Douglas County
2018 Resource Directory

Please send questions or updates for this resource directory to:

1871 NE Stephens Street
Roseburg, Oregon 97470
ehubinfo@douglasesd.k12.or.us

Updated: March 2018
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HEALTH

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DOUGLAS COUNTY PUBLIC HEALTH NETWORK
EVERGREEN FAMILY MEDICINE
LIONS CLUB
LOWER UMPQUA HOSPITAL
MERCY MEDICAL CENTER
  Diabetes Education
  Mercy Foundation
  Mercy Medical Center Prenatal Classes
OREGON HEALTH PLAN (OHP)
OREGON REGIONAL POISON CENTER
SOUTHRIVER COMMUNITY HEALTH CENTER
UMPQUA COMMUNITY HEALTH CENTER
UMPQUA HEALTH ALLIANCE
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UMPQUA VALLEY BREASTFEEDING COALITION
UNITED COMMUNITY ACTION NETWORK (UCAN)
  Babies First!
  CaCoon Care Coordination
  Healthy Start
  Extended Babies First!
  Women, Infants & Children (WIC)
ZENNI OPTICAL

LEGAL

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COUNSELING & MENTAL HEALTH

ADAPT
Providing high quality primary care, substance use treatment, behavioral health care, and prevention services. Most major insurance plans accepted, including Oregon Health Plan and Medicare. No one is turned away due to inability to pay.

Reedsport.......................................................... 541-751-0357
Roseburg office – 621 W Madrone.............................................. 541-672-2691
• Adult Outpatient.......................................................... 541-492-0152
• Opioid Treatment Program..................................... 541-673-2770
• Corrections Treatment Services................................. 541-492-0187
• Youth Outpatient........................................................ 541-492-0172
• Deer Creek Youth Residential.................................. 541-673-5119
• Prevention & Education............................................ 541-672-2691
• The Crossroads Residential...................................... 541-492-0206

www.adaptoregon.org
https://www.facebook.com/adaptoregon/
https://www.facebook.com/AdaptPrevention/

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

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 Hotline ...................................................... 541-673-7552
www.aa.org
http://www.roseburgaa.org/
**AMEDISYS**

*Hospice Services*

We provide professional services for patients and their families who are in our care at a quality cost efficient way. Those professional services include; volunteer services, respite care, nursing services, bathing assistance, counseling, education, bereavement support for the family, up to date pain management, appropriate therapies for safety and quality of life. Our main goal is to ensure the patient and family are educated and comfortable. For more information, please call or visit our website.

Roseburg – 1820 NW Mulholland............................... (541)440-2583 fax (541)440-2530

*Home Health Services*

Our experienced nurses, therapists, aides and other staff provide skilled intervention teaching and other services prescribed by a physician and tailored to the needs of each patient. We help people remain safely at home and be able to live as independently as possible during recovery from a surgery, injury or illness, managing a serious or chronic disease or dealing with multiple diagnoses. We provide thorough education pertaining to your illness, medications and safety, all based on your doctor’s orders. For more information, please call or visit our website.

Roseburg – 1820 NW Mulholland............................... (541)440-3052 fax (541)440-8964

*Bereavement Groups*

We provide a safe environment in either a group setting or one – on – one counseling. Our group is not only for our hospice families but is also open to the public for those that have lost a loved one. Our “Pathway through Grief” sessions consists of a six week course and are held four times a year. Please call for more information or to R.S.V.P.

Roseburg – 1820 NW Mulholland.............................................................. (541)440-2583

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

**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 Douglas..............................................................541-673-7867

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

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

[www.facebook.com/BPApeaceathome](http://www.facebook.com/BPApeaceathome)
COMPASS BEHAVIORAL HEALTH
Compass Behavioral Health offers a comprehensive system of care that includes evidence-based treatment approaches and services to support healing, personal growth, development and opportunities for positive change. Services are available for children, adolescents, adults and families. No one is turned away due to inability to pay.

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 Douglas County youth

Community Support Services
Community Support Services are designed to assist individuals and families build the strengths, skills and resources needed to manage their health and achieve an improved quality of life.
- Early Assessment and Support Alliance (EASA) Program
- Individual and Group Skills training
- Psychotherapy
- Case Management
- IPS Supported Education and Supported Employment
- Peer Support Services
- Dual Diagnosis Treatment
- Assertive Community Treatment (ACT) Program

Roseburg Office – 621 W Madrone............................................................... 541-440-3532
- Adult, Medical & Crisis Units - 2700 Stewart Parkway, Annex B
- Youth and Family Team - 548 SE Jackson

Reedsport – 5 St. John’s Way……………………. …………………………………………541 -440-3532

24 Hour Crisis Help......................................................................................... 541-440-3532 or 800-866-9780
www.compassoregon.org
https://www.facebook.com/compassoregon.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, safe sex supplies and HIV and HCV community education and HIV+ speakers program.
Roseburg – 1034 Oak Street ................................................................. 541-440-2761
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.
http://www.mercyrose.org/hospice.html

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.
http://www.mercyrose.org/homehealth.html

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

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
https://nlitewomensclinic.com/

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
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 Española................................................................. (800)-499-6940
www.oregonaidshotline.com

ROSEBURG THERAPY
Roseburg Therapy LLC provides counseling and mental health services from a licensed therapist (Licensed Clinical Social Worker) for the treatment of Depression, Anxiety, Trauma, PTSD, Anger and more. Serves children and adolescence (age 4 to 17), adults (adults 18+), couples and families. Presently used modalities are Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR).
Roseburg - 522 SE Washington Ave, Suite 141.............................. (541)900-4285
https://www.RoseburgTherapy.com

SOUTH LANE MENTAL HEALTH
Now offering services at our Cottage Grove offices for Umpqua Health Alliance members living in Drain, Yoncalla, Oakland, and Sutherlin. Services include:
- Individual, family and child counseling
- Medication assessment, management and monitoring
- Substance use recovery services
Free transportation available through Bay Cities Brokerage......... (877)324-8109
Cottage Grove - 1345 Birch Avenue....................................................... (541)767-4098
www.slmh.org

SOUTHRIVER COMMUNITY HEALTH CENTER
SouthRiver is a patient-centered primary care home serving the medical and behavioral health care needs of people living in Winston, Green, Roseburg and other local communities. We offer affordable, high-quality healthcare, behavioral medicine and support services for children, adolescents, and adults, with a special commitment to improve access to care for individuals and families who are uninsured, low-income and medically underserved. No one is turned away due to inability to pay.
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 workplace. 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. Harvard .................................................... 541-440-4603
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 SCHOOL DISTRICT OFFICES
Camas Valley School District-197 Main Camas Rd ............................. 541-445-2131
Days Creek – 11381 Tiller Trail Hwy ............................................. 541-825-3296
Elkton – 749 W River Dr ................................................................. 541-584-2228
Glendale – 10598 Azalea Glen Rd ................................................... 541-832-3138
Glide – 301 Glide Loop Dr ............................................................... 541-496-3521
North Douglas - 500 S. Main St ....................................................... 541-836-2223
Oakland – 499 NE Spruce St ............................................................. 541-459-4341
Riddle – 401 1st Ave .......................................................... 541-874-3131
Reedsport- 100 Ranch Rd ................................................................. 541-271-3656
Roseburg – 1419 NW Valley View Dr ........................................... 541-440-4014
South Umpqua – 558 SW Chadwick .............................................. 541-863-3115
Sutherlin – 531 E Central Ave ......................................................... 541-459-2228
Winston-Dillard – 620 NW Elwood ............................................... 541-679-3000
Yoncalla – 401 1st St ................................................................... 541-849-2158
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 Stephens .............................................................541-440-4777
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 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 childcare.
Child Care Providers: Family Connections’ provider specialists offer consultations about licensing, assistance with business concerns and childcare 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://umpqua.edu/care-connections
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://www.fderoseburg.org/
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 – 239 East B Ave ................................................................. 541-942-4835
http://www.frncg.org/

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 Avenue .................................................. 541-672-4461
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
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 childcare provider in your area. Referrals are not recommendations and do not relate to quality of childcare. The responsibility of exploring and determining the best childcare provider is solely upon families seeking childcare.

SOUTH CENTRAL EARLY LEARNING HUB
The South Central Early Learning Hub is working to ensure that young children and their families in Douglas, Klamath, and Lake Counties have the resources and support to thrive. We are educators, health care providers, community advocates, program providers, faith-based originsation, tribal members, businesses and parents within the communities who believe we can do more for our communities together than we can on our own. As an early learning hub, we are focused on three system wide goals for the region, which are:
1. Aligned, Coordinated and Family Centered System.
2. Kindergarten Readiness
3. Healthy, Stable and Attached Families
Young children from birth to five are learning and developing at the fastest rate than any other time of their lives. As a community we are responsible to ensure the experiences a child has during this time creates a strong foundation for their future success.
Roseburg – 1871 NE Stephens.................................................................541-440-4777

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 Ave ..............................................................541-269-1611
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, Oakland 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 Stephens .................................................................541-492-6607
www.douglasesd.k12.or.us/parent-education/home
**EARLY HEAD START**
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. 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
http://ucancap.org/index.php/what-we-do/head-startearly-head-start
https://www.facebook.com/ucanHeadStart/

**HEAD START**
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. Head Start works with the entire family and offers all family members opportunities to develop their full potential. Head Start provides a positive, respectful environment for growth and awareness for both parents and children. Head Start has classrooms conveniently located throughout Douglas County. Children do not have to be potty trained to attend school. Applications accepted all year long.
Roseburg - 948 SE Roberts ................................... 541-673-6306 or 800-320-6306
http://ucancap.org/index.php/what-we-do/head-startearly-head-start
https://www.facebook.com/ucanHeadStart/

**HEALTHY FAMILIES OF DOUGLAS COUNTY**
Healthy Families is a free and voluntary home visiting program. Prior to or immediately after birth, parents are screened to determine eligibility for the program. Our program focuses on strengthening the parent-child relationship to assure healthy child growth and development. Home visitors help parents develop nurturing, positive relationships with their babies. Parents receive information about child development, infant care, keeping their baby healthy, and learn about resources to support their babies and family. Trained home visitors coach parents so that their baby is safe, healthy, and able to learn and thrive. Families may receive home visiting services until the child reaches 3 years of age.
Roseburg – 621 W. Madrone St .......................................................... 541-440-3586
http://ucancap.org/what-we-do/healthy-families
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
http://hccso.org/healthy-start/
https://www.facebook.com/ucanHeadStart/

UMQUA 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

UMQUA 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 .....................................................800-733-5627 or 800-588-9003
http://wolfcreek.jobcorps.gov
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
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 (except Friendly Kitchen price listed per person). Everyone is welcome.

<table>
<thead>
<tr>
<th>Kitchen</th>
<th>Address</th>
<th>Hours of Operation</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation Fellowship</td>
<td>813 SE Lane</td>
<td>Every Sunday EXCEPT 1st Sunday of Month 4:30-5:30</td>
<td>541-900-9313</td>
</tr>
<tr>
<td></td>
<td>Roseburg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friendly Kitchen (Age 60+, disabled adults and guests)</td>
<td>1771 W Harvard Roseburg</td>
<td>Monday – Friday – 11:00 – 12:00 ($3.25 for Age 60+ or Disabled Adult, $5 for other guests) Home-delivery available for those who qualify. Call for information.</td>
<td>541-673-5929</td>
</tr>
<tr>
<td>Living Hope Outreach</td>
<td>337 C Avenue Drain</td>
<td>Weds 12:30-2</td>
<td>541-767-8625</td>
</tr>
<tr>
<td>Roseburg Rescue Mission</td>
<td>752 SE Pine</td>
<td>Mon – Fri-Breakfast (6:30 AM) Lunch (12:00) Dinner (5:00 PM) Speaker/Sun-Breakfast (7:30 AM) Lunch (1:00) Dinner (5:00 PM)</td>
<td>541-673-3004</td>
</tr>
<tr>
<td></td>
<td>Roseburg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Samaritan Inn</td>
<td>544 W Umpqua</td>
<td>Mon-Fri-Breakfast (7:00 AM) Lunch (12:00) Dinner (5:00 PM) Speaker/Sun-Breakfast (8:00 AM) Lunch (1:00) Dinner (5:00 PM)</td>
<td>541-672-5387</td>
</tr>
<tr>
<td></td>
<td>Roseburg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Covenant United Methodist Church</td>
<td>3520 Frontage Rd</td>
<td>Weds 12:00-1:00</td>
<td>541-271-3838</td>
</tr>
<tr>
<td></td>
<td>Reedsport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Francis Community Kitchen</td>
<td>323 N. Comstock Sutherlin</td>
<td>Mon &amp; Weds-4:30-5:30</td>
<td>541-459-4186</td>
</tr>
<tr>
<td>----------------------------</td>
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</tr>
<tr>
<td>St Joseph’s Community Kitchen</td>
<td>800 W Stanton Roseburg</td>
<td>Tues &amp; Thurs – 4:30 – 5:30</td>
<td>541-673-5157</td>
</tr>
<tr>
<td>Table of Plenty</td>
<td>1242 NE Spruce Ave Myrtle Creek</td>
<td>Saturday 1-3</td>
<td>541-863-3271</td>
</tr>
</tbody>
</table>

**DEPARTMENT OF HUMAN SERVICES (DHS)**

**Aging and People with Disabilities**
Services and programs for seniors and people with physical disabilities. (Also see Douglas County Senior Services Department)
Roseburg – 738 W Harvard Suite 180………………………………………………….. 541-440-3580
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 Suite 120……………………………………………………541 -440-3373
Reedsport – 2630 Frontage Rd…………………………………………………………….. 541-271-4851

**Employment Related Day Care**
The Employment Related Day Care (ERDC) helps eligible low-income families pay for childcare while they are working. ERDC is a subsidy program, meaning eligible families still pay part of the childcare 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

**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.
Myrtle Creek – 217 S. Old Pacific Hwy ....................... P: 541-860-5858  F: 541-860-5863
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

**DOUGLAS COUNTY SENIOR SERVICES DEPARTMENT**
Services for seniors and People with Physical Disabilities:
Food and nutrition services, caregiver resources, information and assistance, Oregon Project Independence (OPI)
Roseburg - 1036 SE Douglas Ave, Rm 221.................................541-440-3677
http://www.co.douglas.or.us/ss/

**Senior Meals on Wheels**
Homebound seniors age 60 and up who need help in meal preparation or recovering from illnesses that make it difficult to prepare their meals.
Seniors receive nutritious hot and frozen meals. Volunteers deliver these meals to your front door Tuesday and Thursdays each week. They also provide a check in visit to see how you are doing. This can be important to people living alone.
Call 541-440-3677 to ask for an assessment and find out if you are eligible to receive these meals.
http://www.co.douglas.or.us/ss/mealsonwheels.asp

**Aging and Disability Resource Connection of Oregon**
A clearinghouse of information and resources to help seniors and people with disabilities live healthy lives.
https://www.adrcforegon.org/consite/index.php

**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
<table>
<thead>
<tr>
<th>Pantry</th>
<th>Address</th>
<th>Hours of Operation</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Pantry</td>
<td>810 Greenwood Rd Reedsport</td>
<td>Thurs 11:00-2:00</td>
<td>541-271-3609</td>
</tr>
<tr>
<td>Care &amp; Share</td>
<td>1008 Hayhurst Rd Yoncalla</td>
<td>Last Monday of each month 9:00 – 12:00</td>
<td>541-849-2800</td>
</tr>
<tr>
<td>Community Care Food Pantry</td>
<td>518 Pacific Ave. Glendale</td>
<td>Thurs 1:00 – 3:00</td>
<td>541-832-2009</td>
</tr>
<tr>
<td>Dillard/Winston Food Pantry</td>
<td>Methodist Church 131 4th St Dillard</td>
<td>Mon/Weds 9:30 – 11:30 1st and 3rd Weds 4:30 PM – 5:30 PM</td>
<td>541-679-8281</td>
</tr>
<tr>
<td>Drain FISH Pantry</td>
<td>131 West A Avenue Drain</td>
<td>Tues 9:00 – 1:00</td>
<td>541-836-2212</td>
</tr>
<tr>
<td>Fish Roseburg</td>
<td>405 Jerry’s Drive Roseburg</td>
<td>Mon &amp; Weds 1:30–3:30 Tues. &amp; Fri 9:30 – 11:30</td>
<td>541-673-9804</td>
</tr>
<tr>
<td>Foundation Fellowship</td>
<td>813 SE Lane Roseburg</td>
<td>3rd &amp; 4th Sunday 4:30-5:30</td>
<td>541-900-9313</td>
</tr>
<tr>
<td>Living Hope Outreach</td>
<td>337 C Avenue Drain</td>
<td>Weds 12:30 – 2:30</td>
<td>541-391-3973</td>
</tr>
<tr>
<td>Project Blessing</td>
<td>150 S 20th Reedsport</td>
<td>Tues &amp; Weds 1:00-3:00 Fridays 11:00-1:00</td>
<td>541-271-3928</td>
</tr>
<tr>
<td>Roseburg Dream Center</td>
<td>813 SE Lane Ave</td>
<td>Mon &amp; Wed 10:00 – 1:45</td>
<td>541-673-5918</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>3130 NW Stephens Roseburg</td>
<td>Mon- Thurs 1:00-4:00</td>
<td>541-672-6581</td>
</tr>
<tr>
<td>SDA CS Canyonville</td>
<td>714 NW Frontage Rd Canyonville</td>
<td>Wed 9:30 – 11:30 1:00 – 2:30</td>
<td>541-839-4051</td>
</tr>
<tr>
<td>SDA CS Glide</td>
<td>19805 N Umpqua Hwy Glide</td>
<td>Wed 10:00 – 2:00</td>
<td>541-496-0016</td>
</tr>
<tr>
<td>SDA CS Roseburg</td>
<td>1109 NW Garden Valley Roseburg</td>
<td>Tues 10:00 – 12:00, 1:00-2:45 3rd Tues 1:00 – 3:00</td>
<td>541-672-1542</td>
</tr>
<tr>
<td>South Douglas Food Bank</td>
<td>420 E Street Riddle</td>
<td>Thurs 9:00 – 12:00 3rd, 4th, &amp; 5th Sat 10:00 – 12:00</td>
<td>541-863-7563</td>
</tr>
<tr>
<td>St. Vincent DePaul</td>
<td>116 Main Myrtle Creek</td>
<td>Mon &amp; Wed 9:00 – 1:00</td>
<td>541-863-3310</td>
</tr>
<tr>
<td>Sutherlin Oakland Emergency Pantry</td>
<td>183 E 1st Ave</td>
<td>Mon &amp; Wed 9:00 – 11:00</td>
<td>541-459-4082</td>
</tr>
</tbody>
</table>
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. 1
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

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1 See Appendix 1 for List of Housing
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. ²
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

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 800-733-2767
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, and 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/

² See Appendix 1 for List of Housing
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 – 445 NE Chestnut Ave .................................................. 541-464-2740
http://www.safehavenmaternity.org/

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 St .......................................................... 541-672-5387
http://www.roseburgrescuemission.org/how-we-change-lives/samaritan-inn/
SEVENTH DAY ADVENTIST COMMUNITY SERVICES
Helping with food and clothing for anyone in need.
Canyonville – 714 NW Frontage Rd...................................................... 541-839-6190
Glide – 19805 N Umpqua Hwy.............................................................. 541-496-3956
Myrtle Creek – 325 NE Spruce .............................................................. 541-863-3815
Roseburg – 1109 NW Garden Valley...................................................... 541-672-1542
Sutherlin – 841 W Central Ave .............................................................. 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................................................................. 541-863-5489
Sutherlin – 112 E Central ..................................................................... 541-459-3394

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

UMPQUA VALLEY YOUTH FOR CHRIST
Parent Life reaches expectant and parenting teens and their children through intentional relationships with trained adults and community partnerships. We offer help with most any kind of baby supplies, including diapers, formula, strollers, car seats to name a few. In addition, we help with life skills and connect them with local resources and with mentors. This empowers the teens to make good choices, further their education, move toward independent living, and become life-long followers of Jesus Christ.
Come to a place...
Where you can be exactly who you are. Where the only "look" you will get is a smile...
Where you can make friends with others on the same journey. Learn and grow with others and have fun doing it!
Douglas County..................................................................................... 541-680-1656
http://uvyfc.com/ministries/parentlife
uvparentlife@gmail.com
UNITED COMMUNITY ACTION NETWORK (UCAN)

UCAN Affordable Housing 3
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 x3510
http://ucancap.org/index.php/what-we-do/affordable-housing

UCAN Food Bank
The Douglas County Food Bank features a modern warehouse and distribution center. Staff work to improve the nutritional quality of food low-income residents consume by working with farmers, grocery stores, and local partners to obtain fresh vegetables and fruit, meat and dairy products. The Food Bank does not provide food directly to residents. Instead, they collect, store, and distribute food to our network of fifteen food pantries and five community kitchens across Douglas County. For an updated list of network partners where you can access emergency food, please visit:
http://www.ucancap.org/need-help/getting-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, low-cost medicines, and medical supplies.

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://ucancap.org/index.php/what-we-do/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 ....................... 541-492-3926 or 800-301-8226 x3926

3 See Appendix 1 for List of Housing
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.

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

Early Head Start
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. 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
http://ucancap.org/index.php/what-we-do/head-startearly-head-start
https://www.facebook.com/ucanHeadStart/

Head Start
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. Head Start works with the entire family and offers all family members opportunities to develop their full potential. Head Start provides a positive, respectful environment for growth and awareness for both parents and children. Head Start has classrooms conveniently located throughout Douglas County. Children do not have to be potty trained to attend school. Applications accepted all year long.

Roseburg - 948 SE Roberts 541-673-6306 or 800-320-6306
http://ucancap.org/index.php/what-we-do/head-startearly-head-start
https://www.facebook.com/ucanHeadStart/
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 Suite 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

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 Suite 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. SELECTEMP offers assignments in a variety of industries, including but not limited to: clerical, construction, delivery driving, general labor, heavy equipment operators, landscaping, manufacturing, millwork, packaging, production, warehouse, welding, etc.
Roseburg – 250 NE Garden Valley Blvd, Suite 15 .............................. 541-440-4844
http://www.select-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............................................. 541-440-4610
https://www.umpqua.edu/advising-career
https://www.facebook.com/umpquacc
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 Street .............................................. 888-468-0022
- Roseburg – 1729 W Harvard Ave Suite 2 ............................... 888-468-0022
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 provider. 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 Blvd .................. 541-440-1000 or 800-827-1000
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 Madrone ................................................................. 541-440-3516
http://douglaspublichealtnetwork.org/index.php/services/
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................................................................. 541-802-3724
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 dietician, please call the hospital.
Reedsport 600 Ranch Rd ...................................................... 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— after school 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 Learning ....................................................................541-784-7576

http://www.mercygiving.org/

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

Roseburg .......................................................................................................541-677-2451

OREGON HEALTH PLAN (OHP)
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 call ...................................................................................800-273-0557

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 line .........................................................................................800-222-1222

http://www.ohsu.edu/xd/outreach/oregon-poison-center/index.cfm
SOUTHRIVER COMMUNITY HEALTH CENTER
SouthRiver is a patient-centered primary care home serving the medical and behavioral health care needs of people living in Winston, Green, Roseburg and other local communities. We offer affordable, high-quality healthcare, behavioral medicine and support services for children, adolescents, and adults, with a special commitment to improve access to care for individuals and families who are uninsured, low-income and medically underserved. No one is turned away due to inability to pay.
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. Main ............................................... 541-860-4070
- Roseburg – 150 NE Kenneth Ford Dr........................................ 541-672-9596
- Sutherlin – 123 Ponderosa Dr................................................ 541-459-3788
School Based Health Centers-
- 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.umpquahealth.com/

NEW DAY
New day is a service of Umpqua Health Alliance for Douglas County residents on the Oregon Health Plan. We help pregnant women struggling with substance abuse or other challenges. We work together with you and your OB doctor, and with other community providers and agencies to offer support and resources.
Roseburg – 2801 NW Mercy Drive, Suite 330............................... 541-229-7049
https://www.umpquahealth.com/new-day/

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)
http://ucancap.org/index.php/what-we-do/nurse-home-visiting

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/

Extended Babies First!
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 Madrone ............................................................... 541-440-3516

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 Sheriff ........................................................... 541-440-4450
Roseburg Police ................................................................. 541-673-6633
Myrtle Creek Police .............................................................. 541-863-5221
Sutherlin Police ................................................................. 541-459-2211
Winston Police ................................................................. 541-679-8704

COMMON GROUND MEDIATION
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/

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 St ................................................................. 541-673-3104
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 #2 .......................... 541-672-7001
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 202....................................................... 541-957-2403

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 St .................................................................541-673-1181
Si necesita ayuda en español, por favor llame la abogada a ................ 541-236-7631
http://oregonlawhelp.org/
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

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 NE ............................................................... 503-378-4100
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/
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. CRDC 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
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/or/eeastereasles.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 Dr..............................................541-686-2753 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

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 Newcastle.............................................. 541-440-3371
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 Rd .................................. 503-241-5090
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 100 ...................................... 503-248-0600
Roseburg- PO Box 541............................................................... 541-677-9687
http://www.soor.org/
https://www.facebook.com/SOORstate
SUNRISE ENTERPRISES
Sunrise Enterprises assists persons with disabilities to access meaningful employment opportunities and achieve self-fulfilling lives.
Roseburg (Admin Office) – 3005 NE Diamond Lake Blvd .................541-673-0195
Roseburg – 2331 NE Stephens St ....................................................... 541-673-0106
Sutherlin – 1016 W Central Ave ....................................................... 541-459-4020
Winston – 126 W Douglas Blvd ....................................................... 541-679-4161
Reedsport – 1401 Hwy 101 S ....................................................... 541-271-0553
Myrtle Creek – 875 S Main St ....................................................... 541-863-4330
http://www.sunrisehelps.com/
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, STEPS, Dial-A-Ride, Project Literacy, and other Fee-for-Service Programs.
Roseburg – 736 SE Jackson ....................................................... 541-672-6336
http://www.uvdn.org/
https://www.facebook.com/umpquavalleydisabilitiesnetwork/?rf=158291170868115
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

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 Madrone ............................................................541-440-3516
http://douglaspublichealthnetwork.org/index.php/services/

SOUTHRIVER COMMUNITY HEALTH CENTER

SouthRiver is a patient-centered primary care home serving the medical and behavioral health care needs of people living in Winston, Green, Roseburg and other local communities. We offer affordable, high-quality healthcare, behavioral medicine and support services for children, adolescents, and adults, with a special commitment to improve access to care for individuals and families who are uninsured, low-income and medically underserved. No one is turned away due to inability to pay.
Winston – 671 SW Main................................................................. 541-492-4550
http://www.south-river.org/
https://www.facebook.com/SouthRiverCommunityHealthCenter
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/

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. Main St .......................... 541-860-4070
- 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.umpquahealth.com/
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 phone ................................................................. 1(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/
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 St ...................... 541-671-2634
- 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/

DOUGLAS ESD PRINT SERVICES
Douglas ESD Print Services provides printed materials using Xerox machines. Offset presses, a large format printer and a digital envelope press. Our shop utilizes standard and specialty papers to produce multiple page sizes, ranging from business cards to posters. To complement the printing services, we can assist with page design and layout.
Email: printshop@douglasesd.k12.or.us
Roseburg – 1871 NE Stephens St................................................. 541-440-4772

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 Way ..................................................... 541-271-9700
Monday-Friday 9:00-5:00 (closed for lunch)

OPTIONS COUNSELING AND FAMILY SERVICES
Provides quality support and preservation services to children and families in Oregon through contracts with Juvenile Prevention, Department of Human Services Self-Sufficiency and Child Welfare. Services include: Youth Mentoring, In-home Safety and Reunification services, Family Support and Connections, and Intensive In-home Family Therapy.
Roseburg – 283 SE Fowler St, Suite 2 ........................................ 541-464-6455
http://options.org/
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/

UMQUA COMMUNITY VEG EDUCATION GROUP
UC-VEG has been providing free services surrounding nutrition and lifestyle education for over 7 years around Douglas County. An up-to-date calendar of free services and programs is available online. Programs and classes include the 12 week disease prevention series funded by Umpqua Health, the Total Health Improvement Program, healthy Shopping Tours, the Kitchen Garden Project (that provides backyard gardens for low-income families), Cooking Classes, as well as one-on-one support, documentary screenings, and monthly potlucks.
570 SE Jackson St. Ste.2..............................................................................(541)378-6359
www.ucveg.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/
## APPENDIX 1

### Affordable Housing in Douglas County

<table>
<thead>
<tr>
<th>Housing Name</th>
<th>Address</th>
<th>City</th>
<th>Phone Number</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boyd House (^1)</td>
<td>UCAN HOUSING</td>
<td>Canyonville</td>
<td>(541) 492-3510</td>
<td>House</td>
</tr>
<tr>
<td>Stagecoach Apartments (^3)</td>
<td>601 Stagecoach Rd</td>
<td>Canyonville</td>
<td>(541) 839-4682</td>
<td>Apartments</td>
</tr>
<tr>
<td>Cedar House (^1)</td>
<td>UCAN HOUSING</td>
<td>Drain</td>
<td>(541) 492-3510</td>
<td>House</td>
</tr>
<tr>
<td>John House (^1)</td>
<td>UCAN HOUSING</td>
<td>Drain</td>
<td>(541) 492-3510</td>
<td>House</td>
</tr>
<tr>
<td>James and Susan Houses (^1)</td>
<td>UCAN HOUSING</td>
<td>Green</td>
<td>(541) 492-3510</td>
<td>House</td>
</tr>
<tr>
<td>Clearwater Manor</td>
<td>730 NE Johnson St</td>
<td>Myrtle Creek</td>
<td>(541) 863-3637</td>
<td>Apartments</td>
</tr>
<tr>
<td>Meadowlark Court</td>
<td>721 SE Meadowlark Ave</td>
<td>Myrtle Creek</td>
<td>(541) 863-4972</td>
<td>Apartments</td>
</tr>
<tr>
<td>Myrtle Terrace Apartments (^3)</td>
<td>1135 Simpson Lane</td>
<td>Myrtle Creek</td>
<td>(541) 863-0457</td>
<td>Apartments</td>
</tr>
<tr>
<td>Oakland Terrace (^2)</td>
<td>1101 Oak Street</td>
<td>Oakland</td>
<td>(541) 673-6548</td>
<td>Apartments</td>
</tr>
<tr>
<td>Rainbow Villa (^2)</td>
<td>761 Juniper Street</td>
<td>Reedsport</td>
<td>(541) 673-6548</td>
<td>Apartments</td>
</tr>
<tr>
<td>Glenhaven Apartments (^2)</td>
<td>758 E 4th St</td>
<td>Riddle</td>
<td>(541) 643-6002</td>
<td>Multi-Family</td>
</tr>
<tr>
<td>Nickle Mountain Homes (^2)</td>
<td>111 Park Street</td>
<td>Riddle</td>
<td>(541) 673-6548</td>
<td>Apartments</td>
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<tr>
<td>Atkinsonville Apartments</td>
<td>178 NE Atkinson Ct</td>
<td>Roseburg</td>
<td>(541) 672-7474</td>
<td>Apartments/Condos</td>
</tr>
<tr>
<td>Brookside Court (^3)</td>
<td>1623 NE Vine Street</td>
<td>Roseburg</td>
<td>(541) 673-4340</td>
<td>Apartments</td>
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<tr>
<td>Camas Ridge (^3)</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
</tr>
<tr>
<td>Cecil House (^1)</td>
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<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>House</td>
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<tr>
<td>Chadwick Apartments (^3)</td>
<td>543 Chadwick Ave</td>
<td>Roseburg</td>
<td>(541) 236-7070</td>
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<tr>
<td>Crestview South (^1)</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
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<tr>
<td>Crestview Terrance (^1)</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
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<tr>
<td>Diamond Court apartments (^1)</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
</tr>
<tr>
<td>Eagle Landing Apartments</td>
<td>990 NW Veterans Way</td>
<td>Roseburg</td>
<td>(541) 673-4909</td>
<td>Housing for Vets</td>
</tr>
<tr>
<td>Esperanza Circle (^1)</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
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<tr>
<td>Grand Hotel Apartments (^3)</td>
<td>730 Cass Ave</td>
<td>Roseburg</td>
<td>(541) 229-0980</td>
<td>Apartments</td>
</tr>
<tr>
<td>Grandview Homes (^1)</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
</tr>
<tr>
<td>Neu Place (^3)</td>
<td>524 Homewood Court</td>
<td>Roseburg</td>
<td>(541) 236-7070</td>
<td>Special Needs</td>
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</table>

[^1]: Housing
[^2]: Apartments
[^3]: Special Needs Housing
<table>
<thead>
<tr>
<th>Housing Name</th>
<th>Address</th>
<th>City</th>
<th>Phone Number</th>
<th>Category</th>
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</thead>
<tbody>
<tr>
<td>Oakridge Apartments</td>
<td>2511 NW Edenbower Blvd</td>
<td>Roseburg</td>
<td>(541) 673-0625</td>
<td>Apartments</td>
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<tr>
<td>Orchard Knolls Apartments ²</td>
<td>1401 NW Veterans Way #345</td>
<td>Roseburg</td>
<td>(541) 464-2690</td>
<td>Transitional Housing for Vets</td>
</tr>
<tr>
<td>Parkside Village Apartments</td>
<td>2794 NE Douglas Ave</td>
<td>Roseburg</td>
<td>(541) 672-2214</td>
<td>Apartments</td>
</tr>
<tr>
<td>Princeton Court ³</td>
<td>840 Princeton Street</td>
<td>Roseburg</td>
<td>(541) 672-4552</td>
<td>Apartments</td>
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<tr>
<td>Rose Villa Apartments</td>
<td>2525 NE Stephens St</td>
<td>Roseburg</td>
<td>(541) 673-0736</td>
<td>Apartments</td>
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<tr>
<td>Rosewood Homes ²</td>
<td>902 W Stanton Street</td>
<td>Roseburg</td>
<td>(541) 673-6548</td>
<td>Apartments</td>
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<tr>
<td>Schaeffer House ¹</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>Duplex</td>
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<tr>
<td>Sunset Apartments ³</td>
<td>1800 NE Sunset</td>
<td>Roseburg</td>
<td>(541) 673-5410</td>
<td>Apartments</td>
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<tr>
<td>Trillium Terrace ¹</td>
<td>UCAN HOUSING</td>
<td>Roseburg</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
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<tr>
<td>Vine Street Court ²</td>
<td>2178 NE Vine St</td>
<td>Roseburg</td>
<td>(541) 672-9343</td>
<td>Multi-Family Apartments</td>
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<tr>
<td>Westview Commons Apartments</td>
<td>1067 Lookinglass Rd</td>
<td>Roseburg</td>
<td>(541) 440-3777</td>
<td>Apartments</td>
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<tr>
<td>Calapooia Crossing ³</td>
<td>279 Taylor St</td>
<td>Sutherlin</td>
<td>(541) 459-3947</td>
<td>House/Apartments</td>
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<tr>
<td>Landing Place Apartments ³</td>
<td>875 Landing Place</td>
<td>Sutherlin</td>
<td>(541) 459-3947</td>
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<tr>
<td>Madison Place ¹</td>
<td>UCAN HOUSING</td>
<td>Sutherlin</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
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<tr>
<td>North Slope Village</td>
<td>1007 W 6th Ave</td>
<td>Sutherlin</td>
<td>(541) 459-5504</td>
<td>Apartments</td>
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<tr>
<td>Swale Creek Apartments</td>
<td>1347 E Central Ave</td>
<td>Sutherlin</td>
<td>(541) 673-0625</td>
<td>Apartments</td>
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<tr>
<td>Blueridge Apartments ¹</td>
<td>317 Hart St</td>
<td>Winston</td>
<td>(541) 679-9505</td>
<td>Multi-Family Apartments</td>
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<tr>
<td>Liberty Point ¹</td>
<td>UCAN HOUSING</td>
<td>Winston</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
</tr>
<tr>
<td>Mariposa Villa ¹</td>
<td>UCAN HOUSING</td>
<td>Winston</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
</tr>
<tr>
<td>New Vista Village ¹</td>
<td>UCAN HOUSING</td>
<td>Winston</td>
<td>(541) 492-3510</td>
<td>Apartments</td>
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<tr>
<td>Winston Gardens ²</td>
<td>101 SW Ford Street</td>
<td>Winston</td>
<td>(541) 673-6548</td>
<td>Apartments</td>
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<tr>
<td>Applegate Village ²</td>
<td>Alder Street</td>
<td>Yoncalla</td>
<td>(541) 673-6548</td>
<td>Apartments</td>
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</tbody>
</table>

Operators of apartments

¹ UCAN Housing
² HADCO
³ UCPM
Please send questions or updates for this resource directory to:

Douglas Education Service District
South-Central Oregon Early Learning Hub
1871 NE Stephens Street
Roseburg, Oregon 97470

ehubinfo@douglasesd.k12.or.us