

Directory of Services for Families with Young Children in Douglas County

2009-2010



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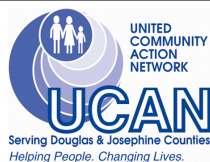
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You can access the most current version of this directory by going to either of these WebPages:

www.ucancap.org/_pages/programs/headstart.php

www.besst.info

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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 672-2691

Women's Corrections 672-1761

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

ADAPT- Coastal Offices (Coos Bay/North Bend)

400 Virginia Ave, Suite 201 North Bend, OR 97459 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..... 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.

AA National Hotline 800-274-2042

Roseburg Hotline 673-7552

Reedsport Contact 888-203-1432

www.aa-oregon.org

BATTERED PERSON'S ADVOCACY (BPA)

Dedicated to ending domestic, sexual violence and stalking in Douglas County by offering community education and providing shelter, advocacy and support to victims

Drop In Advocacy Center

1202 SE Douglas, Roseburg

24 Hour Hotline 673-7867 or 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

COMPASSIONATE FRIENDS (continued)

library, free monthly newsletter and support through personal and telephone contacts.
3402 Fisher Rd., Roseburg - Contact: Anne Stults.....672-1890 (H) 643-0959 (C)

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..... 957-5646

DOUGLAS COUNTY EARLY CHILDHOOD PLANNING COALITION (DCECPC)

DCECPC is a broad collaborative effort by members of local agencies and organizations to develop parent education and family strengthening opportunities that promote the healthy development of young children who reside in Douglas County, Oregon. The Coalition comes together to link community resources and families through a coordinated planning process and strives to offer a wide variety of parent education classes to meet the needs of a diverse parent population.

1871 NE Stephens St. Rsbg..... 817-3119

www.parenteducation.org

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

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 440-3532

24 Hour Crisis Help 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..... 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 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.

1533 NE Vine, Roseburg672-2609

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.....677-2384
www.mercyroze.org

or Bereavement Groups www.mercyroze.org/commed.html

Pacific Home Health & Hospice, 454 Fir Ave, Reedsport..... 271-2171

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

NARCOTICS ANONYMOUS

Self-help group to support abstinence from drugs

Helpline (24 hours a day) 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)

<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

Oregon Hotline 800-777-2437

SIUSLAW OUTREACH SERVICES

Assistance to women and families in crisis. Emergency housing, low-income counseling, and clothing for those in need. We can also help, with the assistance of other agencies, to relocate.

1576 W. 12th, Florence 997-2816
Focus Four (Hot Line) 997-4444 or 877-997-FOUR

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 888-1048
24 hour crisis line 756-7000, 888-793-5612 or 911
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, Coosbay (541) 888-7116 or 800-962-2838 Ext. 7116
www.socc.edu

Southwestern's Distance Learning - GED Online Preparation Class 888-7116

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.

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

DOUGLAS COUNTY EARLY CHILDHOOD PLANNING COALITION (DCECPC)

Parenting Classes

Make Parenting a Pleasure: Is a free, 10-week Parent Education Series located at various locations throughout Douglas County. Child care and refreshments are usually served.

Nurturing Parenting: Is a free, 10-week Parent Education Series located at various locations throughout Douglas County. Child Care and refreshments are usually served.

Parenting 101: Is a free, 12-week Parent Education Series located at various locations throughout Douglas County. Child care and refreshments are usually served.

For more information or to sign up for any of the above classes visit the website at or call 440-7744

www.parenteducation.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.....	440-4305 or 800-441-2706
Library Office.....	440-4311
Canyonville.....	839-4727
Drain	836-2648
Glendale.....	832-2360
Myrtle Creek.....	863-5945
Oakland.....	459-9784
Reedsport.....	271-3500
Riddle.....	874-2070
Sutherlin.....	459-9161
Winston.....	679-5501
Yoncalla	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 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

EDUCATION SERVICE DISTRICT (ESD) (Continued)

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).....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.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 Stephens440-4764
www.douglasesd.k12.or.us

HEALTHY START OF DOUGLAS COUNTY

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, Roseburg492-1656
www.oregon.gov/occf

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.

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, OR672-4461
or 800-883-7568

<http://extension.oregonstate.edu/douglas/>

PHOENIX SCHOOL

A private nonprofit school for students ages 12-20 who are seeking an alternative to public schools.

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

PRESCHOOL / DAY CARE CENTERS

Program	Address	City	Phone
Cobb Street	1281 NE Walnut	Roseburg	957-1008
Bugg's Place Preschool	2523 Landers Ave	Roseburg	440-8479
Family Development Center	300 Jerrys Dr	Roseburg	673-4354
First Step	140 Chadwick	Tri-City	863-4115
Ford Childhood Enrichment Center	1140 College, PO Box 967	Roseburg	440-4650
Grace Family Child Center	1138 Lincoln, PO Box 268	Roseburg	673-6416
St. Paul's Kindergarten & Preschool	750 W. Keady Ct	Roseburg	673-7982
Phoenix Child Care Center	3131 Diamond Lake	Roseburg	440-1108
RHS Child Development Center	400 W. Harvard	Roseburg	440-4142
Roseburg Playschool Co-op	Fairgrounds, PO Box 1642	Roseburg	673-8878
UCAN Head Start	511 W. Umpqua	Roseburg	673-6306
Umpqua Valley Christian Preschool	359 Roberts Creek Rd	Roseburg	679-6248
YMCA Child Development Center	1151 Stewart Prkwy	Roseburg	673-5501
Rsbg. Title 1 Home-Base Preschool	2550 SE Waldon	Roseburg	440-4180
Canyonville Christian School	301 N. Main, PO Box 397	Canyonville	839-4220
So. Co. YMCA Playschool	330 Sabbath PO Box 773	Canyonville	839-6117
KIDS Care 2	1980 Landers PO Box 121	Roseburg	679-6221
Little Folks Christian School	235 NE Rice PO Box 446	Myrtle Creek	863-5814
Wee Little Garden Pre-school	PO Box 1512- 437 NW 2 nd	Myrtle Creek	863-3660
Wonderland Preschool	850 N Old Pac Hwy	Myrtle Creek	863-3738
Great Afternoons	2605 Longwood Dr	Reedsport	271-5283
Great Beginnings	5 St. John's Way	Reedsport	271-2022
Jan-Hill Pre-School	2160 Elm St	Reedsport	271-3936
Oakland Playschool Coop	396-637 Locust PO Box	Oakland	459-4670
Tendergarden	522 Grandview PO Box 92	Glide	496-3732
Bright Starts Preschool	PO Box 661-420 Second	Elkton	584-2720
A Great Place Child Care	174 Oak Valley Loop	Winchester	378-8031
Oregon Parent Center	253 Main St PO Box 216	Wolf Creek	866-2765
Brockway Preschool	2520 NW Brockway	Winston	679-3037
Yoncalla Preschool	1098 Wilson-75 Birch St.	Yoncalla	849-2395

PROJECT LITERACY

Helping adults improve basic skills in reading, writing, math, and English. We have independent tutors trained to help individuals improve their basic skills. Tutoring is done one-on-one, usually 2-5 hours per week in convenient locations. There are no fees. Eligibility includes those who need individual help for high school completion, individuals learning English as a second language, non-readers, or readers with low reading skills.

PROJECT LITERACY (continued)

Computer Classes

Computer Skills I, II, & III - Microsoft Excel I & II - Digital Photo Editing - Microsoft Word - Graphics - Word Processing - PowerPoint 2000 - Desktop Publisher - Windows in depth - Keyboarding (tutorial) - Intro to on-line Learning - Internet & email I & II - Learn your Laptop

Cost \$8.00 per hour by appointment

1945 SE Stephens 957-9072

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.

5 St. Johns Way, Reedsport, OR 271-2022

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 784-6593 or Rita 957-8835

SOUTHWESTERN OREGON COMMUNITY COLLEGE

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

1988 Newmark, Coos Bay, OR 962-2838

www.socc.edu

UCAN CONFIDENCE CLINIC

Confidence Clinic is a self-sufficiency program for women of all ages, offering four eleven-week sessions per year, which follows the Umpqua Community College schedule. The course offers 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 women in building self-esteem, assertiveness and communication skills. A GED program is also offered along with computer literacy. The skills learned in this program reduce dependency on unhealthy relationships, poor choices, public assistance, and increases self-reliance. All services are free of charge.

308 SE Jackson, Roseburg..... 672-5392

www.ucancap.org

UCAN HEAD START

UCAN Head Start is a comprehensive pre-school 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 serves families in various areas of Douglas County.

511 Umpqua St.....673-6306 or 800-320-6306
[www.ucancap.org/ pages/headstart.php](http://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), Roseburg 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 97443496-3507 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 440-9622
www.ymcaofdouglascounty.org

South County YMCA, Canyonville..... 839-6117

COMMUNITY AND EMERGENCY SERVICES

CASA DE BELEN

Transitional housing facility dedicated to helping homeless teens and families with teens find a safe place to put their lives back together.

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

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 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)..... 673-5157

Foundation Fellowship

Sunday 4:30-6pm
813 SE Lane, Roseburg.....

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 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..... 673-3004

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.

Roseburg Office - 1937 W Harvard 440-3301

Coos Bay Office - 2110 Newmark Ave 888-2667

Reedsport Office - 3180 Highway 101 271-4667

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

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

www.oregon.gov/dhs

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

Roseburg Office - 1937 W Harvard 440-3301

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

DEPARTMENT OF HUMAN SERVICES (DHS) (continued)

Child Welfare Program

Abuse calls and support of services. Post adoption services,
Roseburg Office - 1937 W Harvard 440-3373 or 800-305-2903
Reedsport 271-4851

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

Lane and Douglas County Child Care Resource and Referral Agencies are now one service district. Parents in the Douglas County area looking for child care and providers looking for training and technical assistance should now use our toll free number at 1-800-222-3290

Parents may call for assistance finding child care; trained staff members match parent's child care needs with possible providers. Information about what to look for when choosing child care, a list of referrals, and a variety of information related to child care (such as help paying for child care) are included in the initial consultation.

Providers are served through Family Connections, which can refer your child care program to parents looking for care. Your no cost listing will provide you with resources, support, and training to assist you in maintaining and developing a child care program.

..... 800-222-3290
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 672-5242

FOOD PANTRIES IN DOUGLAS COUNTY

Roseburg Fish Pantry:

Monday/Wednesday 2:00-3:30 & Thursday/Friday 9:30-11:30
405 Jerry's Drive, Roseburg..... 672-5242

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 672-1542

Roseburg Rescue Mission Pantry

Tuesday & Thursday 9:30-11:30
526 Lane St. Roseburg 673-3004

Reedsport AARP Pantry

Thur. 11-2
460 Winchester Ave., Reedsport

Sutherlin-Oakland Emergency Pantry

Monday/Wednesday 9:00-11:00
183 East 1st Street, Sutherlin 459-4082

FOOD PANTRIES IN DOUGLAS COUNTY (continued)

Dillard/Winston Food Pantry

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

Methodist Church 131 4th St. Dillard 679-7651

Drain Fish Pantry

Tuesday 9:00-1:00pm

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

Myrtle Creek St. Vincent DePaul Food Pantry

Monday/Wednesday 9-1

116 N Main Myrtle Creek 863-3310

Riddle - South Douglas Food Bank

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

420 E Street, Riddle 643-3831

Canyonville Seventh Day Adventist Community Services

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

714 NW Frontage Rd., Canyonville 839-4051

Wilbur-Provisions

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

8384 Old Hwy. 99, Wilbur 673-1650

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

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

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

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..... 673-6548

www.orphousingauthorities.org/douglas.cfm

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 50% 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.....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,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. Clothing, household items, and food boxes are also available to all members of the family.

752 SE Pine 673-3004

SAFE HAVEN MATERNITY HOME

Services available for eligible pregnant teens; 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 673-5769 or 464-2740

SALVATION ARMY

Depending on funding not all services maybe available when requested.

Clothing:-A \$10.00 voucher will be issued to all children every six months and to adults \$15.00 voucher once a year. If funds are not available Family Service will provide other resources to obtain clothing within the community.

Food Boxes -Food boxes are only available to households every sixty days. Food boxes are meant to provide emergency relief not to be considered to be apart of a monthly household income.

Basic Utility Assistance -_Do to the demand of assistance; The Salvation Army will pledge the last \$50.00 of any past due notice bill. Each household must have some means to paying a share of the bill prior obtaining services. Recipients must come in with the past due notice plus a receipt stating the amount which has been paid. This service is only available to each household every 12 months. The Salvation Army will not pay for disconnected services.

Prescription -Prescription Assistance limited to \$50 per household once every 12 months. Prior to receiving Prescription Assistance contact Fred Meyer or Wal-Mart for a price quote.

The Salvation Army, will not assistance with pain or psychotic medications.

Furniture - Furniture vouchers are available to households once every 12 months the voucher can be used towards mattresses, couches/living room items , tables and chairs, vouchers can not be used towards televisions.

Computer Classes

The Salvation Army offers free computer classes. Call for dates and times.

Spiritual Counseling - The Salvation Army is a ministry; spiritual counseling is available.

Services available Mon. - Fri. 1-5pm (Picture identification and Social Security number required for all persons applying for services)

3130 NE Stephens, Roseburg..... 672-6581

SAMARITAN INN

Shelter for women and children (no males over age 12)

719 NE Jackson St. Roseburg, OR 672-5387

SEVENTH DAY ADVENTIST COMMUNITY SERVICES

Helping with food and clothing for anyone in need:

1129 NW Garden Valley Roseburg	672-1542
226 State St, Sutherlin	459-4131
714 NW Frontage Rd, Canyonville	839-4051
325 Spruce, Myrtle Creek.....	863-3815
174 Abbot St, Glide	496-3956

SOUTH COUNTY RESOURCE CENTER FIRST STEP TEEN PARENT PROGRAM

Support to pregnant and parenting teens while completing their education. Our mission is to provide a safe and nurturing environment for participants to create, strengthen, and explore bonds in academics, family, and community; while respecting and honoring each participant's own uniqueness.

Services include: Child Care; Parenting Education; Community Resource Information and Referral; Independent Living Skills; Literacy Programs; Work Experience Training Program; Support Group

140 SW Chadwick Lane, Tri City, OR.	863-4115
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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.....	863-3310
112 E. Central, Sutherlin	459-1435
630 Stanton St, Roseburg	580-0680

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 Coos, Curry, Douglas, Josephine, Klamath and Lake Counties. Note: Serves all of Douglas County.

.....	888-518-8160
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UCAN AFFORDABLE HOUSING

UCAN owns or owns in partnership with other community partners, 19 affordable housing units which rent in the range of 50% below the market rate. Social services are made available to residents. These units include an eight-plex under construction targeting single homeless households, and transitional house for homeless families and the remainder serving families throughout the county.

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

UCAN ENERGY ASSISTANCE PROGRAM (continued)

The program is open to all Douglas County residents, renters, and home owners, who have a low to moderate income regardless of how you heat your home. (Examples of moderate income: 2 persons = \$2204 per month, 3 persons = \$2722 per month, 4 persons = \$3241 per month, add \$97.25 for each additional member.)

280 Kenneth Ford Drive, Rsbg 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 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; drop in days and times are M&W 9am-1:00pm, information and referral to other services as available.

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

www.ucancap.org

UCAN TRANSITIONAL HOUSING

Provides up to one year of very low cost housing combined with an intensive case management program.

280 Kenneth Ford Drive, Rsbg 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.

UCAN U-TRAN (Continued)

U-Trans is made possible through partnerships with city, county, state agencies, area employers and, of course, our riders.

Look for the bus shelters with the U-Trans logo...then Get On & Get There!

742 SE Cass Avenue, Roseburg440-6500 or TTY 229-0037

www.ucancap.org

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, Rsbj672-3421 or 800-301-8226

www.ucancap.org

EMPLOYMENT

COUNSELING AND ADVISING CENTER -- UCC

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 440-4610

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..... 440-3344

3180 Hwy 101 N, Florence 97439 997-1913

2075 Sheridan Avenue, North Bend 97459 756-8459

www.workinginoregon.org

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 672-7761

www.ute1stop.org.

HEALTH

DOUGLAS COUNTY HEALTH DEPARTMENT

621 W. Madrone 440-3571 or 800-234-0985

Child Health: Immunizations

Travel Immunizations, must be paid at time of service.

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

Communicable Diseases: head lice, scabies, rashes, STD/HIV testing and counseling

Family Planning: birth control information, physical exams and supplies pregnancy testing, counseling and referral

Ca-Coon Care Coordination Program: home visit program for families with special needs of all types Prenatal - initial assessment & exam, office visits, education and referral including nutrition, education and post partum office visit..... 440-3521

Home Visit Programs by Community Health Nurses:

Maternity case management: home visiting program for pregnant women.

Babies First!: home visiting program providing health and developmental screening until the baby is 3 years old. 440-3639

Safe Communities: bicycle helmets and education..... 440-3503

Mental Health, Health Education, Senior Services, Developmental Disabilities

services..... 440-3500

Douglas County Health Department Satellite Offices

316 W "A" Ave, Drain 836-7311

247 N Main (Pioneer Plaza), Canyonville..... 839-4495

680 Fir Ave, Reedsport 271-4835

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

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 677-4818
www.mercyrose.org

Mercy Medical Center Prenatal Classes

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

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

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)

OREGON REGIONAL POISON CENTER

Call for information on poisonous plants, drugs, chemicals and for emergency help. 24 hours a day 800-222-1222

UMPQUA COMMUNITY HEALTH CLINIC

Provides outpatient health 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.

544 W. Umpqua, Suite 101 Roseburg..... 672-9596
20170 North Umpqua Hwy. Glide 496-3504

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

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, Eugene346-3575 or 800-637-0700

www.ohsu.edu/outreach/cdrc

DEVELOPMENTAL DISABILITIES PROGRAM

Douglas County Health Department's Developmental Disabilities Program offers case management, parent training, foster care management, crisis intervention, individual or group counseling, prevention services, program development, educational services, consultation, and inter-agency coordination in order to maintain mentally retarded and developmentally disabled individuals in the community.

621 W. Madrone, Roseburg440-3556 or 800-234-0985

www.co.douglas.or.us/health/DD

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 228-5108 or 800-556-6020

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.....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., Roseburg673-1747

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, Eugene686-2753 or 866-686-2753

OREGON COMMISSION FOR THE BLIND

Will train blind or older visually impaired adults in skills that enable them to be self-sufficient and/or become employed.
444 NE Winchester St., Roseburg492-1171

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 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, Roseburg672-8868

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

SPECIAL OLYMPICS OF OREGON

Athletic events for children and youth with disabilities who are 7 years or older
5901 SW Macadam, Suite 100, Portland 677-9687 or 1-800-452-6079

SUNRISE ENTERPRISES

The purpose of Sunrise Enterprises is to assist developmentally disabled adults in accessing meaningful employment opportunities and achieve self-fulfilling lives.
3443 Carnes Rd. Roseburg673-0195

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

CIRCUIT COURT OF DOUGLAS COUNTY

Provides restraining orders; petition for a restraining order can be filled out Mon-Fri from 8am-5pm.

1036 SE Douglas Rm 202, Roseburg 957-2470
www.osbar.org/public/diy/RestrainingOrderHearings.html

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 673-3104 or 800-417-3104
www.cccsdouglas.org

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) 957-2470

LEGAL AID SERVICES OF OREGON

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; MON, TUE, WED. 2-3PM

700 SE Kane, Roseburg 673-1181

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.

Cdneighbor2neithbor@yahoo.com 530-2578

OREGON COURTS - SELF HELP

This page has links to resources for users who want to learn more about the law and courts or want to represent themselves in a legal matter. Self-help information is **not** legal advice. Oregon law prevents us from offering legal advice to the public.

www.ojd.state.or.us

OREGON DEPARTMENT OF CONSUMER & BUSINESS SERVICES

Help consumers with problems or questions about insurance or insurance companies.

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..... 800-452-7636

SUPPORT ENFORCEMENT

Support Enforcement Division collects child support. The District Attorney's office helps those not eligible for welfare to collect child support.

2440 NE Troost ST, Roseburg..... 440-3547

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