



This little guide was made by big hearts at The Neighborhood Anarchist Collective (NAC) Visit us at: neighborhoodanarchists.org

Updated, expanded information available at: naceugene.org/EugeneResourceGuide

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.

LITTLE GUIDE TO FREE RESOURCES IN EUGENE

MEALS and FOOD BOXES

* = Also offer food boxes/meals. Call for 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** and selecting GET HELP > MEAL SITES. Call first if you can. **541-343-2822**

The Dining Room Everyone 18+, children accompanied by a guardian. Reservation not required (but recommended) starting daily at Noon. **541-343-2822** Hrs: Mon-Thu, 12-2:45pm
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 the Park Blocks**, 8th & Oak from 4-5pm

Burrito Brigade burrito-brigade.org
Vegan meals are made and distributed at Whitebird, SVDP Service Station, downtown, parks, etc. Sat 12pm and Sun (2:30-4pm). Come help cook on Sat at 770 Bailey Hill Rd, Eugene from 9:30am-12pm

Free access to public computers and internet. **eugene-or.gov/130/Eugene-Public-Library**
541-682-545 Downtown: 100 W 10th Ave, 97401
Hrs: Mon-Thu 10am-8pm; Fri-Sun 10am-6pm.

EUGENE PUBLIC LIBRARY

1-844-404-7700

Sexual Assault Support Services 24-hour crisis/support line: **541-343-7277** or toll-free: **1-800-273-8255**
24 hours everyday. If you or someone you know are experiencing suicidal thoughts: **1-800-273-8255**

National Suicide Prevention Lifeline

call 911, or go to the Emergency Room (ER)
541-687-4000 or toll free: **1-800-4227558** TTY 711,
Lane County Crisis Hotline (White Bird Clinic)

Eugene **541-682-5111** Springfield **541-726-3714**
through the police non-emergency line.

is a 24/7 mobile crisis response team dispatched
CAHOOTS Mobile Crisis Unit (White Bird Clinic)

QUICK EMERGENCY HELP

Waste to Taste Free grocery store to fill food boxes
Mon-Thurs 4-6pm and Fri 3-5pm
1775 W 6th Ave Eugene

Community Fridges Free fridges stocked with food: 870 W 16th Ave & 1790 Alder St

Acorn Cafe Free groceries Wed - Sun 10am-5pm
796 Monroe St. acorncommunitycafe.com

LEGAL AID / TENANT RIGHTS

Lane County Legal Aid & Advocacy Center
Web: lclac.org **101 East Broadway Suite 200**
97401 Bus: EmX **541-485-1017**

Springfield Eugene Tenant Association Hotline
Resources for tenants: **(541) 972-3715**

CLOTHING

* **Catholic Community Services** Clothing, food, phone, housing info, I.D. assistance, hygiene items & prescription help. Drop-in. Bus tokens Mon mornings. **541-345-3628** Eugene- **1464 W 6th Ave, 97402**, Springfield- **1025 G Street, 97477**. Bus: Emx Mon/Tue/Wed/Fri 8am-4pm. Thur 8am-3:30pm

Black Thistle Street Aid Herbalists & medical practitioners providing access to free healthcare.
Pop-up Clinic at Washington Jefferson Park 2nd and 4th Wednesday every month 12:30-3:30

Homeless Department (See White Bird Clinic)
Homeless case management. Walk-ins Tues-Thur 9:30am-12:30pm **323 E 12th Ave, 97401**
541-342-1295 Bus: EmX, 28, 81, 98

Rapid Access Recommends same day medical treatment include: substance abuse, mental health.
Mon-Fri 8am-8pm **wfs.org 195**
W 12th Ave, 97402 Bus: EmX Ph: **541-762-4300**

* **Occupy Medical** No cost, high quality medical Services. Sun 12-4p 5th and Washington

White Bird Medical and Dental Clinic offers free health care to unhoused individuals and low cost clinics. Web: **whitebirdclinic.org**. Call for hours Medical: **541-484-4800** Location (temporary): 450 W 5th St, Eugene Dental: **541-344-8302** 1415 Pearl Street, Eugene OR 97401

HEALTH and DENTAL

WOMEN

Hope and Safety Alliance hopesafetyalliance.org
Serves victims & survivors of domestic violence. Undisclosed shelter location. 24hr crisis hotline: **541-485-6513** or toll-free: **800-281-2800**
1577 Pearl St, 97401 **541-485-8232** M-F 9am-5pm

Planned Parenthood Two locations below:
plannedparenthood.org
Eugene-Springfield Health Center **541-344-9411**
3579 Franklin Blvd, 97403 Mon-Wed & Fri 9:30am-6pm; Thur 10:30am-6pm, Sat 8:30am-4pm; Sun closed.

West Eugene Health Center **541-344-941**
793 N. Danebo Ave, 97402 Mon-Wed & Fri 9:30am-6pm; Sat & Sun closed

LTD BUS INFORMATION

ltd.org 541-687-5555

UO & LCC STUDENT RESOURCES

UO onestop.uoregon.edu
LCC lcc.edu/services

DAY SERVICES

White Bird Clinic Web: whitebirdclinic.org
24 hour crisis hotline **541-687-4000** (and Walk-Ins)
Services include mail, phone access, restrooms.
Day access hours are from Mon-Sun
9:30am-4:30pm, Wed closed 3:30pm (2 hr limit)
341 E 12th Ave, 97401 Bus: EmX,28,81,98

FAMILY and YOUTH SERVICES

* **First Place Family Center** svdp.us Provides crucial assistance and support to families with children with unstable housing. Annex Night Shelter also available (often with wait-list) **541-342-7728**
1995 Amazon Pkwy Bus: EmX

* **Looking Glass** lookingglass.us Housing, job/edu options, showers, meals, counseling. Free confidential STD & HIV testing Thursdays at Noon.
24/7 Help Line: 1-888-689-3111 Loc: 941 W 7th, Hours / services are age specific. Contact for info.
Station 7 Counseling, job/edu, runaway and unhoused, and residential services for children, teens, adults, and families. **W 7th Ave** Bus: EmX,95

15th Night Youth-informed movement to end youth homelessness. Rapid Access Network (RAN) to get help fast: Call or text **541-246-4046**. 15thnight.org

* **Hosea Youth Services** hoseayouth.org
Focus on homeless or at-risk youth ages 16 to 24. Drop-in **834 Monroe St, 97402** (The Church at 8th and Monroe) **541-344-5583** Bus: EmX

Youth M.O.V.E. Peer support, ages 14-25.
971-344-9295

C.O.R.E. Advocates for young people ages 16-30 in Lane County. Street Feed downtown every other Mon. Harm reduction supplies every other Wed in Washington Jefferson Park **503-877-5320**
coreeugene.org

Daisy CHAIN daisychainlane.org Full spectrum doula care (termination, pregnancy, labor/birth, postpartum) **541.505.1139**

Relief Nursery reliefnursery.org Family support for low-income parents with children up to five years
541-343-9706

G Street Oasis ccslc.org/oasis Coordinated set of services for families with children. **541-345-3628**

SHELTER and HOUSING

* **Eugene Mission** Web: eugenemission.org
The Rescue Shelter can be accessed at w campus gate on 2nd and Chambers at 9 am check in (or lottery if beds are limited) Must pass drug test to stay overnight. 3 Meals: 6am, 11am, & 5pm.
Women and mothers with children: 1420 W 1st Ave; Men: 2nd Ave at Chambers St.
541-344-3251 1542 W 1st Ave, 97402 Bus: 40,52

* **Eugene Service Station** Web: 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. 8am-5pm everyday **450 Highway 99 North, 97402** **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.
eganwarmingcenter.com

Overnight Parking Program Web: svdp.us
Provides legal camping, garbage disposal, portable restrooms to unhoused families and individuals living in vehicles or campers. **541-342-7728**
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.
communitysupportedshelters.org
1160 Grant St, 97402 541-683-0836

Square One Web: squareonevillages.org
Low-rent tiny houses w/communal kitchen and common space to help transition to more permanent housing. **541-5250501**

Opportunity Village Eugene Transitional shelter for adults. Ph: **541-650-6937. 111 N. Garfield**

ShelterCare sheltercare.org Provides temporary and emergency housing for people in crisis. Mental health services available.
499 W 4th Ave 541-686-1262 Bus: 51

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

COUNSELING and MENTAL HEALTH

Chrysalis Low cost, humanistic drug/alcohol treatment using a harm reduction model. Web: whitebirdclinic.org/chrysalis-behavioral-health
541-683-1641 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

VETERAN SERVICES

VA Services Web: 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.
svdp.us (GET HELP) **541-743-7166**
2890 Chad Drive, 97408 Bus: 66,67

Eugene Vet Center Mon-Sat 8am-6:30pm
541-465-6918 190 E 11th Bus: EMX

LATINX

Centro Latino Americano **541-687-2667**
centrolatinoamericano.org Food, clothing, counseling, advocacy, housing assist. Mon-Thur 9am-12pm/1-4:30pm; Fri 9am-Noon; Closed Sat-Sun Loc: **944 W 5th Ave, 97402** Bus: 95,EmX

LGBTQ

Trans*Ponder Web: 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.
541-342-5088 or toll-free: 866-470-3419
1195A City View Street, 97402 Bus: EmX

COMPANION ANIMAL CARE

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