



Resources For Families 2011

Effective January 1, 2011

For parenting questions, call **Parent Helpline 541-485-5211**

Anger Management

Center for Community Counseling 541-344-0620
1465 Coburg Road, Eugene [w] www.cceugene.org
Anger Management for Parents class (5 weeks) offered six times a year, sliding-fee scale, free on-site child care. Pre-registration required. Call for phone screening, Monday–Thursday, 9 a.m.–3 p.m.
Relief Nursery, Inc. see Family Education/Support

Basic Needs

Catholic Community Services of Lane County
1464 West 6th Avenue, Eugene 541-345-3642
1025 G Street, Springfield 541-747-0221 [w] www.ccslc.org [e] jholland@ccslc.org
Assistance to meet basic needs includes food assistance, rent, utilities, prescriptions, clothing, ID assistance, bus tokens, free phone, and mailing address. Access to Family Support Workers, Family Shelter Program, Latino Housing, and long-term case management programs such as Housing Scholarship, Young Parents programs, Open Doors, and Housing Stabilization.
Department of Human Services (DHS)
District Office, 2885 Chad Drive, Eugene 541-687-7373
Gateway Center, 1400 Harlow Road, Springfield 541-726-6644
McKenzie Center, 2885 Chad Drive, Eugene 541-686-7878
Willamette Street Office, 1899 Willamette, Eugene 541-686-7555
Springfield Main Street Center, 101 30th Street 541-726-3525
West Eugene Family Center, 541-686-7722
2101 West 11th Avenue
Cottage Grove Family Center, 305 Coop Court 541-942-9186
Florence Central Coast Resource Center, 541-997-8251
3180 Highway 101 North
[w] www.ccafevets.com [e] info@cafevets.com
Self-sufficiency services (medical, child care, financial, food stamps (SNAP), employment), **Child Welfare services** (protection, foster care, adoptions), **Vocational Rehabilitation services** (counseling, skills training, job placement) to people who meet State criteria.

Family Support & Connections/Catholic Community Services of Lane County
1025 G Street, Springfield 541-345-3628, ext. 311 [w] www.ccslc.org [e] tbrown@ccslc.org
Case management support and referrals for families to assist them in addressing stress factors in their lives. Serves all of Lane County.
First Place Family Development Center: St. Vincent de Paul
1995 Amazon Parkway, Eugene 541-342-7728
[w] www.firstplacefamilycenter.org [e] dwise@vps.us
Services for families with children: food, kitchen facilities, day shelter, free laundry facilities, phones, home messages, mail service, use of computer with internet access, low-cost therapeutically oriented preschool (ages 3–5), Night Shelter Program, Overnight Parking Program, case management, clothing vouchers, showers.
Fish, Inc. 541-689-9750
Volunteer agency provides emergency services—food and clothing—on a limited basis to anyone in need; case by case assistance for prescription medication.

Food For Lane County
770 Bailey Hill Road, Eugene 541-343-2822 [w] www.foodforlane.org [e] info@foodforlane.org
Countywide distribution of emergency and supplemental food through a network of 100 agencies and programs. Services include emergency food boxes and no-cost meal sites for people with low incomes who are hungry or at risk of hunger, as well as gardens, nutrition education programs, and summer lunches for children. Call for site locations and hours.
Helping Hand Room
First Christian Church, 1166 Oak Street, Eugene 541-344-1425
Free clothing, bedding, and layettes for anyone in need. Open Tuesdays/Thursdays, noon–2 p.m. Must have an appointment. Call Monday–Friday, 9 a.m.–4 p.m.
Hosea Youth Services
834 Monroe Street, Eugene 541-344-5583 [w] hoseayouth.org [e] hysproject@aol.com
Drop-in center for youth (ages 22 and under). Open Monday/Wednesday/Friday, 3–7 p.m.; dinner at 5 p.m. Services include referral, showers, laundry facilities, personal hygiene items, job referral, clothing, and a lounge to rest or for recreation. Bus tokens available on a limited basis. Area for young children available while parents are eating; no child care provided.

Housing and Community Services Agency (HACSA) of Lane County, Oregon [w] www.hacsa.org
177 Day Island Road, Eugene 541-682-3750
300 West Fairview Drive, Springfield 541-682-4059
Section 8 Program
Federal program assists families with rental housing payments to private landlords. Family member completes housing application, placed on waiting list; when eligible, family composition, income/assets verified. New families taken into program as vacancies occur.
Agency-owned Housing
Various types of housing owned and managed by HACSA. Family member completes housing application, placed on waiting list; when eligible, family composition, rental references, criminal history, income/assets verified. New families offered units as vacancies occur.
Lane County WIC Program
(Women Infant & Children Supplemental Food & Nutrition Program)
Charnell Community Clinic, 151 West 7th Avenue, Room 201, Eugene 541-682-4202
Supplemental food and nutrition education program for women who are pregnant or breastfeeding, infants, and children up to age 5. Eligibility based on screening and income limits.

Latino Housing Program
(a program of Catholic Community Services of Lane County)
1464 West 6th Avenue, Eugene 541-345-3642, ext. 106 [w] www.ccslc.org [e] chris@ccslc.org
Supportive services, referrals, and rent subsidy to members of the Latino community who are experiencing homelessness and seeking support to remove barriers to self-sufficiency.
Looking Glass Station 7/Project Safe Place
2485 Roosevelt Boulevard, Eugene Crises: 1-888-689-3111
Emergency shelter for runaway and homeless youth (ages 11–17) provides 24-hour crisis intervention, emergency transportation, and family reconciliation.
Metropolitan Affordable Housing Corporation (Metro)
P.O. Box 11923, Eugene, OR 97440 (mailing) [w] www.metroaffordablehousing.org [e] metropolianaff@westoffice.net 541-683-1751
Affordable housing communities and support services available that promote opportunities for personal and economic growth and independence.
Mother's Helper
1509 Willamette Street, Eugene 541-344-3273 [w] www.ateashomecare.com [e] ally@ateashomecare.com
Medical and non-medical services to assist parents before and after baby's birth. Helps new parents adjust to their changed schedule to allow more time with baby.

Murnane Mutual Home of Catholic Community Services see Substance Abuse Recovery
Nutrition Education Program – Oregon State University
783 Grant Street, Eugene [w] http://extension.oregonstate.edu/lane/nutrition [e] tammy.white@oregonstate.edu 541-344-0249
Nutrition classes offered to families with limited resources. Nutrition, food safety publications available, as well as bilingual classes and materials.
Oregon Helps see Helplines
Parent Partnership see Family Education/Support
ShelterCare Brethren Housing
1062 Main Street, Springfield 541-726-8125 [w] www.sheltercare.org [e] bhousing@sheltercare.org
Services for families who are homeless and single adults diagnosed with severe and persistent mental illness include food, clothing, transportation, counseling, advocacy, medication monitoring, money management, housing, and job search.
ShelterCare Family Housing Program
989 Highway 99 North, Eugene [w] www.sheltercare.org [e] Yolanda/Waiting List: 541-689-7156
Temporary housing for families in crisis; aid in locating housing and/or other resources for residents of ShelterCare Family Housing Program; advocacy and problem-solving skills as needed.
Springfield Salvation Army
1275 Mill Street, Springfield 541-747-6229
Food boxes to residents west of Pioneer Parkway, furniture (50 percent discount), clothing vouchers, antibiotic prescription assistance, some Christmas boxes and Angel Tree gifts (ages 0–12). Open Monday–Friday, 9 a.m.–1:45 p.m.

Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault

CAFA (Christians As Family Advocates)
921 Country Club Road, Suite 222, Eugene 541-696-6000 [w] www.cafavets.com [e] info@cafavets.com
Abuse, neglect, and domestic violence intervention as well as individual counseling.
CASA of Lane County
174 Deadmond Ferry Road, Springfield 541-984-3132
CASA (Court Appointed Special Advocate) volunteers advocate in juvenile dependency court for children (ages 0–18) who have been abused or neglected.
DHS Child Welfare Program
Director's Street Office, Eugene 541-686-7555
1899 Willamette Street, Eugene 541-686-7722
West Eugene Family Center, 2101 West 11th Avenue, Eugene
Protective services for children, both in home and through provision of foster care and permanency planning.
Gateway Center, 1400 Harlow Road, Springfield 541-726-6644
Adoption and foster home certification.
Jasper Mountain Jasper Mountain: 541-747-1235
37875 Jasper Lowell Road, Jasper
89124 Marcola Road, Springfield SAFE Center: 541-741-7402
Crisis Response Program Hotline: 1-888-989-9990
Services include intensive treatment for children (ages 14 and under) including day treatment school, therapeutic foster care, crisis stabilization, and a 24/7 child crisis hotline.
Kids' FIRST (Forensic Intervention Response & Support Team)
2675 Martin Luther King Jr. Blvd., Eugene 541-682-3938
Child-focused environment where FIRST can be interviewed and medically examined in matters concerning child abuse. Child's well-being is first priority. Center enables effective investigations and coordinates child's legal and treatment needs through community resources.
Lane County Legal Aid and Advocacy Center see Legal Options Counseling Services of Oregon, Inc.
Options Counseling Services of Oregon, Inc. see Counseling
Relief Nursery, Inc. see Family Education/Support
Sexual Assault Support Services (SASS)
Crisis Line: 541-343-SASS (7277) or 1-800-788-4727
591 West 19th Avenue, Eugene Office/TDD: 541-484-9791
[w] www.sass-lane.org [e] info@sass-lane.org
Services for survivors of sexual abuse/assault, their friends, and family. Services: 24-hour crisis line, Self Defense Program, Latina Connections Program, Engaging Change–LGBTQ Outreach, advocacy, support groups, peer support, educational presentations, and information and referral.
Womenspace Crisis Line: 541-485-6513 or 1-800-281-2800
1577 Pearl St., Suite 400, Eugene Office: 541-485-8232
P.O. Box 50127, Eugene, OR 97405 (mailing) [w] www.womenspace.org [e] info@womenspace.org
Services, also in Spanish, for adult and child survivors of domestic violence: 24-hour helpline, information and referral, emergency Safe House, peer counseling, children's program, advocacy by appointment, weekly support groups. Services in Oakridge, Junction City, and Cottage Grove.

Child Care

American Red Cross see Medical • Dental
The Arc of Lane County Lifespan Respite Referral Program 541-343-6266
4181 E Street, Springfield [w] www.arc-lane.org
Temporary, short-term care for children, adults, and seniors who have special needs, emotional and/or behavioral disorders, or are medically fragile. Qualified providers offer respite care in their home or client's home.
City of Eugene Recreation Services see Recreation
Department of Human Services (DHS) see Basic Needs
Eugene Family YMCA see Recreation
Eugene School District 4J 541-790-7700
200 North Monroe Street [w] www.4j.lane.edu
Student-run child care/preschool programs at Opportunity Center, North Eugene, South Eugene, and Churchill high schools. Teen parent program at Churchill High School and Opportunity Center. After-school programs at some schools; contact schools directly for information.
Family Connections of Lane and Douglas Counties Lane Community College, 4000 East 30th Avenue, Building 24, Eugene 541-683-3854 or 1-800-222-3290
[w] www.lanecdc.edu [e] 541-683-3854
Affordable child care, information and support to assist parents in securing reliable, quality care. Website provides on-line access for parents and providers. Child-care worker training, technical assistance, newsletter, and other services.
If you have any questions about your child's health and development, don't hesitate to call your doctor.

Mother's Helper see Basic Needs
Parent Partnership see Family Education/Support
River Road Park and Recreation District see Recreation
Willamalane Park and Recreation District see Recreation

Counseling

Center for Community Counseling
1465 Coburg Road, Eugene 541-344-0620
Counseling provided to uninsured adults of Lane County. More than 70 pro-bono community counselors offer services on a sliding-fee scale, \$1–\$52. Nurturing Parent and Anger Management classes offered three times a year; free child care provided. Call for a phone screening, Monday–Thursday, 9 a.m.–3 p.m.
Center For Family Development 541-342-8437
1258 High Street, Eugene [w] www.c-f-d.org
Family and individual counseling for children, adolescents, and adults. Outpatient treatment and groups for adults and adolescents with mental health and/or substance abuse/dependence problems. Spanish-speaking services available. OHP and some insurance accepted. Sliding-fee scale available: \$5–\$80/hour.
Center For Family Therapy
HEDDO Clinic, 1655 Alder Street, Suite 170, Eugene 541-346-0923
[w] http://education.uoregon.edu/feature.htm?id=111
Therapy for couples, families, and individuals. Staffed by University of Oregon graduate student therapist interns trained to work with new parent couples, couple conflict, parent-child relationships, and closely supervised by doctoral-level faculty and clinicians. Day and evening/weekend appointments available.
Child and Family Center
135 West 12th Avenue, Eugene 541-346-4805
[w] http://cfcc.uoregon.edu/services.htm [e] info@cfcc.uoregon.edu
A range of low-cost, family-based services for children and adolescents (ages 2–17). Services can include brief and longer-term intervention, assessment, family and child therapy, parenting help, and/or referral.
The Child Center
3995 Marcola Road, Springfield 541-726-1465
Outpatient therapy for children and families, child and adolescent at-risk assessment program, intensive community-based treatment services (inpatient or school-based), psychiatric day treatment for children (ages 3–12) in a therapeutic school environment, collaborative problem-solving parent groups, community lending library, and partner in 24-hour Crisis Response Program (see Helplines).
Child Development and Rehabilitation Center see Medical • Dental
Direction Service Counseling Center
576 Olive Street, Suite 307, Eugene 541-344-7303
[w] directionservice.org TDD: 541-686-5063
Outpatient counseling and mental health support to adults, children (ages 18 months and older), adolescents, and families. Private insurance and OHP accepted.
Looking Glass Counseling Program 541-484-4428
20 East 13th Avenue, Eugene
Outpatient mental health treatment for children, youth, adults, and families. Services provided at locations throughout Lane County.
Opheila's Place 541-284-4333
1577 Pearl Street, Suite 100, Eugene
Safe, supportive resource center for girls (ages 10–18) to drop in Monday–Thursday, 3–6 p.m. Services include resource information and referrals, and solution-focused brief therapy by appointment. Support groups, skill-building activities, and leadership opportunities also available.
Options Counseling Services of Oregon, Inc. 541-687-6983
1255 Pearl Street, Suite 102, Eugene
[w] www.options.org [e] info@options.org
Mental health counseling for all ages. Accepts OHP and some private insurance. Services include individual, group, and family counseling; women's domestic violence issues; family sexual abuse treatment; and medication management.
Relief Nursery, Inc. see Family Education/Support
Saturday Circus/Lane Community College Counseling Department and Continuing Education Division see Family Education/Support
ShelterCare Brethren Housing see Basic Needs
White Bird Crisis Center 541-687-4000 or 541-341-12th Avenue, Eugene 1-800-422-7558
Crisis counseling, intervention, and mental health information and referral, including phone, walk-in, and mobile services available 24 hours.

Family Education/Support

Adoption Connections of Oregon
P.O. Box 10581, Eugene, OR 97440 (mailing) 541-554-1201
[w] www.adoptionconnectionsoregon.org [e] aco@peacock.org
Non-profit organization of families and individuals offering adoption, education, multi-cultural activities, and friendship to anyone touched by or interested in adoption.
The Arc of Lane County Lifespan Respite Referral Program see Child Care

BIRTH TO THREE
Parent Helpline: 541-485-5211 or 1-888-485-5211
86 Centennial Loop, Eugene, OR 97401
[w] www.birthto3.org Office: 541-484-5316
[e] birththreetree@birthto3.org Fax: 541-484-1449
Parenting education/support services for parents with infants and young children. Open to all families. **Programs: Incredible INFANTS; Wonderful Ones; Terrific TWOs; Parents Again** for parents of siblings; **Making Parenting A Pleasure** for young parents (ages 12–21) and parents experiencing high levels of stress; **Creecer** for Spanish-speaking families; **Squishtivities; Playtime For Parents and Children**. **Services:** Telephone Parent Helpline; parenting column in *The Register-Guard*; Facebook page.
CAFA see Child Abuse/Neglect • Domestic Violence • Sexual Abuse/Assault
Center For Community Counseling see Counseling
Centro Latinoamericano 541-687-2667
944 West 5th Ave., Eugene [w] www.centrolatinamericano.org
Case management services for families with children, children's play group, workshops for bicultural parents, crisis intervention, employment advocacy, and substance abuse treatment services.
Child and Family Center see Counseling
The Child Center see Counseling
Committed Partners for Youth, Big Brothers Big Sisters 541-344-0833
935 Oak Street, Eugene [w] www.committedpartners.org
Youth development enhanced through volunteer adult mentors who inspire personal growth, healthy relationships, and meaningful opportunities. CPV–BBBS serves youth (ages 6–18) in the highest need of extra support. Youth and mentors agree to a minimum of 12–15 hours a month doing activities in the community and a minimum of 12 months in the program/relationship.

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Easter Seals Oregon
5757 SW Macadam Ave.; Portland, OR 97239 1-800-556-6020
[w] www.or.easterseals.com [e] info@or.easterseals.com
Grants for equipment (except computer equipment) and services available for children and young adults with disabilities (ages 0–21) to enable them to attend and excel in school. Referral by professional (doctor, teacher, case manager, etc.) needed for grant eligibility.
Housing And Community Services Agency of Lane County see Basic Needs
Family Connections of Lane and Douglas Counties see Child Care
Metropolitan Affordable Housing Corporation (Metro) see Basic Needs

Grief/Loss

BabyLoss Eugene 541-688-1626 or 541-344-8025
[w] www.wix.com/babylosseugene/BabyLoss-Eugene [e] babyloss.eugene@gmail.com 541-870-8367
BabyLoss Support Group
541 Willamette Street (3rd floor conference room), Eugene
Group offers opportunity for grieving parents to connect with other parents who have experienced loss of a pregnancy, infant, or young child. Meets monthly.
Compassionate Friends/Eugene Chapter 541-688-1626 or 541-344-8025
11th and Charnellton, Eugene (entrance off 10th)
Grief support for bereaved children and teens (ages 6–18) and their caregivers. Weekly support groups offered at agency. Annual four-day residential summer camp for grieving youth. Age-appropriate activities designed to facilitate emotional healing. No fees, donations requested.
First Candle 1-800-221-7437
Support and 24-hour hotline for families experiencing stillbirth, miscarriage, or death of a baby. Also provides current information about Sudden Infant Death Syndrome and ways to reduce the risk of infant death. Bilingual crisis counselors available 24 hours/day.
Hospice of Sacred Heart 541-242-8753
1121 Fairfield Avenue, Eugene [w] peacehealth.org
Grief class and day and evening time-limited groups for those grieving the death of a loved one.
WellMama see Pregnancy • Childbirth • Postnatal Support • Adoption

Head Start of Lane County 541-747-2425
221 B Street, Springfield [w] www.hsolc.org [e] information@hsolc.org
Comprehensive preschool education for children (ages birth to 5) of families with low incomes. Part-day, full-day, and community child care offered. Health, social services, translation, advocacy, and parenting education provided. Applications accepted year-round; spring best time to apply.
Healthy Star/Healthy Families Lane County 541-682-7425
Free home visiting program provides parenting education and support to first-time parents, prenatally or after birth. Family Support Workers bring information on child development, health, safety, nutrition, and other resources in the community.
Oregon Family Support Network
72A Centennial Loop, Suite 150, Eugene 541-343-9521
[w] ofsn.org 541-342-2876 or 1-800-323-8521
Families supporting families throughout Oregon who have children with emotional, mental, behavioral, and/or physical challenges. Services include family support groups, family fun activities, peer support and coaching, training, advocacy, education, outreach, warmline, referrals, and newsletter.
Parent Partnership
1310 South 8th Street, Cottage Grove (office) 541-342-4357 or 341 East 12th Avenue, Eugene 1-800-422-7558
[e] aspartners@westoffice.net 541-942-2104
Parent support and education for families in South Lane School District: Family Resource Center, teen parent child care, homeless youth assistance.
Pearl Buck Center see Special Needs

Family Education/Support

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Parent Partnership
1310 South 8th Street, Cottage Grove (office) 541-342-4357 or 341 East 12th Avenue, Eugene 1-800-422-7558
[e] aspartners@westoffice.net 541-942-2104
Parent support and education for families in South Lane School District: Family Resource Center, teen parent child care, homeless youth assistance.
Pearl Buck Center see Special Needs

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Oregon Department of Justice – Division of Child Support
165 East 7th Avenue, Suite 300, Eugene 541-686-7834
[w] www.dcs.state.or.us
Assistance locating absent parents; establishing paternity, establishing, modifying, and enforcing child support orders; and receiving and distributing child support payments.
Victim Services Program 541-682-4523
District Attorney's Office, 125 East 8th Ave., Room 400, Eugene [w] www.co.lane.or.us/DA
Assistance, criminal-justice education, guidance, support to crime victims. Supports ongoing case management/crisis intervention for victims experiencing domestic violence and persons petitioning for Family Abuse Prevention Act restraining orders.

Libraries

The Child Center see Counseling
Eugene Public Library 541-682-5450
[w] www.eugene-or.gov/library
Downtown, Adult Reference Desk: 541-682-5450
100 West 10th Avenue, Youth Reference Desk: 541-682-8316
Bethel Branch Library, 541-682-5766
1990 Echo Hollow Road, Eugene 541-682-5778
Sheldon Branch Library, 1566 Coburg Road, Eugene
Free development and care; parenting magazines; children's books, audio books, magazines, movies, and music CDs. Storytimes for babies, toddlers, and preschoolers, plus special family events. All programs free of charge.
La Leche League see Helplines
Springfield Public Library Hours: 541-726-3765
2215 North 5th Street Information: 541-726-3766
[w] www.whereindsgrow.org [e] library@cspringfield.org
Parent resources on child development and care. Children's books, movies, audio books, magazines, CDs. Weekly lap sit and preschool storytimes. Puppet shows and other special events. Internet and meeting rooms available. All programs free of charge.

Medical • Dental

American Red Cross – Oregon Pacific Chapter 862 Bethel Drive, Eugene [w] oregonpacific.redcross.org [e] lane@oregonpacific.redcross.org Voice/TDD: 541-344-5244
Weekly Infant and Child CPR/First Aid courses: breathing and cardiac emergencies, anti-choking skills, and injury prevention. Babysitting "Super Safety," USAID Child Training courses for youth. Call for current schedule. USDA Child Care Food Program reimburses child-care providers for meals served.
Child Development and Rehabilitation Center 901 East 18th Avenue, CSB, Eugene 541-346-3575
[w] www.ohsu.edu/outreach/cdrc Intake: 541-346-2613
Comprehensive diagnosis, evaluation, and management of various conditions, including developmental delay, speech and language disorders, cerebral palsy, spina bifida, and orthopedic impairments.
Children's Dental Center/Assistance League of Eugene Clinic: 541-790-5181
Churchill High School, Assistance League: 541-485-3721
1850 Bailey Hill Road, Eugene
Dental care for area public school children from families with low incomes and no insurance.
Department of Human Services (DHS) see Basic Needs
Eugene School District 4J School Based Health Centers 541-790-7216
Health Services: District Office, 120 West Hilliard, Eugene 541-790-4445
North Eugene Health Center 541-790-8020
South Eugene Health Center 541-790-5227
Sheldon Health Center 541-790-6644
Medical services to students and siblings (ages birth–19) enrolled in 4J, and Bethel School Districts. Call for appointments: 8 a.m.–4 p.m., Monday–Friday. Physicals; routine exams, including sports physicals; immunizations; vision/blood pressure screening; diagnosis/treatment of minor injuries/illnesses, reproductive care, tobacco/drug/alcohol prevention/cessation; mental health counseling, insurance billed, including OHP; sliding-fee scale. No service withheld due to inability to pay.
Lane County Dental Society 2300 Oakmont Way, Suite 110, Eugene 541-686-1175
[w] www.lanedentalsociety.com
Free dental information and referral.
Lane County Public Health Services
Charnell Community Clinic, 151 West 7th Avenue (2nd and 3rd floors), Eugene 541-682-4013
Maternal/child health information and home visits; maternity case management/referral; WIC services; child and adult immunization appointments; communicable disease prevention; HIV counseling and testing, and sexually transmitted disease appointments. Sliding-fee scale to zero.
March of Dimes 541-686-2170
115 West 8th Avenue, Suite 360, Eugene
[w] www.marchofdimes.org [e] aknabe@marchofdimes.com
Prenatal/prenatal education to improve the health of babies by preventing birth defects, infant mortality, and premature birth. Public health education materials and audio visuals.
Planned Parenthood



Recursos para Familias 2011

Efectivo el 1ro de Enero, 2011

Para preguntas acerca de la crianza de los hijos llamar a la Línea de Ayuda para los Padres 541-485-5211

Control Del Enojo

Center for Community Counseling 541-344-0620
1465 Coburg Road, Eugene [r] www.cceugene.org
Clase de control del enojo para padres/madres (5 semanas) ofrecida seis veces al año, cuotas basadas en escala de ingresos; cuidado de niños disponible. Necesita registrarse. Llame para un diagnóstico por teléfono de lunes a jueves 9 a.m.–3 p.m.

Necesidades Básicas

Catholic Community Services of Lane County 541-345-3642
1464 West 6th Avenue, Eugene 541-345-3642
1025 G Street, Springfield [r] www.ccscc.org
Ayuda para satisfacer las necesidades básicas incluyendo asistencia con alimentos, renta, servicios públicos, recetas médicas, ropa, ayuda para obtener identificación, fichas para transporte, uso de teléfono gratis y dirección para recibir correspondencia. Acceso al Programa de apoyo para familias que trabajan, alojamiento para familias, vivienda para latinos y programas a largo plazo de manejo de casos como subsidios para vivienda, programa de padres/madres jóvenes, abriendo las puertas y estabilización de vivienda.

Department of Human Services (DHS)
District Office, 2805 Chad Drive, Eugene 541-687-7373
Gateway Center, 1040 Harlow Road, Springfield 541-726-6644
McKenzie Center, 2835 Chad Drive, Eugene 541-686-7878
Willamette Street Office, 1899 Willamette, Eugene 541-686-7555
Springfield Main Street Center, 101 30th Street, Eugene 541-726-3525
West Eugene Family Center, 2101 West 11th Ave. 541-686-7122
Cottage Grove Family Center, 305 Coop Court, Florence Central Coast Resource Center, 541-997-8261
3180 Highway 101 North

El tipo de servicios varían en cada oficina. Llame para más información.
Servicios de Auto-Suficiencia (tarjeta médica, cuidado de niños, financiera, cupones para alimentos (SNAP), empleo). **Servicios de Protección al Menor** (protección, cuidado temporal, adopciones). **Servicios de Rehabilitación Vocacional** (terapia psicológica, capacitación para el trabajo, ubicación de empleo) para las personas que cumplen con el criterio estatal.

Family Support and Connections/Catholic Community Services of Lane County 541-345-3628, ext. 311
1025 G Street, Springfield [r] www.ccscc.org
Ofrece apoyo en el manejo de casos y remisiones a familias para recibir ayuda en el manejo de factores de estrés en sus vidas. Sida a todo Lane County.

First Place Family Development Center- St. Vincent de Paul 1995 Amazon Parkway, Eugene 541-344-7728
[r] www.FirstPlaceFamilyCenter.org [c] dwise@svdp.us
Servicios para las familias con niños: alimentos, cocinas, alojamiento de día, lavandería gratis, teléfonos, mensajes telefónicos, servicio para recibir correspondencia, uso de la computadora con acceso a Internet, salón preescolar con servicios terapéuticos a bajo costo (de 3-5 años de edad), Programa de alojamiento de noche, programa de estacionamiento por la noche, manejo de casos, cupones para ropa, regaderas.

DHS Child Welfare Program 541-686-7555
Willamette Street Office, 1899 Willamette Street, Eugene 541-686-7722
West Eugene Family Center, 2101 West 11th Avenue, Eugene 541-689-9750
Ficha, línea de voluntarios proporciona servicios de emergencia—alimentos y ropa—permanente o limitada a cualquiera que lo necesite; asistencia con medicina recetada dependiendo del caso.

Food For Lane County 541-343-2822
770 Bailey Hill Road, Eugene [c] info@foodforlaneconomy.org
Distribución de alimentos de emergencia y suplementos en todo el condado a través de una red de 100 agencias y programas. Los servicios incluyen cajas de alimentos y lugares que ofrecen comida caliente para personas de bajos ingresos que tienen hambre o que están en riesgos de pasar hambre, jardines para cultivo, programas de educación nutricional y almuerzos en el verano para los niños. Llame para obtener las direcciones y horarios.

Helping Hand Room 541-344-1425
First Christian Church, 1166 Oak Street, Eugene
Ropa gratis, ropa para cama y cunas para cualquiera que lo necesite. Alimentos y juguetes para niños, leche para bebés, ropa de hombre o niñas a viernes de 9 a.m.–4 p.m. Debe hacer cita. Llame de lunes a viernes de 9 a.m.–4 p.m.

Hosea Youth Services 541-344-5583
[c] hoseayouth.org [c] hysprocyet@aol.com
Centro sin cita para jóvenes (menores de 22 años de edad). Abierto lunes, miércoles y viernes de 3–7 p.m., la cena es a las 5 p.m. Los servicios incluyen capacitación de bajos ingresos que tienen hambre personal, remisiones para empleo, ropa y una sala de descanso o para recreación. Fichas para el autobús en cantidad limitada. Área para niños pequeños disponible mientras los padres están comiendo; no hay cuidado de niños.

Housing And Community Services Agency (HACSA) of Lane County Oregon 541-682-3755
177 Day Island Road, Eugene 541-682-4090
300 West Fairview Drive, Springfield
Programa Haccsa 8 Programa federal para ayudar a familias con los pagos de renta de vivienda a rentadores privados. Un miembro de la familia llena la solicitud para vivienda y se pone en lista de espera; cuando son elegibles se verifica la composición de la familia y los ingresos/pertenencias de los miembros de la familia para determinar cómo ayudar a familias vulnerables.

Vivienda propiedad de la agencia Varios tipos de vivienda que son propiedad y manejadas por HACSA. Un miembro de la familia llena la solicitud y se pone en lista de espera, cuando son elegibles se verifica la composición de la familia, referencias de renta, historial criminal y los ingresos/pertenencias. Se le ofrece vivienda a nuevas familias cuando hay vacantes disponibles.

Lane County WIC Program (Programa de nutrición y alimentos suplementarios para Mujeres, Infantes y Niños) 541-682-4202
Charneilton Community Clinic, 151 West 7th Ave., Room 201, Eugene 541-682-4090
Programa Haccsa 8 Programa federal para ayudar a familias con los pagos de renta de vivienda a rentadores privados. Un miembro de la familia llena la solicitud para vivienda y se pone en lista de espera; cuando son elegibles se verifica la composición de la familia y los ingresos/pertenencias de los miembros de la familia para determinar cómo ayudar a familias vulnerables.

Latino Housing Program (un programa de Catholic Community Services of Lane County) 541-345-3642, ext. 106
1464 West 6th Avenue, Eugene [c] cbrawo@ccsc.org
Servicios de apoyo, remisiones y subsidios para renta a miembros de la comunidad Latino que estén sin vivienda y que estén buscando apoyo para remover las barreras hacia la autosuficiencia.

Looking Glass Station 7/Project Safe Place 541-790-7700
2485 Roosevelt Boulevard, Eugene Crisis: 1-888-689-3111
Alojamiento de emergencia para adolescentes que se han ido de su casa o que no tienen vivienda (de 11–17 años de edad) proporciona intervención en caso de crisis las 24 horas del día, transporte de emergencia y ayuda de reconciliación con la familia.

Metropolitan Affordable Housing Corporation (Metro) 541-683-1751
P.O. Box 11923, Eugene, OR 97403 (correo) [c] metroaffordablehousing.org
[c] metroptaffin1@qwestoffice.net

COMISION DE SEGURIDAD DE PRODUCTOS PARA EL CONSUMIDOR U.S. 1-800-638-2772

Mother's Helper 541-344-3273
1509 Willamette Street, Eugene [c] ally@ateasehomecare.com
[r] www.ateasehomecare.com
Servicios médicos y/o no médicos para ayudar a los papás/mamáns antes y después del nacimiento de su hijo/a. Ayuda a padres/madres nuevos a ajustarse a su nuevo horario para pasar más tiempo con el recién nacido.

Murame Mutual Home of Catholic Community Services ver Recuperación de Abuso de Sustancias
Nutrition Education Program—Oregon State University 783 Grant Street, Eugene [r] http://extension.oregonstate.edu/lane/nutrition
[c] sammy.white@oregonstate.edu 541-344-0249
Clases de nutrición para familias con recursos limitados. Publicaciones sobre nutrición y seguridad con los alimentos están disponibles, así como clases bilíngües y materiales.

Parent Partnership ver Educación para la Familia/Ayoyo
ShelterCare Brethren Housing 541-726-8125
1062 Main Street, Springfield [c] bhousing@sheltercare.org
Servicios para familias sin vivienda y adultos solteros que hayan sido diagnosticados con alguna enfermedad mental severa y persistente. Servicios incluyen alimentos, ropa, transporte, abogacía, consejería, monitoreo de los medicamentos, manejo del dinero, vivienda y búsqueda de trabajo.

ShelterCare Family Housing Program 969 Highway 99 North, Eugene [r] www.sheltercare.org Yolanda/Lista de espera: 541-689-7156
Ayuda temporal para familias en crisis; ayuda para encontrar casa y otros recursos para los que residen en ShelterCare Family Housing Program; abogacía y solución de problemas cuando se necesita.

Springfield Salvation Army 541-747-6229
1725 Mill Street, Springfield
Cajas de alimentos para los que viven al oeste de Pioneer Parkway, muebles (50 por ciento de descuento), cupones para ropa, ayuda para surtidos de alimentos, artículos, algunas canastas navideñas y regalos del Árbol del Ángel (de 0–12 años de edad). Abierto de lunes a viernes de 9 a.m.–1:45 p.m.

Abuso/Negligencia Infantil • Violencia Doméstica • Abuso/Asalto Sexual
CAFA (Cristianos Abogado por la Familia) 921 County Club Road, Suite 222, Eugene [r] www.cafoa.com 541-686-6000
Intervención en casos de abuso, negligencia y violencia doméstica y también terapia psicológica.

CASA of Lane County 541-984-3132
174 Deamond Ferry Road, Springfield
CASA (Defensores especiales designados por un tribunal, siglas en inglés) voluntarios en los tribunales de dependencia a favor de jóvenes (de 0–18 años de edad) que han sido víctimas de abuso o negligencia.

DHS Child Welfare Program 541-686-7555
Willamette Street Office, 1899 Willamette Street, Eugene 541-686-7722
West Eugene Family Center, 2101 West 11th Avenue, Eugene 541-689-9750
Ficha, línea de voluntarios proporciona servicios de emergencia—alimentos y ropa—permanente o limitada a cualquiera que lo necesite; asistencia con medicina recetada dependiendo del caso.

Food For Lane County 541-343-2822
770 Bailey Hill Road, Eugene [c] info@foodforlaneconomy.org
Distribución de alimentos de emergencia y suplementos en todo el condado a través de una red de 100 agencias y programas. Los servicios incluyen cajas de alimentos y lugares que ofrecen comida caliente para personas de bajos ingresos que tienen hambre o que están en riesgos de pasar hambre, jardines para cultivo, programas de educación nutricional y almuerzos en el verano para los niños. Llame para obtener las direcciones y horarios.

Helping Hand Room 541-344-1425
First Christian Church, 1166 Oak Street, Eugene
Ropa gratis, ropa para cama y cunas para cualquiera que lo necesite. Alimentos y juguetes para niños, leche para bebés, ropa de hombre o niñas a viernes de 9 a.m.–4 p.m. Debe hacer cita. Llame de lunes a viernes de 9 a.m.–4 p.m.

Hosea Youth Services 541-344-5583
[c] hoseayouth.org [c] hysprocyet@aol.com
Centro sin cita para jóvenes (menores de 22 años de edad). Abierto lunes, miércoles y viernes de 3–7 p.m., la cena es a las 5 p.m. Los servicios incluyen capacitación de bajos ingresos que tienen hambre personal, remisiones para empleo, ropa y una sala de descanso o para recreación. Fichas para el autobús en cantidad limitada. Área para niños pequeños disponible mientras los padres están comiendo; no hay cuidado de niños.

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Lane County WIC Program (Programa de nutrición y alimentos suplementarios para Mujeres, Infantes y Niños) 541-682-4202
Charneilton Community Clinic, 151 West 7th Ave., Room 201, Eugene 541-682-4090
Programa Haccsa 8 Programa federal para ayudar a familias con los pagos de renta de vivienda a rentadores privados. Un miembro de la familia llena la solicitud para vivienda y se pone en lista de espera; cuando son elegibles se verifica la composición de la familia y los ingresos/pertenencias de los miembros de la familia para determinar cómo ayudar a familias vulnerables.

Latino Housing Program (un programa de Catholic Community Services of Lane County) 541-345-3642, ext. 106
1464 West 6th Avenue, Eugene [c] cbrawo@ccsc.org
Servicios de apoyo, remisiones y subsidios para renta a miembros de la comunidad Latino que estén sin vivienda y que estén buscando apoyo para remover las barreras hacia la autosuficiencia.

Looking Glass Station 7/Project Safe Place 541-790-7700
2485 Roosevelt Boulevard, Eugene Crisis: 1-888-689-3111
Alojamiento de emergencia para adolescentes que se han ido de su casa o que no tienen vivienda (de 11–17 años de edad) proporciona intervención en caso de crisis las 24 horas del día, transporte de emergencia y ayuda de reconciliación con la familia.

Metropolitan Affordable Housing Corporation (Metro) 541-683-1751
P.O. Box 11923, Eugene, OR 97403 (correo) [c] metroaffordablehousing.org
[c] metroptaffin1@qwestoffice.net

COMISION DE SEGURIDAD DE PRODUCTOS PARA EL CONSUMIDOR U.S. 1-800-638-2772

Mother's Helper ver Necesidades Básicas
Parent Partnership ver Educación para la Familia/Ayoyo
River Road Park and Recreation District ver Recreación
Willamane Park and Recreation District ver Recreación

Terapia Psicológica
Center for Community Counseling 541-344-0620
1465 Coburg Road, Eugene [r] www.cceugene.org
[c] amy.white@oregonstate.edu
Terapia psicológica para adultos de Lane County y/o en línea, más de 70 consejeros de la comunidad pro-bono ofrecen servicios con cuotas de \$1–\$52 basadas en escala de ingresos. Se ofrecen clases en la crianza de los hijos y en el manejo del enojo tres veces al año, hay cuidado de niños gratis. Llame para una valoración por teléfono de lunes a jueves 9 a.m.–3 p.m.

Center for Family Development 541-342-8437
1265 High Street, Eugene [r] www.c-f-d.org
Terapia psicológica familiar e individual para niños, adolescentes y adultos. Servicios de tratamiento para adultos y grupos para adultos y adolescentes con problemas de salud mental y/o abuso/dependencia de sustancias. Servicios en español disponibles. Se aceptan algunos seguros médicos y el Plan de Salud de Oregon, también cuotas basadas en la comunidad. Precios de ingresos: \$5–\$80 por hora.

Center for Family Therapy 541-790-5300
HEDCO Clinic, 1655 Alder St., Suite 170, Eugene 541-346-0923
[r] http://education.oregon.edu/feature.htm?id=411
Terapia de pareja, familiar e individual. Cuenta con capacitados practicantes próximos a graduarse de la University of Oregon preparados para trabajar con parejas que son nuevas parejas, en conflictos entre pareja y en relaciones padres/hijos. Ellos son supervisados muy de cerca por personal docente de nivel doctorado y por personal clínico. Citas disponibles durante el día y la noche.

Child and Family Center 541-822-1110
195 West 12th Avenue, Eugene [r] http://cfc.uoregon.edu/services.htm 541-346-4805
Una amplia gama de servicios a bajo costo basados en la familia para niños y adolescentes (de 2–17 años de edad). Los servicios pueden incluir intervención breve y a largo plazo, evaluación, terapia familiar y para niños, ayuda en la crianza de los hijos y/o remisiones a otras agencias.

The Child Center 541-726-1465
3995 Marcola Road, Springfield
Servicios de terapia para niños y familias, programa de evaluación para niños y adolescentes en riesgo, servicios de tratamiento intensivo basados en la comunidad (paciente externo o en la escuela), tratamiento psiquiátrico durante el día para niños (de 3–12 años de edad) en una escuela con ambiente terapéutico, grupos colaborativos de padres para resolver problemas, biblioteca comunitaria y compañero en el Programa de Respuesta a Crisis las 24 horas (ver Líneas de Ayuda).

Child Development and Rehabilitation Center ver Médico • Dental
Direction Service Counseling Service 541-344-7030
576 Olive Street, Suite 307, Eugene [r] directionservice.org TDD: 541-686-5063
Servicios de terapia psicológica y apoyo de salud mental para adultos, niños (mayores de 18 meses), adolescentes y familias. Se aceptan seguros médicos privados y OHP.

Looking Glass Counseling Program 541-484-4428
20 East 13th Avenue, Eugene
Tratamiento mental para niños, adolescentes, adultos y familias. Los servicios se proporcionan en diferentes localidades a través de Lane County.

Ophelia's Place 541-284-4333
1577 Pearl Street, Suite 100, Eugene
Centro seguro de apoyo para mujeres (de 10–18 años de edad) sin cita de lunes a jueves de 3–6 p.m. Los servicios incluyen información acerca de recursos y remisiones y terapia breve por cita o teléfono en caso de crisis. Grupos de apoyo, actividades para el desarrollo de habilidades y oportunidades de liderazgo también disponibles.

Options Counseling Services of Oregon, Inc. 541-687-6983
1255 Pearl Street, Suite 102, Eugene
Terapia de salud mental para todas las edades. Acepta el OHP y algunos seguros privados. Los servicios incluyen terapia individual, de grupo y familiar, grupos de apoyo, actividades para las mujeres; tratamiento familiar de abuso sexual y manejo de medicinas.

Relief Nursery, Inc. ver Educación para la Familia/Ayoyo
Saturday Circus/Lane Community College Counseling Department and Continuing Education Division ver Educación para la Familia/Ayoyo
ShelterCare Brethren Housing ver Necesidades Básicas
White Bird Crisis Center 541-687-4000 o 1-800-422-7558
341 East 12th Avenue, Eugene
Tratamiento en caso de crisis, intervención, información de salud mental y remisiones incluyendo servicios por teléfono, ayuda sin citas y servicios móviles las 24 horas.

Adoption Connections of Oregon 541-554-1201
P.O. Box 10581, Eugene, OR 97440 (correo) [r] www.adoptionconnectionsoregon.org [c] acop@peak.org
Organización sin fines de lucro de familias e individuos, ofrece apoyo, educación, actividades multiculturales y amistad a cualquier persona interesada en adopción.

The Arc of Lane County Lifespan Respite Referral Program ver Cuidado de Niños
BIRTH TO THREE 1-888-485-5211 o 1-888-485-5211
86 Centennial Loop, Eugene, OR 97401 [r] www.birthto3.org Oficina: 541-484-5316
[c] birthtothree@birthto3.org Fax: 541-484-1449
Servicios de educación/apoyo para padres de familia con infantes y niños precoces. Abierto para todas las familias.

Programas INFANTES Incredibles. Grandiosos UNOS. Maravillosos DOS. Padres otra vez para padres con más niños; *Hacer el ser Padre un Placer* para padres adolescentes (de 12–21 años de edad) y para padres experimentando niveles altos de estrés; *Hacer para familias que hablan español*; *Quisquitos*; *Horas de juego para padres/madres e hijos*. **Servicios**: líneas de ayuda para padres por teléfono; artículo de cómo ser padre en el periódico *The Register-Guard*; página en Facebook.

CAFA ver Abuso/Negligencia Infantil • Violencia Doméstica • Abuso/Asalto Sexual
Center For Community Counseling ver Consejería
Centro Latinoamericano 541-687-2667
944 West 5th Ave., Eugene [r] www.centrolatinamericano.org
Servicios de manejo de casos para familias con niños, grupos de juego para niños, talleres educativos para padres biculturales, intervención en caso de crisis, apoyo en la búsqueda de empleo y servicios para el tratamiento de abuso de sustancias.

Child and Family Center ver Terapia Psicológica
The Child Center ver Terapia Psicológica
Committed Partners for Youth, Big Brothers Big Sisters 935 Oak Street, Eugene [r] www.committedpartners.org 541-344-0833
Acrecentar el desarrollo de los jóvenes a través de mentores adultos voluntarios que inspiren crecimiento personal, relaciones sanas y oportunidades significativas. OHP/seguros de 10–18 años de edad) en extrema necesidad de apoyo. Los jóvenes y los mentores se comprometen a participar un mínimo de 12–15 horas al mes haciendo actividades en la comunidad y un mínimo de 12 meses durante el programa/relación.

American Red Cross ver Médico • Dental
Catholic Community Services of Lane County ver Necesidades Básicas
Department of Human Services (DHS) ver Necesidades Básicas
Easter Seals Oregon 5757 SW Macadam Ave., Portland, OR 97239 1-800-556-6020 [r] www.or.easterseals.com [c] info@or.easterseals.com
Subsidios para equipo (excepto equipo de computación) y servicios disponibles para niños y adultos jóvenes con discapacidades.

Asistencia Financiera
American Red Cross ver Médico • Dental
Catholic Community Services of Lane County ver Necesidades Básicas
Department of Human Services (DHS) ver Necesidades Básicas
Easter Seals Oregon 5757 SW Macadam Ave., Portland, OR 97239 1-800-556-6020 [r] www.or.easterseals.com [c] info@or.easterseals.com
Subsidios para equipo (excepto equipo de computación) y servicios disponibles para niños y adultos jóvenes con discapacidades.

Centro de Recursos de Asientos de Seguridad Infantiles 1-877-793-2608
Si usted tiene alguna pregunta acerca de la salud y el desarrollo de su hijo, no dude en llamar a su doctor.

Housing and Community Services Agency of Lane County ver Necesidades Básicas
Family Connections of Lane and Douglas Counties ver Cuidado de Niños
Metropolitan Affordable Housing Corporation (Metro) ver Necesidades Básicas

Pesar/Pérdida
BabyLoss Eugene 541-870-8367
[c] babyloss@eugeneonline.com
Grupo de Apoyo BabyLoss
541 Willamette Street (3er piso sala de conferencias), Eugene El grupo ofrece oportunidad a padres/madres desconsolados a conectarse con otros padres/madres que hayan también experimentado la pérdida de un embarazo, un infante o un niño pequeño. Se reúnen los martes.

Compassionate Friends/Eugene Chapter 541-689-1626 o 541-344-8025
11th Avenue y Charneilton, Eugene (entra por avenida 10th) Grupo de apoyo de padres, abuelos y hermanos de al menos 18 años de edad. Para familias que han experimentado la muerte de un niño de cualquier edad por cualquier razón. También proporciona información sobre el desdoblamiento y el cuidado infantil; revistas acerca de la crianza de los hijos; libros para niños, libros en CD o casete, revistas, películas y CDs de música. Horas del cuento para bebés, infantes, preescolares además eventos especiales para la familia. Todos los programas son gratuitos.

Family Resource Centers of Lane County 541-461-6424, ext. 3061
Bethel Village Family Center, Eugene 541-782-3280
Cottage Grove/Creswell: A Primary Connection 541-942-4967
Eugene Family Resource Center en César Chávez Elementary 541-790-5300
en Howard Elementary 541-790-4900
en River Road Elementary 541-790-7200
Junction City Family Resource Center 541-998-4987, ext. 497
N. 541-998-5030, ext. 411 (mensajes)

Courageous Kids Grief Support for Youth 541-662-8693
112 Fairview Avenue, Eugene [r] www.peacehealth.org/willamette o www.courageouskidsoregon.org 541-461-7577 o 541-242-8693
Apoyo en la pérdida de un ser querido para niños y adolescentes (de 10–18 años de edad) y los encargados de su cuidado. Se ofrecen grupos de apoyo semanales en la agencia. Campamento de verano anual de cuatro días para los jóvenes desconsolados. Actividades apropiadas a la edad designadas a facilitar la recuperación emocional. No hay cobro pero se sugiere una donación.

First Candle 1-800-221-7437
Apoyo y línea de ayuda por teléfono 24 horas para todos las familias que han experimentado la muerte de un recién nacido, abortos o bebés que mueren antes de nacer. También proporciona información actualizada acerca del Síndrome de Muerte Súbita Infantil y maneras de reducir el riesgo de muerte infantil. Hay consejeros bilingües las 24 horas del día.

Hospice of Sacred Heart 541-242-8753
1121 Fairview Avenue, Eugene [r] peacehealth.org
Clase de recuperación de duelo y grupos limitados durante el día y la tarde para los que sufren la pérdida de un ser querido.
WellMama ver Embarazo • Nacimiento • Apoyo Posnatal • Adopción

Líneas de Ayuda
211info Llamada: 211 [r] www.211info.org
Información gratis y confidencial en Inglés y Español acerca de servicios de salud y comunitarios en ocho condados en Oregon y cuatro condados en el suroeste de Washington. Las llamadas se contestan de lunes a viernes de 8 a.m.–6 p.m. Puede encontrar hasta 4,200 programas en la red.

Crisis Response Program 1-888-968-9990
Servicios de emergencia en familias en Lane County proporcionado por The Child and Adolescent Network (The Child Center, Looking Glass y Jasper Mountain) Responde a situaciones de crisis de salud mental de niños y adolescentes; intervención en crisis por teléfono, intervención en crisis en la comunidad, manejo breve de casos en la comunidad, servicios de remisión a otras agencias y cuidado breve durante un crisis en algunos casos.

First Candle ver Pesar/Pérdida
Fussy Baby Warmline 1-888-431-BABY (2229)
[r] www.fussybabywork.org [c] fussybaby@erickson.com
Especialistas en infantes proporcionan apoyo e información para ayudar a los padres/madres con situaciones de llanto, dormir y alimentación de un infante. Todos los servicios están disponibles en inglés y Español. Las llamadas se contestan de lunes a viernes de 9 a.m.–9 p.m. tiempo del centro del país. Los mensajes se revisan los fines de semana y se regresan las llamadas. No hay cobro.

Info Line (un programa de White Bird Clinic) 341 East 12th Ave., Eugene 541-242-4357 o 1-800-422-7558
Servicios humanos integrales, información y recomendaciones a otras agencias para todos los residentes de Lane County. Programas especiales para personas con bajos ingresos incluyendo acceso a teléfono, cupones para exámenes de vista y lentes gratis para los que están en la lista de espera y servicio de correspondencia/mensajes.

La Leche League Helpline: 541-744-6055
Información acerca de amamantar, apoyo y motivación a través de ayuda por teléfono gratis y reuniones mensuales para cualquiera interesado en amamantar. Los niños son siempre bienvenidos. Hay un grupo de apoyo de madres que amamantan y/o para ayuda sobre como amamantar y/o horarios de las reuniones.

Oregon Helps [r] www.oregonhelps.org
Este sitio en la red proporciona información en requisitos de elegibilidad para los siguientes programas: cupones de comida (SNAP) y otros programas que ofrecen alimentos/nutrición, vivienda/servicios públicos, recursos para niños/familias, cuidado de salud, beneficios financieros y para ancianos/gente con discapacidades.

Parent Helpline 541-485-2111 o 1-888-485-5211 (Lane County) [r] www.marchofdimes.org [c] aknabe@marchofdimes.com
Educación antes de la concepción y prenatal para mejorar la salud de los bebés, prevenir defectos de nacimiento, mortalidad infantil y nacimientos prematuros. Materiales de educación en salud pública y audio visuales.

Planned Parenthood 1670 High Street, Eugene 541-682-5333
[r] www.marchofdimes.org [c] aknabe@marchofdimes.com
225 O Street, Springfield
4969 Highway 101, Florence
1450 Birch Avenue, Cottage Grove
360 East 10th Avenue, Suite 104, Eugene 541-344-1611
Servicios de salud reproductiva para adultos y adolescentes.

Springfield Schools Health Center 541-744-4130
Una enfermera y una enfermera de enfermería de salud pública ofrece cuidado de salud integral a los estudiantes de Springfield y sus familias que no tengan seguro médico, se cobra una cuota basada en la escala de ingresos del nivel federal de pobreza. Los servicios a bajo costo para estudiantes sin seguro médico incluyen: exámenes físicos y revisiones por enfermedad, vacunas, tratamiento de heridas/lesiones, planificación familiar, administración y manejo de medicamentos y anticonceptivos y terapia psicológica. \$50 por exámenes físicos; \$15 por vacunas (gratis a los estudiantes cuando las necesitan). Asistencia para acceder los servicios de OHP. Abierto de 8 a.m.–12:30 p.m. y de 1:30–4:30 p.m. de lunes a viernes todo el año. Llame para hacer cita.

Volunteers In Medicine Clinic (VIM) 541-685-1800
378 East 11th Avenue, Eugene [r] www.vim-clinic.org [c] dmeashintubuy@vim-clinic.org
Servicios de cuidado médico gratis para adultos de bajos ingresos y sin seguro médico que tengan un ingreso de entre el 85 y 200 por ciento del nivel de ingreso federal de pobreza. Los niños de 12 años o menos elegibles reciben servicios gratis de cuidado médico y de salud mental, recetas para medicina, exámenes de laboratorio, cuidado de la salud de la mujer y más.

White Bird Community Dental Clinic 541-344-8302
1400 Mill Street, Eugene [r] www.whitebirdclinic.org
Cuidado dental para residentes de Lane County con cuotas basadas en escala de ingresos. Visitas de emergencia por sorteo de lunes a jueves a las 7 a.m. Cuidado dental continuo por cita. Los pacientes nuevos tienen que llenar papelado para diagnóstico de lunes a jueves de 9–11 a.m. Se acepta OHP. Visita la página en la red para cambios de información.

White Bird Medical Clinic 541-484-4800
1400 Mill Street, Eugene [r] www.whitebirdclinic.org
Medicina familiar general (no prenatal); cuotas en escala de ingresos (en las tardes). Remisiones, laboratorio, farmacia. Llame o venga para más información.

Embarazo • Nacimiento • Apoyo Posnatal • Adopción
Adoption Connections of Oregon ver Educación para la Familia/Ayoyo
Baby Connection 541-968-1731
86 Centennial Loop, Eugene [c] desire.ann.nelson@gmail.com
29 Three Turtles miérc. para localizar en el mismo edificio de Birth to Three todos los miércoles para chequear el peso del bebé, apoyo en la alimentación de los infantes y educación. Anote su llegada de 11 a.m.–12 p.m. También ofrece: fotos de los bebés, biblioteca, bocadillos y más.

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DHS Child Welfare Program ver Abuso/Negligencia Infantil • Violencia Doméstica • Abuso/As