

Douglas County Resource Directory



SOUTH-CENTRAL
EARLY LEARNING

HUB

DOUGLAS, KLAMATH & LAKE COUNTIES

Please send questions or updates
for this resource directory to:

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



LISTEN • LEARN • LEAD

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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

www.oregonal-anon.org

ALCOHOLICS ANONYMOUS (AA)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. Meetings in Roseburg, Sutherlin, Winston, Myrtle Creek, Glide, and Yoncalla.

AA National Hotline.....800-593-3330

Roseburg 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

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

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 Edenbower541-677-7200
<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 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.

- Up2Us Now Coalition541-677-4818
- Rural Volunteer Teams541-677-4840
- Human Trafficking Task Force541-677-6531

Facebook: [Up2UsNow Child Abuse Prevention Coalition](#) or [Douglas County Human Trafficking Task Force](#).

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

VALLEY VIEW COUNSELING

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

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

EDUCATION

ADULT BASIC EDUCATION

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

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

Woolley Center – 1634 W. 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

COMMUNITY UPLiFT

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, Extended Babies First, CaCoon, Maternity Case Management, Family Relief Nursey, Early Intervention, Early Childhood Special Education, 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.

Douglas County – 1871 NE Stephens St..... 541-657-4809

Klamath County - 2685 Foothills Blvd 541-850-1138 x 2113

Lake County – 11 North G Street541-880-4062

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 1 st 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 1 st 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.....	Early Learning Services
Roseburg - 1409 NE Diamond Lake Blvd.....	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
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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.fdcroseburg.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/>

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

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 2 (See Page 55).

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

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

A list of preschools in Douglas County can be found in Appendix 3 (See Page 56). Please note this is not a complete list. Preschools open and close daily. You can also find a list of preschools at: 211info.org/search-resources

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, and Christmas toys for children and/or Christmas food box. Please call for more information because our assistance can change to better serve our community.

Roseburg– 3130 NW Stephens St.....541-672-6581

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

www.facebook.com/TSARoseburg/

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 originations, 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.....541-440-4774

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.....541-957-4814

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

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

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 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.

Roseburg – 280 Kenneth Ford Dr., 97470541-492-3907
<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/>

UMPQUA COMMUNITY COLLEGE

UCC is a two-year public, comprehensive institution that offers educational programs in adult basic education, technical, vocational, liberal arts, and pre-professional transfer courses.

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

www.umpqua.edu/

www.facebook.com/umpquacc

UMPQUA 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>

UMPQUA VALLEY DISABILITIES NETWORK (UVdN)

Project Literacy - People who self-express having a literacy barrier in their lives work with an Independent Living Specialist to set educational goals to remove their barriers.

UVdN staff pairs the individual with an appropriate volunteer tutor to assist the individual in meeting their goals through one-on-one tutoring services. Tutoring is available in reading, math, writing, GED preparation, and **English as a Second Language (ESL)**.

Roseburg – 736 SE Jackson.....541-672-6336

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

WOLF CREEK JOB CORPS CIVIL CONSERVATION CENTER

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

Glide – 2010 Opportunity Lane.....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>

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

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

EXPRESS EMPLOYMENT PROFESSIONALS

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

Roseburg- 3019 NW Stewart Pwky 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. 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.

Roseburg – 250 NE Garden Valley Blvd, Suite 15.....541-440-4844

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

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

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.

Kitchen	Address	Hours of Operation	Phone Number
Foundation Fellowship	813 SE Lane Roseburg	Every Sunday EXCEPT 1 st Sunday of Month 4:30-5:30	541-900-9313
Friendly Kitchen (Age 60+, disabled adults and guests)	1771 W Harvard Roseburg	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.	541-673-5929
Living Hope Outreach	337 C Avenue Drain	Weds 12:30-2	541-767-8625
Roseburg Rescue Mission	752 SE Pine Roseburg	Mon – Fri -Breakfast (6:30 AM) Lunch (12:00) Dinner (5:00 PM) Sat/Sun -Breakfast (7:30 AM) Lunch (1:00) Dinner (5:00 PM)	541-673-3004
Samaritan Inn	544 W Umpqua Roseburg	Mon-Fri -Breakfast (7:00 AM) Lunch (12:00) Dinner (5:00 PM) Sat/Sun - Breakfast (8:00 AM) Lunch (1:00) Dinner (5:00 PM)	541-672-5387
Covenant United Methodist Church	3520 Frontage Rd Reedsport	Weds 12:00-1:00	541-271-3838
St Francis Community Kitchen	323 N. Comstock Sutherlin	Mon & Weds-4:30-5:30	541-459-4186
St Joseph's Community Kitchen	800 W Stanton Roseburg	Tues & Thurs – 4:30 – 5:30	541-673-5157
Table of Plenty	1242 NE Spruce Ave Myrtle Creek	Saturday 1-3	541-863-3271

DEPARTMENT OF HUMAN SERVICES (DHS)

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

[Find us on Facebook](#)

[Find us on Twitter](#)

[Find us on YouTube](#)

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

[Follow us on Facebook](#)

[Follow us on Twitter](#)

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.

Oregon Child Abuse Hotline 1-855-503-7233 (**SAFE**)

Roseburg – 738 W Harvard Suite 120.....541-440-3373

Reedsport – 2630 Frontage Rd.....541-271-4851

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

[Follow us on Twitter](#)

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.

Roseburg – 738 W Harvard Suite 160.....P: 541-440-3301 F:541-673-9742

<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.

Roseburg – 738 W Harvard Suite 160.....P: 541-440-3301 F: 541-673-9742

Myrtle Creek – 217 S. Old Pacific HwyP: 541-860-5858 F: 541-860-5863

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

[Follow us on Facebook](#)

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.adrcoforegon.org/consite/index.php>

FOOD PANTRIES IN DOUGLAS COUNTY

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

HABITAT FOR HUMANITY

Umpqua Valley Habitat for Humanity builds homes for families in need in central Douglas County. Applicants must be living in inadequate housing; fall within 35-65% of the median household income for Douglas County, adjusted for family size; show an ability to pay an affordable mortgage over 30 years and be willing to put in 500 hours of “sweat equity” to construct homes with the help of volunteers. Under similar terms, Habitat 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.

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

www.umpquavalleyhabitat.org

<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>

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, 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.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/>

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

SALVATION ARMY

The Salvation Army’s ministry is motivated by the love of God and its mission is to meet human needs in His name without discrimination. Services include emergency food, utility help, and Christmas toys for children and/or Christmas food box. Please call for more information because our assistance can change to better serve our community.

Roseburg– 3130 NW Stephens St.....541-672-6581

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

www.facebook.com/TSARoseburg/

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

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

UMPQUA COMMUNITY PROPERTY MANAGEMENT (UCPM)

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.

Roseburg, 734 SE Rose St.....	541-378-4233
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www.ucpm.org

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
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<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 Drive541-492-3510 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.

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

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 Drive541-672-3421

<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 Jackson541-492-3926 or 800-301-8226 x3926

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

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/>

HEALTH

ADVANTAGE DENTAL

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

- Advantage Dental toll free.....866-268-9631
- Canyonville – 121 SW 5th St.....888-468-0022
- Reedsport – 1289 Winchester Ave.....888-468-0022
- Sutherlin – 155 Umpqua Street888-468-0022
- Roseburg – 1729 W Harvard Ave Suite 2888-468-0022

<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 Madrone541-440-3516

<http://douglaspublichealthnetwork.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

Mercy Foundation

- Children’s Health Fund-Financial assistance for out of area travel for medical appointments, medications, and medical equipment
- The Learning Child-hygiene supplies, socks, underwear for schools. Some school supplies
- Healthy Kids Outreach Program—Nursing Resource support for schools, health resource connection, classroom nutrition and physical activity education, and classroom violence prevention education.
- HKOP Dental –School based sealant prevention clinics, Dental resource connection, and Dental learning lab.
- Kids in the Kitchen- afterschool nutrition education program for middle school students.
- Youth Diabetic Support-family education, support, activities, mentorship, and resource connection.

Roseburg.....541-677-4818

<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 call800-273-0557

www.oregonhealthcare.gov

OREGON REGIONAL POISON CENTER

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

24 hour call line800-222-1222

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

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 – 521 NW Garden Valley Blvd. 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 – 521 NW Garden Valley Blvd. 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 – 521 NW Garden Valley Blvd. 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 – 521 NW Garden Valley Blvd. 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 – 521 NW Garden Valley Blvd.541-440-3516

UMPQUA 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

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/>

COURT APPOINTED SPECIAL ADVOCATES of DOUGLAS COUNTY, INC.

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

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

www.casaofdouglascounty.org

DON MILLS FAMILY LAW RESOURCE CENTER

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

Forms Hours: 8-Noon Monday-Friday

Roseburg – 1036 SE Douglas, Rm 202 541-957-2403

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

DOUGLAS C.A.R.E.S

(CHILD ABUSE RESPONSE & EVALUATION SERVICES)

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

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

Public Training and Education: We provide educational presentations.

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

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

www.childabuseintervention.org/about-us

DOUGLAS COUNTY COURTHOUSE (DOMESTIC RELATIONS)

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

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

LEGAL AID SERVICES OF OREGON (LASO)

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

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

Phone intake hours: Mon – Thursday, 10 AM – 4 PM as staff is available

Roseburg – 700 SE Kane St541-673-1181

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

<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

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

OREGON DEPARTMENT OF CONSUMER & BUSINESS SERVICES

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

Salem – 350 Winter St NE503-378-4100

Consumer Advocacy 888-877-4894

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

OREGON LAW HELP

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

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

<http://oregonlawhelp.org/>

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.

Fridays from 9:00-3:00

Reedsport-680 Fir Ave..... 541-271-6218

DOUGLAS COUNTY PUBLIC HEALTH NETWORK

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

Roseburg- 621 W Madrone541-440-3516

<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 (UHC) 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 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/>

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

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

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

DEVELOPMENTAL DISABILITIES PROGRAM

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

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

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

EASTER SEALS OREGON

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

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

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

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

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

FEATT Family Network (Families Engaging and Thriving Together)

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.

Roseburg- PO Box 309.....541-670-2557

MENTOR OREGON

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

Roseburg – 822 NW Highland St 541-673-1747

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

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

MUSCULAR DYSTROPHY ASSOCIATION (MDA)

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

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

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

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

OREGON COMMISSION FOR THE BLIND

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

Roseburg – 444 NE Winchester..... 541-492-1171 or 888-202-5463

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

OREGON VOCATIONAL REHABILITATION SERVICES (VR)

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

Roseburg – 2020 NW 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 Rd503-241-5090

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

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

SPECIAL OLYMPICS OF OREGON

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

Portland – 5901 SW Macadam Ste 100503-248-0600

Roseburg- PO Box 541.....541-677-9687

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

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

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

SUNRISE ENTERPRISES

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

Roseburg (Admin Office) – 3005 NE Diamond Lake Blvd541-673-0195

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 S541-271-0553

Myrtle Creek – 875 S Main St541-863-4330

<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>

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 St541-671-2634
- Sutherlin Senior Center – 202 E Central Ave..... 541-459-5320
- Winston Community Center – 440 SE Grape Ave 541-679-8973

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

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

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

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 Way541-271-9700

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 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.

Up2Us Now Coalition541-677-4818

Rural Volunteer Teams541-677-4840

Human Trafficking Task Force541-677-6531

Facebook: [Up2UsNow Child Abuse Prevention Coalition](#) or [Douglas County Human Trafficking Task Force](#).

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

VITAL RECORDS

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

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

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

APPENDIX 1

AFFORDABLE HOUSING

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

AFFORDABLE HOUSING CONTINUED

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

Operators of apartments		
¹ UCAN Housing	² HADCO	³ UCPM

APPENDIX 2

MCKINNEY-VENTO SCHOOL LIAISONS

District	Liaison Name	Phone	Email	District Webpage
Camas Valley 21J	Jeanine Dever	541-445-2131 x200	jeanine.dever@camasvalley.k12.or.us	www.camasvalley.k12.or.us
Douglas Co. SD 15	Cathy Knapp	541-825-3296	Cathy.knapp@dayscreek.k12.or.us	www.dayscreekschools.com
Douglas Co. SD 4	Juliana Marez	W: 541-440-8275 C: 541-530-1501	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.yakovich@northdouglass.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
Reedsport SD 105	Jon Zwemke , Supt.	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.riddleschooldistrict.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@sutherlink12.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

APPENDIX 3

LIST OF PRESCHOOLS AND CHILD CARE

Preschool Name	City	Phone Number
Cobb Street	Roseburg	(541) 957-1008
Family Development Center	Roseburg	(541) 673-4354
Ford Childhood Enrichment Center	Roseburg	(541) 440-4650
Grace Family Child Center	Roseburg	(541) 673-6416
St. Paul's Kindergarten/Preschool	Roseburg	(541) 673-7212
RHS Child Development Center	Roseburg	(541) 440-4153
Roseburg Playschool Co-op	Roseburg	(541) 637-8878
UCAN Head Start/Early Head Start	Roseburg	(541) 673-6306
YMCA Child Development Center	Roseburg	(541) 673-5501
Little Wellspring Preschool	Roseburg	(541) 672-6868
Country Kids Christian Learning Academy	Roseburg	(541) 440-9268
Kimie's Kid Kare	Roseburg	(541) 817-9293
Susan Lewin's Daycare	Roseburg	(541) 672-3459
The Children's Garden Preschool & Daycare	Roseburg	(541) 643-0418
Shelby Shaw's Daycare	Roseburg	(641) 677-9157
Handel With Care Family Child Care	Roseburg	(541) 295-0342
Kelly's Kid Care, LLC	Roseburg	(541) 440-9365
Wonderland Preschool	Myrtle Creek	(541) 863-3738
Oakland Playschool Co-op	Oakland	(541) 459-4670
Rain Drops Preschool/Child Care	Sutherlin	(541) 459-0831
Calapooia Christian Preschool	Sutherlin	(541) 459-2557
Neighborhood Christian Preschool	Sutherlin	(541) 459-2249
Little Rascals Preschool/Child Care	Sutherlin	(541) 459-5258
Miss Ann's Kiddie Korner	Riddle	(541) 680-5506
North Douglas Family Relief Nursery	Drain	(541) 942-4835
A Great Place Early Learning & Care	Winchester	(541) 670-7367
Yoncalla Preschool	Yoncalla	(541) 849-2395

* Updated 4/13/16



Please send questions or updates for this resource directory to:

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

