** 445 Royal Ave., Eugene, OR 97402

**Age:** All ages

### **BURRITO BRIGADE**

Go online to sign up for an appointment to pick up food: [burritobrigade.org/waste-to-taste/](http://burritobrigade.org/waste-to-taste/)

**Phone:** 541-632-3239

**Website:** [burritobrigade.org/eugene](http://burritobrigade.org/eugene)

**Email:** [info@burritobrigade.org](mailto:info@burritobrigade.org)

**Times:** Monday - Wednesday 4:00 pm - 6:00 pm

**Address:** 1300 Irvington Drive, Eugene, OR 97404

**Age:** All ages

### **CATHOLIC COMMUNITY SERVICES**

**Eugene Phone:** 541-345-3628

**Springfield Phone:** 541-345-3628 X324

**Website:** [ccslc.org/need-help](http://ccslc.org/need-help)

**Times:** Monday, Wednesday, Friday 9:00 am - 12:00 pm

**Eugene Address:** 1464 W. 6th Ave., Eugene, OR 97402

**Springfield Address:** 1025 G St., Springfield, OR 97477

**Age:** All ages

# FOOD

## **CROSSFIRE HANDS OF HOPE**

**Phone:** 541-686-5433

**Website:** [mycrossfire.com/all-food-ministries](http://mycrossfire.com/all-food-ministries)

**Times:** Thursday 12:00 pm - 4:00 pm & 6:15 pm / Sunday 8:30 am

**Address:** 942 28th St., Springfield, OR 97477

**Age:** All ages

## **NAACP FOOD PANTRY, EUGENE & SPRINGFIELD**

**Phone:** 541-484-1119 X2

**Website:** [naacplanecounty.org/](http://naacplanecounty.org/)

Look online for food pantry order form.

## **PLAZA DE NUESTRA COMUNIDAD**

Call before coming.

**Phone:** 541-687-2667

**Website:** [plazacomunidad.org/](http://plazacomunidad.org/)

**Times:** 1st & 3rd Friday 10:00 am - 12:00 pm

**Address:** 944 W. 5th St., Eugene, OR 97402

**Age:** All ages

## **PRAY BIG! FOOD PANTRY**

**Phone:** 541-689-4010

**Times:** Last Saturday 10:00 pm - 11:30 am

**Address:** 4110 River Road, Eugene, OR 97404

**Age:** All ages

For more information on food boxes or meal sites, visit: [foodforlanecounty.org/get-help/](http://foodforlanecounty.org/get-help/)

For help applying for food stamps/SNAP benefits, text the 15th Night Rapid Access Network:  
541-246-4046

# EMERGENCY SHELTER

**Emergency housing** provides safe spaces where youth can stay overnight while a long-term plan is developed. Below are youth-specific emergency shelters.

## **LOOKING GLASS STATION 7**

Looking Glass Station 7 is an emergency shelter that emphasizes family reconciliation. It offers youth a safe location when they feel afraid or have run away from home.

**Phone:** 541-689-3111

**24/7 Helpline:** 1-888-689-3111

**Website:** [lookingglass.us/station-7](http://lookingglass.us/station-7)

**Address:** 931 W. 7th Ave., Eugene, OR 97402

**Age:** 11-17. Can sometimes accommodate 18-21 depending on available beds. Call to confirm.

## **LOOKING GLASS PEER SHELTER, 24/7**

Looking Glass' PEER Shelter is a 24-hour accessible low-barrier shelter for youth ages 16 – 24 who are unhoused or otherwise in crisis. PEER Shelter emphasizes harm reduction to meet clients' basic needs and assist them in moving toward stabilization.

**Phone:** 541-342-4293

**24/7 Helpline:** 1-888-689-3111

**Website:** [lookingglass.us/peer](http://lookingglass.us/peer)

**Address:** 2517 Martin Luther King Blvd., Eugene, OR 97401

**Age:** 16 - 24

## **EGAN WARMING CENTER** *\*open during winter months when temperature dips below 30*

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.

**Phone:** 541-689-6747

**Times:** November 15 - March 31

**Address:** First United Methodist Church, 1376 Olive St., Eugene, OR 97401

**Age:** 18+

---

*“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 YOUTH HOUSING

**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.

## YOUTH SPECIFIC

---

### **A FAMILY FOR EVERY CHILD, HOST HOME PROGRAM**

The Host Home Program (HHP) 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 who are pregnant and or parenting, juvenile justice involved, those of the LGBTQIA2S+ and BIPOC communities, with limited English proficiency, and non-able bodied persons.

**Phone:** 541-343-2856

**Website:** [afamilyforeverychild.org/host-home-program/](http://afamilyforeverychild.org/host-home-program/)

**Email:** [info@afamilyforeverychild.org](mailto:info@afamilyforeverychild.org)

**Address:** 1675 W. 11th Ave., Eugene, OR 97402

**Age:** 11-24

### **HOSEA YOUTH SERVICES PALLET SHELTERS**

Through a partnership with Everyone Village, Hosea oversees nine pallet shelters at the Eugene location. Contact Chelsea King for more information.

**Phone:** 541-344-5583

**Website:** [hoseayouth.org/](http://hoseayouth.org/)

**Email:** [chelsea@hoseayouth.org](mailto:chelsea@hoseayouth.org)

**Address:** 834 Monroe St. Eugene, OR 97402

**Age:** 18-24

### **IMAGINATION HOUSE**

Imagination House is a transitional independent living program for female-identifying young adults ages 18-20 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.

**Website:** [thrivehousingnetwork.org/programs](http://thrivehousingnetwork.org/programs)

**Email:** [Info@thrivehousingnetwork.org](mailto:Info@thrivehousingnetwork.org)

**Age:** 18-20, female identifying

# TRANSITIONAL YOUTH HOUSING

## LOOKING GLASS

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. Participants 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 Housing Program:** for female identifying youth ages 16-21. Participants live in apartments upstairs from New Roads, and this program has intensive case management by the on-site property manager.

**Phone:** 541-686-4310

**Website:** [lookingglass.us/services/#runaway](http://lookingglass.us/services/#runaway)

**Time:** Monday - Sunday 8:30 am - 8:30 pm

**Address:** 941 W. 7th Ave., Eugene, OR 97402

**Age:** 16-24

## THRIVE HOUSE

Thrive House is a transitional housing program for young adults who are pregnant or parenting. Thrive House is open to women ages 18 and older who are pregnant or parenting a child. Upon acceptance into the program, moms will need to agree to the House Covenant outlining program expectations, rules and policies, and sign a month-to-month sub-lease agreement. Note, this is not a subsidized housing program and cannot accommodate housing for partners or co-parents.

**Website:** [thrivehousingnetwork.org/](http://thrivehousingnetwork.org/)

**Email:** [Info@thrivehousingnetwork.org](mailto:Info@thrivehousingnetwork.org)

**Age:** 18+

## NON-YOUTH SPECIFIC

---

### COMMUNITY SUPPORTED SHELTERS

*Spanish-speaking staff available.*

Community Supported Shelters provides shelter options for individuals age 18+ experiencing homelessness. They build Conestoga Hut shelters that are pleasing to the eye, and create caring and collaborative communities (Safe Spot Communities) located throughout Eugene, and provide extensive support that empowers clients to stabilize and rebuild their lives.

**Phone:** 541-683-0836

**Website:** [communitysupportedshelters.org/](http://communitysupportedshelters.org/)

**Address:** 1160 Grant St., Eugene, OR 97402

# TRANSITIONAL YOUTH HOUSING

## **SQUAREONE OPPORTUNITY VILLAGE**

*Spanish-speaking staff available.*

SquareOne Village is a nonprofit 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 \$30/month.

**Phone:** 541-606-4455

**Website:** [squareonevillages.org/opportunity/](https://squareonevillages.org/opportunity/)

**Address:** 111 N. Garfield St., Eugene, OR 97402

**Age:** 18+

## **ST. VINCENT DE PAUL ANNEX NIGHT SHELTER**

*Spanish-speaking staff available.*

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.

**Phone:** 541-342-7728

**Website:** [svdp.us/services/shelter-assistance/first-place-annex-night-shelter/](https://svdp.us/services/shelter-assistance/first-place-annex-night-shelter/)

**Address:** 4060 W. Amazon Drive, Eugene, OR 97405

**Age:** Families with children

---

*“ 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

**Affordable housing** is long-term housing based on a renter's income.

## YOUTH SPECIFIC

---

### DEVNW POLK APARTMENTS

*Spanish-speaking staff available.*

DevNW has 12 one-bedroom units located in the Whitaker neighborhood. DevNW gives priority to youth aging out of foster care. Contact Dannette Gwin at [dannette.gwin@devnw.org](mailto:dannette.gwin@devnw.org) for more information.

**Phone:** 541-345-7106

**Email:** [dannette.gwin@devnw.org](mailto:dannette.gwin@devnw.org)

**Website:** [devnw.org/affordable-homes/affordable-rentals/polk-street-apartments/](http://devnw.org/affordable-homes/affordable-rentals/polk-street-apartments/)

**Age:** 16+

## NON-YOUTH SPECIFIC

---

### CORNERSTONE COMMUNITY HOUSING

Cornerstone has multiple housing units around town. Individuals can apply to be placed on the wait list through the website.

**Phone:** 541-683-1751

**Website:** [cornerstonecommunityhousing.org/housing-communities/](http://cornerstonecommunityhousing.org/housing-communities/)

**Age:** 18+

### HOMES FOR GOOD

Homes for Good is Lane County's hub for affordable, low-income housing and services, connecting people with rental assistance and public housing. The organization's 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 wait lists.

**Phone:** 541-682-3755

**Website:** [homesforgood.org/](http://homesforgood.org/)

**Times:** Monday - Thursday 8:00 am - 4:00 pm

**Address:** 100 W. 13th Ave., Eugene, OR 97405

### MAINSTREAM HOUSING INCORPORATED

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 are located in Eugene, Springfield, and Cottage Grove.

**Phone:** 541-484-4868

**Website:** [mainstreamhousing.org/housing-options/](http://mainstreamhousing.org/housing-options/)

**Age:** 18+



# AFFORDABLE HOUSING

## **SQUAREONE VILLAGES**

SquareOne Village is a nonprofit organization creating self-managed communities of cost-effective tiny homes for people in need of housing. Permanent housing villages are available in Eugene, Springfield, and Cottage Grove.

**Phone:** 541-606-4455

**Website:** [squareonevillages.org/](http://squareonevillages.org/)

**Age:** 18+

## **ST. VINCENT DE PAUL**

St. Vincent de Paul has multiple low-income housing locations. Information about specific locations and open wait lists can be found on the website.

**Phone:** 541-687-5820

**Website:** [svdp.us/homepage/affordable-housing/](http://svdp.us/homepage/affordable-housing/)

**Age:** 18+

# MOVE IN COST & RENT ASSISTANCE

## **CATHOLIC COMMUNITY SERVICES**

*Spanish-speaking staff available.*

Wait list opens each Wednesday at 9 am as funding is available. Go to [ccslc.org/need help](https://ccslc.org/need-help)>rental assistance. If it says active, fill out the prescreening form and submit. If it says not active, try back the following Wednesday. Once on the list, a housing navigator will reach out to perform a screening.

**Eugene Phone:** 541-345-3628

**Springfield Phone:** 541-345-3628 X324

**Website:** [ccslc.org/need-help](https://ccslc.org/need-help)

**Times:** Wednesday 9:00 am

**Eugene Address:** 1464 W. 6th Ave., Eugene, OR 97402

**Springfield Address:** 1025 G St., Springfield, OR 97477

**Age:** 18+

## **LOOKING GLASS NEW ROADS**

Youth who are head of households (if you have your own lease) can access funds for move-in deposits or, if you have a 72-hour notice, you can request funds to pay it. If you know you're going to be short on rent, call in advance.

**Phone:** 541-302-2551

**Website:** [lookingglass.us/new-roads](https://lookingglass.us/new-roads)

**Times:** Monday - Friday 8:30 am - 8:30 pm

**Address:** 941 W. 7th Ave., Eugene, OR 97402

**Age:** 16-24

# HOUSING EDUCATION

## **CONNECTED LANE COUNTY RENT WELL**

Rent Well is a comprehensive 15-hour virtual tenant education course Connected Lane County offers. This course covers essential topics, including finding housing, understanding landlord-tenant laws, addressing screening barriers, Fair Housing and accommodations, understanding lease agreements, and navigating the eviction process or moving out on your terms.

Throughout the program, participants will gain valuable skills, such as creating a housing portfolio that includes all necessary documents for rental applications. Students also get a unique opportunity to review personal background and credit reports, offering insight into what landlords see during the screening process.

**Website:** <https://connectedlane.org/rentwell/>

## **ST. VINCENT DE PAUL SECOND CHANCE RENTER'S EDUCATION PROGRAM**

An eight-series class to lay the foundation for what people need to know in order to become successful and responsible tenants. The class is designed for those who have been evicted or have a damaged rental history. Upon graduation and completion of all required activities, Second Chance participants get a certificate of completion and performance guarantee that is honored by landlords in Lane County.

**Phone:** (541) 607-0439

**Website:** [svdp.us/services/self-sufficiency-services/second-chance-renters-education/](http://svdp.us/services/self-sufficiency-services/second-chance-renters-education/)

**Cost:** By donation

**Address:** 456 Highway 99 N., Eugene, OR 97402

**Age:** 16+

# CRISIS

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 who can help.

## **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.**

### **HOPE & SAFETY ALLIANCE CRISIS HOTLINE, 24/7**

Confidential lifeline for victims and survivors of domestic abuse, intimate partner violence, or stalking in Lane County. Hope & Safety Alliance may be able to provide emergency services, legal services, safe housing, food and supplies, peer counseling, one-on-one support, and transportation.

**Phone:** 541-485-6513 or 800-2881-2800

**Website:** [hopesafetyalliance.org/get-help](https://hopesafetyalliance.org/get-help)

### **LOOKING GLASS YOUTH & FAMILY CRISIS LINE, 24/7**

24-hour crisis prevention lifeline for homeless youth or parents of children up to age 18, when youth face an immediate mental health, emotional, or behavioral crisis.

**Phone:** 541-505-8426

### **NATIONAL SUICIDE PREVENTION LIFELINE, 24/7**

**Phone:** 1-800-273-8255 or 988

### **OREGON YOUTH LINE**

A teen-to-teen crisis and help line. Contact the youth line; no problem is too big or too small. Teens available to help daily, from 4 pm -10 pm Pacific Time (off-hour calls answered by Lines for Life).

**Call:** 541-505-8426

**Text:** teen2teen to 839863

**Email:** [teen2teen@linesforlife.org](mailto:teen2teen@linesforlife.org)

**Website:** [oregonyouthline.org](https://oregonyouthline.org)

### **RIVERVIEW CENTER FOR GROWTH: CRISIS PROGRAM**

Short-term, mental health crisis support for parents and children through age 17. If needed, a crisis response team may be sent to the crisis site.

**Phone:** 1-888-989-9990

**Website:** [riverviewgrowth.org/programs-services/crisisresponse/](https://riverviewgrowth.org/programs-services/crisisresponse/)

# CRISIS

## **SEXUAL ASSAULT SUPPORT SERVICES (SASS), 24/7**

The SASS Crisis and Support hotline is available 24 hours a day, 7 days a week, 365 days a year. Any person who has been affected by sexual violence can call. This includes those who have recently experienced sexual assault, survivors of past sexual violence, and the friends, families, community members, or partners of those victimized by sexual assault or abuse.

**Phone:** 541-343-7277 or 1-844-404-7700

**Website:** [sass-lane.org/](http://sass-lane.org/)

## **TRANS LIFELINE, 24/7**

Provides peer counseling for transgender individuals in crisis.

**Phone:** 1-877-565-8860

**Website:** [translifeline.org/](http://translifeline.org/)

## **TREVOR LIFELINE, 24/7**

A national, confidential suicide hotline for LGBTQ+ youth. Can also be reached via chat online or text.

**Call:** 1-866-488-7386

**Text:** START to 678678

**Website:** [thetrevorproject.org/get-help/](http://thetrevorproject.org/get-help/)

## **WELL MAMA, 24/7**

Crisis text line for mothers experiencing emergency postpartum depression. Individuals can receive one-on-one confidential support from someone who understands what you are going through.

**Text:** SUPPORT to 541-525-0495

**Website:** [wellmama.help/get-support/](http://wellmama.help/get-support/)

## **WHITEBIRD CRISIS HOTLINE, 24/7**

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.

**Phone:** 541-687-4000 or 1-800-422-7558

**Website:** [whitebirdclinic.org/help](http://whitebirdclinic.org/help)

## **WHITEBIRD CRISIS ASSISTANCE HELPING OUT ON THE STREETS (CAHOOTS)**

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.

**Eugene Non-Emergency:** 541-682-5111

**Springfield Non-Emergency:** 541-726-3714

**Website:** [whitebirdclinic.org/cahoots/](http://whitebirdclinic.org/cahoots/)

# COUNSELING

**Taking care of our mental health 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. Below are some of the counseling resources available to youth.

## **BETHEL SCHOOL-BASED HEALTH CENTER**

Bethel Health Center offers individual, family, and group counseling to students residing within the Bethel School District.

**Phone:** 541-607-1430

**Website:** [bethelhealth.center/](http://bethelhealth.center/)

**Times:** Monday - Thursday 8:30 am - 5:00 pm

**Address:** 1525 Echo Hollow Road, Suite A, Eugene, OR 97402

## **CASCADE HEALTH SOLUTIONS**

Cascade Health's Counseling & Employee Assistance Program (EAP) helps individuals, couples, families and work groups improve mental health, decrease stress and improve quality of life – at work and home. Compassionate and experienced counselors and coaches listen and provide guidance, support and help making actionable plans to reduce the burden of struggles and develop healthy behaviors. Provide therapy services, training and programs to the Eugene and Springfield, Oregon communities.

**Phone:** 541-345-2800

**Website:** <https://www.cascadehealth.org/counseling-eap>

**Address:** 2650 Suzanne Way #200, Eugene, OR 97408

## **CENTER FOR FAMILY DEVELOPMENT**

*Spanish-speaking staff available.*

Provides counseling for youth, adults, and families. Dedicated to supporting family relationships.

Provides mental health and recovery services. Accepts only Oregon Health Plan (OHP) and has sliding scale option. Call the front desk or complete the online enrollment form to get started.

**Phone:** 541-342-8437

**Website:** [c-f-d.org/](http://c-f-d.org/)

**Times:** Monday - Friday 8:00 am - 5:30 pm

**Address:** 261 E. 12th Ave., Eugene, OR 97401

## **CENTER FOR COMMUNITY COUNSELING**

*Spanish-speaking staff available.*

Counseling services that are accessible and affordable. Call for a phone screen.

**Phone:** 541-344-0620

**Website:** [ccceugene.org/](http://ccceugene.org/)

**Times:** Monday - Thursday 9:00 am - 3:00 pm

**Address:** 1465 Coburg Road, Eugene, OR 97401

# COUNSELING

## **DIRECTION SERVICE COUNSELING**

*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 Oregon Health Plan (OHP).

**Phone:** 541-686-5060

**Website:** [directionservice.org/counseling-center](http://directionservice.org/counseling-center)

**Times:** Monday 12:00 pm - 4:00 pm / Tuesday 9:00 am - 1:00 pm

**Address:** 1144 Gateway Loop, Suite 200, Springfield, OR 97477

**Age:** 17 & under

## **INSIGHT NORTHWEST RECOVERY**

*Spanish-speaking staff available.*

Provides mental health services customized to meet youth's specific needs and current experience. A multidisciplinary team works with individuals to understand their mental health or behavioral health challenges, develop coping skills and cultivate a support network. Accepts PacificSource Oregon Health Plan (OHP).

**Phone:** 541-940-8804

**Website:** <https://www.insightrecovery.com/mental-health-treatment-program>

**Times:** Monday-Friday 9:00 am - 7:00 pm

**Address:** 1776 Millrace Drive Suite 202, Eugene, OR 97403

**Age:** 13-29

## **LANE COUNTY BEHAVIORAL HEALTH CHILD & ADOLESCENT PROGRAM**

*Spanish-speaking staff available.*

Provides mental health assessment, psychiatric evaluations, and follow-up; individual, family and group therapy, medication management, peer support services, case management, early childhood intervention. Accepts Oregon Health Plan, Medicare, and some commercial insurances. Also offers a sliding scale based on income and number of dependents. Copays are required at time of visit.

**Website:** [https://www.lanecounty.org/government/county\\_departments/health\\_and\\_human\\_services/behavioral\\_health/child\\_and\\_adolescent\\_behavioral\\_health\\_services](https://www.lanecounty.org/government/county_departments/health_and_human_services/behavioral_health/child_and_adolescent_behavioral_health_services)

## **LOOKING GLASS COUNSELING PROGRAM**

*Spanish-speaking staff available.*

Looking Glass Counseling Program offers outpatient mental health services for children, youth, and adults. Accepts Oregon Health Plan (OHP) and most private insurances. Call to schedule an appointment.

**Phone:** 541-484-4428

**Website:** [lookingglass.us/counseling-program](http://lookingglass.us/counseling-program)

**Times:** Monday - Thursday 8:00 am - 6:00 pm / Friday 8:00 am - 5:00 pm

**Address:** 260 E. 11th Ave., Eugene, OR 97401 (Also have office locations in Springfield and Junction City)



# COUNSELING

## ODYSSEY COMMUNITY COUNSELING

*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. Low-cost and grant-funded. Accepts Oregon Health Plan (OHP).

**Phone:** 541-393-0777

**Website:** [4emergence.com/mental-health-treatment/](http://4emergence.com/mental-health-treatment/)

**Times:** Monday - Friday 8:00 am - 5:00 pm

**Address:** 2149 Centennial Plaza, Suite 4, Eugene, OR 97401

**Age:** All ages

## OPHELIA'S PLACE

*Spanish-speaking staff available.*

Provides individual, relational, and group therapy services for girl-identified and gender-expansive youth, ages 10-18.

**Phone:** 541-284-4333

**Website:** [opheliasplace.net/girls-therapy](http://opheliasplace.net/girls-therapy)

**Address:** 1577 Pearl St. #100, Eugene, OR 97401

**Age:** 10-18, girl-identified & gender-expansive

## OPTIONS COUNSELING

*Spanish-speaking staff available.*

Individual and group therapy for children, adolescents, adults, and families. Accepts Oregon Health Plan (OHP) and private insurance. Offers sliding scale fee agreements based on family size and income.

**Phone:** 541-687-6983

**Website:** [options.org/therapies/](http://options.org/therapies/)

**Address:** 3500 Chad Drive, Suite 350, Eugene, OR 97408

**Age:** All ages

## OREGON COMMUNITY PROGRAMS

Must be on Oregon Health Plan (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.

**Phone:** 541-743-4340

**Website:** [oregoncommunityprograms.org/connections-program/](http://oregoncommunityprograms.org/connections-program/)

**Address:** 1170 Pearl St., Eugene, OR 97401

**Age:** Families of youth ages 4-17

# COUNSELING

## **PLAZA DE NUESTRA COMUNIDAD**

*Spanish-speaking staff available.*

Plaza de Nuestra Comunidad (formerly Centro Latino Americano, Downtown Languages, and Huerto de la Familia) offers therapy for adults and youth through mental health professionals. Services offered in Spanish and English. Call for more information.

**Phone:** 541-687-2667

**Website:** [plazacomunidad.org/](http://plazacomunidad.org/)

**Times:** Monday - Thursday 8:30 am - 12:00 pm, 1:00 pm - 5:00 pm / Friday 8:30 am - 12:00 pm

**Address:** 944 W. 5th Ave., Eugene, OR 97402

**Age:** All ages

## **RIVERVIEW CENTER FOR GROWTH**

Mental health programs and services for children, teens, and adults that are individualized, integrated, diagnostic, therapeutic, proactive, and community-based. Also offered is therapeutic K-12 student education services for children and youth with mental, emotional, and behavioral disorders with a focus on family involvement.

**Phone:** 541-726-1465

**Website:** [riverviewgrowth.org/programs-services/outpatientcounseling/](http://riverviewgrowth.org/programs-services/outpatientcounseling/)

**Address:** 3995 Marcola Road, Springfield, OR 97477

**Age:** 17 & under

## **WHITE BIRD CLINIC**

Weekly counseling is provided by licensed/supervised mental health counselors. Provides outpatient services for adults over age 18 who need alcohol and/or drug abuse treatment, as well as mental health services through the Chrysalis Behavioral Health Outpatient Services program. Accepts Oregon Health Plan (OHP).

**Phone:** 541-342-8255

**Website:** [whitebirdclinic.org/counseling/](http://whitebirdclinic.org/counseling/)

**Address:** 341 E. 12th Ave., Eugene, OR 97401

**Age:** 16+

## **WILLAMETTE FAMILY**

Hosts a variety of in-patient and out-patient programs for men and women, peer support services, and mental health services. Must be 18+ to qualify. Accepts Oregon Health Plan (OHP) Trillium.

**Phone:** 541-762-4300

**Website:** [wfts.org/facility-rac.htm](http://wfts.org/facility-rac.htm)

**Times:** Monday - Friday 8:00 am - 5:00 pm

**Address:** 195 W. 12th Ave., Eugene, OR 97401

**Age:** 18+

# MEDICAL

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

## SCHOOL-BASED HEALTH CENTERS

---

### 4J SCHOOL DISTRICT

Churchill Health Center provides medical and mental health services to students living in the Eugene 4J School District. It is staffed with a 4J health assistant, a PeaceHealth nurse practitioner, medical assistant, and therapists from Lane County Behavioral Health (LCBH). The health center takes insurance and the Oregon Health Plan (OHP) and will not turn away any student needing treatment. Examples of services include well-child exams, physicals for sports or camps, immunizations, and assessment/treatment of acute illness, and chronic conditions, such as asthma, and mental health concerns.

### CHURCHILL HIGH SCHOOL

**Phone:** 541-790-5227

**Website:** [chs.4j.lane.edu/health-services/](https://chs.4j.lane.edu/health-services/)

**Times:** Monday - Thursday 8:00 am - 4:30 pm

**Address:** 1850 Bailey Hill Road, Eugene, OR 97405

### NORTH EUGENE HIGH SCHOOL

**Phone:** 541-790-4445

**Website:** [nehs.4j.lane.edu/school-based-health-center/](https://nehs.4j.lane.edu/school-based-health-center/)

**Times:** Monday - Friday 8:00 am - 4:30 pm

**Address:** 250 Silver Lane, Eugene, OR 97404

### BETHEL SCHOOL DISTRICT

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. Provides counseling, vaccinations, physicals, reproductive health, dental care, and more.

**Phone:** 541-607-1430

**Website:** [bethelhealth.center/](https://bethelhealth.center/)

**Times:** Monday - Thursday 8:30 am - 5:00 pm

**Address:** 1525 Echo Hollow Road, Suite A, Eugene, OR 97402

**IF YOU ARE IN AN EMERGENCY AND NEED MEDICAL ATTENTION, THE HOSPITAL CANNOT TURN YOU AWAY IF YOU DO NOT HAVE INSURANCE OR DO NOT KNOW YOUR MEDICAL INSURANCE INFORMATION.**

# MEDICAL

## **SPRINGFIELD SCHOOL DISTRICT**

Springfield Public Schools Health Center is a community health center overseen by Lane County Public Health, aimed at supporting the health and wellness of the community through access to affordable, holistic healthcare. Services are provided for 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.

**Phone:** 541-682-3550

**Website:** [springfield.k12.or.us/services/health/center](http://springfield.k12.or.us/services/health/center)

**Times:** Monday - Thursday 8:00 am - 4:00 pm (closed for lunch 12:00 pm - 1:00 pm)

**Address:** 1050 10th St., Springfield, OR 97477

## **COMMUNITY HEALTH CENTERS OF LANE COUNTY**

---

Lane County has seven Community Health Center locations. Each clinic provides affordable, compassionate primary care for the whole family, including infants, children, adolescents, adults and seniors. 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, clinic providers work to meet healthcare needs.

**Phone:** 541-682-3550

**Website:** [lanecounty.org/cms/one.aspx?pagelId=4133182](http://lanecounty.org/cms/one.aspx?pagelId=4133182)

### **BROOKSIDE CLINIC**

**Medical Records Fax:** 541-682-7612

**Address:** 1680 Chambers St., #103, Eugene, OR 97402

### **CHARNELTON COMMUNITY CLINIC**

**Medical Records Fax:** 541-682-6703

**Address:** 151 W. 7<sup>th</sup> Ave., Suite 100, Eugene, OR 97401

### **DELTA OAKS CLINIC**

**Medical Records Fax:** 541-682-7201

**Address:** 1022 Green Acres Road, Eugene, OR 97408

### **LC BEHAVIORAL HEALTH PRIMARY CARE**

**Medical Records Fax:** 541-682-9861

**Address:** 2411 Martin Luther King Jr. Blvd., Eugene, OR 97401

### **PRENATAL CLINIC**

**Address:** 151 W. 7th Ave., Eugene, OR 97401

# MEDICAL

## **RIVERSTONE CLINIC**

**Medical Records Fax:** 541-682-3551

**Address:** 2073 Olympic St., Springfield, OR 97477

## **SPRINGFIELD SCHOOL-BASED CENTER**

**Phone:** 541-682-3550

**Times:** Monday - Thursday 8:00 am - 4:00 pm (closed for lunch 12:00 pm - 1:00 pm)

**Address:** 1050 10th St., Springfield, OR 97477

## **EUGENE & SPRINGFIELD HEALTH CENTERS**

---

### **BLACK THISTLE STREET AID**

Black Thistle Street Aid is a collective of outreach workers, herbalists, and medical practitioners providing access to free healthcare through pop-up clinics and medical outreach to people experiencing homelessness in the Eugene-Springfield area. 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, the team provides resource connections, follow-up care and referrals to higher levels of care, as needed.

**Website:** [blackthistlestreetaid.org](http://blackthistlestreetaid.org)

**Times:** Wednesday 2:00 pm - 5:00 pm

**Address:** Washington/Jefferson Park (Under the bridge on 5th between Washington and Jefferson)

### **HELPING OUT OUR TEENS IN THE SCHOOLS (HOOTS)**

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. Video support is accessed by emailing [hoots@whitebirdclinic.org](mailto:hoots@whitebirdclinic.org) with the youth's name and preferred time. HOOTS can provide short-term counseling and mental health support, resource referrals, and Oregon Health Plan (OHP) sign up.

**Phone:** 541-246-2342 and 541-246-2332

**Website:** [whitebirdclinic.org/hoots](http://whitebirdclinic.org/hoots)

**Times:** Phone Line: Monday - Friday 9:00 am - 4:00 pm

Video Support: Monday - Friday 11:00 am - 2:00 pm

# MEDICAL

## **HIV ALLIANCE**

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 people with HIV/AIDS. The organization's core values include collaboration, empowerment, adaptability and innovation, continuous improvement, and nonjudgement.

**Phone:** 541-342-5088

**Website:** [hivalliance.org/](http://hivalliance.org/)

**Address:** 1195 City View St., Eugene, OR 97402

## **PLANNED PARENTHOOD OF EUGENE/SPRINGFIELD**

*Spanish-speaking staff available.*

One of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. Youth with or without health insurance can access services, including wellness exams, STI testing, birth control and emergency contraception, abortion services, vasectomy, PrEP, gender affirming care, pregnancy testing, and options counseling. Appointments are available both in person and through telehealth.

**Phone:** 541-344-9411

**Website:** [plannedparenthood.org/](http://plannedparenthood.org/)

**Eugene-Springfield Address:** 3579 Franklin Blvd., Eugene, OR 97403

**Times:** Monday - Wednesday 9:30 am - 6:00 pm / Thursday 10:30 am - 6:00 pm  
Friday 8:00 am - 4:00 pm

**West Eugene Address:** 793 Danebo Ave., Eugene, OR 97402

**Times:** Monday, Wednesday, Friday 9:30 am - 6:00 pm / Thursday 10:30 am - 6:00 pm

## **OREGON BEHAVIORAL HEALTH SUPPORT LINE, 24/7**

A behavioral health support line for callers in Oregon that provides immediate emotional support, schedules free short-term counseling services, and makes referrals to mental health and substance use recovery providers for ongoing care. Callers do not need to be in a crisis to call.

**Phone:** 1-800-923-4357

**Website:** [linesforlife.org/get-help-now/services-and-crisis-lines/behavioral-health-support-line/](http://linesforlife.org/get-help-now/services-and-crisis-lines/behavioral-health-support-line/)

## **TRANSPONDER**

Support groups, clubs, and classes; free programming, including hormone injection supply delivery, gender-affirming products and vouchers, and peer services; and a list of trans-friendly providers online.

**Phone:** 541-321-0872

**Email:** [info@transponder.community](mailto:info@transponder.community)

**Website:** [transponder.community/category/medical/](http://transponder.community/category/medical/)

# MEDICAL

## **WHITE BIRD MEDICAL CLINIC**

Provides primary care, performs preventative exams, treats injuries, performs minor procedures, and connects patients with mental health and chemical dependency services. Call or visit for more information.

**Phone:** 541-484-4800

**Website:** [whitebirdclinic.org/services/medical/](http://whitebirdclinic.org/services/medical/)

**Times:** Monday 9:00 am -12:00 & 2:00 -5:30 pm / Tuesday - Friday 9:00 am - 5:30 pm

**Address:** 1400 Mill St., Eugene, OR 97401

**Age:** 18+

## **WHITE BIRD DENTAL CLINIC**

Offering 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 fillings, crowns, endodontics, extractions, bridges, prophylaxis, application of fluoride and sealants, and oral health education. Oregon Health Plan (OHP)/Trillium/Pacific Source and private dental insurance accepted. Uninsured patients are charged on a sliding scale based on income.

**Phone:** 541-344-8302

**Website:** [whitebirdclinic.org/dental/](http://whitebirdclinic.org/dental/)

**Times:** Monday - Thursday 8:00 am - 5:00 pm

**Walk-in clinic times:** Monday & Wednesday 7:30 am, bring ID.

**Address:** 1415 Pearl St., Eugene, OR 97401

**Age:** 18+

**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.**

**For help applying for Oregon Health Plan, text the 15th Night Rapid Access Network: 541-246-4046**



# HARM REDUCTION

## CORE

Harm Reduction is not about abstinence, it is a low barrier program that distributes harm reduction supplies, education around safer use, and resource navigation. CORE operates from a harm reduction, empowerment and strengths-based model, providing supplies to anyone in need; however, it prioritizes and focuses on young adults. Provided services: condoms, clean needles, naran/naloxone, referrals to resources, and much more. HRD operates as a needs-based model versus 1:1 model. We also have supplies that are specific to people in the life/sex work.

**Phone:** 541-870-0036

**Website:** [coreeugene.org/](http://coreeugene.org/)

**Facebook:** [facebook.com/coreeugene/](https://facebook.com/coreeugene/)

**Instagram:** [instagram.com/core.eugene/](https://instagram.com/core.eugene/)

**Age:** 29 & under

## HIV ALLIANCE

Harm Reduction is a public health philosophy that seeks to empower individuals, remove barriers to accessing needed support, 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.
- Trainings and distributions of a drug known as Naloxone, which can temporarily reverse an opiate-induced overdose.
- FREE and confidential rapid testing for HIV. Results are provided in 20 minutes. No appointment is necessary during regular testing hours.
- Low cost STI testing and PrEP services.

**Phone:** 541-342-5088

**Email:** [Prevention@allianceor.org](mailto:Prevention@allianceor.org)

**Website:** [hivalliance.org/educate/learn/#harm-reduction](http://hivalliance.org/educate/learn/#harm-reduction)

**Eugene Address:** 1195 City View St., Eugene, OR 97402

**Times:** Monday, Tuesday, Thursday 2:00 pm - 6:00 pm / Friday 12:00 - 4:00 pm

**Springfield Address:** S 18th and A St., Springfield, OR 97477

**Times:** Thursday 6:00 pm - 7:30 pm

---

*“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*

# SUBSTANCE DEPENDENCE TREATMENT

## **CENTER FOR FAMILY DEVELOPMENT: YOUTH RECOVERY PROGRAM**

*Spanish-speaking staff available.*

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 Oregon Health Plan (OHP) and several private insurance carriers. CFD also offers a self-payment option. Financial support may be available if eligibility requirements are met.

**Phone:** 541-342-8437

**Website:** [c-f-d.org/youth-recovery-program](http://c-f-d.org/youth-recovery-program)

**Times:** Monday - Friday 8:00 am - 5:30 pm

## **IDEAL OPTION**

Medically assisted substance abuse treatment for addiction to opioids, alcohol, meth, and other substances. No wait lists. Medicaid accepted. Request an appointment or by calling.

**Phone:** 1-503-852-5089

**Website:** [my.ideoption.org/addiction-treatment/](http://my.ideoption.org/addiction-treatment/)

**Address:** Various locations throughout Oregon

**Age:** 15+ (Youth 12-14 can access services with parent consent)

## **INSIGHT NORTHWEST RECOVERY**

Provides Addiction Treatment with a range of therapeutic interventions and support services designed to help individuals struggling with substance use disorders or behavioral addictions through outpatient treatment services. Provides support with co-occurring disorder treatment. Accepts PacificSource Oregon Health Plan (OHP).

**Phone:** 541-940-8804

**Website:** <https://www.insightrecovery.com/co-occurring-disorder-treatment>

**Times:** Monday-Friday 9:00 am - 7:00 pm

**Address:** 1776 Millrace Drive Suite 202, Eugene, OR 97403

**Age:** 13-29

## **LINES FOR LIFE ALCOHOL & DRUG HELPLINE**

Lines for Life's Alcohol & Drug Helpline assists those struggling with substance abuse and can provide referrals to local resources for peer support and treatment.

**Phone:** 1-800-923-4357

**Website:** [linesforlife.org/get-help-now/services-and-crisis-lines/](http://linesforlife.org/get-help-now/services-and-crisis-lines/)

# SUBSTANCE DEPENDENCE TREATMENT

## **ODI CLINIC – ADOLESCENT & 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 locations – Oregon Social Learning Center Developments, Inc. (ODI) and Plaza de Nuestra Comunidad – and can be provided in English or Spanish. To receive treatment at AFS, families must qualify and consent to participate in research.

**English Phone:** 541-284-7560

**Spanish Phone:** 541-687-2667

**Website:** [odiclinic.org/afs/](http://odiclinic.org/afs/)

## **PLAZA DE NUESTRA COMUNIDAD**

Plaza de Nuestra Comunidad (formerly Centro Latino Americano, Downtown Languages, and Huerto de la Familia) offers individual and group counseling for those struggling with substance use disorders, including gambling. Plaza also provides peer support services and youth substance use prevention services. Services offered in Spanish and English.

**Phone:** 541-687-2667

**Website:** [plazacomunidad.org/](http://plazacomunidad.org/)

## **SMOKE FREE OREGON QUIT LINE**

The Oregon Tobacco Quit Line's Teen Program is FREE to any Oregonian 13 years or older.

**Phone:** 1-800-784-8669

**Website:** [quitnow.net/oregon/](http://quitnow.net/oregon/)

**Age:** 13+

## **YOUTH ERA PEER RECOVERY SUPPORT**

Youth Era offers peer support, including recovery/substance use-specific support, to youth ages 14-25, provided by those with relatable, personal experiences. The goal is to listen to you, help create next steps, and honor your voice in the process. Programs are cost-free and available by referral or calling.

**Phone:** 541-214-6651

**Website:** [youthera.org/bhrn](http://youthera.org/bhrn)

**Age:** 14 - 25

# LGBTQIA2S+ SUPPORT & SERVICES

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

## **BASIC RIGHTS OREGON**

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.

**Phone:** 541-222-6151

**Website:** [basicrights.org/](http://basicrights.org/)

**Address:** 620 SW 5th Ave., Suite 1210, Portland, OR 97204

## **LGBTQ YOUTH GROUP**

Free drop-in group for LGBTQIA+ youth at Amazon Community Center. Support, conversation, connection, snacks, and more.

**Phone:** 541-682-5373

**Instagram:** [instagram.com/lgbtq\\_youth\\_group\\_eugene/](https://www.instagram.com/lgbtq_youth_group_eugene/)

**Facebook:** [facebook.com/LGBTQYouthGroupEugene/](https://www.facebook.com/LGBTQYouthGroupEugene/)

**Times:** Friday 4:00 pm - 6:00 pm

**Address:** Amazon Community Center, 2700 Hilyard St., Eugene, OR 97405

**Age:** 13-18

## **OPHELIA'S PLACE QUEER SPACE GROUP**

*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.

**Phone:** 541-682-5373

**Website:** [opheliasplace.net/activities-calendar/op-queer-space-1-afyrg-9sl9y-bnfl6-jax2w-tjmc9](http://opheliasplace.net/activities-calendar/op-queer-space-1-afyrg-9sl9y-bnfl6-jax2w-tjmc9)

**Address:** 1577 Pearl St. #100, Eugene, OR 97401

**Age:** 12-18

## **OPTIONS COUNSELING: AFFIRM**

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 ages 12-21. Groups run throughout the year, and most insurance is accepted. Grants are also available for those unable to pay.

**Phone:** 541-682-5373

**Website:** [options.org/services/affirm/](http://options.org/services/affirm/)

**Address:** 1255 Pearl St. #100, Eugene, OR 97401

**Age:** 12-21

# LGBTQIA2S+ SUPPORT & SERVICES

## QUEER EUGENE

Operating with a mission to organize support, resources, and community for queer folks in Oregon. This happens through events, information gathering, and sharing. Hosts monthly youth group. Check website or Instagram for updated calendar of events.

**Email:** [Director@QueerEugene.org](mailto:Director@QueerEugene.org)

**Website:** [queereugene.org/](http://queereugene.org/)

**Instagram:** [instagram.com/queereugene](https://www.instagram.com/queereugene)

## TRANSPONDER

Support groups, clubs, and classes; free programming, including hormone injection supply delivery, gender-affirming products and vouchers, and peer services; and a list of trans-friendly providers online. Contact via phone or email for more information.

**Phone:** 541-321-0872

**Email:** [info@transponder.community](mailto:info@transponder.community)

**Website:** [transponder.community](http://transponder.community)

**Age:** All ages

## TRANS LIFELINE, 24/7

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

**Phone:** 1-800-488-7386

**Website:** [translifeline.org](http://translifeline.org)

**Times:** Monday - Friday 10:00 am - 6:00 pm

## TREVOR LIFELINE, 24/7

A national, confidential suicide hotline for LGBTQ+ youth. Can also be reached via chat online or text.

**Call:** 1-866-488-7386

**Text:** START to 678678

**Website:** [thetrevorproject.org/get-help](http://thetrevorproject.org/get-help)

## YOUTH ERA

The Eugene Drop offers a weekly support group for LGBTQIA+ identifying youth, between the ages of 12-18, on Thursdays from 6 pm - 7pm. Meet with a Youth Peer Support Specialist for one-on one support for anyone going through struggles or challenges relating to gender, sexuality, and much more.

**Phone:** 541-214-6651

**Website:** [youthera.org/](http://youthera.org/)

**Time:** Thursday 6:00 pm - 7:00 pm

**Age:** 12-18

# BIPOC SUPPORT & SERVICES

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

## **BASIC RIGHTS OREGON**

Justice organization based out of Portland advocating on a policy level for the LGBTQIA+ community with a dedicated racial justice program. Offering support and resources while focusing on transgender rights and justice in the work-place, schools, community, prisons, health care, and identity documents.

**Phone:** 503-222-6151

**Website:** [basicrights.org](http://basicrights.org)

**Email:** [resources@basicrights.org](mailto:resources@basicrights.org)

**Address:** 620 SW 5th Ave., Suite 1210, Portland, OR 97204

## **BLACK EDUCATIONAL ACHIEVEMENT MOVEMENT (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. Its mission is to remove the barriers that Black people experience getting access to staying connected with emotional healthcare and healing. This happens through education, training, advocacy, and the creative arts. BEAM has many online supports and resources, including peer support spaces and healing circles.

**Phone:** 971-303-8421

**Website:** [beamvillage.org/](http://beamvillage.org/)

**Email:** [info@beamvillage.org](mailto:info@beamvillage.org)

## **BLACKS**

BLACKS will serve Black high school foster students and youth at risk of being homeless after high school graduation to help students build their capacity to be self-sufficient after high school graduation and beyond. Incoming students will be in the 9th or 10th grades.

**Phone:** 541-788-1636

**Website:** [blacksinoregon.com/](http://blacksinoregon.com/)

## **COMMUNITY ALLIANCE OF LANE COUNTY**

Provides trained volunteers to work with youth and families to resolve problems of discrimination, harassment, and bullying. CALC also offers educational programs.

**Phone:** 541-485-1755

**Website:** [calclane.org](http://calclane.org)

## **EUGENE 4J NATIVES PROGRAM**

A program dedicated to students in the Eugene 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.

**Phone:** 541-790-5900

**Website:** [4j.lane.edu/nativesprogram](http://4j.lane.edu/nativesprogram)

**Address:** 2295 Four Oaks Grange Road, Eugene, OR 97405

# BIPOC SUPPORT & SERVICES

## **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 online.

**Phone:** 541-484-1119

**Website:** [naacplanecounty.org](http://naacplanecounty.org)

**Address:** Eugene/Springfield NAACP Branch #1119, PO Box 11484, Eugene, OR 97440

## **HONORING OUR NEW ETHNIC YOUTH (H.O.N.E.Y.)**

H.O.N.E.Y. was formed with the goal of providing support and advocacy for the enhancement and acceptance of multiracial persons and their families. The organizations premise is that in order for the healthy development of interracial families to thrive it is important that racial harmony be attained. Therefore, through education, H.O.N.E.Y. strives to create a well-established multicultural community.

**Instagram:** [instagram.com/honoringournewethnicyouth/](https://www.instagram.com/honoringournewethnicyouth/)

**Facebook:** [facebook.com/groups/681640111932023/](https://www.facebook.com/groups/681640111932023/)

## **LANE AFRICAN AMERICAN/BLACK STUDENT SUCCESS**

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, wraparound supports for students, and Student Navigators for African American/Black students and their families.

**Phone:** 541-461-8211

**Website:** [lesd.k12.or.us/aabss](http://lesd.k12.or.us/aabss)

**Email:** [laneaabss@lesd.k12.or.us](mailto:laneaabss@lesd.k12.or.us)

**Address:** 1200 Hwy 99 N., Eugene, OR 97402

## **LINES FOR LIFE**

Crisis Line for Racial Equity Support staffed by BIPOC counselors.

**Phone:** 503-575-3764

**Website:** [linesforlife.org/get-help-now/services-and-crisis-lines/racial-equity-support-line/](http://linesforlife.org/get-help-now/services-and-crisis-lines/racial-equity-support-line/)

**Times:** Monday - Friday 10:00 am - 7:00pm

## **LANE ESD MIGRANT EDUCATION PROGRAM**

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; and to prepare for a successful transition to post-secondary and/or work life.

**Phone:** 541-461-8382

**Website:** [mepregion28.org](http://mepregion28.org)

**Email:** [mep@lesd.k12.or.us](mailto:mep@lesd.k12.or.us)

**Address:** Lane ESD 1200 Hwy 99 N., Eugene, OR 97402

# BIPOC SUPPORT & SERVICES

## **PLAZA DE NUESTRA COMUNIDAD**

*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 Oregon Health Plan (OHP) and SNAP application assistance. All services are offered in English and/or Spanish. Call for more information.

**Phone:** 541-687-2667

**Website:** [centrolatinoamericano.org/](http://centrolatinoamericano.org/)

**Times:** Monday - Thursday 8:00 am - 12:00 pm & 1:00 pm - 5:00 pm / Friday 9:00 am - 12:00 pm

**Address:** 944 W. 5th Ave., Eugene, OR 97402

## **TRANSPONDER**

Support groups, clubs, and classes; free programming, including hormone injection supply delivery, gender-affirming products and vouchers, and peer services; and a list of trans-friendly providers on their website. Contact via phone or email for more information. Welcoming to all ages.

**Phone:** 541-321-0872

**Email:** [info@transponder.community](mailto:info@transponder.community)

**Website:** [transponder.community](http://transponder.community)

**Age:** All ages

---

*“What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.”*

*-Ralph Waldo Emerson*



# PREGNANT & PARENTING

Well Mama is a 24/7 crisis text line for mothers. Text "SUPPORT" to (541) 525-0495.

## EDUCATION 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.

**4J Young Parent Liaison, Julia Johnson:** 541-649-2646 (call or text)

**ECCO & South Eugene, Jill Johnson:** 541-790-6850 (call only)

**Website:** [ecco.4j.lane.edu/?page\\_id=115](http://ecco.4j.lane.edu/?page_id=115)

### 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.

**Phone:** 541-689-0731 X4119

## PARENTING CLASSES

---

### EARLY CHILDHOOD HUB OF LANE COUNTY OREGON

*Spanish-speaking staff available.*

Lane County's parenting education and family support hub. Offers information about free parenting classes, a local activity calendar, community resources, and more.

**Phone:** 541-741-6000

**Email:** [education@unitedwaylane.org](mailto:education@unitedwaylane.org)

**Website:** [earlychildhoodlane.org/](http://earlychildhoodlane.org/)

### PARENTING NOW

*Spanish-speaking staff available.*

Lane County's parenting education and family support hub offers weekly parenting blog posts, information about free parenting classes, a local activity calendar, community resources, and more.

**Phone:** 541-434-4343

**Website:** [parentingnow.org](http://parentingnow.org)

### RIVERVIEW CENTER FOR GROWTH: COLLABORATIVE PROBLEM SOLVING PARENT GROUP

Classes provide support for parents, strengthen positive relationships, and build the skills needed for success at home and at school. These skills allow individuals to better handle everyday demands and stresses. This is a free eight-week course available to Oregon parents and caregivers. Classes are offered online and in person.

**Phone:** 541-726-1465

**Website:** [riverviewgrowth.org/programs-services/parent-caregiver-education](http://riverviewgrowth.org/programs-services/parent-caregiver-education)

# PREGNANT & PARENTING

## **TRIPLE P: POSITIVE PARENTING PROGRAM**

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.

**Phone:** 541-484-5316

**Website:** [parentingnow.org/triple-p-positive-parenting-program](http://parentingnow.org/triple-p-positive-parenting-program)

## **OPTIONS COUNSELING**

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, Nurturing Parenting and Strengthening Families.

**Phone:** 541-687-6983

**Website:** [options.org](http://options.org)

**Address:** 1255 Pearl St., Suite 102, Eugene, OR 97401

## **OREGON COMMUNITY PROGRAMS – EARLY INTERVENTION**

Offers weekly support to parents and caregivers focused on managing challenging behaviors in the home or across settings. Therapists will meet with you regularly to offer strategies that support your child's ability to use the skills they are practicing in their individual sessions at home. Families can learn concrete strategies to improve child behavior that they can use for a lifetime. These strategies are research-based but also individualized to meet specific needs. Accepts Oregon Health Plan OHP.

**Phone:** 541-743-4340

**Website:** [oregoncommunityprograms.org/services/early-intervention](http://oregoncommunityprograms.org/services/early-intervention)

**Address:** 1170 Pearl St., Eugene, OR 97401

## **ADDITIONAL RESOURCES**

---

### **DAISY C.H.A.I.N.**

*Spanish-speaking staff available.*

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. Also available are mentorship and music programs. 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.

**Phone:** 541-505-1139

**Website:** [daisychainlane.org](http://daisychainlane.org)

# PREGNANT & PARENTING

## LANE COUNTY FAMILY & CHILD HEALTH

Pregnant? Parenting? Seeking support? Lane County Family & Child Health can help. Family support specialists can help you connect to resources like health care, food, housing, WIC, and education. Use the following link to complete a support request form.

**Phone:** 541-682-8720

**Website:** [lanecounty.org/government/county\\_departments/health\\_and\\_human\\_services/public\\_health/family\\_child\\_health\\_programs](https://lanecounty.org/government/county_departments/health_and_human_services/public_health/family_child_health_programs)

## NORTHWEST ABORTION ACCESS FUND (NWAAF)

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. It also helps people get to and from the clinic and ensures people traveling for care have a safe place to stay. Additionally, NWAAF can offer support by paying for childcare, groceries, medication, and other expenses associated with an abortion. For financial help from NWAAF, please call.

**Phone:** 1-866-692-2310

**Website:** [nwaafund.org](https://nwaafund.org)

**Email:** [info@nwaafund.org](mailto:info@nwaafund.org)

## NURTERLY

*Spanish speakers available.*

Nurterly uses preventative wellness programs, community-participatory research, and interdisciplinary trainings to tackle disparities in perinatal health in the US. Supports focus on equitable care, accessible lactation, confident carrying, proactive postpartum, resilient climates, and connected cultures.

**Phone:** 541-579-8941

**Website:** <https://nurturely.org>

**Email:** [info@nurterly.org](mailto:info@nurterly.org)

**Address:** 56 E 15th Ave, Eugene, OR 97401

## OPEN ADOPTION

Counselors are available via phone seven days a week, from 7 am - 9 pm. Open Adoption offers free, unbiased, all-options pregnancy counseling. Counselors empower clients with information and resources as they thoroughly explore their options (parenting, abortion, and adoption) in a supportive and compassionate environment.

**Phone:** 1-800-772-1115 or text 503-300-6130

**Website:** [openadopt.org/](https://openadopt.org/)

**Email:** [info@openadopt.org](mailto:info@openadopt.org)

# PREGNANT & PARENTING

## **PLAZA DE NUESTRA COMUNIDAD**

*Spanish-speaking staff available.*

Plaza de Nuestra Comunidad offers multiple opportunities for parents and families, including case management and resource navigation assistance to community members with a variety of basic needs (e.g., food access, rent assistance, health insurance). Services offered in Spanish and English.

Other programs include:

- For families with children ages 0-13 in Springfield and Bethel School Districts, Plaza de Nuestra Comunidad offers classes for age groups as follows: PreK, K-3, 4th-8th grade, Beginning and Intermediate Adult ESL, and childcare. Additional program components include a reading program, regular family activities, and connections to local resources. This is a 10-week program that runs in the fall and spring terms. Services offered in Spanish.
- Six-week parenting program that helps caregivers understand how they can enhance the health and well-being of their children by engaging in five key protective factors. Meets every 1st and 3rd Friday of the month in person and via Zoom. Services offered in Spanish.

**Phone:** 541-687-2667

**Website:** [plazacomunidad.org/](http://plazacomunidad.org/)

**Times:** Monday - Thursday 8:00 am - 12:00 pm, 1:00 pm - 5:00 pm / Friday 8:30 am - 12:00 pm

**Address:** 944 W. 5th Ave., Eugene, OR 97402

## **RELIEF NURSERY**

*Spanish-speaking staff available.*

Relief Nursery prevents the cycle of child abuse and neglect through early intervention that focuses on building successful and resilient children, strengthening parents, and preserving families. The Relief Nursery Parenting Education Program provides classes and home visits focused on up-to-date information about child development, parent-child relationships, and a variety of parenting strategies. Transportation, childcare, and a meal are provided for parenting education classes. Available in English and Spanish.

**Phone:** 541-343-9706

**Website:** [reliefnursery.org](http://reliefnursery.org)

**Address:** 1720 W. 25th Ave., Eugene, OR 97405

## **WELL MAMA, 24/7**

WellMama is a nonprofit crisis text line 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 in Lane County.

**Phone:** Text SUPPORT to 541-525-0495

**Website:** [wellmama.help](http://wellmama.help)

# PREGNANT & PARENTING

## ADDITIONAL RESOURCES

---

Family Focused Drop-In Center Resources: **See page 11**

Food Resources: **See pages 13 - 16**

Shelter & Housing Resources: **See pages 17 - 23**

Medical Support Resources: **See pages 30 - 34**

# SEXUAL VIOLENCE & EXPLOITATION SUPPORT & SERVICES

## **HOPE & SAFETY ALLIANCE**

*Spanish-speaking staff available.*

Provides trauma-informed and survivor-centered services to all survivors of domestic and sexual violence. Emergency Services includes a 24-hour confidential crisis and support line, and provides emergency services, legal services, safe housing, food and supplies, peer counseling, one-on-one support, and transportation.

**Business Line:** 541-485-8232

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

**Website:** [hopesafetyalliance.org/web-chat](https://hopesafetyalliance.org/web-chat)

**Times:** Monday - Friday 9:00 am - 4:00 pm

**Address:** 1577 Pearl St., Eugene, OR 97401

## **ONE'S PURPOSE**

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

**Phone:** 541-221-3448

**Website:** [onespurpose.org](https://onespurpose.org)

## **SEXUAL ASSAULT SUPPORT SERVICES (SASS)**

SASS is a nonprofit organization providing outreach, advocacy, and support to survivors of sexual violence and their partners, families, and friends Lane County. SASS services are FREE and available to people of all genders ages 15 and older. If someone younger than 15 needs support, they can be referred to the appropriate agency that specializes in that age group.

- 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

**Business Line:** 541-484-9791

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

**Website:** [sass-lane.org/](https://sass-lane.org/)

**Address:** 591 W. 19th Ave., Eugene, OR 97401

# FINANCIAL COUNSELING

**Ever wondered how to budget?** Here's who can teach you!

## **DEVNW: YOUTH FINANCIAL FOUNDATIONS**

*Spanish-speaking staff available.*

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.

**Phone:** 541-345-7106

**Email:** ross.kanaga@devnw.org

**Website:** [devnw.org/financial-wellbeing/personal-finance/youth-financial-foundations/](http://devnw.org/financial-wellbeing/personal-finance/youth-financial-foundations/)

## **GOODWILL PROSPERITY PROGRAM**

*Spanish-speaking staff available.*

A Prosperity Planner will help participants work to financial capability goals, including getting a job or a better job. Offers employment focused Individual Development Accounts (IDA) options for education, transportation and First Impression dental. Free. To qualify, you must have a goal and be ready to make a plan to achieve it. Members are expected to make long-term plans with their Prosperity Planner and to work hard to implement them. To become a member of the Prosperity Program, contact Trysta Duquette, Prosperity Planner, by email: [trystad@goodwill-oregon.org](mailto:trystad@goodwill-oregon.org) or phone: 541-431-3307

**Program Phone:** 541-342-8437

**Prosperity Planner:** 541-431-3307

**Prosperity Planner Email:** [trystad@goodwill-oregon.org](mailto:trystad@goodwill-oregon.org)

**Website:** [goodwill-oregon.org/prosperity-program/](http://goodwill-oregon.org/prosperity-program/)

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

# EMPLOYMENT RESOURCES

**Interested in learning how to build a resume?** Do you want help finding a job? Here's who can teach you!

## **CONNECTED LANE COUNTY**

*Spanish-speaking staff available.*

Connected Lane County focuses on career-connected learning and post-secondary success for students. The Elevate program 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.

**Website:** [connectedlane.org](http://connectedlane.org)

**Address:** 22 W. 7th Ave., Eugene, OR 97402

## **GOODWILL JOB CONNECTIONS PROGRAM**

*Spanish-speaking staff available.*

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. Workshops offered at no cost.

**Website:** [goodwill-oregon.org/JobConnections](http://goodwill-oregon.org/JobConnections)

**Eugene Phone:** 541-431-3309

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

**Eugene Times:** Monday - Friday 8:00 am - 4:00 pm

**Springfield Phone:** (458) 205-8157

**Springfield Address:** 102 30th St., Springfield, OR 97478

**Springfield Times:** Wednesday, Thursday, Friday 9:00 am - 4:00 pm

## **PLAZA DE NUESTRA COMUNIDAD**

*Spanish-speaking staff available.*

Plaza de Nuestra Comunidad (formerly Centro Latino Americano, Downtown Languages, and Huerto de la Familia) offers a variety of classes to help adult immigrants gain essential communication, work, and other skills. Current classes include multiple levels of ESL (including grammar and conversation classes), Computer, Citizenship Exam Prep, and Oregon Driver License Exam prep. All classes are offered in person (mornings) and via Zoom (evenings). All courses other than ESL are provided in Spanish. Plaza also offers a 12-week business, Spanish-language class to help entrepreneurs start and grow their businesses.

**Phone:** 541-687-2667

**Website:** [plazacomunidad.org/](http://plazacomunidad.org/)

**Times:** Monday - Thursday 8:00 am - 12:00 pm, 1:00 pm - 5:00 pm / Friday 9:00 am - 12:00 pm

**Address:** 944 W. 5th Ave., Eugene, OR 97402

**Age:** All ages



# MAILING RESOURCES

**Knowing where you can have mail sent to is important.** Below are locations where you can have your mail sent. Please contact the individual agency to confirm that you can receive your mail there.

## **HOSEA YOUTH SERVICES**

**Phone:** 541-344-5583

**Website:** [hoseayouth.org/](http://hoseayouth.org/)

**Times:** Monday - Thursday 11:00 am - 6:30 pm / Friday 11:00 am - 3:00 pm

**Address:** 834 Monroe St., Eugene, OR 97402

**Age:** 16-24

## **LOOKING GLASS NEW ROADS**

**Phone:** 541-302-2551

**Website:** [lookingglass.us/new-roads](http://lookingglass.us/new-roads)

**Times:** Monday - Sunday 8:30 am - 8:30 pm

**Address:** 941 W. 7<sup>th</sup> Ave., Eugene, OR 97402

**Age:** 16-24

## **WHITE BIRD CLINIC**

Must first go in and speak with staff at the reception desk to set up services.

**Phone:** 541-342-4357

**Website:** [whitebirdclinic.org/](http://whitebirdclinic.org/)

**Times:** Monday - Friday 9:30 am - 4:30 pm *\*accommodations may be available if working with case manager*

**Address:** 341 E. 12<sup>th</sup> Ave., Eugene, OR 97401

**Age:** All ages

## **YOUTH ERA**

**Phone:** 541-334-9295

**Website:** [youthera.org/](http://youthera.org/)

**Email:** [hello@youthera.org](mailto:hello@youthera.org)

**Facebook:** [facebook.com/YouthERA/](https://facebook.com/YouthERA/)

**Times:** Monday - Friday 3:00 pm - 6:00 pm *\*hours are subject to change, check Facebook for updates*

**Address:** 44 W. 7th Ave., Eugene, OR 97401

**Age:** 14-21