

# LITTLE GUIDE TO FREE RESOURCES IN EUGENE

## MEALS and FOOD BOXES

\* **Note: Listings marked with an asterisk (\*) also offer food boxes/meals. Call for specific info.**

**FOOD For Lane County** Food help available to individuals struggling with food insecurity. Get a comprehensive calendar of meal sites by visiting: [foodforlanecounty.org](http://foodforlanecounty.org) and selecting GET HELP > FOOD BOXES AND MEALS > MEAL SITES. **541-343-2822**

**The Dining Room** Everyone 18 and over, children accompanied by a parent/guardian. Serves 300 guests daily. Reservation not required (but recommended) starting daily at Noon. Veg options. Ph: **541-343-2822** Hrs: Mon-Thu, Noon-245pm Loc: **270 W 8th Ave, 97401** Bus: 51, 52

**Food Not Bombs** believes that food is a human right. They are volunteer run and serve **Fridays at Kesey Square**, 10 E Broadway, 97401 from 3-5pm and **Sundays at Park Blocks**, Oak St between E 8th Ave and E Broadway at 2-3pm

**Burrito Brigade** Web: [burritobrigade.org](http://burritobrigade.org)  
Vegan meals are made and distributed at Whitebird, SVDP Service Station, downtown, parks, etc. Sat (1:30-3pm) and Sun (2:30-4pm). *Come help cook on Sat at 4445 Royal Ave from 10am-1pm or Sun at 1166 Oak Ave 11am-3pm*

## FAMILY and YOUTH SERVICES

\* **First Place Family Center** Provides crucial assistance and support to families with children who are in transition. Ph: **541-342-7728** Loc: **1995 Amazon Pkwy** Bus: EmX

\* **Interfaith Night Shelter** Web: [svdp.us](http://svdp.us) Offers school-year night shelter, food, recreational activities, comfort for up to 10 families per night. Contact **First Place Family Center** (above).

\* **Looking Glass** Web: [lookingglass.us](http://lookingglass.us) Housing, job/edu options, showers, meals, counseling. Free confidential STD & HIV testing Thursdays at Noon. Loc: **941 W 7th, 97402** Ph: **541-686-4310** Hours and services are age specific. *Contact for info.*

## EUGENE PUBLIC LIBRARY

Free access to public computers and internet.  
Web: [eugene-or.gov/130/Eugene-Public-Library](http://eugene-or.gov/130/Eugene-Public-Library)  
Ph: **541-682-545** **Downtown: 100 W 10th Ave,**  
**97401** Hrs: Mon-Thu 10am-8pm; Fri-Sun 10am-6pm; First Fri 10am-8pm **Bethel: 1990 Echo**  
**Hollow Rd, 97402** Hrs: Mon-Sat 10am-6pm  
(*Except Tue: Noon-8pm*); Closed Sun **Sheldon:**  
**1566 Coburg Rd, 97401** Hrs: *See Bethel hours*

## LEGAL AID

**Lane County Legal Aid & Advocacy Center**  
Web: [lclac.org](http://lclac.org) Loc: **376 E 11th, 97401** Bus: EmX  
Ph: **541-485-1017** Apply in person.



This little guide was made by big hearts at **Neighborhood Anarchist Collective (NAC)**. We organize locally to help build a society where neighbors support each other to meet basic needs, individuals are free to follow their passions, and empowered communities collectively shape the future.  
Visit us at: [neighborhoodanarchists.org](http://neighborhoodanarchists.org)  
Or [facebook.com/neighborhoodanarchists](https://facebook.com/neighborhoodanarchists)

**Bus Information**  
**LTD (Lane Transit District)**  
Web: [ltd.org](http://ltd.org) Ph: **541-687-5555**

We strive to provide accurate information on food, shelter, and health resources in Eugene. Please call listings first to confirm the services, locations, hours, bus routes, etc. The PDF and updated, expanded information available at [neighborhoodanarchists.org/EugeneResourceGuide](http://neighborhoodanarchists.org/EugeneResourceGuide)

## QUICK EMERGENCY HELP

**Dial 911** For Ambulance, Police, and Fire  
**CAHOOTS Mobile Crisis Unit** (White Bird Clinic) is a 24/7 mobile crisis response team dispatched through the police non-emergency line.  
Eugene **541-682-5111**  
Springfield **541-726-3714**  
**Lane County Crisis Hotline** (White Bird Clinic)  
**541-687-4000** TTY 711, call 911, or go to the Emergency Room (ER)

**White Bird Clinic** 24 Hour Crisis Walk-Ins  
at **341 E 12th Ave, Eugene, OR 97401**  
Bus: EmX, 28, 81, 98

**National Suicide Prevention Lifeline**  
24 hours everyday. If you or someone you know are experiencing suicidal thoughts, call 911, or **1-800-273-8255**  
**Sexual Assault Support Services** 24-hour crisis/support line: **541-343-7277** or toll-free: **1-800-788-4727**

\* **Hosea Youth Services** Web: [hoseayouth.org](http://hoseayouth.org)  
Focus on homeless or at-risk youth ages 16 to 24. Drop-in Loc: **834 Monroe St, 97402** (The Church at 8th and Monroe) Ph: **541-344-5583** Bus: EmX  
**Youth M.O.V.E.** Peer support, ages 14-25. M-F 3-6p Loc: **965 Oak Alley**. Ph: **541-521-7127**

## WOMEN

**Womenspace** Web: [womenspaceinc.org](http://womenspaceinc.org)  
Serves victims & survivors of domestic violence. Undisclosed shelter location. 24hr crisis hotline: **541-485-6513** or toll-free: **800-281-2800** Drop-in hrs: Mon-Fri 9am-4:30pm; Loc: **1577 Pearl St, 97401** Ph: **541-485-8232**

**Planned Parenthood** Two locations below:  
Web: [plannedparenthood.org](http://plannedparenthood.org)

**Eugene-Springfield Health Center** **541-344-9411**  
Loc: **3579 Franklin Blvd, 97403** Hrs: Mon-Wed & Fri 9:30am-6pm; Sat 8:30am-4pm; Sun closed.  
**West Eugene Health Center** Ph: **541-463-9731**  
Loc: **793 N. Danebo Ave, 97402** Hrs: Mon-Wed & Fri 9:30am-6pm; Sat & Sun closed

## DAY SERVICES

**White Bird Clinic** Web: [whitebirdclinic.org](http://whitebirdclinic.org)  
24 hour crisis hotline **541-687-4000** (and Walk-Ins)  
Services include mail, phone access, restrooms.  
Day access hours are from 8am-10pm (2 hr limit)  
Loc: **341 E 12th Ave, 97401** Bus: EmX,28,81,98

**Catholic Community Services** Wide variety of services. See listing under Clothing section.

## SHELTER and HOUSING

\* **Eugene Mission** Web: [eugenemission.org](http://eugenemission.org)  
Check-in to stay overnight is before 6:30pm, but new guests may check-in between 9:00 am and 9:00 pm. *Must pass drug test to stay overnight.*  
3 Meals: 6:30am, 11:15am, & 5pm. **Women and mothers with children: 1420 W 1st Ave; Men: 2nd Ave at Chambers St.** Ph: **541-344-3251**  
Loc: **1542 W 1st Ave, 97402** Bus: 40,52

\* **Eugene Service Station** Web: [svdp.us](http://svdp.us)  
Provides unhoused adults with a place to meet basic needs (food, day shelter, clothing, laundry, showers, supplies, phone, mail) Backpack storage during the day. Hrs: 8am-5pm, Closed 12:45-2pm. 7 days a week. Loc: **450 Highway 99 North, 97402**  
Ph: **541-461-8688** Bus: 40,41,43,95

**Egan Warming Center** when weather drops below 30°. Text "Activate" to 292929 for text alerts on status (text fees apply), or contact White Bird Clinic. Various locations Nov 15-Mar 31st.  
Ph: **541-689-6747** Web: [eganwarmingcenter.com](http://eganwarmingcenter.com)

**Overnight Parking Program** Web: [svdp.us](http://svdp.us)  
Provides legal camping, garbage disposal, portable restrooms to unhoused families and individuals living in vehicles or campers. Ph: **541-342-7728**  
Loc: **1995 Amazon Pkwy, Eugene, 97405**

**Community Supported Shelters** Builds Safe Spot communities for people who are experiencing homelessness. Two week to two month wait list.  
Web: [communitysupportedshelters.org](http://communitysupportedshelters.org)  
Loc: **1160 Grant St, 97402** Ph: **541-683-0836**

**Square One** Web: [squareonevillages.org](http://squareonevillages.org)  
Low-rent tiny houses w/communal kitchen and common space to help transition to more permanent housing. Ph: **541-606-4455**

**Opportunity Village Eugene** Transitional shelter for adults. Ph: **541-606-4455**. Loc: **111 N. Garfield**

**ShelterCare** Web: [sheltercare.org](http://sheltercare.org) Provides temporary and emergency housing for people in crisis. Mental health services available.  
Loc: **499 W 4th Ave** Ph: **541-686-1262** Bus: 51

\* **St. Vincent dePaul** Web: [svdp.us](http://svdp.us) (GET HELP)  
Transitional and permanent housing programs and a variety of services listed throughout this brochure.  
Loc: **2890 Chad Dr.** Ph: **541-687-5820**

## CLOTHING

\* **Catholic Community Services** provides gently used and new clothing, food boxes, phone use, housing info, I.D. assistance, personal hygiene items & prescription assistance on a drop-in basis. Bus tokens Mon mornings. Ph: **541-345-3628**  
Day service hrs: Mon-Fri 9am-4:30pm Loc: **1464 W 6th Ave, 97402** Bus: EmX

\* **First Christian Church** Clothes & bedding  
Tues & Thurs 12-2. Breakfast every Sunday 7:45am to 9:15am. Loc: **1166 Oak St.**

## HEALTH and DENTAL

**White Bird Medical and Dental Clinic** offers free health care to unhoused individuals and low cost clinics. Web: [whitebirdclinic.org](http://whitebirdclinic.org)  
Loc: **1400 Mill St, 97401** Bus: 28,81,98  
Medical: **541-484-4800** Dental: **541-344-8302**

\* **Occupy Medical** No cost, high quality medical Services. Sun 12-4p Loc: **1717 Centennial Boulevard, Springfield 97477** Bus: 13  
**Rapid Access** Recommends same day medical treatment includ. substance abuse, mental health. Hrs: Mon-Fri 8am-8pm Web: [wfts.org](http://wfts.org) Loc: **195 W 12th Ave, 97402** Bus: EmX Ph: **541-762-4300**

**Homeless Department** (See White Bird Clinic)  
Homeless case management. Hrs: Walk-Ins Mon-Thur Noon-2pm Loc: **323 E 12th Ave, 97401**  
Ph: **541-342-1295** Bus: EmX,28,81,98

## COUNSELING and MENTAL HEALTH

**Chrysalis** Low cost, humanistic drug/alcohol treatment using a harm reduction model. Web: [whitebirdclinic.org/chrysalis-behavioral-health](http://whitebirdclinic.org/chrysalis-behavioral-health)  
Ph: **541-683-1641** Loc: **350 E 11th Ave** Bus: EmX

**Sexual Assault Support Services of Lane County** Outreach, advocacy, and support to survivors of sexual violence and their partners, families, and friends. **24-hour crisis/support line: 541-343-7277** or toll-free: **1-800-788-4727**  
Drop-in hrs: Tues-Thur 9am-4pm;  
Drop-in loc: **591 W 19th Ave, 97401** Bus: 33,36,78

**Station 7** (See also: Looking Glass)  
Web: [lookingglass.us/station-7-program](http://lookingglass.us/station-7-program)  
Counseling, job/edu, runaway and unhoused, and residential services for children, teens, adults, and families. Ph: **541-689-3111** Toll free crisis line: **1-888-689-3111** Loc: **931 W 7th Ave** Bus: EmX,95

## VETERAN SERVICES

**VA Services** Web: [va.gov/homeless](http://va.gov/homeless) 24hr crisis hotline: **877-424-3838** or **800-273-8255**  
**Supportive Services for Veteran Families** Goal of stable housing for veterans and their families.  
Web: [svdp.us](http://svdp.us) (GET HELP) Ph: **541-743-7166**  
Loc: **2890 Chad Drive, 97408** Bus: 66,67  
**Eugene Vet Center** Hrs: M/F/Sat 8-4:30, T-Th 8-8  
Ph: **541-465-6918** Loc: **190 E 11th** Bus: EMX

## LATINX

**Centro Latino Americano** Ph: **541-687-2667**  
Web: [centrolatinoamericano.org](http://centrolatinoamericano.org) Food, clothing, counseling, advocacy, housing assist. Mon-Thur 8:30am-12pm/1-5pm; Fri 8:30am-Noon; Closed Sat-Sun Loc: **944 W 5th Ave, 97402** Bus: 95,EmX

## LGBTQ

**Trans\*Ponder** Web: [transponder.community](http://transponder.community)  
Provides support, education, advocacy for the Trans/Gender Diverse community and its allies.

**HIV Alliance** Supports people living with HIV/AIDS, works to prevent new HIV infections.  
Ph: **541-342-5088** or toll-free: **866-470-3419**  
Loc: **1195A City View Street, 97402** Bus: EmX

## COMPANION ANIMAL CARE

**Pro-Bone-O** Web: [proboneo.org](http://proboneo.org) Free pet clinic w/admission by lottery. Hrs: 2nd Sundays 9:30am-1:30pm. Arrive by 8:15am to get into the drawing. Ph: **541-607-8089** Loc: at Eugene Mission **1542 W 1st Ave, 97402** Bus: 40,52