

South-Central Oregon Early Learning Hub Resource Directory

**Douglas County
2017-18**



Douglas Education Service District
South-Central Oregon Early Learning Hub
1871 NE Stephens Street
Roseburg, Oregon 97470
ehubinfo@douglasesd.k12.or.us

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COUNSELING & MENTAL HEALTH

ADAPT

Providing quality primary care, addiction, and behavioral health services. Almost all private insurance and the Oregon Health Plan are accepted.

Reedsport- 909 Winchester Ave541-271-5086

Roseburg office – 548 SE Jackson541-672-2691

- Adult Outpatient541-492-0152

- Corrections 541-492-0187

- Deer Creek Youth Residential 541-673-5119

- Prevention541-672-2691

- The Crossroads – 3099 NE Diamond Lake Blvd..... 541-492-0206

- Youth Outpatient.....541-492-0172

Winston (South River Medical Clinic) – 82 NW Glenheart, 541-492-4550

www.adaptoregon.org

www.facebook.com/adapttreatment

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.

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

Roseburg.....888-214-3384

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

al-anon.org/for-alateen

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. Meetings in Roseburg, Sutherlin, Winston, Myrtle Creek, Glide, and Yoncalla.

AA National Hotline 800-593-3330

Roseburg Hotline541-673-7552

www.aa.org

www.aa-oregon.org/Districts/district13/

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.

Roseburg – 1202 SE Douglas541-673-7867

24 Hour Hotline 800-464-6543

www.peaceathome.com

www.facebook.com/BPApeaceathome

COMPASS BEHAVIORAL 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 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 – Adult person 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](#)

Roseburg..... 541-440-3532

- Adult, Medical, & Crisis Units- 2700 Stewart Parkway, Annex B
- Youth and Family Team- 272 Medical Loop, Ste C & E
- Newcastle Office- 2001 NW Newcastle St
- UCC Bistro- 1140 Umpqua College Rd- Open 9:00 AM-5:00 PM

Reedsport – 5 St. John’s Way

24 Hour Crisis Help541-440-3532 or 800-866-9780

<http://www.chaoregon.org>

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.

Survivors of Suicide meets the 2nd Monday of each month 5:30 – 7:30 (Sept – June)

Child Loss meets the 4th Monday of each month 5:30 – 7:30 (Sept – June)

Roseburg – 3515 Edenbower 541-672-1890 or 541-643-0959

www.compassionatefriends.org

www.facebook.com/TCFUSA

www.compassionatefriends.org/Find_Support/Chapters/Chapter_Locator.aspx

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

Who we are: A project of the Douglas County Multi-Disciplinary Child Abuse Team
Services Provided: Legally sound child friendly forensic interviews, medical exams for child abuse/sexual assault survivors, mental health services for children and families, parent education and advocacy throughout the court process and beyond.

Baily’s Clinic: All children taken into state custody in Douglas County receive a C.A.R.E.S medical exam, dental screening and mental health assessment.

Public Training and Education: We provide educational presentations.

Access to Services: Referrals come from Department of Human Services, Law Enforcement or the District Attorney’s office for forensic interviews and CARES medical exams. Referrals for Baily’s Clinic come from Department of Human Services only. Referrals for parent and community education are open to the community.

Roseburg – 545 W Umpqua St.....541-957-5646

<http://www.douglascares.org/>

EVERGREEN FAMILY MEDICINE

Evergreen Family Medicine was born out of a desire to develop a system of care where patients of any age had a primary care provider watching over their healthcare and guiding them through the healthcare system – in the office, in the hospital, and with specialists. Evergreen is a Patient-Centered Primary Care Home and has an in house Psychiatrist and Licensed Clinical Social Worker to provide behavioral health services.

Roseburg – 2570 NW Edenbower..... 541-677-7200

<http://www.efmpc.com/index.php>

FAMILY DEVELOPMENT CENTER

A comprehensive family support program whose mission is to strengthen families and prevent child abuse and neglect. FDC offers free services to families with young children, prenatally through 5 years of age. We focus on early prevention and intervention that focuses on building successful and resilient children, strengthening parents, and preserving families. We provide families with support in a variety of areas so that parents can create a safe and healthy environment for children and address the root cause of problems affecting their family situation. FDC provides early childhood educational experiences in our therapeutic classroom for children to be successful in entering kindergarten, ready to learn, with the needed skills to navigate through life. FDC services may include early childhood education classes, home visits, crisis intervention, play therapy for children, adult and child counseling, an emergency food pantry, transportation, scheduled respite, and information and referrals to other community resources.

Roseburg – 300 Jerry’s Drive 541-673-4354

fdcroseburg.org

www.facebook.com/pages/Family-Development-Center/229448637180624

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.

Roseburg – 1034 Oak Street541-440-2761

Eugene – 1966 Garden Avenue..... 541-342-5088

hivalliance.org

www.facebook.com/hivalliance

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. Services include 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.

Roseburg – 2400 Stewart Parkway Suite 200..... 541-677-2384

www.mercyrose.org

www.facebook.com/mercymedicalroseburg

Amedisys

Roseburg – 1820 NW Mullholland Drive541-440-3052

www.amedisys.com/find-a-care-center/care-center.aspx?ID=3901

N’LITE WOMEN’S CLINIC

N’Lite Women’s Clinic provides confidential services including free pregnancy testing, free limited ultrasound exams, and options education.

Roseburg – 1128 SE Stephens..... 541-672-2609

www.nlitewomensclinic.org

NARCOTICS ANONYMOUS

Self-help group to support abstinence from drugs

24-hour helpline.....541-957-1489

uvana.org

[Meeting List](#)

NATIONAL SUICIDE HOTLINE

Crisis Counselors are waiting for your call 800-799-4889

TTY 800-799-4889

Roseburg crisis number..... 541-440-3532

www.suicide.org/hotlines/oregon-suicide-hotlines.html

OPTIONS COUNSELING

Provides quality, cost effective mental health and family preservation services to children and families in Oregon. Services include: Community-based Parenting Classes, Behavioral Health, Domestic Violence Program, Family Builders (ISRS), and Family Support and Connections.

Roseburg – 770 SE Kane..... 541-464-6455

<http://options.org/>

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:

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

En espanol (800)-499-6940

www.oregonaidshotline.com

SOUTH RIVER COMMUNITY HEALTH CENTER

Our office serves the medical needs of Winston, Green, Roseburg and other local communities, delivering quality health care to both insured and uninsured clients. We provide the personalized service that is only possible in a small community setting. General medicine, physicals, women’s care, occupational health and behavioral health services are provided.

Winston – 671 SW Main..... 541-492-4550

<http://www.south-river.org/>

<https://www.facebook.com/SouthRiverCommunityHealthCenter>

UMPQUA COMMUNITY HEALTH CENTER

Provides primary medical, dental, and behavioral health services at several locations throughout Douglas County. We have behavioral/mental health services which include psychiatric medication and evaluation, anxiety, depression, bipolar disorder treatment, stress related health problems, counseling and coaching. We have Licensed Clinical Social Workers and a Psychiatrist on staff. Fees are assessed on a sliding scale and no one is denied care because of the inability to pay.

- Glide – 20170 N. Umpqua Hwy 541-496-3504

- Myrtle Creek – 790 S. Main 541-860-4070

- Roseburg – 150 NE Kenneth Ford Dr 541-672-9596

- Sutherlin – 123 Ponderosa Dr..... 541-459-3788

UP2US NOW

The Up2UsNow Child Abuse Prevention Coalition is a collaborative community effort made up of various agencies, organizations, and individuals who are dedicated to reducing child abuse in Douglas County through community efforts and action committees including a Healthcare Committee, Opiate Task Force, Youth Media Project, Human Trafficking Task Force, Supporting Families Project, Violence Prevention & Healthy Relationships educational curriculum in schools.

Supporting Families Project- An individualized community connections program for families with children who are in need of additional support to strengthen their families. There is no cost for this service and all families with children are eligible.

Roseburg – Supporting Families Services 541-677-6531
Human Trafficking Task Force

For trainings, community events or resources 541-492-4550

<http://www.up2usnow.org/>

VALLEY VIEW COUNSELING

Valley View Counseling offers a wide range of services for all age groups. We provide personal one on one therapy, couples, family and group therapy. We teach psycho-educational classes and contract with local businesses, bringing specific topics to the work place. Our clinic performs mental health assessments for problems such as depression, anxiety and for Attention Deficit Hyperactivity Disorder and complete mental health evaluations for disabilities, domestic violence and chemical dependency. We also provide Parent Training and Education classes and Domestic Violence Treatment.

Roseburg – 1652 NW Hughwood Court 541-673-3985
<http://www.valleyviewcounseling.com/index.html>

EDUCATION

ADULT BASIC EDUCATION

The Adult Basic Skills Department at UCC is staffed by dedicated, knowledgeable professionals. We can help you improve your reading, writing, and math skills, prepare for the GED test, or get tutoring in English as a second language.

GED and ESL classes have very low tuition rates, and are open to adults 16 and older.

Woolley Center – 1634 W. Harvard541-440-4603

www.umpqua.edu/absd

www.facebook.com/pages/ADULT-BASIC-SKILLS-PROGRAM-of-Umpqua-Community-College/239019936577

BOYS & GIRLS CLUB OF THE UMPQUA VALLEY

The mission of the Boys & Girls Club of the Umpqua Valley is to inspire all youth, especially those who need us most, to reach their full potential as responsible, caring, productive citizens.

Boys & Girls Club of the Umpqua Valley is a non-profit youth development organization dedicated to providing hope and opportunity to all kids in 1st through 12th grades.

Programming includes: Education Success, Character & Citizenship, Healthy Lifestyles, Summer Programs, Sports, Fitness & Recreation, and Teen Programs.

Roseburg – 1144 NE Cedar Street..... 541-440-9505

www.bgcuv.org

www.facebook.com/bgcuv

DOUGLAS COUNTY LIBRARY SYSTEM

For hours, locations, and updates visit:

www.dclibrary.us/branch-libraries/Roseburg.html

Roseburg – 1409 NE Diamond Lake Blvd 541-440-4305

DOUGLAS COUNTY SCHOOL DISTRICT OFFICES

Camas Valley School District-197 Main Camas Rd 541-445-2131

Days Creek– 11381 Tiller Trail Hwy 541-825-3052

Elkton – 749 W River Dr 541-584-2227

Glendale – 10598 Azalea Glen Rd..... 541-832-3138

Glide – 301 Glide Loop Dr 541-832-3138

North Douglas 541-836-7558

Oakland – 499 NE Spruce St 541-459-4120

Riddle – 401 1st Ave 541-874-2345

Reedsport- 100 Ranch Rd 541-271-3656

Roseburg – 1419 NW Valley View Dr.....541-440-4003

South Umpqua – 558 SW Chadwick.....541-863-5212

Sutherlin – 531 E Central Ave 541-459-2484

Winston-Dillard – 620 NW Elwood541-679-4819

Yoncalla – 401 1st St..... 541-849-2190

DOUGLAS EDUCATION SERVICE DISTRICT

The ESD provides many different services aimed toward improving the educational opportunities of children from kindergarten through 12th grade and 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.

Roseburg – 1871 NE Stephens541-440-4777
www.douglasesd.k12.or.us/home

Early Intervention (EI) and Early Childhood Special Education (ECSE): The Early Intervention and Early Childhood Special Education program provides specialized services to infants, toddlers and preschool children with developmental delays or disabilities in Douglas and Jackson counties. EI/ECSE serves more than 250 children in Douglas County and more than 650 children in Jackson County each year for free. Educational services include home visits, parent-toddler groups, specialized preschools, consultation to children in community preschools or speech therapy. Staff who work for EI/ECSE have teaching licenses or state authorization to teach young children. They are specialists in early intervention/early childhood special education, speech therapy, physical therapy, occupational therapy, behavior and autism.

Roseburg – 1871 NE Stephens (Annex) 541-440-4794
www.douglasesd.k12.or.us/parents/early-intervention/home

ELKTON COMMUNITY EDUCATION CENTER (ECEC)

ECEC provides and enhances, in an isolated rural setting, educational enrichment to all ages in an environment that nurtures their greatest social, emotional, physical and intellectual potential. ECEC provides opportunities to raise the level of awareness and skill in education and culture, environment, and social endeavor in an atmosphere of multigenerational interaction and encouragement to benefit the entire community.

Elkton – 15850 Hwy 38 W 541-584-2692
<http://www.elktonbutterflies.com/>
<https://www.facebook.com/pages/Elkton-Community-Education-Center/>

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

Family Connections of Lane and Douglas Counties is your source for information about child care.

Child Care Providers: Family Connections’ provider specialists offer consultations about licensing, assistance with business concerns and child care management issues. We offer a wide variety of training opportunities and topics, and will gladly help you with your business concerns including marketing, problem solving, and communication with parents.

1140 Umpqua College Road – Tech Center – RM 102 541-440-7705
<https://www.lanecc.edu/lfc>
<https://www.facebook.com/pages/Family-Connections-of-Lane-Douglas-Counties/237916762921227>

FAMILY DEVELOPMENT CENTER

A comprehensive family support program whose mission is to strengthen families and prevent child abuse and neglect. FDC offers free services to families with young children, prenatally through 5 years of age. We focus on early prevention and intervention that focuses on building successful and resilient children, strengthening parents, and preserving families. We provide families with support in a variety of areas so that parents can create a safe and healthy environment for children and address the root cause of problems affecting their family situation. FDC provides early childhood educational experiences in our therapeutic classroom for children to be successful in entering kindergarten, ready to learn, with the needed skills to navigate through life. FDC services may include early childhood education classes, home visits, crisis intervention, play therapy for children, adult and child counseling, an emergency food pantry, transportation, scheduled respite, and information and referrals to other community resources.

Roseburg – 300 Jerry’s Dr 541-673-4354

<http://fdcroseburg.org/index.php>

<https://www.facebook.com/pages/Family-Development-Center/229448637180624>

FAMILY RELIEF NURSERY

The Family Relief Nursery is one of 25 Relief Nurseries and satellite branches in the Oregon Association of Relief Nurseries (OARN.) Relief Nurseries provide comprehensive family support services in quality environments for families experiencing numerous stresses linked to abuse and neglect. Services include: therapeutic early childhood program classes, parent education classes, respite care, crisis response, home-based support/services, Latino outreach, resource referrals and advocacy services.

Drain – 100 Anna Drain Park Rd 541-942-4835

<http://www.frncg.org/>

<https://www.facebook.com/pages/Family-Relief-Nursery/138002816214815?fref=ts>

OSU EXTENSION SERVICE

The Oregon State University Extension Service celebrates over 100 years of educational outreach. From the beginning, [OSU Extension's mission](#) has been to convey research-based knowledge in a way that is useful for people to improve their lives, their homes, and their communities. Extension service programs are delivered throughout Oregon in one on one sessions, workshops, short courses, demonstrations, and informational meetings.

Roseburg – 1134 SE Douglas Avenue541-672-4461

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

www.facebook.com/OregonStateExt

PHOENIX CHARTER SCHOOL

A nonprofit, charter high school offering Douglas County youth opportunities to build pathways to college and careers through academic support, career technical education, and personal growth.

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

www.roseburgphoenix.com/index.php

PRESCHOOL/CHILD CARE CENTERS

Looking for Child Care? Child care referrals are made via 211info. You can visit <http://211info.org/search-resources?ccrr=true> to search for a child care provider in your area. Referrals are not recommendations and do not relate to quality of child care. The responsibility of exploring and determining the best child care provider is solely upon families seeking child care.

SOUTH COAST EDUCATION SERVICE DISTRICT

The South Coast Education Service District serves Reedsport. It provides many different services aimed toward improving the educational opportunities of children from kindergarten through 12th grade and 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.

Coos Bay-1350 Teakwood Ave541-269-1611

<http://www.scesd.k12.or.us/>

TAKE ROOT Parenting Support for Douglas, Klamath, and Lake Counties

The Parenting Hub coordinates parenting education classes and workshops for parents and caregivers of young children. 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

Roseburg – 1871 NE Stephens541-817-3119

www.douglasesd.k12.or.us/parents/parent-education/home

<https://www.facebook.com/Take.Root.Parenting.Hub/>

UCAN EARLY HEAD START

UCAN Early Head Start has two options for low income families, pregnancy to age three. EHS offers a comprehensive Home Visiting program. Home Visitors work with the entire family and offer all family members opportunities to develop their full potential through weekly home visits and playgroups twice a month. EHS also offers a Center Based option for families whose primary caretaker(s) are employed, enrolled in school or actively seeking work. Classes meet 6 1/4 hours a day in a daycare setting with a curriculum designed for this age group. UCAN Early Head Start provides a positive respectful environment for growth and awareness for both parents and children.

Applications accepted all year long.

Roseburg – 948 SE Roberts Ave 541-673-6306 or 800-320-6306

www.ucanap.org/services/head-start/

<https://www.facebook.com/ucanHeadStart/>

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.

Roseburg - 948 SE Roberts 541-673-6306 or 800-320-6306

www.ucancap.org/services/head-start/

<https://www.facebook.com/ucanHeadStart/>

UCAN HEALTHY FAMILIES OF DOUGLAS COUNTY

Provides voluntary screening and personalized referral services for all families with children birth to 3 months 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 environment 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.

Roseburg – 621 W. Madrone St 541-440-3586

www.healthyfamiliesamerica.org

UCAN HEALTHY START

UCAN Child Services Division participants and others have the opportunity to participate in the Healthy Start program. Healthy Start is designed to educate families and link them to community resources such as: Doctor Appointments; medical/dental insurance; prenatal care; postpartum care; well-baby care; family planning; women’s health; childbirth education; information on parenting, breastfeeding and nutrition; father support; housing assistance; counseling; domestic violence; substance abuse; and STD treatment and prevention.

Roseburg – 621 W. Madrone St 541-440-3616

www.hccso.org

<https://www.facebook.com/ucanHeadStart/>

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.

Roseburg – 1140 College Rd..... 541-440-4600

www.umpqua.edu/

www.facebook.com/umpquacc

UMPQUA VALLEY DISABILITIES NETWORK (UVDN)

Project Literacy - People who self-express having a literacy barrier in their lives work with an Independent Living Specialist to set educational goals to remove their barriers. UVDN staff pairs the individual with an appropriate volunteer tutor to assist the individual in meeting their goals through one-on-one tutoring services. Tutoring is available in reading, math, writing, GED preparation, and **English as a Second Language (ESL)**.

Roseburg – 736 SE Jackson 541-672-6336
<http://www.uvdn.org/programs/project-literacy/>

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.

Glide – 2010 Opportunity Lane 541-496-3507 or 800-588-9003
<http://wolfcreek.jobcorps.gov/Home.aspx>
<https://www.facebook.com/doljobcorps>

YMCA

The YMCA is a center that helps individuals and families to meet their healthy lifestyle goals. The Y focuses on: Youth Development, Health Living, and Social Responsibility.

Roseburg – 1151 NW Stewart Pkwy 541-440-9622
Canyonville – 330 Sabbath Way 541-839-6117
<http://www.ymcaofdouglascounty.org/index.html>
<https://www.facebook.com/roseburg.ymca>

HOUSING/FOOD ASSISTANCE/BASIC NEEDS

211 INFO

Keeping people and communities' healthy means more than access to medical care. It means ensuring people have the basics, like food, housing and economic opportunity.

<http://211info.org/>

<https://www.facebook.com/211info>

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.

Roseburg – 1199 NE Grandview Dr 541-677-0073

<http://casadebelen.org/>

<https://www.facebook.com/pages/Casa-de-Belen/151163764929391>

COMMUNITY KITCHENS

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

Kitchen	Address	Hours of Operation	Phone Number
Foundation Fellowship	813 SE Lane Roseburg	Every Sunday EXCEPT 1 st Sunday of Month 4:30-5:30	541-672-5533
Friendly Kitchen (Age 60+, disabled adults and guests)	1771 W Harvard Roseburg	Monday – Friday – 11:00 – 12:30	541-673-5929
Living Hope Outreach	337 C Avenue Drain	Weds 12:30-2	541-767-8625
Roseburg Rescue Mission	513 SE Lane	Mon – Fri -Breakfast (6:30 AM) Lunch (12:00) Dinner (7:00 PM) Sat/Sun -Breakfast (7:30 AM) Lunch (1:00) Dinner (7:00 PM)	541-673-3004
Samaritan Inn	544 W Umpqua Roseburg	Mon-Fri -Breakfast (7:00 AM) Lunch (12:00) Dinner (5:00 PM) Sat/Sun - Breakfast (8:00 AM) Lunch (1:00) Dinner (5:00 PM)	541-672-5387
Soups On	3520 Frontage Rd Reedsport	Weds 12:00-1:00	541-271-3838
St Francis Community Kitchen	323 N. Comstock Sutherlin	Mon & Weds-4:30-5:30	541-459-8807

St Joseph's Community Kitchen	800 W Stanton Roseburg	(Oct-June) Tues & Thurs – 4:30 – 5:30 (July-Sept) Tues & Thurs- 1:30-2:30	541-673-5157
Table of Plenty	1242 NE Spruce Ave Myrtle Creek	Saturday 1-3	541-863-3271

DEPARTMENT OF HUMAN SERVICES (DHS)

<http://www.oregon.gov/dhs/Pages/index.aspx>

Aging and People with Disabilities – Services and programs for seniors and people with physical disabilities.

Roseburg – 738 W Harvard541-440-3580

http://www.oregon.gov/dhs/spwpd/Pages/about_us.aspx

Child Welfare Program – DHS works hard to help children be healthy and safe, but the public also plays a key role in helping children in danger. DHS depends on people to help by reporting suspected child abuse promptly.

Roseburg – 738 W Harvard 541-440-3373

<http://www.oregon.gov/DHS/children/Pages/index.aspx>

Employment Related Day Care – The Employment Related Day Care (ERDC) helps eligible low-income families pay for child care while they are working. ERDC is a subsidy program, meaning eligible families still pay part of the child care cost. ERDC also works with providers and other child care partners across the state to help families find and keep good child care, improve the availability of quality child care in Oregon, and to develop resources for parents and child care providers.

<http://www.oregon.gov/dhs/assistance/CHILD-CARE/Pages/index.aspx>

Roseburg – 738 W Harvard Ste 160 541-440-3301

Self-Sufficiency – DHS serves thousands of Oregonians each year through assistance programs aimed at stabilizing and strengthening families, helping families and individuals become self-sufficient, reducing barriers to employment and improving the health and welfare of children.

Roseburg – 738 W Harvard Ste 160 541-440-3301

Canyonville- 245 N. Main 541-839-6901

<http://www.oregon.gov/DHS/assistance/Pages/index.aspx>

Vocational Rehabilitation-We help people with disabilities find and keep jobs. Our goal is to help our customers find quality employment that pays a living wage and offers a chance for advancement. Many people with disabilities of working age (16-64 years old) are eligible for VR services. To be eligible, they need to have a significant physical or mental impairment that makes it difficult to go to work.

Roseburg- 2020 NW Newcastle St.....541-440-3371

FIREWOOD

Glide Helping Hands - Provides a food and clothing pantry. Distributes firewood to those in need. The dental van travels to their location once a month to provide free basic dental care services.

Glide – 174 Abbott St..... 541-496-3956

FOOD PANTRIES IN DOUGLAS COUNTY

Pantry	Address	Hours of Operation	Phone Number
AARP Pantry	810 Greenwood Reedsport	Thurs 11:00-2:00	541-271-3609
Care & Share	1008 Hayhurst Rd Yoncalla	Last Monday of each month 9:00 – 12:00	541-849-2800
Community Care Food Pantry	518 Pacific Ave. Glendale	Thurs 1:00 – 3:00	541-832-2009
Dillard/Winston Food Pantry	Methodist Church 131 4 th St Dillard	Mon/Weds 9:30 – 11:30 1 st and 3 rd Weds 4:30 PM – 5:30 PM	541-679-8281
Drain FISH Pantry	131 West A Avenue Drain	Tues 9:00 – 1:00	541-836-2212
Fish Roseburg	405 Jerry’s Drive Roseburg	Mon & Weds 1:30– 3:30 Thurs. & Fri 9:30 – 11:30	541-673-9804
Foundation Fellowship	813 SE Lane Roseburg	3 rd & 4 th Sunday 4:30-5:30	541-900-9313
Living Hope Outreach	337 C Avenue Drain	Weds 12:30 – 2:30	541-391-3973
Project Blessing	150 S 20 th Reedsport	Tues & Weds 1:00- 3:00 Fridays 11:00-1:00	No Phone
Roseburg Dream Center	1900 SE Main Roseburg	Mon & Wed 10:00 – 1:45	541-673-5918
Salvation Army	3130 NW Stephens Roseburg	Mon-Thurs 1:00- 4:00	541-672-6581
SDA CS Canyonville	714 NW Frontage Rd Canyonville	Wed 9:30 – 11:30 1:00 – 2:30	541-839-4051
SDA CS Glide	19805 N Umpqua Hwy Glide	Wed 10:00 – 2:00	541-496-0016
SDA CS Roseburg	1109 NW Garden Valley Roseburg	Tues 10:00 – 12:00, 1:00-2:45 3 rd Tues 1:00 – 3:00	541-672-1542

South Douglas Food Bank	420 E Street Riddle	Thurs 9:00 – 12:00 3 rd , 4 th , & 5 th Sat 10:00 – 12:00	541-863-7563
St. Vincent DePaul	116 Main Myrtle Creek	Mon & Wed 9:00 – 1:00	541-863-5489
Sutherlin Oakland Emergency Pantry	183 E 1 st Ave	Mon & Wed 9:00 – 11:00	541-459-4082

HABITAT FOR HUMANITY

Umpqua Valley Habitat for Humanity works in partnership with people in need to build and renovate decent, affordable housing. The houses then are sold to those in need at no profit and with no interest charged. Volunteers provide most of the labor, and individual & corporate donors provide money and materials to build Habitat houses. Partner families themselves invest hundreds of hours of labor - "sweat equity" - into building their homes and the homes of others. Their mortgage payments go into a revolving fund for Humanity that is used to build more houses.

Roseburg – 823 SE Lane Ave.....541-672-6182

<http://hfh-or-umpq.huterra.com/>

<https://www.facebook.com/pages/Umpqua-Valley-Habitat-for-Humanity/346966078687461>

HOUSING AUTHORITY OF DOUGLAS COUNTY (HADCO)

The Housing Authority of Douglas County (HADCO) is committed to provide the opportunity for affordable housing that is safe, decent, and sanitary and free from discrimination. Housing programs offered: Section 8 Housing Choice Vouchers, Low Rent Public Housing, and Multiple Family Properties.

<http://www.hadcor.org/>

Section 8 Housing Choice Voucher (HCV) - The Section 8 Housing Program is where a portion of the rent is paid directly to a landlord on behalf of the participant. The waitlist is approximately one year. Interested families need to complete a pre-application and turn in verification of Social Security Numbers to get placed on the wait list. Everyone is placed on the wait list by the date and time of their pre-application.

<http://www.hadcor.org/general/page/section-8-housing-choice-voucher-hcv>

Low Rent Public Housing - HADCO's affordable housing program is comprised of dwelling units owned and managed by HADCO. This program allows families to move into a HADCO owned unit and pay rent based on 30% of their adjusted household income. The assistance stays with the unit and does not allow for mobility to other landlords. Interested families' income must not exceed 80% of the area median income and they must pass the screening criteria for the program.

Roseburg – 902 W. Stanton..... 541-673-6548

<http://www.hadcor.org/general/page/low-rent-public-housing-program>

NEIGHBORWORKS UMPQUA

A private, rural nonprofit organization working to enhance lives for Oregonians in Coos, Curry, Douglas and Josephine County. We do this by increasing access to affordable

housing and creating partnerships that promote community stability, business success and economic growth. NeighborWorks Umpqua works to connect Southwest Oregon residents with programs, resources and services that help them improve their lives and enhance local communities. Educational workshops and informational sessions covering all that potential homebuyers need to know about the home-buying process, from start to finish. Also satisfies U.S. Department of Housing and Urban Development education requirements for some loans and/or grant programs.

Roseburg – 605 SE Kane St 541-673-4909
<http://www.nwumpqua.org/>

OREGON LIFELINE (RSPF)

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 residential/landline or wireless phone bill by \$12.75.

For a list of residential/landline and wireless companies that provide the Oregon Lifeline benefit click here - <http://www.puc.state.or.us/rspf/OnlinePhoneListEng.pdf>

Contact RSPF..... 1-800-484-4442
<http://www.puc.state.or.us/Pages/rspf/otap.aspx>

RANCH ROAD CHURCH OF CHRIST

Free clothing available for men, women, and children.

Reedsport-3645 Frontage Rd.....541-271-3838
2nd & 4th Wednesday 2:00-5:00

RED CROSS

The American Red Cross is a leader in providing relief to single-family, multi-family and community emergencies; national and international disasters; and helping people to prevent, prepare for and respond to disasters. They save lives through health and safety training and provide assistance to active military members, their families and local veterans.

1176 NW Garden Valley Blvd St 541-673-3225 or 541-344-5244
<http://www.redcross.org/local/or/locations/eugene>

ROSEBURG DREAM CENTER

The Roseburg Dream Center is a place of hope for the people in Douglas County. This is a true community effort. We are able to do what we do because of the generous people and businesses who donate their time and resources. We are thankful every day for those who help us help others. Provided free of charge: clothing, furniture, assistance with cleaning, yard work and other chores. Donations are always welcome. Food boxes available Monday and Wednesdays (10:00 – 1:45).

Hours of operation – Mon – Thurs. 9:30 AM – 2:00 PM.

Roseburg – 1900 SE Main Street.....541-673-5918
<http://roseburgdreamcenter.org/>

ROSEBURG RESCUE MISSION

Roseburg Rescue Mission provides food, shelter, and recovery to men, women, and children in needs.

- *Emergency Services* – Men’s shelter (18 and older) is located in downtown Roseburg. The dayroom is open all day for guests staying at the shelter or not. Meals, showers, laundry and free clothing are available.
- *New Life Program* - The purpose of this Program is to overcome obstacles to a successful life. Content: Work Training, Bible Classes, Life Skills Classes, Addiction Recovery Classes, Personal Counseling and Goal Setting, and Transitional Housing.
- *Transitional Housing* - Transitional Housing is a program of the Roseburg Rescue Mission ministries. Everyone renting a room who is not one staff or in the New Life Program is in our Transitional Housing Program.

Roseburg – 752 SE Pine 541-673-3004

<http://www.roseburgrescuemission.org>

SAFE HAVEN MATERNITY HOME

Our mission is to provide a safe home environment that strives to meet the spiritual, emotional, physical and education needs of pregnant young women and young women with babies who are homeless or in crisis. Services available for eligible pregnant teens (13-17) – safe housing, nutritious meals, independent life skills, parenting skills, overall health, educational skills, financial skills and 24-hour accountability.

Roseburg..... 541-464-2740

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

<https://www.facebook.com/pages/Safe-Haven-Maternity-Home/122257001258680>

SALVATION ARMY

The Salvation Army’s ministry is motivated by the love of God and its’ mission is to meet human needs in His name without discrimination. Services include emergency food, utility help, prescription assistance, Christmas toys for children and holiday meals, and rent assistance when funds are available.

Roseburg– 3130 NW Stephens St (541)672-6581

<http://roseburg.salvationarmy.org/>

www.facebook.com/TSARoseburg/

SAMARATIN INN

Women’s shelter for women with or without children, dayroom open all day for guests staying at the shelter or not, meals, showers, laundry, and clothing. Women must be at least 18 years old, boys up to age 14 years are allowed, children must be accompanied by mother or legal guardian.

Roseburg- 544 W. Umpqua St541-672-5387

<http://www.roseburgrescuemission.org>

SEVENTH DAY ADVENTIST COMMUNITY SERVICES

Helping with food and clothing for anyone in need.

Canyonville – 714 NW Frontage Rd.....	541-839-4051
Glide – 19805 N Umpqua Hwy	541-496-3956
Myrtle Creek – 325 Spruce.....	541-863-3815
Roseburg – 1109 NW Garden Valley.....	541-672-1542
Sutherlin – 226 State St	541-459-4131

ST VINCENT DEPAUL SOCIETY

Provides rent and utility assistance, food boxes, prescription assistance, and fuel for eligible people.

Myrtle Creek – 104 N. Main.....	541-863-3310
Roseburg – 630 Stanton St	541-580-0680
Sutherlin – 112 E Central	541-459-6435

UMPQUA COMMUNITY ACTION NETWORK (UCAN)

UCAN Affordable Housing - UCAN owns and operates 92 units of affordable housing in Douglas County. Many of our developments feature energy-efficient appliances and heating/cooling units, common rooms for activities and parties, laundry facilities and playgrounds. Most of our residents are families with children. Our developments serve residents with some of the greatest barriers to obtaining housing—those who were formerly homeless, those with physical disabilities or serious mental illness, those with substance abuse disorders and those who are formerly incarcerated. Our developments are located throughout the County, including in Drain, Sutherlin, Roseburg, Green, Winston and Canyonville.

Roseburg – 280 Kenneth Ford Drive 541-492-3510 or 800-301-8226
<http://www.ucanap.org/services/housing-assistance/>

UCAN Food Banks – The Douglas County Food Bank features a modern warehouse and distribution center. Staff work to increase the amount of fresh food made available to our residents by working with farmers, grocery stores and local partners to obtain vegetables and fruit, meat and dairy products. We serve six local community kitchens. The food banks do not provide food directly to residents. They instead collect, store and distribute food for each county's network of kitchens and pantries. Our food banks not only work to stop hunger, they also work to improve the nutritional quality of food low-income residents consume.

<http://www.ucanap.org/services/food/>

UCAN Health Insurance and RX Assistance - UCAN helps people in the communities we serve learn about health insurance and enroll in insurance programs. We also help people waiting to obtain their insurance obtain free and low-cost medicines and medical supplies.

<http://www.ucanap.org/services/health/>

UCAN Heat Assistance - UCAN helps people pay for their heating bills, using different sources of funding. The purpose of these programs is to help people so they do not have to make difficult choices, such as whether to pay for food or heating, to prevent power shut-offs, and to address emergency energy needs.

Roseburg – 280 Kenneth Ford Drive 541-672-3421
<http://www.ucancap.org/services/heat-assistance/>

UCAN Housing and Homeless Service - UCAN operates several programs that provide support to people who are homeless or at-risk of homelessness. Our work includes a focus on several special populations, such as veterans and people with a serious mental illness.

Roseburg – 308 SE Jackson 541-672-5392
<http://www.ucancap.org/services/case-management/>

UCAN U-TRANS - UCAN operates Douglas County's public transit system through a contract with the County. It is an integral part of Douglas County's Coordinated Public Transit Transportation Plan. Known as U-Trans, our buses offer the only mass transit for residents of the County. All of our buses are ADA accessible with wheelchair lifts that allow those with wheelchairs to access our buses comfortably.

U-Trans offers two types of service. We offer regular service to residents of Winchester, Roseburg and Green (with connection to Winston) as often as once an hour. We offer commuter service several times daily along the I-5 corridor with stops in Canyonville, Riddle, Tri-City, Myrtle Creek, Dillard, Winston, Wilbur and Sutherlin. Commuter stops are found in centrally located, easily accessed areas of outlying communities.

In addition to these "fixed" routes, we offer "door-to-door" service for individuals with a qualifying disability. This service is referred to as Para-Transit and is available for any purpose. The service meets and exceeds ADA requirements. We offer this service anywhere we operate our "fixed routes," during the same times we operate our regular bus service, at locations within 3/4th of a mile of a fixed route.

Roseburg..... 541-440-6500

UCAN Weatherization - The primary goals of UCAN's Weatherization Program are to help residents lower their utility bills, reduce energy use, and to improve their home's safety and durability. We work with homeowners and renters at no cost or reduced cost. When we have available funding, after receipt of a qualifying application, our staff perform an energy audit of a home. All work is performed on a case-by-case basis depending on the home and its needs.

Roseburg – 280 Kenneth Ford Drive 541-492-3932

UMPQUA VALLEY LOW COST VETERINARY SERVICES

It is the mission of Umpqua Valley Low Cost Veterinary Services to provide pets with high quality veterinary care when economic barriers may otherwise prevent access to those services. Our goal is to reduce the number of unwanted pets by promoting and providing discount spay/neuter services.

Roseburg – 520 SE Spruce..... 541-672-3161
<http://www.dclvs.org/>
<https://www.facebook.com/UmpquaEmergencyVeterinaryHospital>

EMPLOYMENT

CARDINAL SERVICES

Small to mid-sized businesses benefit from having our team of HR professionals provide support and design custom solutions to achieve their goals. So what do we do exactly? We take care of the administrative mayhem that takes up hours in your day- so you can get back to doing what you do best – running your business.

Roseburg – 250 NE Garden Valley Blvd Ste 17 541-672-8466

<https://www.cardinal-services.com/>

<https://www.facebook.com/Cardinal.Svc>

EMPLOYMENT DEPARTMENT – 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

Roseburg – 846 SE Pine..... 541-440-3344

<http://www.oregon.gov/employ/pages/default.aspx>

EXPRESS EMPLOYMENT PROFESSIONALS

Express Employment Professionals is one of the top staffing companies in the U.S. and Canada. Every day, we help people find jobs and provide workforce solutions to businesses.

Roseburg- 3019 NW Stewart Pwky Ste 305..... 541-673-3332

<https://www.expresspros.com/roseburgor/>

SELECTEMP EMPLOYMENT SERVICES

SELECTEMP provides flexibility to match any lifestyle, whether full or part-time, short or long term, or temp to hire. SELETEMP offers assignments in a variety of industries, including but not limited to: clerical, construction, delivery driving, general labor, heavy equipment operators, landscaping, manufacturing, mill work, packaging, production, warehouse, welding, etc.

Roseburg – 250 NE Garden Valley Blvd, Ste 15541-440-4844

<http://www.selec-temp.com/>

<https://www.facebook.com/Selectemp>

UMPQUA COMMUNITY COLLEGE (UCC) COUNSELING AND ADVISING CENTER

Umpqua Community College's Advising and Counseling Department is committed to your success. Trained professionals provide a variety of services to meet your individual needs in completing your educational goals.

Roseburg – 1140 Umpqua College Road – Campus Center Bldg..... 541-440-4610

<https://www.umpqua.edu/advising-career>

<https://www.facebook.com/umpquacc>

UMPQUA TRAINING & EMPLOYMENT (UT&E)

UT&E offers a range of services including labor market information, assessment and testing, career counseling, structured job searches, financial assistance, and opportunities to gain valuable work experience in an instructional setting. Assistance in the following: 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.

Roseburg – 760 NW Hill Avenue..... 541-672-7761

<http://www.ute1stop.org/>

HEALTH

ADVANTAGE DENTAL - Advantage Dental recognizes that individuals in situational or generational poverty have more difficulty in accessing dental care. Training staff and developing policies to reduce the barriers to care that are often associated with poverty is part of Advantage Dental’s mission. In Douglas County, Advantage Dental’s network of dentists provides care for dental emergencies through its unique After Hours Call system. The on-call dentists rotate, providing coverage for emergencies that may occur after regular business hours, year round.

Advantage Dental toll free.....866-268-9631
- Canyonville – 121 SW 5th St.....888-468-0022
- Reedsport – 1289 Winchester Ave.....888-468-0022
- Sutherlin – 155 Umpqua Street888-468-0022
- Winston – 671 SW Main St888-468-0022

<http://www.advantagedentalservices.com/>

CHILDREN’S MEDICATION ASSISTANCE

The FISH Food Pantry offers financial assistance for medicine of children of low-income families as requires by a health provide3r. An around-the-clock answering services evaluates and arranges for this service.

Eligibility 541-672-5242

DEPARTMENT OF VETERAN AFFAIRS

The VA Roseburg Healthcare System offers primary care and hospital services in medicine, surgery and mental health. Some of the services provided are: life insurance, burial benefits, disability, education/training, dependent/survivor benefits, vocational rehabilitation, and employment.

Roseburg – 913 NW Garden Valley Blvd541-440-1000

<http://www.roseburg.va.gov/index.asp>

<https://www.facebook.com/VeteransAffairs>

DOUGLAS COUNTY PUBLIC HEALTH NETWORK

DPHN is a not for profit organization serving all of Douglas County. DPHN provides communicable disease and emergency preparedness services. DPHN has partnered with other not for profit organizations including Umpqua Community Action Network (WIC and nurse visiting), Umpqua Community Health Center (immunization services, woman’s health, family planning and sexually transmitted disease and HIV), ADAPT (providing tobacco prevention and healthy communities programs), and Lower Umpqua Hospital (providing immunization and family planning).

Roseburg- 621 W Madrone541-440-3571

EVERGREEN FAMILY MEDICINE

Evergreen Family Medicine was born out of a desire to develop a system of care where patients of any age had a primary care provider watching over their healthcare and guiding them through the healthcare system – in the office, in the hospital, and with specialists. Evergreen is a Patient-Centered Primary Care Home and offers services including family practice, laboratory, x-ray, behavioral health, occuhealth, and urgent care.

- Myrtle Creek – 145 NE Broadway..... 541-863-3146
- Laboratory/X-ray –2570 NW Edenbower..... 541-229-3311
- OccuHealth –2570 NW Edenbower 541-677-7477
- Roseburg – 2570 NW Edenbower 541-677-7200
- Roseburg/West – 2510 Medical Park Dr..... 541-677-7200
- Urgent Care –2570 NW Edenbower 541-957-1111

<http://www.efmpc.com/index.php>

LIONS CLUB

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

Roseburg..... 541-464-6225

Applications available at - www.umpqualions.com

LOWER UMPQUA HOSPITAL

Lower Umpqua Hospital District is a not-for-profit 20-bed Critical Access Hospital (CAH) located on the Central Oregon Coast. As the full-service healthcare facility for coastal Douglas County, Lower Umpqua Hospital is proud to offer the full spectrum of modern health services with a comfortable, friendly small-town ambience.

Nutritional Counseling-For anyone interested in nutritional counseling for diabetes or other conditions that require a change in eating habits, a registered dietitian is available twice a month to help. For an appointment with the dietitian, please call the hospital.

Reedsport 541-271-2171

MERCY MEDICAL CENTER

Diabetes Education – Mercy’s Diabetes Learning Center provides information, resources and confidence to help people with disabilities control their condition and enjoy a full, healthy life. One on one education is provided by a diabetes certified registered nurse and dietitian. Individual and group classes are offered for diabetes education.

Roseburg.....541-677-2102

<http://mercyrose.org/education.html>

Mercy Foundation –

- Children’s Health Fund-Financial assistance for out of area travel for medical appointments, medications, and medical equipment
- The Learning Child-hygiene supplies, socks, underwear for schools. Some school supplies
- Healthy Kids Outreach Program—Nursing Resource support for schools, health resource connection, classroom nutrition and physical activity education, and classroom violence prevention education.
- HKOP Dental –School based sealant prevention clinics, Dental resource connection, and Dental learning lab.
- Kids in the Kitchen- afterschool nutrition education program for middle school students.
- Wings of Hope and Equine Assisted Learning - The Wings of Hope program was established to help children coping with grief. This includes students who have experienced loss, whether it is through death, abandonment, divorce, or parental conflict. This program is child-centered and is designed so that participants can address their own issues and concerns while working as a group.

Roseburg.....541-677-4818

Wings of Hope 541-677-2384

Equine Assisted Learning541-784-7576

<http://www.mercygiving.org/healthcare.html>

Mercy Medical Center Prenatal Classes – Gift of Motherhood is a free six-week class which includes breastfeeding and child birth preparation information.

Roseburg..... 541-677-2451

<http://www.mercyrose.org/communityed.php>

OREGON HEALTH PLAN

The Oregon Health Plan is a state program that offers health care to its members at little or no cost. You can apply for the Oregon Health Plan at any time of the year.

Enrollment is always open for the Oregon Health Plan.

To apply for OHP..... 800-699-9075

OHP Members call800-273-0557

www.oregonhealthcare.gov

OREGON REGIONAL POISON CENTER

The Oregon Poison Center is a 24-hour health care information and treatment resource. Call or visit the website for information on poisonous plants, drugs, chemicals and for emergency help.

24 hour call line800-222-1222

<http://www.ohsu.edu/xd/outreach/oregon-poison-center/index.cfm>

PUBLIC HEALTH PROGRAMS

Central Coast Community Health

Immunizations

Routine child and adult immunizations during clinic hours. Children under the age of 15 receiving immunizations must be accompanied by a parent or legal guardian.

Communicable Diseases – screening, testing, counseling for Sexually Transmitted Diseases, HIV and Hepatitis

Family Planning- The Family Planning Clinic is a confidential place for teens, women and men of any age, race, religion, or color to receive information about sexuality, birth control, sexually transmitted diseases, HIV, and reproductive health concerns.

Reedsport-680 Fir Ave..... 541-271-6218
Fridays from 9:00-3:00

Umpqua Community Health Center (UCHC) locations

Immunizations

Routine child and adult immunizations during clinic hours. Children under the age of 15 receiving immunizations must be accompanied by a parent or legal guardian.

- Roseburg – 150 Kenneth Ford Drive 541-672-9596
Monday through Friday, 8:30 – 11:30 am and 1:00 – 4:00 pm

- Sutherlin – 123 Ponderosa Drive 541-459-3788
Monday through Thursday, 1:00 – 4:00 pm

- Myrtle Creek – 790 S. Main St.....541-860-4070
Monday, Tuesday, Thursday and Friday, 1:00 – 4:00 pm

Communicable Diseases – screening, testing, counseling for Sexually Transmitted Diseases, HIV and Hepatitis

Family Planning- The Family Planning Clinic is a confidential place for teens, women and men of any age, race, religion, or color to receive information about sexuality, birth control, sexually transmitted diseases, HIV, and reproductive health concerns.

- Roseburg – 150 Kenneth Ford Drive 541-672-9596
Monday through Friday, 8:30 – 11:30 am and 1:00 – 4:00 pm

- Sutherlin – 123 Ponderosa Drive 541-459-3788
Fridays, 1:00 – 4:00 pm

- Myrtle Creek – 790 S. Main St.....541-860-4070
Tuesdays, 1:00 – 4:00 pm

<http://www.umpquachc.org/>

SOUTH RIVER COMMUNITY HEALTH CENTER

Our office serves the medical needs of Winston, Green, Roseburg and other local communities, delivering quality health care to both insured and uninsured clients. We provide the personalized service that is only possible in a small community setting. General medicine, physicals, women’s care, occupational health and behavioral health services are provided.

Winston – 671 SW Main..... 541-492-4550

<http://www.south-river.org/>

<https://www.facebook.com/SouthRiverCommunityHealthCenter>

UMPQUA COMMUNITY HEALTH CENTER

Provides primary medical, dental, and behavioral health services at several locations throughout Douglas County. Fees are assessed on a sliding scale and no one is denied care because of the inability to pay.

- Glide – 20170 N. Umpqua Hwy 541-496-3504
- Myrtle Creek – 790 S. Main541-860-4070
- Roseburg – 150 NE Kenneth Ford Dr..... 541-672-9596
- Sutherlin – 123 Ponderosa Dr..... 541-459-3788

School Based Health Centers-

- Douglas High School (Winston) 541-492-2055
- Roseburg High School..... 541-492-2055

<http://www.umpquachc.org/>

UMPQUA HEALTH ALLIANCE

Umpqua Health Alliance is Douglas County’s Coordinated Care Organization (CCO). It is one of several CCO’s around the state of Oregon approved by the Oregon Health Authority to improve health care and make it more affordable for the population being served through the Oregon Health Plan.

Roseburg – 1813 W Harvard 541-229-4842

<https://www.umpquahealthalliance.org/>

UMPQUA VALLEY BREASTFEEDING COALITION

Umpqua Valley Breastfeeding Coalition is dedicated to promoting, protecting and supporting breast milk feeding.

<https://www.facebook.com/pg/Umpqua-Valley-Breastfeeding-Coalition-1679121545643383/about/>

UNITED COMMUNITY ACTION NETWORK (UCAN)

Babies First! - Babies First! is a Public Health Nurse home visiting program for children at risk for poor health and development outcomes. Babies First! is a statewide program for children 0 to 5 years of age.

Roseburg – 621 W Madrone 541-440-3566

CaCoon Care Coordination - The Douglas County CaCoon Program is a care coordination program provided by Public Health Nurses with specialized training. The CaCoon Program is a program for families that have children with special health needs. CaCoon stands for *Care Coordination* to help parents find resources and to coordinate services.

Roseburg – 621 W Madrone 541-440-3566

Healthy Start - UCAN Child Services Division participants and others have the opportunity to participate in the Healthy Start program. Healthy Start is designed to educate families and link them to community resources such as: Doctor Appointments; medical/dental insurance; prenatal care; postpartum care; well-baby care; family planning; women’s health; childbirth education; information on parenting, breastfeeding and nutrition; father support; housing assistance; counseling; domestic violence; substance abuse; and STD treatment and prevention.

Roseburg – 621 W. Madrone St 541-440-3616

www.hccso.org

<https://www.facebook.com/ucanHeadStart/>

Maternity Case Management - The Maternity Case Management Program helps women to have healthy pregnancies and healthy births through personalized prenatal care and coordinated care by a healthcare provider.

Roseburg – 621 W Madrone 541-440-3566

Women, Infants & Children (WIC) - WIC is a nutrition education program that helps pregnant women, new mothers, and young children learn how to eat well and stay healthy. WIC works to improve the health and nutrition of women and children during critical years of a child's development. Services offered in Drain, Canyonville, Glendale, Myrtle Creek, Sutherlin, Reedsport, Glide, and Roseburg

Roseburg – 621 W Madrone541-440-3516

ZENNI OPTICAL

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

www.zennioptical.com

LEGAL

ANNUAL CREDIT REPORT

Fight identity theft by monitoring and reviewing your credit report. Requests can be made online, by mail or by phone. Reports requested online are available immediately.

Toll free.....877-322-8228

www.annualcreditreport.com

CHILD ABUSE AND NEGLECT REPORTING NUMBERS

Report child abuse to a local DHS office or a local police department, county sheriff, county juvenile department, or Oregon State Police.

Toll free.....855-503-SAFE(7233)

Douglas County DHS.....541-440-3373

Douglas County Sheriff541-440-4450

Roseburg Police541-673-6633

Myrtle Creek Police541-863-5221

Oakland Police.....541-459-2661

Sutherlin Police541-459-2211

Winston Police.....541-679-8704

CONSUMER CREDIT COUNSELING

Provides counseling and debt management planning at very reasonable prices (never more than \$35/month, depending on availability to pay).

Roseburg – 605 SE Kane St541-673-3104

<http://www.cccsdouglas.org/>

COURT APPOINTED SPECIAL ADVOCATES of DOUGLAS COUNTY, INC.

Provides trained volunteer advocates for abused and neglected children who have been placed in foster care. The community volunteer is legally assigned to the child and focuses on the case from the child's perspective, assuring that their needs are met and that ultimately the child is part of a safe, permanent and loving family. CASA volunteers bring three critical qualities to their work: they focus on one or two cases at a time; they bring the child's perspective to the judge; and their sole objective is representing the best interests of the child.

Roseburg – 545 West Umpqua Street, Suite #2541-672-7001

www.casaofdouglascounty.org

DON MILLS FAMILY LAW RESOURCE CENTER

Here you can find court approved family law forms such as dissolution, custody, parenting time plans, enforcement, modifications and information about court procedures. Family Law Facilitators are not attorneys and cannot help you with legal advice or strategy, but they are authorized to review paperwork with you in certain family law matters before you try to file. Reviews available by appointment only.

Forms Hours: 8-Noon Monday-Friday

Roseburg – 1036 SE Douglas, Rm 202541-957-2403

<http://courts.oregon.gov/Douglas/pages/familyresource.aspx>

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

Who we are: A project of the Douglas County Multi-Disciplinary Child Abuse Team
Services Provided: Legally sound child friendly forensic interviews, medical exams for child abuse/sexual assault survivors, mental health services for children and families, parent education and advocacy throughout the court process and beyond.

Baily’s Clinic: All children taken into state custody in Douglas County receive a C.A.R.E.S medical exam, dental screening and mental health assessment.

Public Training and Education: We provide educational presentations.

Access to Services: Referrals come from Department of Human Services, Law Enforcement or the District Attorney’s office for forensic interviews and CARES medical exams. Referrals for Baily’s Clinic come from Department of Human Services only.

Referrals for parent and community education are open to the community.

www.childabuseintervention.org/about-us

DOUGLAS COUNTY COURTHOUSE (DOMESTIC RELATIONS)

Restraining order filing hours – Monday thru Friday – 8:00 – 12:00 and 1:00 – 5:00.

Roseburg – 1036 SE Douglas, Rm 202 541-957-2470

LEGAL AID SERVICES OF OREGON (LASO)

We provide free legal assistance to low income residents of Douglas County in a range of civil matters. We prioritize cases involving discrimination, abuse, seniors, and substandard housing. However, we handle many different types of cases and have information and forms for people on a wide range of legal topics. We do not do any criminal, traffic, or bankruptcy cases.

Free interpreters available as needed upon request. ASL interpreter on staff.

In-person intake hours: Mon – Wed, 10:30-12:00

Phone intake hours: Mon – Wed, 10:30-12:00, 1:15 – 3:15

Roseburg – 700 SE Kane St541-673-1181

Si necesita ayuda en español, por favor llame la abogada a541-236-7631

<http://oregonlawhelp.org/>

NEIGHBOR-TO-NEIGHBOR MEDIATION SERVICES

Provides prompt, efficient, affordable means of resolving disputes by helping people talk to each other in a thoughtful, productive manner. No one is turned away for lack of ability to pay.

Douglas County 541-530-2578

<http://www.n2nmediation.com/>

OREGON CHILD SUPPORT PROGRAM (DCS)

The Oregon Child Support Program provides services and support that promote the well-being of Oregon children. Services include: establishing paternity, establishing child support orders, locating parents, and receiving/distributing child support payments. Website can be translated into a number of other languages.

Salem – 1162 Court St NE (800)850-0228

Roseburg – 2440 NW Troost, Ste 100 541-440-3357

<http://www.oregonchildsupport.gov/pages/index.aspx>

OREGON DEPARTMENT OF CONSUMER & BUSINESS SERVICES

The Department of Consumer and Business Services is Oregon’s largest consumer protection and business regulatory agency. We are a resource to Oregonians in areas involving finance and insurance, workplace safety and health, and building safety.

Salem – 350 Winter St NE503-378-4100

Consumer Advocacy 888-877-4894

<http://www.oregon.gov/dcbs/Pages/index.aspx>

OREGON LAW HELP

Oregon Law Help helps low-income persons and seniors with legal information and free civil legal services. Here you can locate information on a variety of legal issues, as well as information on how to contact programs providing legal assistance in Oregon.

Website can be translated into Spanish, Russian, Vietnamese, and Chinese.

<http://oregonlawhelp.org/>

OTHER

DOUGLAS COUNTY SENIOR SERVICES

Committed to providing services, information, education and recreation for seniors in Douglas County. We envision a caring and healthy community recognizing the wisdom and experience of the seniors.

- Riddle Community Center – 123 Parkside St 541-874-2234
- Roseburg Senior Center – 1614 SE Stephens St541-671-2634
- Sutherlin Senior Center – 202 E Central Ave..... 541-459-5320
- Winston Community Center – 440 SE Grape Ave 541-679-8973

<http://www.co.douglas.or.us/health/#>

<http://www.roseburgseniorcenter.org/>

<http://www.winstoncommunitycenter.com/>

FAMILY RESOURCE CENTER

The Family Resource Center is a combined effort of Lower Umpqua Hospital and the Reedsport School District. The Family Resource Center strives to connect people in coastal Douglas County to the information, resources and Services that they may need. It also provides agencies and organizations the opportunity to better reach and more efficiently serve this community. At the Family Resource Center, you can:

- Find out about applying for food stamps and Oregon Health Plan
- Get information about subsidized housing
- Pick up DMV manuals and forms
- Talk to a SHIBA volunteer about Medicare
- Pick up dental and vision applications for those with limited income
- Sign up on the wait list for furniture and appliances
- Find information about counseling and support groups
- Get answers to most questions about local services & programs

Reedsport-5 Saint John's Way541-271-9700
Monday-Friday 9:00-5:00 (closed for lunch)

SUTHERLIN COMMUNITY RESOURCE CENTER

Services include homework assistance, snacks, adult mentoring, and access to supervised programs and activities. Also offered is a free year-round afterschool program four days per week, teen nights on Fridays, and additional family based activities.

Sutherlin-104 East Central Ave..... 541-459-8262

UP2US NOW

The Up2UsNow Child Abuse Prevention Coalition is a collaborative community effort made up of various agencies, organizations, and individuals who are dedicated to reducing child abuse in Douglas County through community efforts and action committees including a Healthcare Committee, Opiate Task Force, Youth Media Project, Human Trafficking Task Force, Supporting Families Project, Violence Prevention & Healthy Relationships educational curriculum in schools.

Supporting Families Project- An individualized community connections program for families with children who are in need of additional support to strengthen their families. There is no cost for this service and all families with children are eligible.

Roseburg – Supporting Families Services 541-677-6531

Human Trafficking Task Force

For trainings, community events or resources 541-492-4550

<http://www.up2usnow.org/>

VITAL RECORDS

The Center for Health Statistics is Oregon's Vital Records Office. Oregon law requires all vital events that occur in Oregon, such as births, marriages, divorces, and deaths to be recorded, registered, and filed with our office. The office is also responsible for certifying, amending, and issuing these vital event records.

Order by phone..... (800)896-4988

<https://www.vitalchek.com/>

SPECIAL PROGRAMS FOR PEOPLE WITH DISABILITIES

CHILD DEVELOPMENT & REHABILITATION CENTER (CDRC)

CDRC provides clinical services for persons with developmental disabilities and other special health care needs through a team approach. Most services are provided at either Doernbecher Children's Hospital in Portland or at the CDRC building on the University of Oregon campus in Eugene. CDRC serves infants and youths through 21 years of age with developmental disabilities and other disabling conditions.

Eugene – 901 E. 18th, Clinical Services Bldg..... 541-346-3575 or 800-637-0700

<http://www.ohsu.edu/xd/health/child-development-and-rehabilitation-center/>

<https://www.facebook.com/OHSUedu>

DEVELOPMENTAL DISABILITIES PROGRAM

Community Living Case Management, Inc. (CLCM) provides a wide range of services for individuals and their families who are eligible for services under the Developmental Disabilities criteria.

Roseburg – 2550 NW Edenbower Blvd Ste 106 541-315-4300 (ext. 202)

<http://www.clcmoregon.org/>

EASTER SEALS OREGON

Easter Seals Oregon provides education and support services to people throughout Oregon whose lives are affected by disabilities and special needs.

Portland- 7300 SW Hunziker Rd Ste 103.....503-228-5108

<http://www.easterseals.com/oregon/>

<http://www.easterseals.com/connect-locally/affiliate-locations/oregon.html>

<https://www.facebook.com/EasterSealsOregon>

MENTOR OREGON

Our Community-based Residences—sometimes referred to as group homes—offer adults with intellectual and developmental disabilities the opportunity to live as independently as possible in the communities of their choice. Nestled in residential neighborhoods across the country, our Community-based Residences offer 24/7 staff support, expert clinical services, and opportunities for individual growth.

Roseburg – 822 NW Highland St 541-673-1747

<http://thementornetwork.com/program/community-based-homes/>

<https://www.facebook.com/likementor>

MUSCULAR DYSTROPHY ASSOCIATION (MDA)

MDA is a health agency dedicated to finding treatments and cures for muscular dystrophy, ALS, and related life-threatening diseases. They fund research, provide comprehensive health care services, and support to MDA families. MDA has a network of clinics, a summer camp program and various educational programs.

Eugene – 1500 Valley River Dr541-686-2753 or 866-686-2753

<http://www.mda.org/>

<https://www.facebook.com/MDANational>

OREGON COMMISSION FOR THE BLIND

For over 50 years, the Oregon Commission for the Blind has been an important resource for Oregonians who are blind or low vision as well as their families, friends, and employers. Our nationally recognized programs and expert staff work with individuals who are blind to instill confidence and build skills in all aspects of day-to-day life. Some of our training includes computer and technology skills, cooking, woodshop, career exploration, job development and job placement assistance.

Roseburg – 444 NE Winchester..... 541-492-1171 or 888-202-5463
<http://www.oregon.gov/blind/pages/index.aspx>

OREGON VOCATIONAL REHABILITATION SERVICES (VR)

VR assists individuals with disabilities to get and keep a job that matches their skills, interests and abilities. VR staff work in partnership with the community and businesses to develop employment opportunities for people with disabilities. Our services are individualized to help each eligible person receive services that are essential to their employment success.

Roseburg – 2020 NW Newcastle541-440-3371
<http://www.oregon.gov/dhs/employment/VR/Pages/Index.aspx>

ROSEBURG AUDIOLOGY CENTER

Evaluation and consultations for clinical, educational, and industrial hearing disorders.

Roseburg – 1367 W Harvard..... 541-378-4326
<http://www.roseburgaudiology.com/>
<https://www.facebook.com/pages/Roseburg-Audiology-Center/164675040265009>

SHRINERS HOSPITAL FOR CHILDREN

Provides free high quality medical care for children with neuromusculoskeletal conditions, burn injuries, and other special healthcare needs.

Portland – 3101 SW Sam Jackson Park Rd503-241-5090
<http://www.shrinershospitalsforchildren.org/Locations/portland>
<https://www.facebook.com/ShrinersHospitalsforChildren>

SPECIAL OLYMPICS OF OREGON

Provides year round sports training and athletic competition in a variety of Olympic type sports for children, youth and adults living with intellectual disabilities.

Portland – 5901 SW Macadam Ste 100503-248-0600
Roseburg- PO Box 541.....541-677-9687
<http://www.soor.org/>
<http://www.soor.org/Sub-Page.aspx?Name=Douglas-County&PID=95>
<https://www.facebook.com/SOORstate>

SUNRISE ENTERPRISES

Sunrise Enterprises assists persons with disabilities to access meaningful employment opportunities and achieve self-fulfilling lives.

Roseburg – 3005 NE Diamond Lake Blvd.....541-673-0195
<http://www.sunriseenterprisesinc.com/main/Home.aspx>
<https://www.facebook.com/sunriseenterprises/>

UMPQUA VALLEY DISABILITIES NETWORK (UVDN)

UVDN provides consumer services, which are designed to empowering persons with all types of disabilities to achieve the highest level of independence that they choose.

Programs include: Information/Referral, Peer Mentoring/Supports, Independent Living Skills Training, Individual and Systems Advocacy, Life Transition Services, Ready Now, Dial-A-Ride, and Project Literacy.

Roseburg – 736 SE Jackson 541-672-6336

<http://www.uvdn.org/>

<https://www.facebook.com/umpquavalleydisabilitiesnetwork/?rf=158291170868115>

TRANSPORTATION

DOUGLAS RIDES

Douglas Rides is a network of community transportation services, including Dial-a-Ride, for Douglas County, Oregon. Douglas Rides offers transportation services for Roseburg, Umpqua Community College, Yoncalla, Drain, Elkton, Sutherlin, Winston, Myrtle Creek, Riddle, Canyonville, and Reedsport.

Reservations by phone1(800)232-8121

<http://www.douglasrides.org/>

FISH ROSEBURG

Emergency Short Term Shelter/Transportation Assistance. The demand for these services far exceeds what **FISH** is able to provide and therefore are only available as funds permit. An around-the-clock answering service evaluates and arranges these services.

Roseburg-405 Jerry's Drive 541-672-5242

UCAN U-TRANS

UCAN operates Douglas County's public transit system through a contract with the County. It is an integral part of Douglas County's Coordinated Public Transit Transportation Plan. Known as U-Trans, our buses offer the only mass transit for residents of the County. All of our buses are ADA accessible with wheelchair lifts that allow those with wheelchairs to access our buses comfortably.

U-Trans offers two types of service. We offer regular service to residents of Winchester, Roseburg and Green (with connection to Winston) as often as once an hour. We offer commuter service several times daily along the I-5 corridor with stops in Canyonville, Riddle, Tri-City, Myrtle Creek, Dillard, Winston, Wilbur and Sutherlin. We have located many Roseburg area stops near major retail outlets, social service offices, government offices and large employers. Commuter stops are found in centrally located, easily accessed areas of outlying communities.

In addition to these "fixed" routes, we offer "door-to-door" service for individuals with a qualifying disability. This service is referred to as Para-Transit and is available for any purpose. The service meets and exceeds ADA requirements. We offer this service anywhere we operate our "fixed routes," during the same times we operate our regular bus service, at locations within 3/4th of a mile of a fixed route.

Roseburg.....541-440-6500

<http://www.umpquatransit.com/>