

# Directory of Services for Families with Young Children in Douglas County

2014-2015



Questions or updates to this service directory contact:

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

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UCAN Head Start

You can access the most current version of this directory by going to either visiting this link  
[http://www.ucanap.org/files/7114/0502/4004/2013-2014\\_Resource\\_Directory.pdf](http://www.ucanap.org/files/7114/0502/4004/2013-2014_Resource_Directory.pdf)

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*Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). Head Start, UCAN and USDA are equal opportunity providers and employers.*

# 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 97470 ..... 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](http://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 .....(888)214-3384 (Eugene)

World Service Office: ..... 888-425-2666

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

[www.oregonal-anon.org](http://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](http://www.aa-oregon.org) or [www.al-anon.org](http://www.al-anon.org)

## BATTERED PERSON'S ADVOCACY (BPA)

The mission of BPA is to create a community free of family violence, sexual assault and stalking through empowerment, support and education.

Services include: Emergency Services, Hispanic Outreach Services, Legal Advocacy Services, Sexual Assault Services, Shelter Services, Peer-to-peer counseling and support groups, and Transitional Services. Walk-ins are welcome.

(Call 911 for emergencies)

1202 SE Douglas, Roseburg..... 541-957-0288

24 Hour Hotline ..... 800-464-6543

[www.peaceathome.com](http://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. 3515 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 2<sup>nd</sup> Monday of each month 5:30-7:30 Sept-June  
Child Loss meets 4<sup>th</sup> Monday of each month 5:30-7:30 Sept-June  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

## COMMUNITY HEALTH ALLIANCE

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 and conduct mental health assessments
- Adult Treatment - Provide short-term psychotherapy, both individual & group sessions
- 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:

- Early Assessment and Support Alliance (EASA) Program
- Individual and Group Skills training
- Psychotherapy
- Case Management
- Therapeutic Adult Foster Care
- Individual Placement Support/Supported Employment (IPS Supported Employment)
- Peer Support
- Dual Diagnosis Treatment
- Assertive Community Treatment (ACT) Program

2700 Stewart Parkway, Annex B  
Roseburg OR. 97471

Main line 541-440-3532

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

<http://www.chaoregon.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

## **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.fdcroseburg.org](http://www.fdcroseburg.org)

## **HIV Alliance**

Free, anonymous HIV testing, counseling, and care coordination services for people that have HIV and Hepatitis C. We also provide social support, needle exchange, safer sex supplies and HIV and HCV community education and HIV+ speakers program.

545 W. Umpqua St. Ste. 1..... 541-440-2761  
1966 Garden Ave. Eugene..... 541-342-5088  
[www.hivalliance.org](http://www.hivalliance.org)

## **N'LITE PREGNANCY CENTER**

Free and confidential pregnancy testing and ultrasound and peer counseling.

1128 SE Stephens ..... 541-672-2609  
[www.nlitewomensclinic.org](http://www.nlitewomensclinic.org)

## **HOSPICE/HOME HEALTH**

**Mercy 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.

**Mercy 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  
[www.mercyrose.org](http://www.mercyrose.org)

**Pacific Home Health & Hospice**, 455 S. 4<sup>th</sup> Suite 3, Reedsport..... 541-266-7005  
**Amedisys**, 2510 Edenbower Suite 112 Roseburg..... 541-440-2583 or 800-556-7457

## NARCOTICS ANONYMOUS

Self-help group to support abstinence from drugs

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

[www.uvana.org](http://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 HIV/STD HOTLINE

Answer all questions about sexually transmitted diseases (STDs), HIV and performs risk evaluations. We provide anonymous information, support, and referrals to people living in Oregon who are infected or affected with HIV/STDs.

Also available online live chat with trained online advocates:

[www.oregonaidshotline.com](http://www.oregonaidshotline.com)

Oregon HIV/STD Hotline ..... (800)-777-2437

En espanol.....(800)-499-6940

[www.oregonaidshotline.com](http://www.oregonaidshotline.com)

## SIUSLAW OUTREACH SERVICES

**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; 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. They have classes on household financial management and parenting.

1576 W. 12<sup>th</sup>. Florence ..... 541-997-2816

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

[www.florencesos.org](http://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](http://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/absd-home](http://www.umpqua.edu/absd-home)

**Reedsport** - Reedsport High School..... (541) 271-2141

**Newmark Center**, Coos Bay ..... (541) 888-7116 or 800-962-2838 Ext. 7116  
[www.socc.edu](http://www.socc.edu)

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

### BOYS & GIRLS CLUB OF THE UMPQUA VALLEY

Inspiring all youth in grades 1-12, especially those who need us most; to realize their full potential as responsible, caring, productive 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.bgcv.org](http://www.bgcv.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. [www.dclibrary.us](http://www.dclibrary.us)

Roseburg Branch Information/Hour..... 541-440-4305 or 800-441-2706  
Library Office..... 541-440-4311

### Branch Library Phone Numbers

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

## EDUCATION SERVICE DISTRICT (ESD)

The ESD provides many different services aimed toward improving the educational opportunities of children from kindergarten through 12<sup>th</sup> 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](http://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](http://www.douglasesd.k12.or.us)

**HEALTHY FAMILIES 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 parents directly in their home. Services are free of charge and available before or at the birth of a child and until the child reaches 3 years of age.  
 300 Jerry’s Drive, Roseburg ..... 541-492-1656  
[KarinH@douglasesd.k12.or.us](mailto:KarinH@douglasesd.k12.or.us)  
[www.healthyfamiliesamerica.org](http://www.healthyfamiliesamerica.org)      [www.fdcroseburg.org](http://www.fdcroseburg.org)

**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 - DCECPC / DOUGLAS ESD PARENTING EDUCATION BROKERAGE**

The DCECPC coordinates parenting education classes and workshops for parents and caregivers of young children (0-8 years). Specialized programming is available in the Roseburg area for Spanish speaking parents of young children. Community classes are scheduled in Roseburg, Winston, Sutherlin, Tri City, Riddle, Reedsport, Yoncalla, Elkton, and Drain. Multi week classes 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](http://www.parenteducation.org)

**PHOENIX CHARTER SCHOOL**

A nonprofit, charter high school for grades 8-12 offering 200 Douglas County Youth opportunities to build pathways to college and careers through academic support, career-technical education, and personal growth.

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

See us at: [www.roseburgphoenix.com](http://www.roseburgphoenix.com)

**PRESCHOOL / DAY CARE CENTERS**

<b>Program</b>	<b>Address</b>	<b>City</b>	<b>Phone</b>
Cobb Street	1281 NE Walnut	Roseburg	541-957-1008
Family Development Center	300 Jerrys Dr	Roseburg	541-673-4354
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/Early Head Start	948 SE Roberts	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
Little Wellspring Preschool	2245 NW Kline	Roseburg	541-672-6868
Rsbg. Title 1 Home-Base Preschool	2550 SE Waldon	Roseburg	541-440-4180
Penny's Little Tykes		Myrtle Creek	541-580-5207
Little Folks Christian School	235 NE Rice PO Box 446	Myrtle Creek	541-863-5814
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	537 NE Locust PO Box 396	Oakland	541-459-4670
Rain Drops Preschool/Childcare	3712 Nonpareil Rd.	Sutherlin	541-459-0831
Neighborhood Christian Preschool		Sutherlin	541-459-2249
Tendergarden	522 Grandview PO Box 92	Glide	541-496-3732
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

## **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](http://www.reedsport.k12.or.us/REAP/reap.html)

## **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](http://www.socc.edu)

## **UCAN EARLY HEAD START**

UCAN Early Head Start is a comprehensive Home Visiting program serving low income families pregnancy through age three. EHS Home Visitors works with the entire family and offers all family members opportunities to develop their full potential through weekly home visits and playgroups twice a month. UCAN Early Head Start provides a positive, respectful environment for growth and awareness for both parents and children. Applications accepted all year long.

948 SE Roberts.....541-673-6306 or 800-320-6306  
<http://www.ucancap.org/index.php/services/head-start/>

## **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.

948 SE Roberts.....541-673-6306 or 800-320-6306  
<http://www.ucancap.org/index.php/services/head-start/>

## **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 ..... 541-440-4600  
[www.umpqua.edu](http://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](http://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](http://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 (Sept-May)**

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**

M-F Breakfast 6:30am Lunch 12:00 Family Dinner 5:00 Dinner 6:30pm

Sat/Sun. Breakfast 7:30am Lunch 1:00 Family Dinner 5:00 Dinner 6:30pm

Holidays Breakfast 7:30am Lunch 1:00 Family Dinner 5:00 Dinner 6:30pm

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](http://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](http://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

### **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](http://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.

1140 Umpqua College Rd. Tech Center RM 102..... 541.440.7705 or 1.800.222.3290

Spanish Services (Karla Perez-Young) ..... 541-463-3306

[www.lanecc.edu/lfc](http://www.lanecc.edu/lfc)

**The Fish of Roseburg**

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.

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

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

Pantry office ..... 541-673-9804



## FOOD PANTRIES IN DOUGLAS COUNTY

Pantry	Address	Hours of Operation
A.A.R.P Pantry	9th & Greenwood Reedsport, OR 97467	Thurs 11:00am - 2:00pm
Care & Share	1008 Hayhurst Lane Yoncalla, OR	Last Monday of month 9:00am - 12:00pm
Community Care Food Pantry	3rd & Pacific Ave Glendale, OR 97442	Thursday 1:00pm - 3:00pm
Dillard/Winston Food Pantry	Methodist Church 131 4th St Dillard, OR 97432	Mon & Wed 9:30-11:30am 1st&3rd Wed 4:30-5:30pm
Fish Drain	131 West A Ave Drain, OR 97435	Tues 9:00am-1:00pm
Fish Roseburg	405 Jerry's Drive Roseburg, OR 97470	Mon & Wed 2:00-3:30pm Thur & Fri 9:30am-11:30am
Foundation Fellowship	813 SE Lane Roseburg, OR 97470	3rd & 4th Sunday 5:00pm - 6:00pm
Project Blessing Food Bank	2360 Longwood Drive Reedsport, OR	Wed 1:00pm - 3:00pm
Roseburg Dream Center (541)673-5918	1900 SE Main St. Roseburg, OR 97470	Mon & Wed 10:00am-2:00pm Drop in center for homeless: Mon thru Thur 9:30am-4:00pm
SDA CS Canyonville (541)839-4051	714 NW Frontage Road Canyonville, OR 97417	Wed 9:30-11:45am 1:00-2:30pm
SDA CS Glide	174 Abbott St Glide, Or 97443	Wednesdays 10:00am - 2:00pm also the 1st Wed of the month 4:00pm - 6:00pm
SDA CS Roseburg (541)672-1542	1109 NW Garden Valley Roseburg, OR 97470	Tues 10:00am-12:00pm 1:00-3:00pm 3rd Tues 1:00pm-3:00pm
South Douglas Food Bank (541)391-2796	420 E St (Corner of 5th Ave & E St) Riddle, OR 97469	Thursdays 9:00am - 12:00pm 3rd, 4th & 5th Saturday 10:00am-12:00pm
St Vincent DePaul	116 N Main Myrtle Creek, OR 97457	Mon & Wed 9:00am-1:00pm
Sutherlin Oakland Emergency Pantry	183 E 1st Ave Sutherlin, OR 97479	Mon & Wed 9:00am-11:00am

[http://www.ucancap.org/pages/pantries\\_kitchens\\_doco.php](http://www.ucancap.org/pages/pantries_kitchens_doco.php)

## 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](http://www.hadcor.org)

## KDUN - FIREWOOD FOR REEDSPORT FAMILIES

### [KDUN Radio](#)

136 North 7th Street, Reedsport OR 97467, phone: 541-271-1030, email: [kdun@kdun.com](mailto:kdun@kdun.com)

## 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](http://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](http://www.oregonsafenet.org)

## OREGON LIFELINE

Oregon Lifeline is a federal and state government assistance program administered by the Oregon Public Utility Commission that provides eligible low-income customers a discount on their monthly landline or wireless phone bill, or free monthly prepaid wireless minutes with participating companies.

Toll Free..... 800-848-4442

[www.rspf.org](http://www.rspf.org) click on Oregon Telephone Assistance Program (OTAP)

## SAFELINK WIRELESS

SAFELINK WIRELESS® service is a program for Income eligible households provided by TracFone Wireless, Inc. In order to participate in the SAFELINK WIRELESS® service, persons must meet certain eligibility requirements set by each State where the service is to be provided. These requirements are based on a person's participation in a state or Federal support programs or by meeting the Income Poverty Guidelines as defined by the U.S. Government. SAFELINK WIRELESS® service is limited to one person per household.

[www.safelinkwireless.com](http://www.safelinkwireless.com)

## ROSEBURG DREAM CENTER

Helping to meet the needs 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. Food Boxes available Mondays & Wednesdays 9:30-1:30; Clothing on Tuesdays & Thursdays 9:30-1:30  
1900 SE Main St., Roseburg, ..... 541-673-5918  
[www.roseburgdreamcenter.org](http://www.roseburgdreamcenter.org)

## 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](http://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, SHIBA, 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 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 Recovery Program Services and Transitional Housing. Clothing and household items are also available to all members of the family.

752 SE Pine Roseburg ..... 541-673-3004

For women they have a shelter called Samaritan Inn.

719 NE Jackson Roseburg.....541-672-5387

**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  
<http://www.safehavenmaternity.org/>

**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  
<http://www.salvationarmyusa.org/>

**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 92 affordable housing units in Roseburg, 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 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.ucanacap.org](http://www.ucanacap.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.ucanacap.org](http://www.ucanacap.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. Subject to availability due to budgets.

280 Kenneth Ford Drive, Rsbg..... 541-672-3421 or 800-301-8226  
[www.ucanacap.org](http://www.ucanacap.org)

**UCAN SECOND CHANCE (Subject to availability)**

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.ucanacap.org](http://www.ucanacap.org)

## **UCAN TRANSITIONAL HOUSING**

Provides up to two years of 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](http://www.ucancap.org)

## **UCAN U-TRAN S**

U-Trans is a public transportation service operated by United Community Action Network and serving the greater Roseburg area, with commuter services to Winston, Dillard, Myrtle Creek, Tri-City, Riddle, Canyonville and Sutherlin. We invite you to explore our website for complete information about this service, which is available to anyone needing a lift. You will find our complete schedules, routes, fees and other useful information. Look for the bus shelters with the U-Trans logo. U-Trans is made possible through partnerships with city, county, state agencies, area employers and, of course, our riders

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

[www.umpquatransit.com](http://www.umpquatransit.com)

## **UCAN MEDICAL TRANSPORTATION**

Medical Transportation is a UCAN service provided in conjunction with TransLink, a division of Rogue Valley Transit. UCAN's Medical Transportation Program provides transportation services to eligible Oregon Health Plan and eligible Medicaid clients traveling to authorized medical services in Douglas and Josephine counties. These transportation services are initiated by calling TransLink at 888-518-8160 (toll free) to determine program eligibility. Referrals are then made by TransLink to UCAN Medical Transportation Program in Douglas and Josephine counties. Volunteer drivers for UCAN then pick up the client and deliver them to and from their medical appointments. There is no charge to the client for this service. Occasionally a client who is not eligible for the Oregon Health Plan or Medicaid services will be driven to and from medical appointments, therefore if the need is present for transportation services the client should make the call to TransLink to see if transportation is available.

<http://www.rvtd.org/translink.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 reduce energy costs for by increasing the energy efficiency of their homes, while also ensuring their health and safety. Energy efficiency 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.....541-492-3932

[www.ucancap.org](http://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!  
Sharonlee Schwartz 541-673-1182 ext. 205

## **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](http://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](http://www.workinginoregon.org)

### **SELECTEMP EMPLOYMENT SERVICES**

SELECTEMP- Matching Talent with Opportunity! We 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. SELECTEMP offers assignments in a variety of industries, including but not limited to; Clerical, Construction - all phases, Delivery Driving, General Labor, Heavy Equipment Operators, Landscaping, Manufacturing, Mill Work, Packaging, Production, Warehouse, Welding, etc.....

To review some of our jobs we have available, visit our website ([www.selectemp.com](http://www.selectemp.com)), our office (250 NE Garden Valley Blvd, Ste. #15 or give us a call (541-440-4844).

## 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](http://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. Assistance in the following areas: Preparing for a job or training, job or training services application, finding a job, On-The-Job Training, adult and youth GED. UT&E also offers assistance to employers with recruitments, advertising, training and other needs.

760 NW Hill Ave, Roseburg..... 541-672-7761

[www.ute1stop.org](http://www.ute1stop.org).

## HEALTH

### DOUGLAS COUNTY HEALTH DEPARTMENT (SUBJECT TO CHANGE IN 2014-2015)

#### 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), Canyonville .....541-839-4495

680 Fir Ave, Reedsport .....541-271-4835

**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](http://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 Hepatitis .....541-440-3521

Reportable Communicable Diseases (FAX 541-464-3914) .....541-440-3571

**Family Planning:** Birth control, physical exams and supplies pregnancy testing, counseling and referral .....541-440-3521

**Prenatal Clinic:** Individual prenatal planning, assistance with Oregon Health Plan application, nutritional assessment, development of individual prenatal plan .....541-440-3521

#### **Nurse Home Visit Programs:**

**Babies First!** Home visits during pregnancy and developmental screening until your baby is 3 years old .....541-440-3539

**Ca-Coon Care Coordination** for families caring for children (birth to age 21) with special medical needs .....541-440-3539

**Maternity Case Management** for health assessments during pregnancy, health education, and referrals to community resources .....451-440-3539



**Food Service Licensing and Food Handler Cards:** Call Douglas County Environmental Health at 541-440-3500 or 621 W Madrone Roseburg, OR 97470-3093 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](http://www.co.douglas.or.us/health/EH/FoodHandle.asp).

**COVER OREGON**

We're improving the health of all Oregonians by providing health coverage options, increasing access to information and fostering quality and value in the health care system.....855-268-3767  
[www.coveroregon.com](http://www.coveroregon.com)

**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](http://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](http://www.mercyrose.org)

**Mercy Medical Center Prenatal Classes**

Gift of Motherhood is a free six week class which includes breastfeeding and Child Birth Preparation information.

Mercy Medical Center, 2700 Stewart Parkway, Roseburg .....541-677-2451  
[www.mercyrose.org](http://www.mercyrose.org)

**Mercy Foundation - Wings of Hope and WalkAbout-Equine Assisted Coaching**

The Wings of Hope is founded on the belief that every child and teen deserves the opportunity to grieve in a supportive and understanding environment. The goal of the Wings of Hope (WOH) and *WalkAbout* partnership allows students to work through grief while learning new skills that help with communication, self-motivation, self-esteem, team work and trust. According to recent studies, mental health therapy with horses has been shown to assist participants in ways unique and sometimes superior to more passive counseling formats. Equine assisted therapy is a safe and secure environment that nurtures inner healing and encourages optimal growth and development.

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..... 800-527-5772 or 800-621-5260 (TTY)  
[www.oregon.gov/DHS/healthplan/](http://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/](http://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/](http://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](http://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](http://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](http://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](http://www.roseburg.va.gov) 913 NW Garden Valley Blvd.....541-440-1000  
Toll Free ..... 800-549-8387  
Telecommunication Device for Deaf (TTD) ..... 800-829-4833  
[www.roseburg.va.gov/](http://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](http://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>

**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>

**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 and Nutrition Education 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, Eugene ..... 541-686-2753 or 866-686-2753  
[www.mda.org](http://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. Seniors over 55 whose vision interfere with daily living tasks may qualify for services. Legal blindness is not a pre-requisite for this age group  
444 NE Winchester St PMB 13B, Roseburg.....541-492-1171OR 888-202-5463  
[www.oregon.gov/Blind/index.shtml](http://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  
[www.oregon.gov/DHS](http://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, Roseburg .....541-672-8868  
[www.roseburgaudiology.com](http://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, Portland .....503-241-5090  
[www.shrinershq.org/Hospitals/Portland](http://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. [www.soor.org/lpc/403.htm](http://www.soor.org/lpc/403.htm)  
5901 SW Macadam, Suite 100, Portland .....541-677-9687 or 1-800-452-6079

**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.  
3005 NE Diamond Lake Blvd.....541-673-0195  
[www.sunriseenterprisesinc.com](http://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](http://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](http://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  
605 SE Kane St, Roseburg .....541-673-3104 or 800-417-3104  
[www.cccsdouglas.org](http://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, Roseburg .....541-440-3357  
[www.doj.state.or.us](http://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](http://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](http://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](http://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. [dcpeacemaker@hotmail.com](mailto:dcpeacemaker@hotmail.com)

..... 541-530-2578

## 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](http://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](http://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.

..... 800-452-7636  
[www.oregonstatebar.org](http://www.oregonstatebar.org)

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