

South-Central Oregon Early Learning Hub Resource Directory

2015-16



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

TOPICAL INDEX

COUNSELING & MENTAL HEALTH

ADAPT	9
Al-Anon/Alateen	9
Alcoholics Anonymous (AA)	9
Battered Person’s Advocacy (BPA)	9
Compassionate Friends	10
Community Health Alliance	10
Douglas CARES (Child Abuse Response & Evaluation Services)	11
Family Development Center	11
HIV Alliance	11
Hospice/Home Health	11
- Mercy Hospice	11
- Mercy Home Health	11
- Mercy Bereavement Groups	12
- Amedisys	12
N’Lite Women’s Clinic	12
Narcotics Anonymous	12
National Suicide Hotline	12
Options Counseling	12
South River Community Health Center	12
Valley View Counseling	13

EDUCATION

Adult Basic Education	13
Boys & Girls Club of the Umpqua Valley	13
Douglas County Library	14
Douglas Education Service District	14
Elkton Community Education Center	15
Family Development Center (FDC)	15
Family Relief Nursery	15
Healthy Families of Douglas County	16
OSU Extension Service1	16
Parent Education	16
Phoenix Charter School	16
Preschool/Child Care Centers	17
UCAN Early Head Start	18
UCAN Head Start	18
Umpqua Community College	18
Umpqua Valley Disabilities Network	18
Douglas County School District Offices	19

Wolf Creek Job Corps Civil Conservation Center	19
YMCA.....	19

HOUSING/FOOD ASSISTANCE/BASIC NEEDS

211 Info	19
Casa De Belen	20
Child Abuse and Neglect Reporting	20
Community Kitchens.....	20
Department of Human Services.....	21
- Employment Related Day Care (ERDC).....	21
- Child Welfare Program	21
- Self-Sufficiency	21
- Aging and People with Disabilities	21
Douglas County Low Cost Vet Services.....	21
Family Connections of Lane and Douglas Counties	22
Firewood.....	22
Food Pantries	23
Habitat for Humanity.....	24
Housing Authority of Douglas County.....	24
NeighborWorks Umpqua	24
Oregon Lifeline (RSPF)	25
Red Cross.....	25
Roseburg Dream Center.....	25
Roseburg Rescue Mission	25
Safe Haven Maternity Home.....	26
Safelink Wireless	26
Seventh Day Adventist Community Services.....	26
St Vincent DePaul Society	27
UCAN.....	27
- UCAN Affordable Housing	27
- UCAN Food Banks	27
- UCAN Health Insurance and RX Assistance.....	27
- UCAN Heat Assistance	27
- UCAN Housing and Homeless Service.....	28
- UCAN U-Trans.....	28
- UCAN Weatherization	28

EMPLOYMENT

Cardinal Services	29
Employment Department – Work Source Douglas	29
Selectemp Employment Services	29
Umpqua Community College Counseling & Advising Center	29
Umpqua Training & Employment	29

HEALTH

Dental Services	30
- Advantage Dental	30
- Umpqua Community Health Center	30
Lions Club	30
Mercy Medical Center	30
- Mercy Foundation Children’s Healthcare	30
- Mercy Medical Center Prenatal Classes	30
- Mercy Foundation (Wings of Hope/Equine Assisted Learning)	30
Oregon Health Plan	31
Oregon Regional Poison Center	31
Public Health Programs	31
- Immunizations	31
- Communicable Diseases	31
- Family Planning	31
- WIC	32
- Babies First!	32
- CaCoon Care Coordination	32
- Maternity Case Management	32
- Food Service Licensing and Food Handlers card	32
South River Community Health Center	32
Umpqua Community Health Center	32
Umpqua Health Alliance	33
Vital Records	33
Zenni Optical	33

SPECIAL PROGRAMS FOR PEOPLE WITH DISABILITIES

Child Development & Rehabilitation Center	33
Department of Veteran Affairs.....	33
Developmental Disabilities Program	34
Douglas County Senior Services	34
Easter Seals Oregon.....	34
Mentor Oregon	34
Mercy Medical Center	34
- Diabetes Education	34
Muscular Dystrophy Association (MDA).....	35
Oregon Commission for the Blind	35
Oregon Vocational Rehabilitation Services	35
Roseburg Audiology Center	35
Shriners Hospital for Children.....	35
Special Olympics of Oregon	35
Sunrise Enterprises	36
Umpqua Valley Disabilities Network.....	36

LEGAL

Annual Credit Report	36
Consumer Credit Counseling	36
Don Mills Family Law Resource Center	36
Douglas County Courthouse (Domestic Relations).....	36
Legal Aid Services of Oregon	37
Neighbor to Neighbor Medication Services.....	37
Oregon Child Support Program (DCS)	37
Oregon Department of Consumer & Business Services	37
Oregon Law Help.....	37

ALPHABETICAL INDEX

211 Info	19
ADAPT	9
Adult Basic Education	13
Advantage Dental	30
Aging and People with Disabilities	21
Al-Anon/Alateen	9
Alcoholics Anonymous (AA)	9
Amedisys.....	12
Annual Credit Report	36
Babies First!.....	32
Battered Person’s Advocacy (BPA)	9
Boys & Girls Club of the Umpqua Valley	13
CaCoon Care Coordination	32
Cardinal Services	29
Casa De Belen	20
Child Abuse and Neglect Reporting.....	20
Child Development & Rehabilitation Center	33
Child Welfare Program.....	21
Communicable Diseases.....	31
Community Health Alliance.....	10
Community Kitchens.....	20
Compassionate Friends.....	10
Consumer Credit Counseling	36
Dental Services	30
Department of Human Services.....	21
Department of Veteran Affairs.....	33
Developmental Disabilities Program	34
Diabetes Education	34
Don Mills Family Law Resource Center	36
Douglas CARES (Child Abuse Response & Evaluation Services).....	11
Douglas County Courthouse (Domestic Relations).....	36
Douglas County Library	14
Douglas County Low Cost Vet Services.....	21
Douglas County School District Offices	19
Douglas County Senior Services	34
Douglas Education Service District	14
Easter Seals Oregon.....	34
Elkton Community Education Center.....	15
Employment Department – Work Source Douglas.....	29
Employment Related Day Care (ERDC)	21
Family Connections of Lane and Douglas Counties	22
Family Development Center (FDC)	15
Family Development Center	11
Family Planning	31
Family Relief Nursery	15

Firewood.....	22
Food Pantries	23
Food Service Licensing and Food Handlers card	32
Habitat for Humanity.....	24
Healthy Families of Douglas County	16
HIV Alliance	11
Hospice/Home Health	11
Housing Authority of Douglas County.....	24
Immunizations	31
Legal Aid Services of Oregon	37
Lions Club.....	30
Maternity Case Management	32
Mentor Oregon	34
Mercy Bereavement Groups.....	12
Mercy Foundation (Wings of Hope/Equine Assisted Learning	30
Mercy Foundation Children’s Healthcare.....	30
Mercy Home Health	11
Mercy Hospice.....	11
Mercy Medical Center Prenatal Classes.....	30
Mercy Medical Center	30
Mercy Medical Center	34
Muscular Dystrophy Association (MDA).....	35
N’Lite Women’s Clinic.....	12
Narcotics Anonymous	12
National Suicide Hotline.....	12
Neighbor to Neighbor Medication Services.....	37
NeighborWorks Umpqua	24
Options Counseling	12
Oregon Child Support Program (DCS)	37
Oregon Commission for the Blind	35
Oregon Department of Consumer & Business Services	37
Oregon Health Plan.....	31
Oregon Law Help.....	37
Oregon Lifeline (RSPF).....	25
Oregon Regional Poison Center	31
Oregon Vocational Rehabilitation Services	35
OSU Extension Service1	16
Parent Education.....	16
Phoenix Charter School.....	16
Preschool/Child Care Centers.....	17
Public Health Programs	31
Red Cross.....	25
Roseburg Audiology Center	35
Roseburg Dream Center.....	25
Roseburg Rescue Mission	25
Safe Haven Maternity Home.....	26
Safelink Wireless	26

Selectemp Employment Services	29
Self-Sufficiency	21
Seventh Day Adventist Community Services.....	26
Shriners Hospital for Children.....	35
South River Community Health Center.....	12
South River Community Health Center.....	32
Special Olympics of Oregon	35
St Vincent DePaul Society	27
Sunrise Enterprises	36
UCAN Affordable Housing.....	27
UCAN Early Head Start.....	18
UCAN Food Banks.....	27
UCAN Head Start	18
UCAN Health Insurance and RX Assistance	27
UCAN Heat Assistance	27
UCAN Housing and Homeless Service	28
UCAN U-Trans	28
UCAN Weatherization.....	28
UCAN.....	27
Umpqua Community College Counseling & Advising Center	29
Umpqua Community College.....	18
Umpqua Community Health Center	30
Umpqua Community Health Center	32
Umpqua Health Alliance.....	33
Umpqua Training & Employment	29
Umpqua Valley Disabilities Network.....	18
Umpqua Valley Disabilities Network.....	36
Valley View Counseling	13
Vital Records	33
WIC.....	32
Wolf Creek Job Corps Civil Conservation Center.....	19
YMCA.....	19
Zenni Optical	33

COUNSELING & MENTAL HEALTH

ADAPT

Providing quality treatment, education, and prevention to individuals, families, and businesses that may be affected by addition disease. Almost all private insurance and the Oregon Health Plan are accepted.

Roseburg office – 548 SE Jackson541-672-2691
Women’s Corrections 541-672-1761
Adult Outpatient.....541-492-0152
Youth Outpatient.....541-492-0172
The Crossroads – 3099 NE Diamond Lake Blvd..... 541-673-3469
South River Medical Clinic – 82 NW Glenheart, Winston..... 541-492-4550

www.adaptoregon.org

www.facebook.com/adapttreatment

AL-ANON/ALATEEN

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Meetings are anonymous and confidential. There are no dues or fees for membership.

Roseburg.....888-214-3384
World Service Office..... 888-425-2666

al-anon.org/for-alateen

www.oregonal-anon.org

ALCOHOLICS ANONYMOUS (AA)

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

AA National Hotline 800-593-3330
Roseburg Hotline541-673-7552

www.aa.org

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

BATTERED PERSON’S ADVOCACY (BPA)

The mission of BPA is to create a community free of family violence, sexual assault and stalking through empowerment, support, and education. Services include: Emergency Services, Hispanic Outreach Services, Legal Advocacy Services, Sexual Assault Services, Shelter Services, Peer to Peer counseling and support groups, and Transitional Services. Walk-ins are welcome. Call 911 for emergencies.

Roseburg – 1202 SE Douglas541-673-7867
24 Hour Hotline 800-464-6543

www.peaceathome.com
www.facebook.com/BPApeaceathome

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.

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

www.compassionatefriends.org
www.compassionatefriends.org/Find_Support/Chapters/Chapter_Locator.aspx
www.facebook.com/TCFUSA

COMMUNITY HEALTH ALLIANCE

Working together as a community in mutually supportive ways to provide mental health services that empower people to create solutions.

Outpatient Support

- [Crisis & Evaluation](#) – Response to mental health emergencies and conduct mental health assessments
- [Adult Treatment](#) – Provide short-term psychotherapy, both individual & group sessions
- [Youth & Family](#) – Focus on the mental health needs of county youth

Community Support – Adult person diagnosed with serious and persistent mental illness to recover in the community by providing:

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

Roseburg – 2700 Stewart Parkway, Annex B 541-440-3532
24 Hour Crisis Help 541-440-3532 or 800-866-9780
<http://www.chaoregon.org/>

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

Crisis intervention counseling to help stabilize the family during traumatic situations, support services for families; referral resources for longer-term therapy; child abuse evaluation upon referral. Treatment is specific to children who have been physically or sexually abused.

Roseburg – 256 SE Stephens.....541-957-5646

www.childabuseintervention.org/about-us

FAMILY DEVELOPMENT CENTER

A comprehensive family support program whose mission is to prevent child abuse and neglect. FDC offers free services to families with children 6 weeks through 5 years of age who are experiencing high stress. Services are provided in the home or at the center and include home visits, intensive parent education classes, therapeutic early childhood classes, crisis intervention, play therapy for children, parent-child counseling, emergency food pantry, and information and referral to other community resources.

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

fdcroseburg.org

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

HIV ALLIANCE

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

Roseburg – 1034 Oak 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.

Mercy Home Health – in home care for individuals who are not able to get out and around. Services include nursing, physical therapy, occupational therapy, and home health aid.

Mercy Bereavement Groups – support groups for people who have experienced the loss of a loved one. There is no pre-registration required for the support groups. Grief education series is offered periodically throughout the year. Pre-registration is required. Bereavement chaplain is available upon request.

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

www.mercyrose.org
www.facebook.com/mercymedicalroseburg

Amedisys
Roseburg – 1820 NW Mullholland Drive.....541-440-3052
www.amedisys.com/find-a-care-center/care-center.aspx?ID=3901

N'LITE WOMEN'S CLINIC

N'Lite Women's Clinic provides confidential services including free pregnancy testing, free limited ultrasound exams, and options education.
Roseburg – 1128 SE Stephens.....541-672-2609
www.nlitewomensclinic.org

NARCOTICS ANONYMOUS

Self-help group to support abstinence from drugs
24 hour helpline.....541-957-1489
uvana.org
[Meeting List](#)

NATIONAL SUICIDE HOTLINE

Crisis Counselors are waiting for your call.....800-273-8255
TTY.....800-799-4889
Roseburg crisis number.....541-440-3532
www.suicide.org/hotlines/oregon-suicide-hotlines.html

OPTIONS COUNSELING

Provides quality, cost effective mental health and family preservation services to children and families in Oregon. Services include: Community-based Parenting Classes, Behavioral Health, Domestic Violence Program, Family Builders (ISRS), and Family Support and Connections.
Roseburg – 770 SE Kane.....541-464-6455
<http://options.org/>

SOUTH RIVER COMMUNITY HEALTH CENTER

Our office serves the medical needs of Winston, Green, Roseburg and other local communities, delivering quality health care to both insured and uninsured clients. We provide the personalized service that is only possible in a small community setting. General medicine, physicals, women's care, occupational health and behavioral health services are provided.
Winston – 671 SW Main.....541-492-4550
<http://www.south-river.org/>
<https://www.facebook.com/SouthRiverCommunityHealthCenter>

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

DOUGLAS COUNTY LIBRARY

www.facebook.com/DCLibrary.us

Roseburg – 1409 NE Diamond Lake Blvd.....	541-440-4305
www.dclibrary.us/branch-libraries/Roseburg.html	
Canyonville – 250 N. Main Street.....	541-839-4727
www.dclibrary.us/branch-libraries/canyonville.html	
Drain – 205 West A Avenue.....	541-836-2648
www.dclibrary.us/branch-libraries/drain.html	
Glendale – 3 rd and Willis.....	541-832-2360
www.dclibrary.us/branch-libraries/glendale.html	
Myrtle Creek Branch – 231 Division.....	541-863-5945
www.dclibrary.us/branch-libraries/myrtlecreek.html	
Oakland – 637 NE Locust.....	541-459-9784
www.dclibrary.us/branch-libraries/oakland.html	
Reedsport – 395 Winchester Ave.....	541-271-3500
http://www.dclibrary.us/branch-libraries/reedsport.html	
Riddle – 637 First Avenue.....	541-874-2070
www.dclibrary.us/branch-libraries/riddle.html	
Sutherlin – 210 E. Central Avenue.....	541-459-9161
www.dclibrary.us/branch-libraries/sutherlin.html	
Winston – 440 SE Grape Avenue.....	541-679-5501
www.dclibrary.us/branch-libraries/winston.html	
Yoncalla – 194 Birch Street.....	541-849-2128
www.dclibrary.us/branch-libraries/yoncalla.html	

DOUGLAS EDUCATION SERVICE DISTRICT

The ESD provides many different services aimed toward improving the educational opportunities of children from kindergarten through 12th grade and programs for preschoolers. Services include speech and language therapy, behavior specialists, and preschool for special needs students (EI and ECSE as described below) and the Complex Needs Classroom. Services for school age children are provided following a referral by school districts.

Roseburg – 1871 NE Stephens.....541-440-4777
www.douglasesd.k12.or.us/home

Early Intervention (EI) and Early Childhood Special Education (ECSE):

The Early Intervention and Early Childhood Special Education program provides specialized services to infants, toddlers and preschool children with developmental delays or disabilities in Douglas and Jackson counties. EI/ECSE serves more than

250 children in Douglas County and more than 650 children in Jackson County each year for free.

Educational services include home visits, parent-toddler groups, specialized preschools, consultation to children in community preschools or speech therapy. Staff who work for EI/ECSE have teaching licenses or state authorization to teach young children. They are specialists in early intervention/early childhood special education, speech therapy, physical therapy, occupational therapy, behavior and autism.

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

ELKTON COMMUNITY EDUCATION CENTER (ECEC)

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

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

FAMILY DEVELOPMENT CENTER

A comprehensive family support program whose mission is to prevent child abuse and neglect. FDC offers free services to families with children 6 weeks through 5 years of age who are experiencing high stress. Services are provided in the home or at the center and include home visits, intensive parent education classes, therapeutic early childhood classes, crisis intervention, play therapy for children, parent-child counseling, emergency food pantry, and information and referral to other community resources.

Roseburg – 300 Jerry’s Dr.....541-673-4354
Myrtle Creek -
<http://fdcroseburg.org/index.php>
<https://www.facebook.com/pages/Family-Development-Center/229448637180624>

FAMILY RELIEF NURSERY

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

Drain – 100 Anna Drain Park Rd.....541-942-4835
<http://www.frncg.org/>
<https://www.facebook.com/pages/Family-Relief-Nursery/138002816214815?fref=ts>

HEALTHY FAMILIES OF DOUGLAS COUNTY

Provides voluntary screening and personalized referral services for all families with children birth to 3 months and intensive home visiting services for those facing multiple challenges. Services are designed to meet the needs of individual families by promoting strong, healthy, safe environment through parent education, guidance and support for parents directly in their home. Services are free of charge and available before or at the birth of a child and until the child reaches 3 years of age.
Roseburg – 308 SE Jackson Street.....541-672-5392, ext 4501
www.healthyfamiliesamerica.org

OSU EXTENSION SERVICE

The Oregon State University Extension Service celebrates over 100 years of educational outreach. From the beginning, [OSU Extension's mission](#) has been to convey research-based knowledge in a way that is useful for people to improve their lives, their homes, and their communities. Extension service programs are delivered throughout Oregon in one on one sessions, workshops, short courses, demonstrations, and informational meetings.
Roseburg – 1134 SE Douglas Avenue.....541-672-4461
<http://extension.oregonstate.edu/>
www.facebook.com/OregonStateExt

PARENT EDUCATION – DOUGLAS ESD PARENTING EDUCATION BROKERAGE

The Parenting Hub coordinates parenting education classes and workshops for parents and caregivers of young children. Specialized programming is available in the Roseburg area for Spanish speaking parents of young children. Community classes are scheduled in Roseburg, Winston, Sutherlin, Tri City, Riddle, Reedsport, Yoncalla, Elkton, and Drain. Multi week classes are free of charge and include onsite childcare and complimentary refreshments. Advance registration for parenting classes and childcare is required. For more information and a list of upcoming events, please visit our website or call.....541-817-3119
www.douglasesd.k12.or.us/parents/parent-education/home
www.facebook.com/DCECPC

PHOENIX CHARTER SCHOOL

A nonprofit, charter high school offering Douglas County youth opportunities to build pathways to college and careers through academic support, career technical education, and personal growth.
Roseburg – 3131 NE Diamond Lake Blvd.....541-673-3036
www.roseburgphoenix.com/index.php

PRESCHOOL/CHILD CARE CENTERS

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
Phoenix Child Care Center	Roseburg	541-673-3036
RHS Child Development Center	Roseburg	541-440-4153
Roseburg Playschool Co-op	Roseburg	541-673-8878
UCAN Head Start/Early Head Start	Roseburg	541-673-6306
Umpqua Valley Christian Preschool	Roseburg	541-679-6248
YMCA Child Development Center	Roseburg	541-673-5501
Little Wellspring Preschool	Roseburg	541-672-6868
Rsbg. Title 1 Home-Base Preschool	Roseburg	541-440-4180
Country Kids Christian Learning Academy	Roseburg	541-440-9268
Kimmie's Kid Kare	Roseburg	541-817-9293
Susan Lewin's Daycare	Roseburg	541-672-3459
Little Blessings	Roseburg	541-580-4228
The Children's Garden Preschool & Daycare	Roseburg	541-643-0418
Shelby Shaw's Daycare	Roseburg	541-677-9157
Handel with Care Family Child Care	Roseburg	541-295-0342
Kelly's Kid Care, LLC	Roseburg	541-440-9365
Almost Home Child Care	Roseburg	541-530-1723
Country Munchkins Daycare	Roseburg	541-733-9104
Penny's Little Tykes	Myrtle Creek	541-580-5207
Little Folks Christian School	Myrtle Creek	541-863-5814
Wonderland Preschool	Myrtle Creek	541-863-3738
Charlene Priest's Child Care	Myrtle Creek	541-863-8765
Nanny's Daycare	Myrtle Creek	541-860-8754
Oakland Playschool Co-op	Oakland	541-459-4670
Rain Drops Preschool/Child Care	Sutherlin	541-459-0831
Neighborhood Christian Preschool	Sutherlin	541-459-2249
Little Rascals Preschool/Child Care	Sutherlin	541-459-5258
Circle of Friends Family Child Care	Sutherlin	541-817-6442
Tendergarten	Glide	541-496-3732
Brockway Preschool	Winston	541-679-3037
Family Values Child Care	Winston	541-784-2168
Little Kidz Care	Winston	541-430-1111
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

UCAN EARLY HEAD START

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

Roseburg – 948 SE Roberts.....541-673-6306 or 800-320-6306
www.ucancap.org/services/head-start/
www.facebook.com/pages/UCAN-Head-Start/276827551393?fref=ts

UCAN HEAD START

UCAN Head Start is a comprehensive preschool program serving low income families. Children receive services to increase their school readiness and parents are assisted in overcoming barriers to self-sufficiency. UCAN Head Start works with the entire family and offers all family members opportunities to develop their full potential. UCAN Head Start provides a positive, respectful environment for growth and awareness for both parents and children. UCAN Head Start has classrooms conveniently located throughout Douglas County. Applications accepted all year long.

Roseburg - 948 SE Roberts.....541-673-6306 or 800-320-6306
www.ucancap.org/services/head-start/
www.facebook.com/pages/UCAN-Head-Start/276827551393?fref=ts

UMPQUA COMMUNITY COLLEGE

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

Roseburg – 1140 College Rd.....541-440-4600
www.umpqua.edu/
www.facebook.com/umpquacc

UMPQUA VALLEY DISABILITIES NETWORK (UVDN)

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

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

DOUGLAS COUNTY SCHOOL DISTRICT OFFICES

Days Creek– 11381 Tiller Trail Hwy.....	541-825-3052
Elkton – 749 W River Dr.....	541-584-2227
Glendale – 10598 Azalea Glen Rd.....	541-832-3138
Glide – 301 Glide Loop Dr.....	541-496-4300
North Douglas – 500 S Main St.....	541-836-7558
Oakland – 499 NE Spruce St.....	541-459-4120
Riddle – 401 1 st Ave.....	541-874-2345
Roseburg – 1419 NW Valley View Dr.....	541-440-4003
South Umpqua – 558 SW Chadwick.....	541-863-5212
Sutherlin – 531 E Central Ave.....	541-459-2484
Winston Dillard – 620 NW Elwood.....	541-679-4819
Yoncalla – 401 1 st St.....	541-849-2190

WOLF CREEK JOB CORPS CIVIL CONSERVATION CENTER

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

Glide – 2010 Opportunity Lane.....541-496-3507 or 800-588-9003

<http://wolfcreek.jobcorps.gov/Home.aspx>

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

YMCA

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

Roseburg – 1151 NW Stewart Pkwy.....541-440-9622

Canyonville – 330 Sabbath Way.....541-839-6117

<http://www.ymcaofdouglascounty.org/index.html>

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

HOUSING/FOOD ASSISTANCE/BASIC NEEDS

211 INFO

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

<http://211info.org/>

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

CASA DE BELEN

Casa de Belen, Spanish for Bethlehem House, is a transitional housing facility dedicated to helping homeless teens and families with teens, find a safe place to put their lives back together. Our goal is not to warehouse people, but to provide a home-like setting and create a space of dignity and hope, and to help families get back on their feet and teens to finish school, become self-supporting and capable of independent living.

Roseburg – 1199 NE Grandview Dr.....541-677-0073
<http://casadebelen.org/>
<https://www.facebook.com/pages/Casa-de-Belen/151163764929391>

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
Oakland Police.....541-459-2661
Sutherlin Police.....541-459-2211
Winston Police.....541-679-8704

COMMUNITY KITCHENS

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

Sutherlin – St. Francis Community Kitchen

Mon & Wed – 4:30 – 5:30
323 N. Comstock.....541-459-8807

Myrtle Creek – Table of Plenty

Saturday – 1:00 – 3:00
1242 NE Spruce Ave.....541-863-3271

Roseburg

St. Joseph’s Community Kitchen (Sept – May)

Tues & Thurs – 4:30 – 5:30
800 W. Stanton.....541-673-5157

Foundation Fellowship (Closed 2nd Sunday of each month)

Sunday – 4:30 – 5:30
813 SE Lane.....541-672-5533

Friendly Kitchen

Monday – Friday – 11:30 AM – 12:30 PM
1033 NE Post.....541-673-5929

Roseburg Rescue Mission Kitchen

Mon – Fri Breakfast (6:30 AM) Lunch (12:00) Dinner (7:00)
Sat/Sun Breakfast (7:30 AM) Lunch (1:00) Dinner (7:00)

513 SE Lane.....541-673-3004

DEPARTMENT OF HUMAN SERVICES (DHS)

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

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

ERDC also works with providers and other child care partners across the state to help families find and keep good child care, improve the availability of quality child care in Oregon, and to develop resources for parents and child care providers.

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

Roseburg – 1937 W Harvard.....541-440-3301

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

Roseburg – 1937 W Harvard.....541-440-3373

<http://www.oregon.gov/DHS/children/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 – 1937 W Harvard Avenue.....541-440-3301

Myrtle Creek – 217 S Old Pacific Highway.....541-839-6901

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

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

Roseburg – 251 NE Garden Valley Blvd.....541-440-3580

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

DOUGLAS COUNTY LOW COST VET SERVICES

It is the mission of Douglas County-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 – 545 W. Umpqua St.....541-672-3161

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

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

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

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

Families: Find child care options through the parent referral service, learn about the types of child care in your area, and access the information you need to choose a quality child care setting care that can help your child develop a strong mind, body, spirit and even increase future success in school.

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

1140 Umpqua College Road – Tech Center – RM 102.....541-440-7705

<https://www.lanecc.edu/lfc>

<https://www.facebook.com/pages/Family-Connections-of-Lane-Douglas-Counties/237916762921227>

FIREWOOD

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

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

FOOD PANTRIES IN DOUGLAS COUNTY

Pantry	Address	Hours of Operation
Care & Share	1008 Hayhurst Lane Yoncalla	Last Monday of each month – 9:00 – 12:00
Community Care Food Pantry	3 rd and Pacific Avenue Glendale	Thursdays 1:00 – 3:00
Dillard/Winston Food Pantry	Methodist Church 131 4 th St Dillard	Mon/Wed – 9:30 – 11:30 1 st and 3 rd Wed 4:30 PM – 5:30 PM
Fish Drain	131 West A Avenue Drain	Tues 9:00 – 1:00
Fish Roseburg	405 Jerry’s Drive Roseburg	Mon & Wed 2:00 – 3:30 Thur & Fri 9:30 – 11:30
Foundation Fellowship	813 SE Lane	3 rd & 4 th Sunday 5:00 – 6:00
Living Hope Outreach	337 C Avenue Drain	Wed 12:30 – 5:00 Sun 12:15 – 1:00 & 4:30 – 5:30
Roseburg Dream Center	1900 SE Main, Roseburg 541-673-5918	Mon & Wed 10:00 – 2:00 Drop in center for homeless: Mon – Thur 9:30 – 4:00
SDA CS Canyonville	714 NA Frontage Rd, Canyonville - 541-839-4051	Wed 9:30 – 11:45 1:00 – 2:30
SDA CS Glide	174 Abbott St Glide	Wed 10:00 – 2:00 Also the 1 st Wed of the month 4:00 – 6:00 PM
SDA CS Roseburg	1109 NW Garden Valley Roseburg – 541-672-1542	Tues 10:00 – 12:00 3 rd Tues 1:00 – 3:00
South Douglas Food Bank	402 E Street Riddle, 541-391-2796	Thurs 9:00 – 12:00 3 rd , 4 th , & 5 th Sat 10:00 – 12:00
St. Vincent DePaul	116 Main Myrtle Creek	Mon & Wed 9:00 – 1:00
Sutherlin Oakland Emergency Pantry	183 E 1 st Ave	Mon & Wed 9:00 – 11:00

HABITAT FOR HUMANITY

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

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

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

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

HOUSING AUTHORITY OF DOUGLAS COUNTY (HADCO)

The Housing Authority of Douglas County (HADCO) is committed to provide the opportunity for affordable housing that is safe, decent, and sanitary and free from discrimination. We are also committed to fulfilling this mission with respect, dignity and compassion for all persons involved. Housing programs offered: Section 8 Housing Choice Vouchers, Low Rent Public Housing, and Multiple Family Properties.

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

Section 8 Housing Choice Voucher (HCV) - The Section 8 Housing Program is a popular program where HADCO pays a portion of the rent directly to a landlord on behalf of the participant. There is usually a waitlist for this program which is currently approximately six months. Interested families are asked 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 first affordable housing program is comprised of dwelling units owned and managed by HADCO under the federal regulations of the U.S. Department of Housing and Urban Development's Low Rent Public Housing Program. 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. Specific information on these sites may be located to your left. Interested families income must not exceed 80% of the area median income and they must pass the screening criteria for the program.

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

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

NEIGHBORWORKS UMPQUA

NeighborWorks Umpqua is a private, rural nonprofit organization working to enhance lives for Oregon residents in Coos, Curry, Douglas and Josephine County. We do this by increasing access to affordable housing and creating partnerships that promote community stability, business success and economic growth. NeighborWorks Umpqua works to connect Southwest Oregon residents with programs, resources and services

that help them improve their lives and enhance local communities. Educational workshops and informational sessions covering all that potential homebuyers need to know about the home-buying process, from start to finish. This program also satisfies U.S. Department of Housing and Urban Development education requirements for some loans and/or grant programs.

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

OREGON LIFELINE (RSPF)

Oregon Lifeline is a federal and state government assistance program administered by the Oregon Public Utility commission that provides eligible low income customers a discount on their residential/landline or wireless phone bill by \$12.75.

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

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

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.....541-673-3225 or 541-344-5244
<http://www.redcross.org/local/or/locations/eugene>

ROSEBURG DREAM CENTER

The Roseburg Dream Center is a place of hope for the people in Douglas County. This is a true community effort. We are able to do what we do because of the generous people and businesses who donate their time and resources. We are thankful every day for those who help us help others. Provided free of charge: clothing, furniture, assistance with cleaning, yard work and other chores. Donations are always welcome. Food boxes available Monday and Wednesdays (10:00 – 1:45). Hours of operation – Mon – Thur 9:30 AM – 2:00 PM.

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

ROSEBURG RESCUE MISSION

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

Emergency Services – Men’s shelter (18 and older) is located in downtown Roseburg. The dayroom is open all day for guests staying at the shelter or not. Meals, showers, laundry and free clothing are available.

New Life Program - The purpose of this Program is to overcome obstacles to a successful life. To accomplish this, we will need to work together on personal issues

past, present and anticipated in the future that would prevent you from succeeding. This will include addressing each aspect of our human condition: physical, mental, emotional, psychological and spiritual. Content: Work Training, Bible Classes, Life Skills Classes, Addiction Recovery Classes, Personal Counseling and Goal Setting, and Transitional Housing.

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.

Transitional Housing - Transitional Housing is a program of the Roseburg Rescue Mission ministries. Everyone renting a room who is not one staff or in the New Life Program is in our Transitional Housing Program.

Roseburg – 752 SE Pine.....541-673-3004
<http://www.roseburgrescuemission.org>

SAFE HAVEN MATERNITY HOME

Our mission is to provide a safe home environment that strives to meet the spiritual, emotional, physical and education needs of pregnant young women and young women with babies who are homeless or in crisis.

Services available for eligible pregnant teens (13-17) – safe housing, nutritious meals, independent life skills, parenting skills, overall health, educational skills, financial skills and 24 hour accountability.

Roseburg.....541-464-2740
<http://www.safehavenmaternity.org/>
<https://www.facebook.com/pages/Safe-Haven-Maternity-Home/122257001258680>

SAFELINK WIRELESS

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

www.safelinkwireless.com

SEVENTH DAY ADVENTIST COMMUNITY SERVICES

Helping with food and clothing for anyone in need.

Roseburg – 1129 NW Garden Valley.....541-672-1542
Sutherlin – 226 State St.....541-459-4131
Canyonville – 714 NW Frontage Rd.....541-839-4051
Myrtle Creek – 325 Spruce.....541-863-3815
Glide – 174 Abbot St.....541-496-3956

ST VINCENT DEPAUL SOCIETY

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

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

UCAN

UCAN Affordable Housing - UCAN owns and operates 92 units of affordable housing in Douglas County. Many of our developments feature energy-efficient appliances and heating/cooling units, common rooms for activities and parties, laundry facilities and playgrounds. Some have additional amenities like raised garden beds. 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. Many of those we house have poor rental histories, criminal records and poor credit scores that prevent them from obtaining housing elsewhere. Because we help many who struggle to obtain employment, we keep our rents at some of the lowest rates found in the County. We also offer supportive services for many of our residents, and some of our housing includes offices for support staff on-site. Our developments are located throughout the County, including in Drain, Sutherlin, Roseburg, Green, Winston and Canyonville.

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

UCAN Food Banks – The Douglas County Food Bank features a modern warehouse and distribution center. The center features solar energy panels on the roof, which provide much of the food bank's energy. Staff work to increase the amount of fresh food made available to our residents by working with farmers, grocery stores and local partners to obtain vegetables and fruit, meat and dairy products. We serve six community kitchens with locations in Roseburg, Sutherlin, Drain and Reedsport. The food banks do not provide food directly to residents. They instead collect, store and distribute food for each county's network of kitchens and pantries. Residents can eat meals at local kitchens, and obtain food boxes at local pantries. Our food banks not only work to stop hunger, they also work to improve the nutritional quality of food low-income residents consume.

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

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

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

UCAN Heat Assistance - UCAN helps people pay for their heating bills, using different sources of funding. The purpose of these programs is to help people so they do not have

to make difficult choices, such as whether to pay for food or heating, to prevent power shut-offs, and to address emergency energy needs.

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

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

Roseburg – 280 Kenneth Ford Drive.....541-492-3926
<http://www.ucanap.org/services/case-management/>

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

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

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

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.....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>

SELECTEMP EMPLOYMENT SERVICES

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

Roseburg – 250 NE Garden Valley Blvd, Ste 15.....541-440-4844
<http://www.selec-temp.com/>
<https://www.facebook.com/Selectemp>

UMPQUA COMMUNITY COLLEGE (UCC) COUNSELING AND ADVISING CENTER

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

Roseburg – 1140 Umpqua College Road – Campus Center Bldg.....541-440-4610
<https://www.umpqua.edu/advising-career>
<https://www.facebook.com/umpquacc>

UMPQUA TRAINING & EMPLOYMENT (UT&E)

UT&E offers a range of services including labor market information, assessment and testing, career counseling, structured job search, financial assistance, and opportunities to gain valuable work experience in an instructional setting. Assistance in the following: preparing for a job or training, job or training services application, finding a job, on the job training, adult and youth GED. UT&E also offers assistance to employers with recruitments, advertising, training and other needs.

Roseburg – 760 NW Hill Avenue.....541-672-7761
<http://www.ute1stop.org/>

HEALTH

DENTAL SERVICES

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.

Canyonville – 121 SW 5th St.....888-468-0022
Winston – 671 SW Main St.....888-468-0022
Advantage Dental toll free.....866-268-9631
<http://www.advantagedentalservices.com/>

Umpqua Community Health Center (UCHC) – Provides a full range of dental services for all ages on a sliding scale, with discounts based on income and household size.

Roseburg – 150 Kenneth Ford Dr.....541-672-9596
Sutherlin – 123 Ponderosa Dr.....541-459-3788
<http://www.umpquachc.org/?nav=dental>

LIONS CLUB

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

Roseburg.....541-464-6225
Applications available at - www.umpqualions.com

MERCY MEDICAL CENTER

Mercy Foundation Children's Healthcare - The Children's HealthCare Fund helps ease the financial burden on families of expenses like special equipment, medications, and transportation.

Roseburg – 2700 Stewart Parkway.....541-677-4818
<http://www.mercygiving.org/healthcare.html>

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

Roseburg – 2700 Stewart Parkway.....541-677-2451
<http://www.mercyrose.org/communityed.php>

Mercy Foundation – Wings of Hope and Equine Assisted Learning - The Wings of Hope program was established to help children coping with grief. This includes students who have experienced loss, whether it is through death, abandonment, divorce, or parental conflict. This program is child-centered and is designed so that participants can address their own issues and concerns while working as a group.

Equine Assisted Learning has been proven highly effective for school groups. Students participate in a 10-week session, and groups of peers spend an hour and 15 minutes in

an arena with the Horse Play team; a therapist, an equine specialist and horses, engaging in activities that provide opportunities for personal insight and processing.
 Wings of Hope.....541-677-2384
 Equine Assisted Learning.....541-784-7576

OREGON HEALTH PLAN

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

Enrollment is always open for the Oregon Health Plan.

To apply for OHP.....800-699-9075
 OHP Members call.....800-273-0557
www.oregonhealthcare.gov

OREGON REGIONAL POISON CENTER

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

24 hour call line.....800-222-1222
<http://www.ohsu.edu/xd/outreach/oregon-poison-center/index.cfm>

PUBLIC HEALTH PROGRAMS

Umpqua Community Health Center (UCHC) locations

Immunizations

Routine child and adult immunizations during clinic hours

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/>

United Community Action Network (UCAN)

Roseburg – 621 W Madrone.....541-440-3516

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.

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

Roseburg – 621 W Madrone.....541-957-3704

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

Roseburg – 621 W Madrone.....541-957-3704

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

Roseburg – 621 W Madrone.....541-957-3704

SOUTH RIVER COMMUNITY HEALTH CENTER

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

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

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

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

UMPQUA COMMUNITY HEALTH CENTER

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

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

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

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

Glide – 20170 N. Umpqua Hwy.....541-496-3504
 Roseburg High School.....541-492-2055
 Douglas High School (Winston).....541-492-2056
<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

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.....971-673-1190
<https://www.vitalchek.com/>

ZENNI OPTICAL

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

www.zennioptical.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>

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

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

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/>

DOUGLAS COUNTY SENIOR SERVICES

Together with community partners, we assist seniors and people with developmental disabilities to enjoy independence, dignity, choice, and quality of life.

Roseburg – 1036 SE Douglas Ave – Rm 221.....541-440-3677

Roseburg Senior Center – 1614 SE Stephens St.....541-671-2634

Winston Community Center – 440 SE Grape Ave.....541-679-8973

Sutherlin Senior Center – 202 E Central Ave.....541-459-5320

Riddle Community Center – 123 Parkside St.....541-874-2234

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

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

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

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- 5757 SW Macadam Ave.....503-228-5108

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

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

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

MENTOR OREGON

Provides quality, community-based services to adults and children with intellectual and developmental disabilities and community-based residences.

Roseburg – 822 NW Highland St.....541-673-1747

<http://thementornetwork.com/>

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

MERCY MEDICAL CENTER

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

Roseburg.....541-677-2102

MUSCULAR DYSTROPHY ASSOCIATION (MDA)

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

Eugene – 1500 Valley River Dr.....541-686-2753 or 866-686-2753

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

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

OREGON COMMISSION FOR THE BLIND

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

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

OREGON VOCATIONAL REHABILITATION SERVICES (VR)

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

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

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

ROSEBURG AUDIOLOGY CENTER

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

Roseburg – 1367 W Harvard.....541-672-8868

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

<https://www.facebook.com/pages/Roseburg-Audiology-Center/164675040265009>

SHRINERS HOSPITAL FOR CHILDREN

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

Portland – 3101 SW Sam Jackson Park Rd.....503-241-5090

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

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

SPECIAL OLYMPICS OF OREGON

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

Portland – 5901 SW Macadam Ste 100.....503-248-0600

Roseburg.....541-677-9687

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

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

SUNRISE ENTERPRISES

Sunrise Enterprises assists persons with disabilities to access meaningful employment opportunities and achieve self-fulfilling lives.
Roseburg – 3005 NE Diamond Lake Blvd.....541-673-0195
<http://www.sunriseenterprisesinc.com/main/Home.aspx>

UMPQUA VALLEY DISABILITIES NETWORK (UVDN)

UVDN provides consumer services, which are designed to empowering persons with all types of disabilities to achieve the highest level of independence that they choose. Programs include: Information/Referral, Peer Mentoring/Supports, Independent Living Skills Training, Individual and Systems Advocacy, Life Transition Services, Ready Now, Dial-A-Ride, and Project Literacy.
Roseburg – 736 SE Jackson.....541-672-6336
<http://www.uvdn.org/>

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

CONSUMER CREDIT COUNSELING

Provides free debt management counseling in order to avoid bankruptcy.
Roseburg – 605 SE Kane St.....541-673-3104
<http://www.cccsdouglas.org/>

DON MILLS FAMILY LAW RESOURCE CENTER

The Don Mills Family Law Resource Center is a place to 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
Roseburg – 1036 SE Douglas, Rm 202.....541-957-2403
<http://courts.oregon.gov/Douglas/pages/familyresource.aspx>

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)

Provides access to legal help for people to protect their livelihoods, their health, and their families. As a civil legal aid program, LASO assures fairness for all in the justice system, regardless of how much money you have.

The Roseburg office handles cases involving family law, protection from domestic violence, housing law, public benefits, disabilities, and senior issues. Custody and divorce classes are offered every other month; call the LASO Roseburg office to be screened and accepted.

Walk in hours: Mon – Wed, 10:00 AM – Noon

Phone intake hours: Mon – Wed, 2:00 – 3:30

Roseburg – 700 SE Kane St.....541-673-1183

NEIGHBOR-TO-NEIGHBOR MEDIATION SERVICES

Provides prompt, efficient, affordable means of resolving disputes by helping people talk to each other in a thoughtful, productive manner.

Douglas County.....541-530-2578

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

OREGON CHILD SUPPORT PROGRAM (DCS)

The Oregon Child Support Program is a partnership between the Oregon Department of Justice and county District Attorneys' Offices to provide services and support that promote the well-being of Oregon children. This means working with both parents to ensure that that every child receives the financial and emotional support they need to grow and thrive. Services include: establishing paternity, establishing child support orders, locating parents, and receiving/distributing child support payments.

Salem – 1162 Court St NE.....503-947-4388

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 NE.....503-378-4100

Consumer Advocacy.....888-877-4894

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

OREGON LAW HELP

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

<http://oregonlawhelp.org/>