

Directory of Services for Families with Young Children in Douglas County

2011-2012



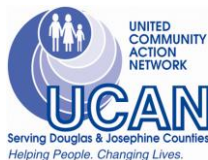
Questions or updates to this service directory contact:

UCAN Head Start
541 673-6306, ext 114 / 800-320-6306
FAX 541-673-3236

Compiled and published by:
UCAN Head Start

You can access the most current version of this directory by going to either of these WebPages:
www.ucancap.org/_pages/programs/headstart.php

Date Revised: 07/1/11



TOPICAL INDEX

COUNSELING & MENTAL HEALTH

ADAPT	4
Al-Anon - Ala-teen	4
Alcoholics Anonymous (AA)	4
Battered Person's Advocacy (BPA)	4
Compassionate Friends	5
Douglas CARES (Child Abuse Response & Evaluation Services)	5
Douglas County Mental Health	5
Family Development Center	5
Harm Reduction Center	6
Hope Pregnancy Center	6
Hospice/Home Health	6
Narcotics Anonymous	6
National Suicide Hotline	6
Oregon AIDS/Hot Line	7
Siuslaw Outreach Services	7
Women's Safety & Resource Center	7

EDUCATION

Adult Basic Education	8
Boys and Girls Club of The Umpqua Valley	8
Douglas County Library	8
Education Service District (ESD)	9
Healthy Start	9
OSU Extension	10
Parent Education Classes through DCECPC	10
Phoenix School	10
Preschool / Day Care Centers	10
Project Literacy	11
Reedsport Educational Alternative Program (REAP)	11
Roseburg Area Family Support Group	12
Southwestern Oregon Community College	12
UCAN Confidence Clinic	12
UCAN Head Start	12
Umpqua Community College	12
Wolf Creek Job Corps Center	13
YMCA	13

COMMUNITY & EMERGENCY SERVICES

Casa de Belen	13
Community Kitchens	14
Department of Human Services (DHS)	14

TOPICAL INDEX

Family Connections, Child Care Resource Referral (CCR&R).....	15
FISH Food Pantry	15
Food Pantries in Douglas County	15
Housing Authority of Douglas County(HADCO)	16
Oregon Helps.....	16
Oregon Safenet.....	16
Oregon Telephone Assistance Program (OTAP) & Linkup America	17
Red Cross	17
Reedsport Family Resource Center.....	17
Roseburg Dream Center.....	17
Roseburg Rescue Mission	18
Safe Haven Maternity Home	18
Salvation Army.....	18
Samaritan Inn	18
Seventh Day Adventist Community Services	18
South County Resource Center (SCRC).....	19
St Vincent DePaul Society	19
UCAN Affordable Housing	19
UCAN Energy Assistance Program	19
UCAN Home TBA (Tenant Based Assistance)	19
UCAN Homeless Assistance	20
UCAN Second Chance Program.....	20
UCAN Transitional Housing.....	20
UCAN U-TRAN	20
UCAN Translink	20
UCAN Weatherization.....	21
Umpqua Valley Time Exchange.....	21
EMPLOYMENT	
Cardinal Service	21
Employment Department (State of Oregon/Work Source of Douglas)	22
Flex Force.....	22
Umpqua Community College - Counseling & Career Developing	22
Umpqua Training & Employment (UT & E)	22
HEALTH	
Douglas County Health Department	23
FHIAP (Family Health Insurance Assistance Program)	23
Healthy Kids Program - FHIAP Partner	23
Lions Club.....	24
Mercy Medical Center	24
Mercy Foundation Children’s Healthcare	24
Mercy Medical Center Prenatal Classes	24
Mercy Wings Of Hope (Bereavement Support Group)	24
Oregon Health Plan (OHP)	24
Oregon Regional Poison Center	24
Umpqua Community Health Clinic	25

TOPICAL INDEX

Vital Records	25
Zenni Optical	25

SPECIAL PROGRAMS FOR PEOPLE W/ DISABILITIES

Child Development & Rehabilitation Center (CDRC)	25
Department Of Veterans Affairs	25
Developmental Disabilities Program	26
Douglas County Senior Services	26
Douglas County Health and Wellness.....	26
Easter Seal’s Oregon.....	26
Life Span / Respite Care	26
Mentor Oregon.....	26
Mercy Medical Center - Diabetes Self-Management Program	27
Muscular Dystrophy Association	27
Oregon Commission for the Blind	27
Oregon Vocational Rehabilitation Services (DHS)	27
Roseburg Audiology Center	27
Shriner’s Hospital for Children	27
Special Olympics of Oregon	28
Sunrise Enterprises.....	28
YMCA - Certified Exercise Program.....	28
YMCA -Douglas County Diabetes Prevention Program	28

LEGAL

Annual Credit Report	28
Consumer Credit Counseling	28
Division of Child Support.....	28
Don Mills Family Law Resource Group	29
Douglas County Court House	29
Legal Aid Services of Oregon	29
Neighbor-to-Neighbor Mediation Services	29
Oregon Dept. of Consumer & Business Services	30
Oregon Law Help	30
Oregon State Bar	30

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call, toll free (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal relay at (800) 877-8339 (TDD) or (866)377-8642 (relay voice users). USDA is an equal opportunity provider and employer.”

COUNSELING & MENTAL HEALTH

ADAPT

Providing quality treatment, education, and prevention to individuals, families, and businesses that may be affected by addiction disease

We accept almost all private insurance and the Oregon Health Plan

ADAPT - Roseburg

548 SE Jackson, Roseburg, OR 9747 541-672-2691

Women's Corrections..... 541-672-1761

South River Medical Clinic -- 82 NW Glenheart, Winston, OR 541-492-4550

ADAPT- Coastal Offices (Coos Bay/North Bend)

400 Virginia Ave, Suite 201 North Bend, OR 97459..... 541-751-0357

www.adaptoregon.org

AL-ANON - ALATEEN

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Our meetings are anonymous and confidential. There are no dues or fees for membership.

Roseburg 541-677-3406 or 800-701-3406

www.oregonal-anon.org

ALCOHOLICS ANONYMOUS (AA)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. Meetings in **Roseburg, Sutherlin, Winston, Myrtle Creek, Glide, Yoncalla, Reedsport, Gardiner, Coos Bay, and Florence**, Visit **website for locations, dates, and times.**

AA National Hotline..... **800-593-3330**

Roseburg Hotline 541-673-7552

Reedsport Contact..... 888-203-1432

www.aa-oregon.org

BATTERED PERSON'S ADVOCACY (BPA)

The mission of BPA is to provide services for survivors of family violence, sexual assault and stalking, and to promote community in which violence and abuse are not acceptable.

Services include: Emergency Services, Hispanic Outreach Services, Legal Advocacy Services, Sexual Assault Services, Shelter Services, and Transitional Services.

(Call 911 for emergencies)

1202 SE Douglas, Roseburg..... 541-673-7867

24 Hour Hotline 800-464-6543

www.peaceathome.com

COMPASSIONATE FRIENDS

Promote and aid in the positive resolution of the grief experience upon the death of a child. Survivors of Suicide victims meet on the second Monday of every month.

Anyone who has lost someone to suicide is encouraged to join. Support groups meet once a month beginning in August (no summer meetings). There is a free lending library, free monthly newsletter and support through personal and telephone contacts.

3370 Edenbower, Roseburg, OR 97470 541-672-1890 or 541-643-0959

1620 Thompson Rd, Coos Bay, OR 97420 541- 266-0282

Survivors of Suicide meets each 2nd Monday of each month

Child Loss meets 4th Monday of each month

www.compassionatefriends.org

DOUGLAS C.A.R.E.S (CHILD ABUSE RESPONSE & EVALUATION SERVICES)

Crisis intervention counseling to help stabilize the family during traumatic situations, support services for families; referral resources for longer-term therapy; Child abuse evaluation upon referral. Treatment is specific to children who have been physically or sexually abused

256 SE Stephens, Roseburg..... 541-957-5646

dcare@douglasfast.net

DOUGLAS COUNTY MENTAL HEALTH

Working together as a community in mutually supportive ways to provide mental health services that empower people to create solutions

Outpatient Support: Crisis & Evaluation, response to mental health emergencies; Adult Treatment, provide short-term psychotherapy; Youth & Family, focus on the mental health needs of county youth.

Community Support - Assist persons diagnosed with serious and persistent mental illness to recover in the community by providing: Individual and Group Skills training, Psychotherapy, Case Management, Adult Foster Care, Supported Employment, Peer Support, Dual Diagnosis Treatment. Treatment Foster homes are available. Provides 370-OHS diversion.

24 Hour Crisis Hotline provides information and referrals to appropriate mental health and social services for problems such as suicide, battering, mental health, and medical crisis.

621 W Madrone, Roseburg 541-440-3532

24 Hour Crisis Help 541-440-3532 or 800-866-9780

www.co.douglas.or.us/health/MH/default.asp

FAMILY DEVELOPMENT CENTER

A comprehensive family support program whose mission is to prevent child abuse and neglect. FDC offers free services to families with children 6 weeks through 5 years of age who are experiencing high stress. Services are provided in the home or at the center and include home visits, intensive parent education classes, therapeutic early childhood classes, crisis intervention, play therapy for children, parent-child counseling, emergency food pantry, and information and referral to other community resources.

300 Jerry's Drive Roseburg..... 541-673-4354

www.familydevelopment.us

HARM REDUCTION CENTER OF SOUTHERN OREGON

Free, anonymous HIV testing, counseling, and case management services for people that have HIV and Hepatitis C. We also provide computer lab, needle exchange, and speakers program.

832 NW Highland, Roseburg 541-440-2761 or 877-440-2761
www.harmreductioncenter.org

HOPE PREGNANCY CENTER

Free and confidential pregnancy testing and peer counseling, maternity and baby clothes, baby furniture as available. Also available Earn While You Learn.

1533 NE Vine, Roseburg 541-672-2609
www.hopepreg.org

HOSPICE/HOME HEALTH

Hospice - support program for people and their families with terminal illness.

Professional and volunteer services provide in home and nursing home support.

Services include professional nursing, short term respite care, bathing assistance, companionship, counseling, physical and occupational therapy, and bereavement support to families.

Home Health - In Home Care for individuals who are not able to get out and around.

Service's includes nursing, physical therapy, occupational therapy, and home health aid.

Mercy Bereavement Groups Support groups for people who have experienced the loss of a loved one. There is no pre-registration required for the support groups. Grief education series is offered periodically throughout the year. Pre-registration is required. Bereavement chaplain is available upon request.

Mercy, 2400 Stewart Parkway, Suite 200 RSBURG..... 541-677-2384

Pacific Home Health & Hospice, 455 S. 4th Suite 3, Reedsport..... 541-266-7005

Amedisys, 2510 Edenbower Suite 112 Roseburg 541-440-2583 or 800-556-7457

www.mercyrose.org

NARCOTICS ANONYMOUS

Self-help group to support abstinence from drugs

Helpline (24 hours a day) 541-957-1489

www.uvana.org

NATIONAL SUICIDE HOTLINE

Crisis Counselors are waiting for your call.

..... 800-Suicide (784-2433) or

..... TTY: 1-800-799-4TTY (4889)

ROSEBURG

Crisis number Douglas County Health & Social Services Department..... 541-440-3535

..... 1-800-273-TALK/1-800-273-8255

<http://suicidehotlines.com/oregon>

OREGON AIDS/HOTLINE

Answer all questions about sexually transmitted Disease (STD), HIV and performs risk evaluations. Anonymous phone support for HIV positive people referral service to people living in Oregon and impacted with HIV/STD.

Also available online live chat with trained online advocates

Oregon Hotline (800)-777-2437

En español.....(800)-499-6940

www.oregonaidshotline.com

SIUSLAW OUTREACH SERVICES - SIUSLAW AREA WOMEN'S CENTER

Domestic and Sexual Violence Services: Advocacy for victims of Domestic or Sexual Violence; Safe House shelter for victims of Domestic Violence who need a short term safe place to live; Assistance in obtaining Orders of Protection (restraining orders, stalking orders); Women's Empowerment Group; Peer counseling/emotional support; Domestic Violence Education; Information and Referral to community resources; Elder Abuse; 24 hour emergency response to domestic violence/sexual assault

Low Income Assistance: Short Term rental assistance with case management; TBA Rental assistance - 1-2 year rental assistance with case management; LIEAP - Low Income Energy Assistance Program;

Emergency Aid Program: Gasoline vouchers, Propane vouchers, Prescription vouchers, Shower and laundry vouchers, Bus Tickets and Taxi vouchers, Electric Bill assistance, Veterans Assistance Program, Second Time Around Donations: free gently used clothing & small household items.

1576 W. 12th. Florence 541-997-2816

Focus Four (Hot Line)997-4444 or 877-997-FOUR

www.florencesos.org

WOMEN'S SAFETY & RESOURCE CENTER

Contributing to a violence-free community by creating a safe haven and life-building empowerment for abused women and children and inspiring the community to new levels of cooperation, thoughtful effort, and action. Offering Safety, shelter, education, and empowerment

1681 Newmark Ave, Coos Bay(541)-888-1048

Toll-Free (888)-793-5612

Business (541)-888-1048

Fax..... (541)-888-1359

Director (541)-888-5964

Shelter Office (541) 756-2452

Newmark Liaison (541) 888-7021

24 Hour Crisis (541) 756-7000

www.womensafety.org

EDUCATION

ADULT BASIC EDUCATION

The Adult Basic Skills Development (ABSD) program helps students achieve their goal of getting their high school diploma or GED, brushing up skills to get into college, or learning English. Classes are located throughout Douglas County, with the Woolley Center in Roseburg serving as the main office location. ABSD classes feature professional instruction, a variety of materials, a focus on technology at many sites, a school-to-career component, a tutoring program, and help transitioning to college.

Roseburg - Woolley Center, Workforce Training Center, Umpqua Training and Employment, and Confidence Clinic, Project Literacy; **Glide** - Glide High School; **Drain** - North Douglas High School; **Myrtle Creek** - Community Technology Center on South Umpqua High School campus; **Glendale** - Glendale High School; **Tri City** - South Umpqua High School.

..... 440-4603
www.umpqua.edu/pabe.htm

Coos Bay - Newmark Center and South Western Oregon Community College;
Reedsport - Reedsport High School.

Newmark Center, Coos Bay (541) 888-7116 or 800-962-2838 Ext. 7116
www.socc.edu

Southwestern's Distance Learning - GED Online Preparation Class888-7116

BOYS AND GIRLS CLUB OF THE UMPQUA VALLEY

Inspiring all youth, especially those who need us most; to realize their full potential as caring, responsible citizens

The Boys & Girls Clubs provide programming in the following areas: Character & Leadership Development , Education & Career Development, Health & Life Skills, The Arts, Sports, Fitness & Recreation

1144 NE Cedar St. Roseburg 541-440-9505
www.bgcuv.org

DOUGLAS COUNTY LIBRARY

For information about the different services the library provides like **story time** (for your preschooler), **Summer Reading** program (for school age children), book clubs, **use a computer**, or to order a book. To obtain a library card you need one piece of ID showing current mailing address in Douglas County. Children under 16 requires signature of parent or guardian to obtain a library card.

Roseburg Branch Information/Hour..... 541-440-4305 or 800-441-2706
Library Office..... 541-440-4311
Canyonville..... 541-839-4727
Drain 541-836-2648
Glendale..... 541-832-2360
Myrtle Creek..... 541-863-5945
Oakland..... 541-459-9784
Reedsport..... 541-271-3500
Riddle..... 541-874-2070
Sutherlin..... 541-459-9161
Winston 541-679-5501
Yoncalla 541-849-2128
www.dclibrary.us

EDUCATION SERVICE DISTRICT (ESD)

The ESD provides many different services aimed toward improving the educational opportunities of children from kindergarten through 12th grade and also some programs for preschoolers. Services include speech and language therapy, behavior specialists, and preschool for special needs students (EI and ECSE as described below) and the Complex Needs Classroom. Services for school age children are provided following a referral by school districts.

1871 NE Stephens, Roseburg 541-440-4777
www.douglasesd.k12.or.us

Early Intervention (EI) and Early Childhood Special Education (ECSE) Programs:

EI & ECSE provides supportive, educational, and therapy services and opportunities to young children (Birth to Five) with disabilities or special education needs. Our services are designed to assist with and encourage development and to promote as much independent functioning as possible. Family consultation is provided for families. Services are offered in the home setting or natural environment for children from birth to three years of age. Children who are three to five years old are offered special education in a variety of preschool settings.

1871 NE Stephens, Roseburg (ESD Annex)..... 541-440-4794

Low Incidence Consulting Team: The low incidence Consulting Team provides services to school districts to support pre-school and school-age students who qualify for special education or Section 504 eligibility under Autism Spectrum Disorder (ASD), Orthopedic Impairment (OI) or Traumatic Brain Injury (TBI). Support services are also available for students who qualify under Other Health Impairment (OHI), and who also have a significant motor impairment that adversely affects their ability to benefit from their educational program. 541-440-4764

Complex Needs Classroom: The Complex Needs Classroom, at Fir Grove Elementary School, in Roseburg, serves Douglas County students who have chronic and/or fluctuating health status which requires frequent monitoring and judgments about their care, and who need a high level of experience and judgment on the part of classroom staff. For placement in the classroom, students must qualify for special education under Other Health Impairment (OHI), Orthopedic Impairment (OI), or Traumatic Brain Injury (TBI) eligibility and may have additional eligibilities, with a need for multiple, intensive related services. IEP goals typically emphasize functional skills rather than academics.

Douglas ESD, 1871 NE Stephens 541-440-4764
www.douglasesd.k12.or.us

HEALTHY START

Provides voluntary screening and personalized referral services for all first birth families and intensive home visiting services for those facing multiple challenges. Services are designed to meet the needs of individual families by promoting strong, healthy, safe environments through parent education, guidance and support for first-time parents directly in their home. Services are free of charge and available before or at the birth and until the child reaches three years of age.

300 Jerry's Drive, Roseburg 541-492-1656
www.oregon.gov/occf/hso

OSU EXTENSION SERVICE

For over 90 years Extension Service faculty located on the OSU central campus and in every county in Oregon have helped Oregonians identify needs for informal education, and created programs to meet those needs. Extension Service programs are delivered throughout Oregon in one-on-one sessions, workshops, short courses, demonstrations and informational meetings.

- Find out how to keep your gardens, yards, and trees healthy
- Get your soils tested and bugs or weeds identified
- Become a volunteer in one of our many master programs, and have a great time serving people in Douglas County.
- Learn to manage woodlands, pastures, vineyards, orchards
- Enroll your child in programs ranging from rabbits to robots
- Find practical publications on just about any subject
- Get your pressure canner tested; help with food safety, and canning questions

Our educational programs and materials cover a wide range of subjects including family issues, nutrition and food safety, 4-H Youth development, agriculture, home gardening, and natural resources.

1134 SE Douglas Ave. Roseburg, OR 541-672-4461 / 800-883-7568
<http://extension.oregonstate.edu/douglas/>

PARENT EDUCATION - DCEPC / DOUGLAS ESD PARENT EDUCATION AND TRAINING BROKERAGE

The DCEPC coordinates parenting education classes for parents of young children (0-9 years) and family camps for parents and youth (10-14 years). Specialized programming is available in the Roseburg area for teen parents and Spanish speaking parents of young children. Community classes are scheduled in Roseburg, Winston, Sutherlin, Myrtle Creek, Glendale, Glide, Reedsport, and Drain. Programs are free of charge and include onsite childcare and complimentary refreshments. Advance registration for parenting classes and childcare is required. For more information and a list of upcoming events please visit our website or call

..... 541-817-3119
www.parenteducation.org

PHOENIX CHARTER SCHOOL

A private nonprofit school for grades 9-12 who are seeking an alternative to public schools.

3131 NE Diamond Lake Blvd, Roseburg..... 541-673-3036
www.roseburgphoenix.com

PRESCHOOL / DAY CARE CENTERS

Program	Address	City	Phone
Cobb Street	1281 NE Walnut	Roseburg	541-957-1008
Bugg's Place Preschool	2523 Landers Ave	Roseburg	541-440-8479
Family Development Center	300 Jerrys Dr	Roseburg	541-673-4354
First Step	140 Chadwick	Tri-City	541-863-4115
Ford Childhood Enrichment Center	1140 College, PO Box 967	Roseburg	541-440-4650
Grace Family Child Center	1138 Lincoln, PO Box 268	Roseburg	541-673-6416
St. Paul's Kindergarten & Preschool	750 W. Keady Ct	Roseburg	541-673-7982
Phoenix Child Care Center	3131 Diamond Lake	Roseburg	541-440-1108
RHS Child Development Center	400 W. Harvard	Roseburg	541-440-4142

Roseburg Playschool Co-op	Fairgrounds, PO Box 1642	Roseburg	541-673-8878
UCAN Head Start	511 W. Umpqua	Roseburg	541-673-6306
Umpqua Valley Christian Preschool	359 Roberts Creek Rd	Roseburg	541-679-6248
YMCA Child Development Center	1151 Stewart Prkwy	Roseburg	541-673-5501
Rsbq. Title 1 Home-Base Preschool	2550 SE Waldon	Roseburg	541-440-4180
Canyonville Christian School	301 N. Main, PO Box 397	Canyonville	541-839-4220
So. Co. YMCA Playschool	330 Sabbath PO Box 773	Canyonville	541-839-6117
KIDS Care 2	1980 Landers PO Box 121	Roseburg	541-679-6221
Little Folks Christian School	235 NE Rice PO Box 446	Myrtle Creek	541-863-5814
Wee Little Garden Pre-school	PO Box 1512- 437 NW 2 nd	Myrtle Creek	541-863-3660
Wonderland Preschool	850 N Old Pac Hwy	Myrtle Creek	541-863-3738
Great Afternoons	2605 Longwood Dr	Reedsport	541-271-5283
Great Beginnings	5 St. John's Way	Reedsport	541-271-2022
Jan-Hill Pre-School	2160 Elm St	Reedsport	541-271-3936
Oakland Playschool Coop	396-637 Locust PO Box	Oakland	541-459-4670
Tendergarden	522 Grandview PO Box 92	Glide	541-496-3732
Bright Starts Preschool	PO Box 661-420 Second	Elkton	541-584-2720
A Great Place Child Care	174 Oak Valley Loop	Winchester	541-378-8031
Oregon Parent Center	253 Main St PO Box 216	Wolf Creek	541-866-2765
Brockway Preschool	2520 NW Brockway	Winston	541-679-3037
Yoncalla Preschool	1098 Wilson-75 Birch St.	Yoncalla	541-849-2395

PROJECT LITERACY of Douglas County (PLDC)

PLDC offers Douglas County residents the opportunity to develop literacy skills through specialized programs. These skills include Basic Reading, Basic Math, Writing, English as a Second Language, and Basic Computer courses.

We have classes to help you learn to use your new electronic gadgets. Whatever it is, we can teach you to use it!

Call PLDC to set up a class. We offer small class sizes and individualized instruction. Just bring your new device with you and soon you'll be a pro!

We also have regular on-going computer classes. We'll teach you how to use your computer, e-mail, scanners, printers, how to shop online, and more.

Tutoring Services

PLDC offers one-on-one tutoring by trained volunteers for those who want to improve their literacy skills. These skills can help them on a daily basis with such things as learning how to deal with money, making change and writing checks. We also offer GED classes and Oregon Driver's License written exam classes.

1945 SE Stephens 541-957-9072

www.pldc.info/

REEDSPORT EDUCATIONAL ALTERNATIVE PROGRAM (REAP)

The Reedsport Educational Alternative Program (REAP) is under the parent umbrella of Alternative Youth Activities. Non-profit organization stretching from Brookings to Reedsport with all sites focusing on at-risk Youth, Teen Parents and other youth who need special help to complete their schooling.

2260 Longwood Dr. Reedsport.....(541)271-2141 x 428

www.reedsport.k12.or.us/REAP/reap.html

ROSEBURG AREA FAMILY SUPPORT GROUP

Support group for families of children (all ages) with social, behavioral, or emotional issues. Meet other parents in a supportive setting - Share experiences, successes, and frustrations, learn parenting skill and exchange ideas - Advocate to create better services for our children. Rose Elementary School located at Child Care is available on-site with RSVP.

948 SE Roberts Avenue, Roseburg Denise 541-784-6593
..... Rita 541-627-8835

SOUTHWESTERN OREGON COMMUNITY COLLEGE

Southwestern delivers real-world education and training essential for a highly skilled workforce.

1988 Newmark, Coos Bay, OR 541-962-2838
www.socc.edu

UCAN CONFIDENCE CLINIC

Confidence Clinic is a self-sufficiency program for women and men ages 16 - 60+, offering ten-week Life and Career Planning classes, which follows the Umpqua Community College schedule. The courses offer training in self-exploration of values and goal setting, and introduces various skills for decision making, problem solving, parenting, teamwork and anger management. The teaching methods assist students in building self-esteem, assertiveness and communication skills. The skills learned in this program reduce dependency on unhealthy relationships, poor choices, public assistance, and increases self-reliance. GED preparation and basic computer classes are also offered to students who attend the Life and Career Planning Classes.

308 SE Jackson, Roseburg..... 541-672-5392
www.ucancap.org

UCAN HEAD START

UCAN Head Start is a comprehensive preschool program serving low income families. Children receive services to increase their school readiness and parents are assisted in overcoming barriers to self-sufficiency. UCAN Head Start works with the entire family and offers all family members opportunities to develop their full potential. UCAN Head Start provides a positive, respectful environment for growth and awareness for both parents and children. UCAN Head Start has classrooms conveniently located throughout Douglas County. Applications accepted all year long. 511 Umpqua St.....541-673-6306 or 800-320-6306

www.ucancap.org/pages/headstart.php

UMPQUA COMMUNITY COLLEGE

UCC is a two-year public, comprehensive institution that offers educational programs in adult basic education, technical, vocational, liberal arts, and pre-professional transfer courses.

1140 College Rd. (PO Box 967), Roseburg541-440-4600
www.umpqua.edu

WOLF CREEK JOB CORPS CIVIL CONSERVATION CENTER

Wolf Creek Job Corps is a residential job training program federally funded and serves economically disadvantaged students from the ages of 16 through 24. The Center at full capacity serves 231 students.

Offering the following services: High School Diploma/GED; Vocational Training; Employability Skills Training; Social & Leadership Skills; Placement Services; Savings upon Completion; Room and Board; Basic Health Care; Counseling; Recreation Program; Monthly Living Allowance

2010 Opportunity Lane, Glide, OR 97443 541-496-3507 or 800-588-9003
<http://wolfcreek.jobcorps.gov>

YMCA

The YMCA is a center that helps individuals and families to meet their healthy lifestyle goals. YMCA staff and volunteers are committed to helping individuals identify the best ways the YMCA can support and serve them.

Many YMCA programs are included complimentary in YMCA Membership. New members are given guest passes to invite family and friends to join in building healthy habits.

There are a lot of reasons people join the YMCA to reactivate healthy habits from youth, play with family and friends, learn how to swim, meet new people, or play sports. The YMCA is here for everybody . . . the YMCA turns no one away for inability to pay for services, ask about financial assistance for membership.

Central Douglas County YMCA

1151 Stewart Parkway, Roseburg 541-440-9622(YMCA)
www.ymcaofdouglascounty.org

South County YMCA, Canyonville..... 541-839-6117
<http://www.ymcaofdouglascounty.org/newsouthcounty.html>

COMMUNITY AND EMERGENCY SERVICES

CASA DE BELEN

Casa de Belen, Spanish for Bethlehem House, is a transitional housing facility dedicated to helping homeless teens and families with teens, find a safe place to put their lives back together.

Our goal is not to warehouse people, but to provide a home-like setting and create a space of dignity and hope, and to help families get back on their feet and teens to finish school, become self-supporting and capable of independent living.

With the help of the community, we have created an opportunity for them to do this.

Casa de Belen has the ability to provide housing to 6 families with teens, 6 single teen moms, 14 teen girls and 7 teen boys. We help our residents steer their lives in a positive and independent direction

1199 NE Grandview Drive, Roseburg 541-677-0073
www.casadebelen.org

COMMUNITY KITCHENS

The following is a list of the Community Kitchens available in your area for evening meals. All meals are **FREE**. Everyone is welcome.

Sutherlin - St. Francis Community Kitchen

Mon & Wed 4:30-5:30

323 N. Comstock, Sutherlin 541-459-8807

Myrtle Creek - Table of Plenty

Sat. 1-3

1242 NE Spruce Ave. Myrtle Creek

Roseburg - St. Joseph's Community Kitchen

Tues & Thurs 4:30-5:30pm

800 W. Stanton, Roseburg (St. Joseph)..... 541-673-5157

Foundation Fellowship

Sunday 4:30-5:30pm

813 SE Lane, Roseburg..... 541-672-5533

Friendly Kitchen (suggested donation of \$2.25 no one is denied a meal due to the inability to pay)

Mon-Fri 11:30am to 12:30pm

1033 NE Post, Roseburg 541-673-5929

Roseburg Rescue Mission Kitchen

Mon -Fri Breakfast 6:45am Lunch 12:00 noon Dinner 6:30pm

Holidays Sat/Sun. Breakfast 7:30am Lunch 1:00pm Dinner 7:00pm

513 SE Lane, Roseburg..... 541-673-3004

[http://www.ucancap.org/ pages/pantries kitchens doco.php](http://www.ucancap.org/pages/pantries_kitchens_doco.php)

DEPARTMENT OF HUMAN SERVICES (DHS)

DHS provides basic supports - money, food, medical care, disability services, employment related daycare reimbursements to daycare providers, and job search information to help people get back on their feet. To see if you qualify for services visit our website or call one of the numbers listed below.

www.oregon.gov/dhs

Employment Related Daycare - get help paying for child care while you work!

Working families whose income is below 185% of the Federal Poverty Level may be eligible for financial help with child care costs.

www.oregon.gov/DHS/children/childcare/subsidy.shtml

Roseburg Office - 1937 W Harvard 541- 440-3301

Coos Bay Office - 2110 Newmark Ave 541- 888-2667

Reedsport Office - 3180 Highway 101 541- 271-4667

Canyonville Office - 245 N. Main (PO Box 1126) 541- 839-6901

Drain Office - 316 West A St (PO Box 361)..... 541- 836-2939

Child Welfare Program (CWP)

Abuse and neglect of vulnerable Oregonians is unfortunately more common than many people realize. DHS works hard to help vulnerable Oregonians be healthy and safe, but the public also plays a key role. DHS depends on people to help by reporting suspected abuse or neglect promptly. Visit the website view information on different kinds of abuse and neglect, and how to report it. - If a child is being hurt or is in danger right now call 911 immediately

www.oregon.gov/DHS/abuse/main.shtml

Roseburg Office - 1937 W Harvard 541-440-3373 or 800-305-2903

Reedsport 541-271-4851

FAMILY CONNECTIONS OF LANE AND DOUGLAS COUNTIES, CHILD CARE RESOURCE AND REFERRAL (CCR&R)

Connect * Educate * Navigate

For Families:

Free referrals to local child care providers based on parent's individual child care needs.

Information for parents on recognizing quality child care and assistance with child care issues and concerns. Help families navigate the child care system. Give referrals to other needed resources and agencies.

For Child Care Providers:

Connect with training required for licensure, support providers in maintaining and developing a quality child care program. Free listing and referral service.

846 SE Pine St Roseburg 541.672.7955 or 1.800.222.3290

Spanish Services (Rita Loop) 541-463-3306

www.lanecc.edu/lfc

FISH FOOD PANTRY

Provides the following services on an emergency basis: food boxes, emergency lodging (short term stays through local motels), children's medication 17 and under, gas vouchers and bus tickets.

Monday & Wednesday - 2:00 - 3:30, Thursday & Friday 9:30 - 11:30

405 Jerry's Drive (PO Box 1162), Roseburg 541-672-5242

FOOD PANTRIES IN DOUGLAS COUNTY

Canyonville Seventh Day Adventist Community Services

Wednesday 9:30-11:30 / 1-2:30

714 NW Frontage Rd., Canyonville 541-839-4051

Church of Christ

Last Monday of the Month 4-5pm

205 birch St., Yoncalla 541-849-2346

Dillard/Winston Food Pantry

Monday/Wednesday 9:30-11:30 & 1st/3rd Wednesday 4:30- 5:30

Methodist Church 131 4th St. Dillard 541-679-7651

Drain Fish Pantry

Tuesday 9:00-1:00pm

St. David's Episcopal Church 239 B Street Drain..... 541-836-2212

Glendale Community Care Food Pantry

Thursday 1-3pm

303-A Mehlwood, Glendale.....

Glide - Helping Hands Seventh Day Adventist (Food & Clothing)

Wednesdays 10-2; 1st Wed. of the month 4-6

19085 N. Umpqua Hwy, Glide..... 541-496-3956

Myrtle Creek St. Vincent DePaul Food Pantry

Monday/Wednesday 9-1

116 N Main, Myrtle Creek 541-863-3310

Riddle - South Douglas Food Bank

Thursday 9-12; 3rd & 4th Saturday 10-12

420 E Street, Riddle 541-643-3831

Reedsport AARP Pantry

Thursday 11-2

460 Winchester Ave., Reedsport

Roseburg Fish Pantry:

Monday/Wednesday 2:00-3:30 & Thursday/Friday 9:30-11:30

405 Jerry's Drive, Roseburg 541-673-9804 / 672-5242

Roseburg Rescue Mission Pantry

Tuesday & Thursday 9:30-11:30

526 Lane St. Roseburg 541-673-3004

Roseburg Salvation Army

Monday 10-12 & 1-4; Wednesday 10:30-11:30 & 3-4; Tuesday, Thursday & Friday 1-4pm

3130 NE Stephens, Roseburg 541-672-6581

Roseburg Seventh Day Adventist Community Services

Food Pantry Hours: Tuesday 10:00-12:00 & 1:00-3:00 (Except the 3rd Tues. of the month then hours are 1-3)

1109 NW Garden Valley, Roseburg 541-672-1542

Sutherlin-Oakland Emergency Pantry

Monday/Wednesday 9:00-11:00

183 East 1st Street, Sutherlin 541-459-4082

Wilbur-Provisions

Tuesday- be there by 11:00 to fill out paperwork. Households can come weekly.

8384 Old Hwy. 99, Wilbur 541-673-1650

HOUSING AUTHORITY OF DOUGLAS COUNTY (HADCO)

The Housing Authority of Douglas County, Oregon (HADCO) has been serving our community affordable housing needs since 1944. Currently HADCO provides housing and related services to approximately 1100 households. We are committed to provide the opportunity for affordable housing that is safe, decent, sanitary, and free from discrimination. Programs offered through HADCO Section 8 Voucher Housing Program, Low Rent Public Housing, LITC Properties, Rural Development Properties, Family Self-sufficiency Program, Homeownership Education

902 W. Stanton, Roseburg 541-673-6548

www.hadcor.org

OREGON HELPS

A web site designed to help you to determine if your family can get help from 28 different services such as cash assistance, food stamps, OHP, and many more.

Oregon Helps does not ask who you are and they do not share your information with anyone. Available only online in four different languages

www.oregonhelps.org

OREGON SAFENET

Statewide maternal and child health hotline; Information and referral hotline for public health and social services such as food stamps, WIC, OHP, food boxes, location of low cost medical clinics and other social services. Accessible to all languages (Spanish, German, Russian, French, etc) Free and confidential.

..... 800-723-SAFENET(3638)

www.oregonsafenet.org

OREGON TELEPHONE ASSISTANCE PROGRAM (OTAP) & Linkup America

If you are at or below 135% of the Federal Income Poverty Guideline receiving food stamps, welfare, Medicaid, Oregon Health Plan or Supplemental Social Security income, you may be eligible for a \$13.50 per month reduction of your phone bill and up to \$30 off line connection.

You may go online to sign up for this program or if you do not have access to the internet call the number below.

Toll Free..... 800-848-4442
www.puc.state.or.us click on Oregon Telephone Assistance Program (OTAP)

RED CROSS

Each year, the American Red Cross responds immediately to more than 70,000 disasters, including house or apartment fires (the majority of disaster responses), hurricanes, floods, earthquakes, tornadoes, hazardous material spills, transportation accidents, explosions, and other natural and man-made disasters. Working with the victims to identify their disaster-caused needs and help them develop an immediate plan of action. Providing the means for these victims to pay for the basic necessities and help them return to a more normal living situation as soon as possible.

Emergency shelter, food, and emotional counseling to address basic human needs affected or eliminated due to disasters. • Basic assistance such as groceries, new clothing, temporary housing, medicines, emergency home repairs, transportation and basic household items. • Help with long-term recovery when other resources, such as insurance benefits and government or other non-profit assistance, are not available or are inadequate to meet disaster-caused needs • Information and referrals to help those affected obtain other resources. • Aide in emergency communication between disaster victims and family members located outside the disaster area.

870 NE Alameda Ave. Roseburg 673-3225 or 344-5244
www.oregonpacific.redcross.org

REEDSPORT FAMILY RESOURCE CENTER

Connecting people of coastal Douglas County to the information and services they need and enables organizations to more efficiently serve this area. Services currently available are DHS Self-Sufficiency Program, Oregon Health Plan applications, DMV forms, mental health counseling, Umpqua Training and Employment, tax forms and more. We also have resource information for food, clothing, health care, childcare, legal assistance, jobs, financial assistance, housing, transportation, and energy assistance.

We have a program that connects people who have household items to donate with those who are in need of basics such as beds, tables, bedding, etc. Meeting rooms and office space available.

5 St. John's Way, Reedsport..... 541-271-9700

ROSEBURG DREAM CENTER

Helping to meet the need of people in our community (throughout Douglas County), everything provided free of charge; clothing, furniture, assistance with cleaning, yard work and other chores. Donations are always welcome.

433 SE Main St., Roseburg, 541-673-5918
www.roseburgdreamcenter.org

ROSEBURG RESCUE MISSION

Provides shelter to men 18 years of age and older for up to four nights for free. If continued shelter is needed, they may work 3 hours a day or pay \$4.00 a day to cover boarding cost. 3 prepared meals a day are provided every day of the year. Also available are Recover Program Services and Transitional Housing. Clothing, household items, and food boxes are also available to all members of the family.
752 SE Pine Roseburg 541-673-3004

SAFE HAVEN MATERNITY HOME

Services available for eligible pregnant teens 13-17 with exceptions made; provide emotional support, group counseling, pre-natal care, juvenile diversion program, parenting, life skills and transportation to agency appointments, housing programs, schooling, and medical appointments.
Roseburg, OR..... 541-673-5769 or 541-464-2740

SALVATION ARMY

The Salvation Army is a ministry with spiritual counseling available. Daily hours and services vary. Please call for days and hours. Depending on funding not all services may be available when requested. Clothing: A \$10.00 voucher will be issued for children and adults. Food Boxes: Every 60 days food boxes are available to those in need. Basic Utility Assistance: A \$50.00 pledge will be available for Utilities that are past due or with a disconnect notice, once a calendar year. (Depends on funds) Prescription: Up to an amount of \$50 can be used only for non-narcotic prescriptions. (Depends on funds) Furniture: 30% of the cost of furniture will be charged for approved furniture, once a calendar year.
3130 NE Stephens, Roseburg 541-672-6581

SAMARITAN INN

Shelter for women and children (no males over age 12) also available Recovery Program Services.
719 NE Jackson St. Roseburg, OR..... 541-672-5387

SEVENTH DAY ADVENTIST COMMUNITY SERVICES

Helping with food and clothing for anyone in need:
1129 NW Garden Valley Roseburg 541-672-1542
226 State St, Sutherlin 541-459-4131
714 NW Frontage Rd, Canyonville..... 541-839-4051
325 Spruce, Myrtle Creek 541-863-3815
174 Abbot St, Glide..... 541-496-3956

SOUTH COUNTY RESOURCE CENTER (SCRC)

SCRC provides a nurturing and supportive environment collaborating with other organizations sharing common goals and resources to expand services in education, family and communities in Southern Douglas County, Oregon. SCRC offers an After School Program for youth ages 6 to 12, and support services for at-risk adolescent youth ages 13 to 20, including pregnant and parenting teens through partnerships with local school districts. SCRC partners to provide collaborative services which include: a Youth Summer Employment Program partnering with Phoenix School, outpatient substance abuse treatment services for youth, adults and families through a partnership with Adapt, and intervention services for youth through a partnership with the Douglas County Juvenile Dept.

140 SW Chadwick Lane, Tri City, OR. 541-863-4115

ST VINCENT DEPAUL SOCIETY

Provides rent and utility assistance, food boxes, prescription assistance, and gasoline. There are some requirements to be met in order to receive these services. Please call for more information.

104 N. Main, Myrtle Creek 541-863-3310

112 E. Central, Sutherlin 541-459-1435

630 Stanton St, Roseburg..... 541-580-0680

UCAN AFFORDABLE HOUSING

UCAN owns and manages 85 affordable housing units in Winston, Sutherlin, Drain, and Canyonville. Resident services are made available to residents. These units include permanent and transitional housing for single individuals and families. All housing is for low-income households and special qualifications maybe required. Transitional housing units provide up to 2 years of very low cost housing combined with and intensive case management program. Applications are required to be placed on the waitlist and are available at the UCAN Main Office or on the website.

280 Kenneth Ford Drive, Rsbg.....672-3421 or 800-301-8226

www.ucancap.org

UCAN ENERGY ASSISTANCE PROGRAM

This program is designed to help offset the high cost of winter heating. In most cases the payment goes directly to the utility company and is credited to the recipients account. Emergency funds may also be available for individuals who have a utility shut off notices.

280 Kenneth Ford Drive, Rsbg..... 541-492-3535

www.ucancap.org

UCAN HOME TBA (TENANT BASED ASSISTANCE)

The UCAN Home TBA Program offers rental assistance in six-month or one-year terms to very low income tenants for the payment of housing costs and a refundable security deposit. An eligible tenant can receive rental assistance for a unit of their own choosing, provided the unit meets basic program requirements.

280 Kenneth Ford Drive, Rsbg..... 541-672-3421 or 800-301-8226

www.ucancap.org

UCAN HOMELESS ASSISTANCE

Homeless assistance can include temporary emergency shelter, permanent housing, shower and laundry services; Information and referral to other services as available.

280 Kenneth Ford Drive, Rsbg..... 541-672-3421

Emergency Hotline, Toll Free 800-301-8226

www.ucancap.org

UCAN SECOND CHANCE

Second Chance Renter’s Rehabilitation and Advocacy Program is a four-week, eight-session workshop series designed to assist renters in becoming better tenants.

Participants gain the skills, strategies, and self-confidence needed to obtain and maintain housing. They learn ways to overcome bad credit and poor rental history.

Graduates have the opportunity to earn a “Letter of Recommendation” to a prospective landlord and access to a special guarantee fund.

280 Kenneth Ford Drive, Rsbg.....541-672-3421 or 800-301-8226

www.ucancap.org

UCAN TRANSITIONAL HOUSING

Provides up to **two years** of very low cost housing combined with an intensive case management program.

280 Kenneth Ford Drive, Rsbg.....541-672-3421 or 800-301-8226

www.ucancap.org

UCAN U-TRAN

U-Trans is a public transportation service operated by United Community Action Network and serving the greater Roseburg area, with commuter services to Winston and Sutherlin.

We invite you to explore our website for complete information about this service, which is available to anyone needing a lift. You'll find our complete schedules, routes, fees and other useful information. Look for the bus shelters with the U-Trans logo...then Get On & Get There!

610 Rose St. Roseburg..... 541-440-6500

www.umpquatransit.com

UCAN TRANS LINK

Trans Link provides transportation to low income families (OHP Plus eligible) for medical, dental, mental health, pharmacy and vision appointments. [OHP Standard does not qualify]. Call toll free number at least 1 day in advance [earlier the better] to schedule transportation. Serves all of Douglas County.

.....888-518-8160

<http://www.ucancap.org/pages/programs/transport.php>

UCAN WEATHERIZATION

UCAN Weatherization provides cost-free weatherization services to income-qualified residents (homeowners AND renters) of Douglas County. The goal of the weatherization program is to provide services that help families lower their utility bills and stay warmer, safer and more comfortable. The Weatherization Program reduces energy costs for low-income households by increasing the energy efficiency of their homes, while ensuring their health and safety. Typically, low income households spend 14% of their annual income on energy, compared with 3.5% for other households. Energy reduction may be accomplished by providing measures such as increased insulation, repair of broken windows, repair of heating systems, and air sealing throughout the home.

280 Kenneth Ford Drive, Rsbg.....541-672-3421 or 800-301-8226
www.ucancap.org

UMPQUA VALLEY TIME EXCHANGE

The UVTE is a Time Bank that facilitates the exchange of services outside of the money economy. A Time Bank is a community of people who support each other. When you spend an hour to do something for another individual or group, you can earn a Time Dollar. Then you can use that Time Dollar to buy an hour of a neighbor's time or engage in a group activity offered by a neighbor.

These are just some of the services you can give or receive: Advice (Nutritional, Legal, Spiritual, etc.); Budgeting, Car/Bike Repair, Carpentry Child Care, Computer help, Cooking, Gardening... The possibilities are endless so BE CREATIVE!

Emily Brown 541-672-2691 ext. 276 or Sharonlee Schwartz 541-673-1182 ext. 205
www.uvte.org/

EMPLOYMENT

CARDINAL SERVICES

For over 25 years, we have given our clients quick access to top talent, for needs ranging from one to 100 employees. We are able to meet those staffing needs whether we have limited notice or weeks/months to work on a long term project. We find, screen, and qualify applicants, enabling clients to choose the best suited candidate(s), for either temporary or regular positions. Our services provide clients the ability meet demand and respond to opportunities, and the flexibility to keep fully staffed during busy times and react quickly to changing economic dynamics.

250 NE Garden Valley Blvd. Roseburg 541-672-8466
110 Ackerman, Coos Bay, 541-888-9799
www.cardinal-services.com

EMPLOYMENT DEPARTMENT (State of Oregon) - WORK SOURCE DOUGLAS

Provides job placement, some vocational and job counseling. Supportive service to veterans. Access to computer for unemployment benefits registration.

Unemployment benefits Call Center. (877) 728-7970
846 SE Pine, Roseburg..... 541-440-3344
3180 Hwy 101 N, Florence 97439..... 541-997-1913
2075 Sheridan Avenue, North Bend 97459..... 541-756-8459

www.workinginoregon.org

FLEX FORCE

Temporary/Flexible Employment/Career Opportunities

Our jobs provide flexibility to match virtually any lifestyle, whether full- or part-time, short- or long-term, or temp to hire to meet your career objectives. FlexForce offers assignments in a variety of industries, including: CDL A&B Drivers, Clerical, Construction - all phases, Delivery Driving, General Labor, Heavy Equipment Operators, Landscaping, Manufacturing, Mill Work, Packaging, Production Warehouse, Welding.... To review some of the many jobs we have available, go to our job postings on our website and find a job in your geographical area.

250 NE Garden Valley Blvd. #15, Roseburg 541-440-4844

www.flex-force.com

UCC (Umpqua Community College) COUNSELING AND ADVISING CENTER

Provides individuals with career counseling and up-to-date quality career information and assists in the career decision making process. Also has job placement office.

Work with the community and employers to provide part-time jobs for students so they can stay in school. This is a free service

Umpqua Community College, Campus Center Bldg 541-440-4610

www.umpqua.edu/advising-a-career-services

UMPQUA TRAINING & EMPLOYMENT (UT & E)

Helping you to become competitive in a tough labor market. For those who lack the skills to be competitive in the labor market, or who have been dislocated from their jobs, UT&E offers a range of services including labor market information, assessment and testing, career counseling, structured job search, financial assistance, and opportunities to gain valuable work experience in an instructional setting.

Helping in the following areas: Preparing for a job or training, job or training services application, finding a job, adult and youth GED.

760 NW Hill Ave, Roseburg 541-672-7761

www.ute1stop.org.

HEALTH

DOUGLAS COUNTY HEALTH DEPARTMENT HEALTH DEPARTMENT, PUBLIC HEALTH DIVISION

621 W. Madrone, Roseburg..... 541-440-3500 or 800-234-0985
316 W “A” Ave, Drain.....541-836-7311
247 N Main (Pioneer Plaza), Canyonville541-839-4495
680 Fir Ave, Reedsport541-271-4835

Immunizations: children and adults during clinic hours at each Health Department location. For clinic hours, call local office listed above or www.co.douglas.or.us/health/PH/immunization.asp. For Travel Immunizations, call the Roseburg location

WIC: (Women, Infants & Children) nutrition program, certification determination, follow-up, high-risk babies. Nutrition assessment, educational classes for pregnant women and children through age 5.....541-440-3516

Communicable Diseases: Screening, testing, counseling for Sexually Transmitted Diseases, HIV, and Hepatitis541-440-3521
Reportable Communicable Diseases (FAX 541-464-3914)541-440-3571

Family Planning: Birth control, physical exams and supplies pregnancy testing, counseling and referral541-440-3521

Prenatal Clinic: Individual prenatal planning, assistance with Oregon Health Plan application, nutritional assessment, development of individual prenatal plan541-440-3521

Nurse Home Visit Programs:

Babies First! Home visits during pregnancy and developmental screening until your baby is 3 years old541-440-3539

Ca-Coon Care Coordination for families caring for children (birth to age 21) with special medical needs541-440-3539

Maternity Case Management for health assessments during pregnancy, health education, and referrals to community resources451-440-3539

Food Service Licensing and Food Handler Cards: Call Douglas County Environmental Health at 541-440-3574 or visit <http://www.orfoodhandlers.com/>. If you work in a facility that serves any type of food or beverage you are required to obtain a valid food handler card within 30 days of hire. For more information, visit www.co.douglas.or.us/health/EH/FoodHandle.asp.

FHIAP (FAMILY HEALTH INSURANCE ASSISTANCE PROGRAM)

FHIAP helps Oregonians afford private health insurance. If you qualify, FHIAP will pay a large part of monthly health insurance premium to those who qualify.

.....888-564-9669
www.fhiap.oregon.gov

Healthy Kids Program - FHIAP Partner

Depending on family income, children may be eligible for free or low-cost health coverage for doctor visits, dental care, vision, medicines, and more through the Healthy Kids program. Healthy Kids is expanding Oregon's child health coverage

options for working families. Even if you have applied in the past and been turned down, please apply today. You may apply online or through UCAN's Healthy Kids Program office.

280 Kenneth Ford Dr. Roseburg OR..... 541-492-3907 or 800-301-8226
www.oregonhealthykids.gov

LIONS CLUB

Furnishing eyeglasses and hearing aids for persons from needy families as funds allow.

..... 800-635-4667 or 866-623-9053
www.orlions.org

MERCY MEDICAL CENTER

Mercy Foundation Children's Healthcare

The Children's Healthcare Fund's purpose is to ease the burden of expenses such as; equipment, medications, and transportation costs to out-of-the area medical appointments.

Mercy Foundation 2700 Stewart Parkway, Roseburg 541-677-4818
www.mercyrose.org

Mercy Medical Center Prenatal Classes

Gift of Motherhood is a free six week class which includes an Informational Baby Shower, breastfeeding and Child Birth Preparation information.

Mercy Medical Center, 2700 Stewart Parkway, Roseburg 541-677-2451
www.mercyrose.org

Mercy Foundation - Wings of Hope (Bereavement Support Group)

The Wings of Hope is founded on the belief that every child, teen and adult deserves the opportunity to grieve in a supportive and understanding environment.

The four principles of our program are: Grief is a natural reaction to the loss of a loved one for all age groups, Within each individual is the natural capacity to heal one-self, The duration and intensity of grief are unique for each individual, Caring and acceptance assist in the healing process.

Mercy Medical Center, 2700 Stewart Parkway, Roseburg 541-677-4818

OREGON HEALTH PLAN (OHP)

The Oregon Health Plan is a state program that offers health care to its members at little or no cost.

Toll Free..... 800-359-9517 or 800-621-5260 (TTY)
www.oregon.gov/DHS/healthplan/

OREGON REGIONAL POISON CENTER

Call or visit website for information on poisonous plants, drugs, chemicals and for emergency help.

24 hours a day 800-222-1222
www.ohsu.edu/poison/

UMPQUA COMMUNITY HEALTH CLINIC

Provides outpatient health services and dental services to low income residents who do not have private physicians or health insurance. Fees are assessed on a sliding scale and no one is denied care because of the inability to pay.

150 Kenneth Ford Drive, Roseburg 541- 672-9596
20170 North Umpqua Hwy. Glide 541- 496-3504
316 West "A" Ave. Drain, OR 97435 541- 836-7155
790 S. Main St. Myrtle Creek, OR 97457 541- 860-4070
www.umpquachc.org/

VITAL RECORDS

The Center for Health Statistics is responsible for issuing certified copies of vital records, including birth, death, marriage and divorce certificates for events that occurred in Oregon. For out of state records click on the Home and State link on the vitalcheck website

Order by phone 971-673-1190
www.vitalchek.com

ZENNI OPTICAL

Offering very affordable, high quality, and stylish prescription eyeglasses. Price ranges starting as low as \$8.00

www.zennioptical.com

SPECIAL PROGRAMS FOR PEOPLE WITH DISABILITIES

CHILD DEVELOPMENT & REHABILITATION CENTER (CDRC)

CDRC is a statewide service program for infants and youths through 21 years of age with developmental disabilities and other disabling conditions. CDRC provides coordination through interdisciplinary clinics to assure comprehensive programs and timely intervention. Through this network patients and parents are assured access to all resources of Oregon Health Sciences University.

901 E. 18th, Clinical Services Bldg, Eugene 541-346-3575 or 800-637-0700
www.ohsu.edu/outreach/cdrc

DEPARTMENT OF VETERANS AFFAIRS

VA provides a wide range of benefits including, Disability, Education and Training, Vocational Rehabilitation and Employment, Home Loan Guaranty, Dependant and Survivor Benefits, Medical Treatment, Life Insurance and Burial Benefits.

Roseburg VA Medical Center

913 NW Garden Valley Blvd

Roseburg, OR 97470 541-440-1000

Toll Free 800-549-8387

Telecommunication Device for Deaf (TTD) 800-829-4833

www.roseburg.va.gov/

DEVELOPMENTAL DISABILITIES PROGRAM

Douglas County Developmental Disabilities is a group of professionals providing case management, advocacy, protective services for adults, and behavior management support to individuals, and families of individuals, with developmental disabilities residing in Douglas County, Oregon Our goal is to maintain individuals with developmental disabilities as residents of their local community, and to assist them in living as independently as possible.

621 W. Madrone, Roseburg 541-440-3556 or 800-234-0985
www.co.douglas.or.us/health/DD

DOUGLAS COUNTY SENIOR SERVICES

Powerful Tools for Caregivers - Community Resource for Adults with Chronic Conditions.

Roseburg 541-440-3677
<http://www.co.douglas.or.us/health/SS>

DOUGLAS HEALTH AND WELLNESS

Physical Activity Readiness Appraisal & Monitored Exercise Program- Community Resource for Adults with Chronic Conditions

..... 541-464-2812

Living Well with Chronic Conditions - Community Resource for Adults with Chronic Conditions

..... 541-464-2812

EASTER SEAL’S OREGON

The programs and services are available to all persons who have physical disabilities due to accident, birth defects, disease or aging. Special grants are available for equipment services and Camp Easter Seal. A doctor’s prescription or medical clearance is required for some services.

5757 SW Macadam Ave., Portland 541-228-5108 or 800-556-6020
<http://or.easterseals.com>

LIFESPAN / RESPITE CARE

Respite care is temporary, short-term care. It enables parents or guardians of individuals with developmental disabilities or family caregivers of a senior to take a break or attend to emergencies in order to maintain family stability and well-being. Gives relief to families and caregivers from the extraordinary and intensive demands of providing ongoing care. Strengthens the ability of families and primary caregiver to continue providing care in the home. A registry of trained providers is maintained by the Lifespan Respite Care Program either gives care in their own home or in the families’ home. Care offered to all ages - days, evenings, weekends.

736 SE Jackson, Roseburg..... 541-957-8874

MENTOR OREGON

Provides community-based social excursions for individuals with disabilities. Must be MR/DD eligible and 18 years of age or older. This is an alternative to employment for those with MR/DD disabilities.

822 NW Highland St., Roseburg 541-673-1747
<http://thementornetwork.com/>

MERCY MEDICAL CENTER

Diabetes Self-Management Program - Community Resource for Adults with Chronic Conditions

.....541.677.2102

MUSCULAR DYSTROPHY ASSOCIATION

MDA has been able to organize and maintain a worldwide research program of patient and community services, network of clinics (in Eugene and Medford), summer camp program and various educational programs. Free services available to registered clients with Muscular Dystrophy

1500 Valley River Dr, Suite 300, Eugene541-686-2753 or 866-686-2753

www.mda.org

OREGON COMMISSION FOR THE BLIND

For over 50 years, the Oregon Commission for the Blind has been an important resource for visually impaired Oregonians, as well as their families, friends, and employers. Our mission is to assist blind Oregonians in making informed choices and decisions to achieve full inclusion and integration in society through employment, independent living, and social self sufficiency. Our nationally recognized programs and expert staff work with the visually impaired to instill confidence and build skills in all aspects of day-to-day life: from grocery shopping to reading to surfing the Web.

444 NE Winchester St., Roseburg541-492-1171

www.oregon.gov/Blind/index.shtml

OREGON VOCATIONAL REHABILITATION SERVICES (DHS)

This is a voluntary program. If you choose to take part, you will help your counselor obtain information needed to determine your eligibility for services. If you are eligible, your counselor will help you make informed choices throughout the vocational rehabilitation process. To be eligible, (1) you must receive social security disability or supplemental security income and you want to go to work OR (2) You have a disability and you have a barrier to employment because of your disability and you need help from OVRS to get or keep a job.

2020 NW Newcastle, Roseburg 541-440-3371 or (TTY) 866-813-2019

www.oregon.gov/DHS

ROSEBURG AUDIOLOGY CENTER

Evaluation and consultations for clinical, educational, and industrial hearing disorders. Hearing aid selections and fittings.

1367 W. Harvard, Roseburg541-672-8868

www.roseburgaudiology.com

SHRINERS HOSPITAL FOR CHILDREN

Free medical services for any child infancy through 18 years of age afflicted with congenital orthopedic deformities, problems resulting from injuries and diseases of bones, joints and muscles. Hospitals also treat burn patients and those that have developed orthopedic complications, scaring and deformity of the limbs.

3101 SW Sam Jackson Park Rd, Portland503-241-5090

www.shrinershq.org/Hospitals/Portland

SPECIAL OLYMPICS OF OREGON

Athletic events for children and youth with disabilities must be at least 8 years old to participate.
5901 SW Macadam, Suite 100, Portland541-677-9687 or 1-800-452-6079
www.soor.org/lpc/403.htm

SUNRISE ENTERPRISES

Sunrise Enterprises was established to provide a vocational training program that assists persons with disabilities in developing to their highest potential and achieving fulfilling lives.
4880 Grange Rd, Roseburg.....541-673-0195
www.sunriseenterprisesinc.com

YMCA

Arthritis Foundation Certified Exercise Program - Community Resource for Adults with Chronic Conditions
.....541.440.9622

Douglas County Diabetes Prevention Program - Community Resource for Adults with Chronic Conditions
.....541.440.9622
www.ohsu.edu/xd/health/services/diabetes/your-community

LEGAL

ANNUAL CREDIT REPORT

Fight identity theft by monitoring and reviewing your credit report. You may request your free credit report online, request your report by phone or request your report through the mail. Free credit reports requested online are viewable immediately upon authentication of identity. Free credit reports requested by phone or mail will be processed within 15 days of receiving your request.
www.annualcreditreport.com 1-877-322-8228

CONSUMER CREDIT COUNSELING

Provides budget and debt management counseling for people with financial troubles in order to avoid bankruptcy; No fee for counseling session; Minimal fee if monthly disbursement is paid through Consumer Credit Counseling
849 SE Mosher, Roseburg.....541-673-3104 or 800-417-3104
www.cccsdouglas.org

DIVISION OF CHILD SUPPORT (DCS)

The Division of Child Support provides child support services including locating absent parents, establishing paternity, establishing child support orders, modifying and enforcing child support orders, and receiving and distributing child support payments. For more information about all of DCS services visit the DCS website to read online service publications, use calculator to estimate child support payments and much more.
2440 NE Troost ST, Suite 100, Roseburg541-440-3357

www.doj.state.or.us

DON MILLS FAMILY LAW RESOURCE GROUP DOUGLAS COUNTY CIRCUIT COURT

Helping families find the resources they need to resolve family conflicts peacefully.
1036 SE Douglas (Justice Bldg - Room 202) 541-957-2470
<http://courts.oregon.gov/Douglas/domesticrelations.page?>

DOUGLAS COUNTY COURTHOUSE

If a family or household member has threatened you with violence or abused you, the Oregon Family Abuse Prevention Act (FAPA) can help protect you. Under FAPA, you can get an order stating that the abuser cannot contact you or come to your home, school, or workplace. In some cases the court can order the abuser to leave the family home of the victim. You can get the necessary forms and instructions for a FAPA restraining order from the circuit court clerk at your county courthouse. For information about restraining visit the osbar website.

1036 SE Douglas St, Roseburg 541-957-2471
680 Fir Ave, Reedsport 541-271-4868
www.osbar.org/public/diy/RestrainingOrderHearings.html

LEGAL AID SERVICES OF OREGON (LASO)

Provides legal assistance and self-help informational materials on a wide range of civil matters including consumer law, public benefits provided by state and federal programs, housing, domestic relations, self-help divorce classes and legal problems encountered by persons with low income.; **Spanish-speaking staff** are available at most offices.

LASO Roseburg Regional Office

Hours: In person applications Monday - Wednesday from 10:00 a.m. to noon.

Phone applications Monday - Wednesday from 2:00 p.m. to 3:30 p.m.

Custody classes on the second Tuesday of the month from 2:00 p.m. to 5:00 p.m. at the LASO-Roseburg office; must go through the LASO-Roseburg office to be screened and accepted.

Divorce classes on the fourth Wednesday of the month from 2:00 p.m. to 5:00 p.m. at the courthouse; must go through the LASO-Roseburg office to be screened and accepted.

700 SE Kane, Roseburg 541-673-1181 / 888-668-9406
www.lawhelp.org/program/694/index.cfm

OLC Coos Bay Office (Serving Reedsport area)

Hours: Open to public Monday - Thursday, 2:00 p.m. to 4:00 p.m.

455 S. 4th Street, Suite 5 Coos Bay..... (541) 269-1226 / 1-800-303-3638
www.lawhelp.org/program/694/index.cfm

NEIGHBOR-TO-NEIGHBOR MEDIATION SERVICES

Mediation services program works in helping find creative and long term solutions to neighborhood disputes. They provide trained mediators from the community who act as a neutral third party, helping to open channels of communication. Participation in mediation is voluntary and all discussions with the mediators and program staff are confidential. Examples of situations that are appropriate for mediation are Landlord/Tenant, Parent/Adolescent, Family/Family, Victim/Offender. \$20 fee per party fee can be waived if party is unable to pay.

OREGON DEPARTMENT OF CONSUMER & BUSINESS SERVICES

Help consumers with problems or questions about insurance or insurance companies. Includes information about Health Care Reform.

350 Winter St. NE Salem 97301 (503) 947-7980

Consumer Advocacy 888-877-4894

www.oregoninsurance.org

OREGON LAW HELP

LawHelp helps low and moderate income people find free legal aid programs in their communities, and answers to questions about their legal rights and to find information about problems related to housing, work, family, bankruptcy, disability, immigration and other topics. LawHelp is the gateway to America's nonprofit legal aid providers.

Information on website available in several languages including Spanish

www.oregonLawHelp.org

OREGON STATE BAR

Lawyer referral service (LRS) can refer you to a lawyer who may be able to assist you with your legal matter. When a referral has been made to a Lawyer Referral Service attorney, your first in-office consultation will be no more than \$35. The LRS does not have any free or “pro bono” lawyers other than the special programs for children and military service members. Applications available online.

Modest Means Program

Modest Means Program is designed to help moderate-income Oregonians find affordable legal assistance. Eligibility for the program is based upon type of legal matter, applicant income and assets, and availability of participating attorneys. If you qualify for the program, the Modest Means attorney will charge you a reduced rate for any additional legal work provided to you beyond the initial consultation.

The Modest Means Program is only available for family law, criminal defense, and landlord/tenant matters at the trial court level (appeals are not covered by the program). Please note that there are a limited number of attorneys participating in the Modest Means Program, and there may not be a Modest Means attorney in your county. Applications available online.

Military Assistance Panel

The Military Assistance Panel matches deployed service members and their dependents with lawyers willing to provide up to 2 hours of legal advice at no charge. The lawyer volunteers have been trained to provide legal assistance relating to the Service members' Civil Relief Act (SCRA), and are also able to help with a wide range of other legal matters.

Problem Solvers

Oregon lawyers volunteer as Problem Solvers to offer free legal information and advice to children. Any young person between the ages of 11 and 17 can call to request a referral to this program. Volunteer attorneys agree to provide a free thirty-minute consultation. There are a limited number of attorneys in the program. Call to find out about availability in your area.

www.oregonstatebar.org

ALPHABETICAL INDEX

ADAPT	4
Adult Basic Education	8
Al-Anon - Ala-teen	4
Alcoholics Anonymous (AA)	4
Annual Credit Report	28
Battered Person’s Advocacy (BPA)	4
Boys and Girls Club of The Umpqua Valley	8
Cardinal Service	21
Casa de Belen	13
Child Development & Rehabilitation Center (CDRC)	25
Community Kitchens	14
Compassionate Friends	5
Consumer Credit Counseling	28
Department of Human Services (DHS)	14
Developmental Disabilities Program	26
Division of Child Support.....	28
Don Mills Family Law Resource Group.....	29
Douglas CARES (Child Abuse Response & Evaluation Services)	5
Douglas County Court House	29
Douglas County Health Department	23
Douglas County Health and Wellness.....	26
Douglas County Library	8
Douglas County Mental Health	5
Douglas County Senior Services	26
Easter Seal’s Oregon.....	26
Education Service District (ESD)	9
Employment Department (State of Oregon/Work Source of Douglas)	22
Family Connections, Child Care Resource Referral (CCR&R).....	15
Family Development Center	5
FISH Food Pantry	15
FHIAP (Family Health Insurance Assistance Program)	23
Flex Force.....	22
Food Pantries in Douglas County	15
Harm Reduction Center	6
Healthy Kids Program - FHIAP Partner	23
Healthy Start.....	9
Hope Pregnancy Center	6
Hospice/Home Health	6
Housing Authority of Douglas County(HADCO)	16
Legal Aid Services of Oregon	29
Life Span / Respite Care	26
Lions Club.....	24
Mercy Medical Center	24
Mercy Medical Center - Diabetes Self-Management Program	27
Mercy Wings Of Hope (Bereavement Support Group)	24
Mentor Oregon.....	26
Muscular Dystrophy Association	27
Narcotics Anonymous	6

National Suicide Hotline.....	6
-------------------------------	---

ALPHABETICAL INDEX

Neighbor-to-Neighbor Mediation Services	29
Oregon AIDS/Hot Line	7
Oregon Commission for the Blind	27
Oregon Dept. of Consumer & Business Services	30
Oregon Health Plan (OHP)	24
Oregon Helps.....	16
Oregon Law Help.....	30
Oregon Regional Poison Center	24
Oregon Safenet.....	16
Oregon State Bar	30
Oregon Telephone Assistance Program (OTAP) & Linkup America	17
Oregon Vocational Rehabilitation Services (DHS)	27
OSU Extension	10
Parent Education Classes through DCEPC.....	10
Phoenix School.....	10
Preschool / Day Care Centers	10
Project Literacy	11
Reedsport Educational Alternative Program (REAP)	11
Roseburg Area Family Support Group.....	12
Roseburg Audiology Center.....	27
Red Cross.....	17
Reedsport Family Resource Center.....	17
Roseburg Dream Center.....	17
Roseburg Rescue Mission	18
Safe Haven Maternity Home	18
Salvation Army.....	18
Samaritan Inn	18
Seventh Day Adventist Community Services	18
Shriner’s Hospital for Children	27
Siuslaw Outreach Services	7
South County Resource Center (SCRC).....	19
Southwestern Oregon Community College.....	12
Special Olympics of Oregon	28
St Vincent DePaul Society	19
Sunrise Enterprises.....	28
UCAN Affordable Housing	19
UCAN Confidence Clinic.....	12
UCAN Energy Assistance Program	19
UCAN Head Start.....	12
UCAN Home TBA (Tenant Based Assistance)	19
UCAN Homeless Assistance	20
UCAN Second Chance Program.....	20
UCAN Transitional Housing	20
UCAN Translink	20
UCAN U-TRAN	20
UCAN Weatherization.....	21
Umpqua Community College	12

ALPHABETICAL INDEX

Umpqua Community College - Counseling & Career Developing	22
Umpqua Community Health Clinic	25
Umpqua Training & Employment (UT&E)	22
Umpqua Valley Time Exchange.....	21
Vital Records	25
Wolf Creek Job Corps Center	13
YMCA	13
YMCA - Certified Exercise Program.....	28
YMCA -Douglas County Diabetes Prevention Program	28
Women's Safety & Resource Center	7
Zenni Optical	25