



DOUGLAS COUNTY

RESOURCE DIRECTORY



DOUGLAS
EDUCATION SERVICE DISTRICT
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Health & Wellness

Medical & Mental Health
Home Health Care/Hospice
Support Groups
Dental, Vision, Hearing
Health Insurance
HealthCare Fund



Medical & Mental Health

ADAPT

541-672-2691

621 W. Madrone Roseburg

Our mission is to provide our communities access to world-class primary care, addictions treatment, behavioral health care and prevention services to promote health and restore lives. Most major insurance plans accepted, including Oregon Health Plan and Medicare. No one is turned away due to inability to pay.

Reedsport Office	541-751-0357
Rapid Access	541-492-0222
Adult Outpatient	541-492-0152
Youth Outpatient	541-492-0172
Deer Creek Youth Residential	541-673-5119
The Crossroads Residential	541-492-0206
Detox Screening & Treatment	541-492-0222
Corrections Treatment Services	541-492-0187
Prevention & Education	541-672-2691

Aviva Health

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
Roseburg High School	541-492-2055
Sutherlin – 123 Ponderosa Dr.	541-459-3788
Drain-316 West A Ave	541-804-1717

Umpqua Community Health Center is now Aviva Health.

We provide 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.

<http://aviva.health/>

Babies First!

541-440-3622

251 NW Garden Valley Blvd, Roseburg

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.

<http://www.ucancap.org/what-we-do/nurse-home-visiting>

CaCoon

541-440-3622

251 NW Garden Valley Blvd, Roseburg

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.

<http://www.ucancap.org/what-we-do/nurse-home-visiting>

Compass Behavioral Health

541-440-3532

Roseburg Locations-

621 W Madrone St.

548 SE Jackson St. Roseburg (Youth & Family)

Reedsport Location-

680 Fir St

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.

Community Support Services-Offering various programs and services to assist Compass clients and their families build the strengths, skills and resources needed to manage their health and achieve an improved quality of life

Adult Treatment-Short-term psychotherapy, both individual and group sessions.

Youth & Family-Focus on the mental health needs of Douglas County youth and families, including individual, group and family therapy, skills training, psychiatric medication management and Wraparound.

Services are based in our Jackson Street office and in schools throughout Douglas County.

Early Assessment & Support Alliance (EASA)-Providing rapid identification, support, assessment and treatment for teenagers and young adults who are experiencing the early signs of psychosis.

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

www.compassoregon.org

<https://www.facebook.com/compassoregon.org>

Cow Creek Health & Wellness

541-672-8533 (North Clinic)

2371 NE Stephens St. Suite 200 Roseburg

541-839-1345 (South Clinic)

480 Wartahoo Ln. Canyonville

Cow Creek Health & Wellness has clinics in both Roseburg and Canyonville. They provide primary health care, pediatrics, registered dietitians, behavioral health & adult, child and adolescent psychiatry, podiatry, family planning & counseling. In the South Clinic they have x-ray and phlebotomy services.

<https://www.cowcreek.com>

Douglas County Public Health Network

541-440-3571

621 W Madrone Roseburg

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), Aviva (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).

<http://douglaspublichealthnetwork.org/index.php/services/>

Evergreen Family Medicine

541-677-7200

2570 NW Edenbower Roseburg

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 health-care 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.

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

FARA-Family Faith & Relationship Advocates

541-229-0510

1128 SE Stephens St. Roseburg

Here at FARA, we are a group of faith-based therapists, staff and volunteers from many denominations, from all over Douglas County, dedicated to connecting to the individual and meeting many mental health needs of our community. Offering group programs as well as individual services.

<https://fara4kids.org/read-me>

HIV Alliance

541-440-2761 647 Luellen Roseburg

541-342-5088 1195 City View Eugene

The Alliance offers case management, free HIV testing and syringe services, Narcan training for (agency, community, families and PWID), Smart Recovery, Peer Services, Behavioral Health for PWID, Hepatitis C (HVC) care and Fentanyl testing stripes. We offer case management to 13 counties and prevention services to Lane, Marion, Douglas, Coos, Curry, Josephine and some in Jackson County.

hivalliance.org

www.facebook.com/hivalliance

Hope Clinic for Women

541-672-2609

1425 Harvard Ave, Roseburg

Hope Clinic for Women provides early pregnancy services including pregnancy testing, limited obstetric ultrasound exams, nursing

consultations, educational classes and community referrals. All services are free of charge.

hopeclinicroseburg.com

NAMI Douglas County

541-673-6382

PO Box 795

Winchester, OR 97495

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. For 40 years, we have been at the forefront of the mental health movement providing support, education and advocacy to ensure people get the care they need and deserve. NAMI Douglas County meets the first Monday of every month from 6:00-7:30 pm at Vine Street Baptist Church 2153 NE Vine St. Roseburg. All are welcome.

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

Roseburg Counseling & Wellness

541-579-8100

251 NE Garden Valley Blvd Suite B Roseburg

Our experience enables us to offer effective outpatient, individualized, psychological care. We treat a number of mental health disorders, and provide a neutral ground to individuals, families, and couples.

<https://roseburgcw.com/>

Roseburg Therapy

541-900-4285

272 NW Medical Loop Suite E Roseburg

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 (adults18+), couples and families. Presently used modalities are Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR).

<https://www.RoseburgTherapy.com>

South Lane Mental Health

541-942-3939

1345 Birch Ave. Cottage Grove

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 and substance use recovery services. Free transportation through Bay Cities Brokerage 877-324-8109

www.slmh.org

SouthRiver Community Health Center

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

Roseburg-621 W. Madrone 541-440-3500

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.

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

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

Umpqua Health-Newton Creek

3031 NE Stephens St. Roseburg

541-229-7038

Umpqua Health offers healthcare for all ages. Our team provides personalized service, listens to your concerns and coordinates care with specialist and other providers. Primary Care, Pediatrics, Urgent Care and Behavioral Health services available. Walk-ins welcome, same day appointments available. Urgent Care open 7 days a week. All major insurance accepted, plus Medicare and OHP.

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

Valley View Counseling

541-673-3985

1652 NW Hughwood Court Roseburg

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

<http://www.valleyviewcounseling.com/index.html>

Home Health Care & Hospice

Amedisys

541-440-2583 (Hospice)

541-440-3052 (Home Health Services)

1820 NW Mulholland Dr. Roseburg

Hospice Services-We provide quality professional services for patients and their families who are in our care in a 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.

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 education pertaining to your illness, medications and safety, all based on your doctor's orders. For more information, please call or visit our website.

<https://locations.amedisys.com/or/roseburg/>

Mercy

541-677-2384

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.

<https://www.chimercyhealth.com/hospice.html>

Mercy Home Health-Mercy Home Health nurses provide comprehensive healthcare to people in their homes or foster homes. Services include nursing, physical, occupational and speech therapy, medical social services and 24 hour

On- call nurses.

<https://www.chimercyhealth.com/homehealth.html>

Support Groups

Al-Anon/Alateen

888-214-3384 (Local)

888-425-2666 (National Hotline)

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.

al-anon.org/for-alateen

www.oregonal-anon.org

Alcoholics Anonymous (AA)

541-673-7552 (Local)

800-593-3330 (National Hotline)

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.

www.aa.org

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

Amedisys

541-440-2583

1820 NW Mullholland Dr. Roseburg

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.

<https://locations.amedisys.com/or/roseburg/amedisys-hospice.html>

Beyond the Diagnosis:T1D Youth Diabetes

541-677-4850

At the support group meetings, topics discussed include nutrition education, food tastings, and general diabetes care, as well as time to socialize and network with other parents and youth.

<https://www.mercygiving.org/youth-diabetes.html>

CHI Mercy Classes & Support Groups

541-673-0611

Go online or call for current support groups and classes.

<https://www.chimercyhealth.com/calendar.html>

Compassionate Friends

541-672-1890 or 541-643-0959

Community Cancer Center

2880 Stewart Parkway Room 2A, Roseburg

We offer hope and support to anyone who has lost a child and to anyone who has lost a loved one to suicide. We are not professionals, but we have experienced the same loss. Everyone is welcome. There is a free lending library, free monthly newsletter and support through personal and telephone contacts.

We meet the 4th Monday of each month 5:30 – 7:30 (Sept–June)

<https://www.compassionatefriends.org/chapter/roseburg-chapter/>

Narcotics Anonymous

541-957-1489 (24 hour helpline)

Self-help group to support abstinence from drugs. NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

uvana.org

SMART Recovery

541-285-7434

647 West Luellen Dr. Suite 2 Roseburg

The Alliance offers a free Self-Management and Recovery Training know as SMART Recovery every Wednesday evening from 6:30 – 8:00 pm. These meetings are interactive with tools that are helpful in changing unwanted behaviors, thoughts and feelings.

www.smartrecovery.org/

Dental, Vision, Hearing

Advantage Dental

866-268-9631 (toll free)

866-268-9631 (24hr dental emergencies)

541-839-5000 (Canyonville)

541-707-6027 (Reedsport)

458-802-7028 (Roseburg)

541-673-6511 (Roseburg)

541-802-8000 (Sutherlin)

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.

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

HKOP Dental-Mercy Foundation

541-677-4818

Through onsite dental clinics, students receive a dental screening, sealants and fluoride varnishes to protect them from getting cavities and they go home with a report card and dental kits that include a toothbrush, toothpaste and floss.

www.mercygiving.org/hkop.html

Lions Club

541-802-3724

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

www.umpqualions.com

Roseburg Audiology Center

541-378-4326

1367 W Harvard Ave. Roseburg

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

www.roseburgaudiology.com/

www.facebook.com/roseburgaudiology/

Zenni Optical

At Zenni we believe that everyone should have access to high-quality, affordable eyewear. Prices starting at \$6.95 for single vision prescription glasses.

www.zennioptical.com

Health Insurance Information

Medicare

800-722-4134 (SHIBA)

Medicare is the federal health insurance program for people age 65 and older. Certain people younger than age 65 can qualify for Medicare, including those who receive Social Security Disability Income and those who have permanent kidney failure. Because Medicare is health insurance, you share the costs of your care. The Oregon Senior Health Insurance Benefits Assistance program (SHIBA) can tell you more about Medicare options.

<https://healthcare.oregon.gov/shiba/Pages/index.aspx>

Oregon Health Insurance Marketplace

800-318-2596

Private health insurance plans, and financial help with your coverage, are available through HealthCare.gov. Private

health insurance plans in every Oregon County are offered on HealthCare.gov. All the plans include comprehensive health benefits, and the Oregon Health Insurance Marketplace makes sure the plans meet state and federal requirements. HealthCare.gov is the only place to get help paying for coverage when you buy insurance for yourself or your family.

<https://www.healthcare.gov/>

Oregon Health Plan (OHP)

800-699-9075 (Application Questions)

800-273-0557 (Coverage Questions)

This free coverage is available to people who meet requirements for income, residency, and other factors. Oregonians may also qualify based on age and disability status. Coverage through the Oregon Health Plan includes doctor visits, hospital care, mental health services, dental, and some vision care

www.oregonhealthcare.gov

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.

<http://ucanap.org/index.php/what-we-do/health-insurance-and-rx-assistance>

HealthCare Fund

Mercy Foundation-Children's HealthCare Fund

541-677-4818

Mercy Foundation has created a fund to be used to benefit families with sick children who have limited or no financial resources and have unmet health care needs. The Children's Healthcare Fund's purpose is to ease the burden of expenses such as special equipment, medications, transportation costs to out-of-the-area medical appointments, co-pays and dental fees.

<https://www.mercygiving.org/hcfund.html>

Basic Needs

Food Access & Meal Sites

Housing

Shelters

Transportation

Basic Needs & Temporary Assistance

Low Cost Services



Food Access & Meal Sites

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.

Kitchen	Address	Hours	Phone Number
Foundation Fellowship	813 SE Lane Ave. Roseburg	Every Sunday EXCEPT 1st Sunday of Month 4:30-5:30	541-900-9313
Friendly Kitchen Age 60+, disabled adults & guests	1771 W Harvard Ave. Roseburg	Monday – Friday 11:00 – 12:00 (\$3.25 for Age 60+ or Disabled Adult, \$5 for other guests) Home-delivery avail- able for those who qualify.	541-673-5929
Living Hope Outreach	337 C Ave Drain	Weds 12:00-1:30	541-836-7051
Roseburg Dream Center	813 SE Lane Ave. Roseburg	M-Thurs. 9:30-1:30	541-673-5918
Roseburg Rescue Mission	752 SE Pine St. Roseburg	Mon-Fri Breakfast 6:30 am Lunch 12:00 Dinner 5:30 Sat/Sun Breakfast 7:30 Lunch 1:00 Dinner 5:30	541-673-3004
Samaritan Inn	544 W Umpqua St. Roseburg	Mon-Fri Breakfast 7:00 am Lunch 12:00 Dinner 5:00 Sat/Sun Breakfast 8:00 am Lunch 1:00 Dinner 5:00	541-672-5387

Kitchen	Address	Hours	Phone Number
St. Francis Community Kitchen	323 N. Comstock Ave Sutherlin	Mon & Weds 4:30-5:30	541-459-4186
St. Joseph's Community Kitchen	630 W. Stanton St Roseburg	Tues & Thurs 5:00 – 5:45	541-673-5157

Food Pantries in Douglas County

<http://www.ucancap.org/need-help/getting-food>

Pantry	Address	Hours	Phone Number
AARP Pantry	810 Greenwood Ave. Reedsport	Thurs 11:00-2:00	541-271-3609
Care & Share	1008 Hayhurst Rd. Yoncalla	Last Monday of each month 9:00 – 12:00	541-849-2800
Community Care Food Pantry	518 Pacific Ave. Glendale	Thurs 1:00 – 3:00	541-761-4967
Dillard/Winston Food Pantry	385 Thompson Ave. Winston	Mon/Weds 9:30 – 11:30 1st and 3rd Weds 4:30 – 5:30	541-679-8281
Drain FISH Pantry	128 West C St. Drain	Tues 9:00 – 1:00	541-836-2212
Fish Roseburg	405 Jerry's Drive Roseburg	Mon & Weds 1:30– 3:30 Tues. & Fri 9:30 – 11:30	541-672-5242
Foundation Fellowship	813 SE Lane Ave. Roseburg	3rd & 4th Sunday 4:30-5:30	541-900-9313
Living Hope Outreach	337 C Avenue Drain	Wednesdays 12:30 – 2:30	541-836-7051

Pantry	Address	Hours	Phone Number
Outpost Mobile Pantry	Mobile	Runs 1st & 3rd week of the month Monday 1-3 Camas Valley Tues 1-3 Elkton Wed 1-2 Days Creek	541-492-3522
Project Blessing	150 S 20th Reedsport	Tues & Weds 1:00-3:00 Fridays 11:00-1:00	Use Facebook Messenger to contact
Roseburg Dream Center	813 SE Lane Ave. Roseburg	Mon & Wed 10:00 – 1:45	541-673-5918
Salvation Army	3130 NW Stephens Roseburg	Mon-Thurs 1:00-4:00	541-672-6581
SDA CS Canyonville	714 NW Frontage Rd. Canyonvill	Wed 9:30 – 11:30 1:00 – 2:30	541-839-4051
SDA CS Glide (Helping Hands)	174 Abbott St. Glide	Wed 10:00 – 2:00 1st Wed. of the month 4:00-6:00	541-496-3956
SDA CS Roseburg	1109 NW Garden Valley Roseburg	Tues 10:00 –3:00 3rd Tues 1:00 – 3:00	541-672-1542
South Douglas Food Bank	420 E St. Riddle	Thurs 9:00 – 12:00 3rd, 4th, & 5th Sat 10:00 – 12:00	541-391-2796
St. Vincent DePaul	116 N Main Myrtle Creek	Mon & Wed 9:00 – 1:00	541-863-3310
Sutherlin Oakland Emergency Pantry	183 E 1st Ave Sutherlin	Mon & Wed 9:00 – 11:00	541-459-4082

Housing

Habitat for Humanity

541-672-6182

PO Box 1391 Roseburg, Oregon 97470

Umpqua Valley Habitat for Humanity builds homes for families in need in Central Douglas County. Habitat for Humanity also provides home repair services including building ramps and modifying homes to increase safety and self-reliance to allow families to remain in their own homes as they age or face medical conditions.

<https://www.habitat.org/us-or/roseburg/umpqua-valley-hfh>

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

Housing Authority of Douglas County (HADCO)

541-673-6548

1000 W. Stanton Roseburg

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 (HCV), Low Rent Public Housing, and Multiple Family Properties.

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

NeighborWorks Umpqua

541-673-4909

605 SE Kane St. Roseburg

A private, rural nonprofit organization working to enhance lives for Oregonians in Coos, Curry, Douglas, Jackson and Josephine County. NeighborWorks Umpqua does 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.

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

UCAN Affordable Housing

541-492-3510

800-301-8226 x 3510

280 Kenneth Ford Dr. Roseburg

UCAN owns and operates 92 units of affordable housing in Douglas County. Our developments are located throughout the County, including in Drain, Sutherlin, Roseburg, Green, Winston and Canyonville.

<http://ucancap.org/index.php/what-we-do/affordable-housing>

UCAN Housing and Homeless Service

541-672-5392

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.

<http://ucancap.org/index.php/what-we-do/housing-and-homeless-services>

Umpqua Community Property Management (UCPM)

541-378-4233

605 SE Kane St. Roseburg

A rural organization dedicated to enhancing the lives of Oregonians in Coos, Curry, Douglas, Lane, Jackson and Josephine County. UCPM does this by creating and increasing access to affordable housing opportunities with its appropriately priced rentals. UCPM connects Southwest Oregon residents with housing in hopes of them improving their lives and enhance their local communities.

<http://ucpm.org/>

Shelters

Casa De Belen

541-677-0073

1199 NE Grandview Dr. Roseburg

We provide temporary shelter and support services for teens that nurture the growth of each individual in all areas of their life. All services provided are confidential, free of charge and focused on the goal of helping youth gain self sufficiency in our community. Our goal is to offer flexible, accessible, and integrated services for runaway and homeless youth from the perspective of our guiding values:

Independent Living, Self-Sustainability, Community Involvement

<http://casadebelen.org/>

Roseburg Rescue Mission

541-673-3004

752 Pine St. Roseburg

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. 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.

<http://www.roseburgrescuemission.org>

Safe Haven Maternity Home

541-464-2740

445 NE Chestnut Ave. Roseburg

Our mission is to provide a safe home environment that strives to meet the spiritual, emotional, and 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.

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

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

Samaritan Inn

541-672-5387

544 W. Umpqua St. Roseburg

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 and children must be accompanied by mother or legal guardian.

<http://www.roseburgrescuemission.org/how-we-change-lives/samaritan-inn/>

Transportation

Bay Cities

1-877-324-8109

Bay Cities Brokerage is dedicated to arranging non-emergency medical transportation (NEMT) for members of Umpqua Health Alliance, Douglas County’s Coordinated Care Organization (CCO).

<http://bca-ride.com/umpqua-health-alliance/>

Douglas RIDES

888-232-8121

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.

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

UCAN UTrans

541-440-6500

UCAN operates Douglas County’s public transit system. UTrans

buses offer the only mass transit for residents of the County. All of our buses are ADA accessible. UTrans offers two types of service. We offer fixed route service and Paratransit service. Paratransit service is for individuals with a disability that prevents them from using UTrans regular fixed route bus service for some or all of their trips. This service is available for any purpose. 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 an air mile of a fixed route in Roseburg.

www.umpquatransit.com/

Basic Needs & Temporary Assistance

DHS Self-Sufficiency

541-440-3301

738 W Harvard Suite 160 Roseburg

541-860-5858

217 S. Old Pacific Hwy Myrtle Creek

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.

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

Fish Food Pantry

541-672-5242

405 Jerry’s Dr. 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.

<https://www.fishofroseburg.org/index.php>

Red Cross

541-673-3225

1-800-Red-Cross

1176 NW Garden Valley Blvd Roseburg

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.

<https://www.redcrossblood.org/local-homepage/location/am-red-cross-fixed-site-roseburg.html>

Roseburg Dream Center

541-673-5918

813 SE Lane St. Roseburg

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.

Hours of operation – Mon – Thurs. 9:30 AM – 1:45 PM

Food boxes available Monday and Wednesdays (10:00 – 1:45).

<http://roseburgdreamcenter.org/>

Salvation Army

541-672-6581

3130 NW Stephens, Roseburg

The Salvation Army's ministry is motivated by the love of God and its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. We have Sunday School Assembly, Sunday school/bible study, and worship service on Sundays; as well as bible study on Wednesday evenings. Other services include emergency food assistance, utility help, men's and women's fellowship groups, summer camps, back to school assistance, household voucher assistance, Greyhound bus assistance (when funding is available) and Christmas toy assistance. We provide Emergency Disaster Assistance when needed and provide rental assistance when funding is available with referral. Our Troops character building program is available for preschool age through 12th grade and it is free to the community. Please call for more information because our assistance can change to better serve our community.

<https://www.facebook.com/TSARoseburg/volunteer.usawest.org>

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 de Paul

Roseburg 541-580-0680
Myrtle Creek 541-863-3310 (Office) 541-863-5489 (Store)
Sutherlin 541-459-3394 (Store) 541-459-6435 (Ministry)
Provides rent and utility assistance, food boxes, prescription assistance, clothing, furniture and fuel for eligible people. Funds are limited when available.

<https://sjfx-church.org/st-vincent-de-paul>

Mercy Foundation-The Learning Child

541-677-4818

The Learning Child (TLC) provides assistance and support to community members and local agencies by sending children in need back to school with backpacks, school supplies and shoes.

<https://www.mercygiving.org/learningchild.html>

Low Cost Services

Oregon Lifeline

1-800-848-4442

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.

<http://www.puc.state.or.us/Pages/rspf/otap.aspx>

United Community Action Network (UCAN)

280 Kenneth Ford Dr. Roseburg

UCAN Heat Assistance-541-672-3421

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.

<http://ucanacap.org/index.php/what-we-do/heat-assistance>

UCAN Weatherization-541-492-3932

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.

<http://ucanacap.org/what-we-do/weatherization>

Umpqua Low Cost Veterinary Services

541-672-3161

520 SE Spruce Roseburg

It is the mission of Umpqua 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.

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

Senior Services



Senior Services

Department of Human Services (DHS)

Aging and People with Disabilities

541-440-3580

738 W. Harvard Suite 180 Roseburg

Services and programs for seniors and people with physical disabilities.

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

Douglas County Senior Services Department

541-440-3677

1036 SE Douglas Ave. Room 221 Roseburg

Services for seniors and people with Physical Disabilities:

Food and nutrition services, caregiver resources, information and assistance, Oregon Project Independence (OPI)

<http://www.co.douglas.or.us/ss/>

Douglas County Senior Services

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

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.

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

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

Meals on Wheels of Roseburg

541-673-5929

1771 W. Harvard Ave. Roseburg

Our Meals on Wheels of Roseburg program delivers hot, nutritious and delicious lunches Monday through Friday between 10:00-12:00 to homebound adults. The nutritious meal, friendly visit and safety check help seniors cope with three of the biggest threats of aging: hunger, isolation and loss of independence.

Eligible individuals must be age 60 or older, or disabled, or recovering from an illness or injury, and are unable, or find it difficult, to prepare nutritious meals. Our meals are provided on a donation basis. The suggested donation is \$3.25 per meal. Each contribution is voluntary and confidential. Diners are asked to contribute what they can afford. Our meal delivery is limited to the Roseburg area.

<https://friendlykitchen.org/meals-on-wheels>

Disability Services



Child Development & Rehabilitation Center (CDRC)

541-346-3575 or 800-637-0700

901 E. 18th, Clinical Services Bldg Eugene

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

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

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

Community Living Case Management (CLCM)

541-315-4300 x 202

2500 NW Edenbower Blvd Suite 106 Roseburg

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.

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

Early Intervention (EI)

Early Childhood Special Education (ECSE)

Douglas County-541-440-4794

1871 NE Stephens, Roseburg

<https://douglassesd.k12.or.us/early-intervention/douglas-county-eiecse>

Jackson County-541-494-7800

905 Stewart Ave. Medford

<https://douglassesd.k12.or.us/early-intervention/jackson-county-eiecse>

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 350 children in Douglas County and more than 750 children in Jackson County each year. 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.

Easter Seals Oregon

503-228-5108

7300 SW Hunziker Rd Ste 103 Portland

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

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

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

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

FACT Oregon

503-786-6082 or 1(888)988-3228

2475 SE Ladd Ave. Suite 430 Portland, OR 97214

FACT Oregon is your one-stop resource. We help thousands of Oregonian families each year navigate barriers, create inclusive cultures in schools and communities through trainings, peer-to-peer support, and community building opportunities.

<https://factoregon.org/>

FEATT Family Network

(Families Engaging and Thriving Together)

541-670-2557

P.O. Box 309 Roseburg

Local non-profit that supports families in Douglas County who have children experiencing disability. We do this by bringing families together to meet others walking a similar journey or path. This is done by scheduling monthly social events such as a bounce house event at the YMCA, having a monthly parent coffee, a monthly Mom's Night Out, and bringing trainings to the Roseburg area. There is NO eligibility criteria to participate.

<https://featt.org/>

Mentor Oregon

541-673-1747

822 NW Highland St. Roseburg

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.

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

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

Muscular Dystrophy Association (MDA)

541-686-2753 or 866-686-2753

1500 Valley River Dr Eugene

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.

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

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

Oregon Commission for the Blind

541-492-1171 or 888-202-5463

444 NE Winchester, Roseburg

For over 50 years, the Oregon Commission for the Blind has been an important resource for Oregonians who are blind or have 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.

<http://www.oregon.gov/blind/pages/index.aspx>

Oregon Vocational Rehabilitation Services (VR)

541-440-3371

2020 NW Newcastle Roseburg

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.

<http://www.oregon.gov/dhs/employment/VR/Pages/Index.aspx>

Shriners Hospital for Children

503-241-5090

3101 SW Sam Jackson Rd Portland

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

<http://www.shrinershospitalsforchildren.org/Locations/portland>

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

Southern Oregon Regional Brokerage-SORB

541-672-9140

2930 NE Stephens St. Roseburg

Southern Oregon Regional Brokerage is a Support Services Brokerage serving adults with developmental disabilities in Douglas, Coos, Curry and Klamath Counties. A Support Brokerage (or Brokerage) is an organization that helps an adult with developmental disabilities develop an individualized plan for community living and access supports to implement the plan. Support Services for Adults with developmental disabilities are individually designed supports that assist a person with developmental disabilities to live in their own home or with family or friends and fully participate in community life, including work.

http://sorb.us/?page_id=13

Special Olympics of Oregon

503-248-0600

8313 SW Cirrus Drive Beaverton

541-677-9687

PO Box 541 Roseburg

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

<http://www.soor.org/Sub-Page.aspx?Name=Douglas-Couty&PID=95>

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

Sunrise Enterprises

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

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

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

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

UMPQUA Valley Disabilities Network (UVdN)

541-672-6336

736 SE Jackson Roseburg

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).

<http://www.uvdn.org/programs/project-literacy/>

VETERAN SERVICES



Douglas County Veterans Service Office

541-440-4219

1036 SE Douglas Ave, Room 7/8 Roseburg

The Douglas County Veteran Service Office makes a difference in Veterans' lives by providing advocacy for and education about Veterans' claims with the U.S. Department of Veteran Affairs. Partnering with claimants, we make every effort to obtain the maximum benefit to which Douglas County Veterans may be eligible

<http://www.co.douglas.or.us/veterans/>

U.S. Department of Veterans Affairs

541-440-1000

800-549-8387

913 NW Garden Valley Blvd. Roseburg

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.

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

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

Veterans Crisis Line

800-273-8255 Press 1

VFW-Veterans of Foreign Wars

541-672-9716

1127 NE Walnut St. Roseburg

Across America, the initials VFW are a familiar sight and symbolize a commitment to the nation both at home and abroad. Our Mission: To foster camaraderie among United States veterans of overseas conflicts. To serve our veterans, the military and our communities. To advocate on behalf of all veterans.

<https://www.vfwpost2468.com/>

Crisis & Legal Services

Crisis Lines & Hotlines

Domestic Violence & Abuse Services

Legal Assistance



Crisis Lines & Hotlines

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>

Annual Credit Report

877-322-8228

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.

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

Compass Behavioral Health

800-866-9780 24 hours Crisis line

Mental health emergency response and mental health assessments

National Suicide Hotline

541-440-3532 (Roseburg)

800-273-8255

800-799-4889 (TTY)

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

Oregon HIV & STD Hotline

800-777-2437

800-499-6940 (Spanish)

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

www.oregonaidshotline.com

Oregon Poison Center

24 hour call line 800-222-1222

The Oregon Poison Center is a 24-hour health care information and treatment resource.

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

Veterans Crisis Line

800-273-8255 Press 1

Domestic Violence & Abuse Services

Peace at Home

541-673-7867

24 hours Hotline 800-464-6543

1202 SE Douglas, Roseburg

The mission of BPA is to create a community free of family violence, sexual assault, stalking and human trafficking 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.

www.peaceathome.com

Legal Assistance

C.A.S.A.-Court Appointed Special Advocates of Douglas County

541-672-7001

545 West Umpqua Street, Suite #2 Roseburg

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.

www.casaofdouglascounty.org

Common Ground Mediation

541-530-2578

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.

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

DOUGLAS C.A.R.E.S

(CHILD ABUSE RESPONSE & EVALUATION SERVICES)

503-455-8339

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-Protective Orders

541-957-2470

1036 SE Douglas Rm 201 Roseburg

<https://www.courts.oregon.gov/courts/douglas/programs-services/Pages/protective-orders.aspx>

Family Law Resource Center

541-957-2470

1036 SE Douglas Ave Room 201 Roseburg

Here you can find court approved family law firms 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

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

Legal Aid Services of Oregon (LASO)

541-673-1181 or 888-668-9406

700 SE Kane St Roseburg

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.

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

Phone intake hours: Mon – Thurs, 10 AM to 4 PM as staff is available.

<https://oregonlawhelp.org/organization/roseburg-regional-office-legal-aid-services-o?ref=FaIHD>

Oregon Child Support Program

541-440-3357

2440 NW Troost Suite 100 Roseburg

800-850-0228 (Salem)

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.

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

Oregon Department of Consumer & Business Services

503-378-4100 or 888-877-4894

350 Winter St. NE Salem

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.

<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/>

Education

Parenting Support & Education
Schools

Preschools

Adult & Community Education

Food Education & Nutrition

Youth Development & Recreation



Family Development Center

541-673-4354

300 Jerry's Dr. Roseburg

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.

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

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

Family Relief Nursery

541-942-4835

239 East B Ave. Drain

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.

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

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

Healthy Families

541-440-3642

280 Kenneth Ford Dr. Roseburg

Healthy Families is a free and voluntary parent support program in the home. Prior to or immediately after birth, parents are screened to determine eligibility for the program. Eligibility and acceptance of services must occur before the child is 3 months of age. Our program focuses on strengthening the parent-child relationship to assure healthy child growth and development. Family Support Specialists work with parents to 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 staff coach parents to ensure that their baby is safe, healthy, and able to learn and thrive. Families may receive support services until the child reaches 3 years of age.

<http://ucancap.org/what-we-do/healthy-families>

Healthy Start

541-440-3516 251 NE Garden Valley Blvd., Ste N Roseburg

541-672-9596 150 Kenneth Ford Dr. Roseburg

(when calling chose the Reproductive Health option)

Healthy Start is now available in two locations, the WIC office and Aviva Health. Healthy Start supports women and their families before, during, and after pregnancy. Our staff support participants by linking them to community resources such as: medical/dental insurance, prenatal and postpartum care, well-baby care, family planning, and women's health. Staff also work with families on childbirth education, parenting, breastfeeding and nutrition, partner support, housing assistance, mental health, and healthy relationships.

<https://hccso.org/healthy-start/>

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

New Beginning

541-673-1462 or 541-677-3466

500 SE Cass Ave, Suite 200 Roseburg

New Beginnings is a service of Umpqua Health Alliance for Douglas County residents on OHP. We focus on children ages birth to five and work with families, their care providers and community partners to offer support and resources.

New Day

541-229-7049

500 SE Cass Ave, Suite 200 Roseburg

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 those who are pregnant and struggling with any social determinants of health—housing, transportation, mental health needs, and any other challenge. We work together with you and your OB doctor, and with other community providers and agencies to offer support and resources.

<https://www.umpquahealth.com/new-day/>

Options Counseling & Family Services

541-464-6455

283 SE Fowler St. Suite 2 Roseburg

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.

<http://options.org/>

Parent Life

Umpqua Valley Youth for Christ

541-680-1656

P.O. Box 992 Roseburg 97470

Parent Life is free and open to all pregnant and parenting teens from ages 12-20 regardless of race, religion or economic status. 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.

<http://uvyfc.com/ministries/parentlife>

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

Take Root

**Parenting Support for Douglas, Klamath, and Lake Counties
541-957-4814**

1871 NE Stephens Roseburg

The Parenting Hub coordinates parenting education groups 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 groups 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.

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

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

Umpqua Valley Childbirth Education-Lamaze

541-673-4566

or private message Linda Middlekauff on Facebook

The mission of UVCE is to provide expectant moms and their partners with both information and skills which will help them to have confidence during the birthing process and the healthiest outcome for both mom and baby.

Class size is usually 5-10 expectant moms & their birth partners. The 7-week series meets one night a week on Tuesdays from 7 pm to 9:30 pm. Students should be registered to begin the series BEFORE the beginning of their 8th month of pregnancy; those with complications or multiples should sign up to begin earlier if possible.

Schools

Douglas County School District Offices

Camas Valley-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

541-440-4777

1409 NE Diamond Lake Blvd, Roseburg

1871 NE Stephens, Roseburg (Early Learning Services)

The Douglas ESD plays many roles in serving children. These include speech and language services, IT and network support, print services, attendance support, secondary transitions, a complex needs classroom, consulting teachers, media, staff development, data retrieval, programs for hearing and visually impaired students, substitute placement, mental health therapy, leadership training and many more.

www.douglasesd.k12.or.us/home

McKinney-Vento Act: Homeless Education

Program

The McKinney-Vento Act's Education of Homeless Children and Youth Program, ensures that homeless children and youth are provided a free, appropriate public education, despite lack of a fixed place of residence or a supervising parent or guardian. The state public school admission statute assuring the right of homeless and other children and youth in similar circumstances to enroll in schools is ORS 339.115(7). The local liaison serves as one of the primary contacts between homeless families and school staff, district personnel, shelter workers, and other service providers

Every school district in Oregon has at least one designated Homeless Student Liaison to provide direct assistance to homeless families and unaccompanied youths to access and achieve in school. A list of Douglas County schools liaison are in Appendix 1 (pg 65-66).

To learn more about McKinney-Vento Act please contact your local liaison.

Phoenix Charter School

541-673-3036

3131 NE Diamond Lake Blvd. Roseburg

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. We are a part of the Community Collective, Creating Community Resilience.

www.roseburgphoenix.com

<http://www.dc-ccr.org/>

South-Central Early Learning Hub

541-440-4777

1871 NE Stephens, Roseburg

The South-Central Oregon Early Learning Hub is a program of the Douglas ESD. The South-Central Early Learning Hub's purpose is to develop a coordinated, effective system of early learning services that equip young children with needed skills for success in school and in life. Working closely with community based partnership, the Hub is creating a collective impact model that focuses on shared goals, strategies and outcomes and recognizes the importance of how partners, working together, promote stable and attached families. 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.

Preschools & Childcare

For the most up to date information on child care in the community call 211 or online at

<http://triwou.org/projects/fcco>

Care Connections & Education

541-440-7705

1140 Umpqua College Rd-Tech Center Room 102 Roseburg

541-882-2308 (Klamath & Lake)

Connections & Education serves Douglas, Klamath & Lake Counties as a resource to increase and build connections to quality child care. We empower child care providers to excel in their profession through educational opportunities on best practices, exploration of career pathways and connection with families needing care.

<https://umpqua.edu/care-connections>

DHS-Employment Related Day Care

541-440-3301

738 W. Harvard Suite 160 Roseburg

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>

Early Head Start

541-673-6306 or 800-320-6306

250 Kenneth Ford Dr. Roseburg

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 or enrolled in school. Classes meet 6 1/2 hours a day in an educational 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.

<http://ucancap.org/index.php/what-we-do/head-startearly-head-start>

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

Head Start

541-673-6306 or 800-320-6306

205 Kenneth Ford Dr. Roseburg

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 with full and part day options

at most sites. Children DO NOT have to be potty trained to attend school. Applications accepted all year long.

<http://ucancap.org/index.php/what-we-do/head-startearly-head-start>

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

Preschool Promise

Preschool Promise is a publicly-funded, high-quality preschool system. Preschool Promise leverages high-quality, local and culturally relevant early child care and education programs and makes them available to children living at 200% of the poverty level. Preschool Promise provides opportunities for families to access and choose the preschool setting which best meets their needs.

Cow Creek-Yimisa' Preschool Promise

541-677-5575

825 NE Leon St., Myrtle Creek

Elkton Preschool Promise

541-584-2228

15850 State Highway 38, Elkton

North Douglas Preschool Promise

541-836-2213

100 N. School St., Drain

South Umpqua Preschool Promise

541-863-3168

651 NE Division, Myrtle Creek

Sutherlin Preschool Promise

541-459-2228

323 E 3rd Ave., Sutherlin

Winston-Dillard Preschool Promise

541-679-3037

2520 Brockway Rd., Winston

Yoncalla Preschool Promise

541-849-2158

First Street, Yoncalla

Adult Education

Adult Basic Skills

541-440-4603

Roseburg- Woolley Center 1634 W. Harvard

Drain-North Douglas High School

The Adult Basic Skills Department through 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.

www.umpqua.edu/absd

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

Elkton Community Education Center (ECEC)

541-584-2692

15850 Hwy 38 W Elkton

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.

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

<https://www.facebook.com/pages/Elkton-Community-Education-Center/>

OSU Extension Services Douglas County

541-672-4461

1134 SE Douglas Ave. Roseburg

The Oregon State University Extension Service engages the people of Oregon with research-based knowledge and education that strengthen communities and economies, sustain natural resources, and promote healthy families and individuals. The OSU Extension serves our clientele with programs in Horticulture, Nutrition Education, Forestry &

Natural Resources, Livestock & Forage, 4-H, and Master Gardeners. In these programs we offer a wealth of non-formal community educational programs and information services.

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

www.facebook.com/OregonStateExt

Umpqua Community College

541-440-4600 (General)

541-440-4610 (Advising)

1140 College Rd. Roseburg

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.

www.umpqua.edu/

www.facebook.com/umpquacc

Wolf Creek Job Corps Civil Conservation Center

800-733-5627 or 800-588-9003

2010 Opportunity Lane Glide

Wolf Creek Job Corps is a residential job-training program federally funded and serves economically disadvantaged students from the ages of 16 through 24.

<http://wolfcreek.jobcorps.gov>

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

Food Education & Nutrition

Lower Umpqua Hospital District-Nutritional Service

541-271-2171

600 Ranch Rd. Reedsport

For anyone interested in nutritional counseling for diabetes or other conditions that require a change in eating habits, a registered dietitian is available twice a month to help. For an appointment with the dietitian call the hospital or talk to your physician about a referral.

Umpqua Community VEG Education Group

541-378-6359

PO Box 675 Roseburg

UC-VEG has been providing free services surrounding nutrition and lifestyle education for over 10 years around Douglas County. An up-to-date calendar of free services and programs is available online. Activities include the Total Health Improve Program, a 13-week disease prevention and reversal series, monthly healthy shopping tours, the Kitchen Garden Project (providing backyard gardens for low-income families, schools and non-profits), cooking classes, documentary screenings, and monthly community potlucks.

www.ucveg.org

Women, Infants & Children Nutrition Program

(WIC)

(541) 440-3516

251 NE Garden Valley Blvd., Suite N Roseburg

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

<http://www.ucanap.org/need-help/getting-wic-services>

Youth Development & Recreation

Boys & Girls Club of the Umpqua Valley

541-440-9505

1144 NE Cedar St. Roseburg

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.

www.bgcuv.org

www.facebook.com/bgcuv

YMCA

541-440-9622

1151 NW Stewart Pkwy Roseburg

541-839-6117

330 Sabbath Way Canyonville

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.

<http://www.ymcaofdouglascounty.org>

<https://www.facebook.com/roseburg.ymca>

Employment Services



Employment Services

Cardinal Services

(541) 672.8466

2375 NW Stewart Pkwy Roseburg

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.

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

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

Express Employment Professionals

541-673-3332

741 NE Garden Valley Blvd Roseburg

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.

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

Selectemp Employment Services

541-440-4844

250 NE Garden Valley Blvd, Suite 15 Roseburg

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

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

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

WorkSource Douglas

541-440-3344

877-728-7970 (Unemployment Benefits)

846 SE Pine St. Roseburg

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

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

Coalitions
Task Force
Referral Systems



Community UPLiFT

541-957-4809 x 4809

541-850-1138 x 2113

541-880-4062

1871 NE Stephens St. Roseburg

2685 Foothills Blvd Klamath

11 North G St. Lakeview

Community UPLiFT is a coordinated referral system that connects expecting parents and families with children 0 through the age of 5 and children with special needs through the age of 21 to early childhood service providers such as; Family Development Center, Head Start, Early Head Start, Healthy Families, Healthy Start, Babies First, CaCoon, Family Relief Nursery, Early Intervention, Early Childhood Special Education, Compass, New Day & New Beginning Programs. Community UPLiFT is a collaborative community effort made up of various agencies, organizations, and individuals who are dedicated to developing an Early Childhood System in Douglas, Klamath, and Lake Counties through united partnerships linking families to resources.

Southern Oregon Perinatal Task Force

541-774-8095

Our mission is to improve knowledge, behaviors, and systems of care for women, teens, children, and families in Douglas and Josephine Counties through cross-sector Perinatal Task Forces. Enhanced overall well-being and improved health outcomes of women, teens, children, and families – before, during, and after pregnancy.

<https://hccso.org/perinatal-task-force/>

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/>

UP2US NOW

541-677-4818

541-677-6531 (Human Trafficking Task Force)

The Up2Us Now Child Abuse Prevention Coalition is a collaborative community partnership with local not-for-profit, government, school and law enforcement agencies dedicated to strengthening families and communities to reduce and prevent the incidence of child abuse in Douglas County. The coalition provides trainings, awareness, skill building activities and connection services throughout the community through action committees including the Opiate Task Force, Youth Media Project, Rural Volunteer Teams, Healthy Relationships curriculum in schools and through the Douglas County Human Trafficking Task Force. There is no cost for services, trainings, workshops or connection to care.

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

OTHER SERVICES



Douglas ESD Print Services

541-440-4772

1871 NE Stephens St. Roseburg

Email: printshop@douglasesd.k12.or.us

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.

Vital Record

800-896-4988

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.

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

APPENDIX 1

MCKINNEY-VENTO SCHOOL LIAISONS

District	Liaison	Phone #	Email	Webpage
Camas Valley 21J	Jeanine Dever	541-445-2131 x200	jeanine.dev- er@camasval- ley.k12.or.us	www.cam-asvalley.k12.or.us
Douglas Co. SD 15	Cathy Knapp	541-825-3296	Cathy.knapp@ dayscreek.k12. or.us	www.day-screekschools.com
Douglas Co. SD 4	Juliana Marez	541-440-8275 (W) 541-530-1501 (C)	jmarez@ roseburg.k12. or.us	http://www.roseburg.k12.or.us/depts/ss/
Elkton SD 34	Andy Boe	541-584-2228	Andy.Boe@ elkton.k12. or.us	www.elkton.k12.or.us
Glendale SD 77	Sean O'Brady	541-832-1701 x3806	sobrady@ glendale.k12. or.us	www.glendale.k12.or.us
Glide SD 12	Tammy Beard	541-496-3524	tbeard@glide. k12.or.us	http://www.glide.k12.or.us/district/title
North Douglas SD 22	Scott Yakovich	541-836-2222 x230	scott.yakov- ich@north- douglas.k12. or.us	http://www.northdouglas.k12.or.us/
Oakland SD 1	Christina Walker-Clark	541.459.2597 x4152	christina. walker-clark@ oakland.k12. or.us	http://www.oakland.k12.or.us/Contact-Us

District	Liaison	Phone #	Email	Webpage
Reedsport SD 105	Jon Zwemke	541-271-3656	jzwemke@reedsport.k12.or.us	http://www.reedsport.k12.or.us/
Riddle SD 70	William Starkweather	541-874-2251 x2002	william.starkweather@riddle.k12.or.us	http://www.riddle-schooldistrict.com/home
South Umpqua SD 19	Diane Dunas	541-836-3115 x1063	diane.dunas@susd.k12.or.us	http://www.susd.k12.or.us/office-of-student-services/
Sutherlin SD 130	Deborah Foley	541-459-2228	debbie.foley@sutherlink.12.or.us	http://www.sutherlin.k12.or.us/student-services
Winston-Dillard SD 116	David Welker	541-679-3002	welkerd@wdsd.org	http://winstondillard.cyberschool.com/District/1161-Contact-Us.html
Yoncalla SD 32	Jerry Fauci	541-849-2175	jerry.fauci@yoncalla.k12.or.us	www.yoncalla.k12.or.us



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