

HEALTH and DENTAL

White Bird Medical and Dental Clinic:

Web: whitebirdclinic.org

Offers free health care to unhoused individuals and low cost clinics. Info is subject to change, **call for hours and up to date info.**

Medical: 541-484-4800 | 1400 Mill St., 97401 | Hrs:

Mon. 9 am - 12 pm and 2 pm - 5:30 pm, Tues. -

Fri. 9 am - 5:30 pm closed weekends |

Bus: EmX, 28, 36, 41, 81, 93

Dental: 541-344-8302 | 1415 Pearl Street, Eugene

OR 97401 | Hrs: Mon. - Fri. 8 am - 5 pm,

appointments needed |

Bus: EmX, 36, 41, 82, 92, 93

Black Thistle Street Aid:

Web: blackthistlestreetaid.org/

Email: whatsapp@blackthistlestreetaid.org

Herbalists & medical practitioners providing access to free healthcare.

Ph: 541-232-8546 | Pop-up Clinic at Washington

Jefferson Park every 2nd Wed. of each month.

Hrs: 1:30 pm - 4:30 pm | Bus: 51, 52, 40

* Occupy Medical:

Web: occupy-medical.org

Email: occmednow@gmail.com

No cost, high quality medical services and supplies, from prescription refills to hygiene products.

Hrs: Weekly Saturday clinics from 9 am - 11 am.

Will be at St. Vincent DePaul Service Center, 450

Highway 99 N., 1st and 3rd Saturday of each

month. Also at Washington Jefferson Park at the

corner of W. 5th Ave and Washington St. for the

2nd and 4th Saturday of each month.

Ph: 541-525-0033 | Bus: EMX, 13, 36, 93

Volunteers in Medicine Clinic:

Web: vim-clinic.org | Free comprehensive health services to low-income adults who qualify.

Ph: 541-685-1800 | 2260 Marcola Road, 97477

Hrs: Mon. - 9:00 am - 12 pm, 1:30 pm - 5:00 pm

Tues. - 1:30 pm - 5:00 pm, 5:30 pm - 8:30 pm

Wed. - 9:00 am - 12 pm, 1:30 pm - 5:00 pm

Thurs. - 9:00 am - 12 pm, 1:30 - 5:00 pm

Fri. - Closed | Bus: EmX, 17, 18

Rapid Access: Web: wfts.org

Same day medical treatment includes substance abuse and mental health. | Hrs: Mon. - Fri. 8 am - 8

pm | 1050 High St., 97401 | Ph: 541-762-4300 |

Bus: EmX, 36, 40, 51, 52, 93

QUICK EMERGENCY HELP

CAHOOTS: (White Bird) SPRINGFIELD ONLY

Web: whitebirdclinic.org/cahoots

Mobile crisis response team dispatched through the police non-emergency line. Ph: 541-726-3714 | Hrs: 11 am - 11 pm

Lane County Behavioral Health Crisis Hotline:

Chat available on *National Suicide and Crisis*

Lifeline at 988lifeline.org | Ph: 541-682-1001 or call/text 988

White Bird Crisis Line:

Web: whitebirdclinic.org/crisis

White Bird's free phone-based crisis intervention service. | Ph: 541-687-4000 | Hrs: 8am - 8pm

Sexual Assault Support Services: 24-hour crisis/support line - 541-343-7277 or toll-free: 1-844-404-7700

211info: Web: 211info.org

Helps people find resources | Ph: 211 Phone available 24/7. Text your zip code to 898211 (TXT211) Mon - Fri 9 am - 5 pm

DAY SERVICES

* Eugene Service Station: Web: svdp.us

Provides unhoused adults with a place to meet basic needs. Backpack storage during the day. Also serves as a sign-up station for *Dawn to Dawn* emergency shelter services (new beds assigned at 2 pm, prepare to wait in line).

Ph: 541-461-8688 | Hrs: 8 am - 5 pm everyday.

Breakfast at 8:30 am, lunch at

12:00 pm (Wed. @ 11 am), showers and laundry

8:30 am - 12 pm, 2 - 5 pm | 450 Hwy 99 N, 97402 |

| Bus: 40, 41, 43, 95

Restored Connections Peer Center:

Web: restoredconnections.org

Email: scameron@restoredconnections.org

Recovery space with services and support for anyone with a history of substance abuse.

Drop in hrs: Mon - Fri: 8 am - 6 pm, Sat: 9 am - 5 pm, drop in center closes from 12 pm - 1 pm

146 E 12th Ave, 97401

Ph: 458-544-0000 | Bus: EmX, 36, 41, 55, 93

LITTLE GUIDE TO FREE RESOURCES IN EUGENE

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.

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



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

July 2025

DAY SERVICES CONTINUED

Navigation Empowerment Services Team

(NEST): Web: whitebirdclinic.org/nest

Access to primary medical care, outpatient drug/alcohol treatment, health plan enrollment, OR birth cert. requests, appt. transp. SSI/SSDI help, EBT card replacement. Interp. Svcs. avl.

Hrs: Tues - Thurs 9:30 am - 12:30 pm,

2 pm - 4 pm | 323 E 12th Ave, 97401

Ph: 541-342-1295 | Bus: EMX, 36, 41, 93

Lane County Utility Assistance Program:

Web: lanecountyor.gov/energyassistance

Community resource for utility assistance, eligibility criteria listed as well as directions for applying.

151 W. 7th Ave., Room 560, 97401 | Bus: EmX, 36, 41, 93

MEALS and FOOD BOXES

*** = Also offer food boxes/meals. Call for info.**

FOOD For Lane County:

Web: foodforlanecounty.org

Food help available to individuals struggling with food insecurity. Get a comprehensive calendar of meal sites by visiting: foodforlanecounty.org/find-a-food-pantry Ph: 541-343-2822

*** The Dining Room:**

Web: foodforlanecounty.org/fflcs-dining-room

Everyone 18+, children accompanied by a guardian. No cost meal, reservation not required (but recommended) starting at noon.

Ph: 541-343-2822 | Hrs: Mon - Thu, 12 pm - 2:45 pm | 270 W 8th Ave, 97401 | Bus: 51, 52

Food Not Bombs:

Email: eugenefoodnotbombs@proton.me

Food Not Bombs believes that food is a human right. They are volunteer run and serve **Fridays at the Park Blocks, E. 8th & Oak.**

Hrs: Fri. 4 pm - 5 pm | Bus: 12, 13, 91, 96

FISH (Friends in Service to Humanity):

Emergency food aid | Ph: 541-689-9750 | 440

Maxwell Rd, 97404 | Hrs: Tues. - Thurs., 10:30 am - 1:30 pm | Bus: EmX, 12, 13, 51, 52, 55, 67, 93

Waste to Taste: Web: burritobrigade.org/waste-to-taste | Free grocery store. Bring clean reusable grocery totes or bags. *Must book by appointment online.* 1775 W 6th Ave, 97402

Hrs: Mon. - Wed. 4 - 6 pm, Thur. - Fri. 3 - 5 pm
Bus: EmX, 40, 52, 93

Community Fridges: Free fridges stocked with food. Available 24/7

870 W. 16th Ave. | Bus: EmX, 13, 18, 28, 36, 41, 55
53 W. 24th Place | Bus: EmX, 24, 36, 82
2116 Grant St. | Bus: EmX, 12, 28, 33, 36, 41, 66
1790 Alder St. | Bus: EmX, 28, 36

Little Free Pantries: burritobrigade.org/pantries/
Over 50 free pantries stocked with food. See website for list of all locations. Hrs: Available 24/7

Neighbors Feeding Neighbors:

Provides meals to the hungry and unhoused in Eugene, hosted at **WJ Park** between 9 am and 10 am Wed. - Sat. at 5th & Washington St.
Bus: EmX, 36, 51, 93

Acorn Cafe: Web: eatacorncafe.com | Free meals that have been paid for by fellow patrons. | 796 Monroe St. Hrs: Brunch: Wed. - Sun., 10 am - 3 pm | Dinner: Thurs. - Sat., 5 pm - 9 pm
CLOSED: Mon. & Tues. | Bus: EmX, 51, 66, 67, 93

SHELTER and HOUSING

Homes for Good: Web: homesforgood.org

Housing agency that helps low income Lane County residents with affordable housing.

Hrs: Mon. - Fri., 9 am - 4 pm

Ph: 541-682-3755 | 100 W 13th Avenue, 97401

*** Lane County Emergency Shelter:**

Web: lanecountyor.gov/shelter | Helps you find emergency shelters in lane county for unhoused and check availability of beds. To know more about housing resources, dial 211.

*** 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: 6 am, 11 am, & 5 pm | Women and mothers with children: 1420 W 1st Ave | Men: 2nd Ave at Chambers St. | Ph: 541-344-3251 | 1542 W 1st Ave, 97402 | Bus: 40, 52

*** St. Vincent de Paul:** Web: svdp.us (GET HELP)
Transitional and permanent housing programs and a variety of services listed, from basic needs like safety, shelter, food, financial and material assistance.

Garfield Sleep Site: 410 Garfield St, 97402

Ph: 541-461-8688 | Bus: EmX, 12, 36, 41, 93

Used Car Lot: 1175 State Hwy 99 N, 97402

Ph: 541-607-4541 | Bus: EmX, 12, 13, 36, 41, 66, 67, 41, 93

Dawn to Dawn:

Web: eugene-or.gov/3704/Dawn-to-Dawn
24 hour low barrier drop in shelter. Sign up begins at 2 pm at the Eugene Service Station.
717 State Hwy 99 N, 97402 | Bus: EmX, 41, 52

ShelterCare: sheltercare.org | Provides temporary and emergency housing for people in crisis. Mental health services available.

499 W 4th Ave | Ph: 541-686-1262 | Bus: 51

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

Overnight Parking Program: Web: svdp.us

Provides legal camping, garbage disposal, portable restrooms to unhoused families and individuals living in vehicles or campers.

81995 Amazon Pkwy, Eugene, 97405

Ph: 541-342-7728

Community Supported Shelters:

Web: communitysupportedshelters.org

Builds Safe Spot communities for people who are experiencing homelessness. Two week to two month wait list.

1160 Grant St, 97402 | Ph: 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. | 272 W. 11th Ave., 97401
Ph: 541-525-0501 | Bus: 12, 66, 67, 93

Opportunity Village Eugene: Transitional shelter for adults. | Ph: 541-653-9835 | 2243 Roosevelt Blvd Bus: 12, 40, 66

Cascades Community Placement Services:

Web: orccps.org | Helps relocate and house vulnerable people in Eugene. | Ph: 541-513-9204 | contact@orccps.org

LEGAL AID / TENANT RIGHTS

Lane County Legal Aid

Web: oregonlawcenter.org/how-to-get-help/olc-offices

Legal services for low-income individuals. Specialize in issues related to housing, family law, senior services, and issues of domestic violence.
101 East Broadway Suite 200, 97401
Ph: 541-485-1017 | Bus: EmX, 36, 93

Springfield Eugene Tenant Association Hotline:

Web: springfieldeugenetenantassociation.com
Resources for tenants: (541) 972-3715

COUNSELING and MENTAL HEALTH

White Bird Harm Reduction & Treatment Center:

Web: whitebirdclinic.org/harm-reduction

Rapid and low barrier access to harm reduction services and comprehensive treatment for substance abuse disorders.

Ph: **541-246-1353** | **647 Polk St. Eugene, OR 97402**

Bus: EmX, 12, 40, 41, 93

Contact [Behavioral Health Resource Network](#)

[Hotline](#) for treatment: **800-422-2595**

Live. Grow. Share.: Web: livegrowshare.org

Email: intake@livegrowshare.org

Peer-run and operated mental health and addiction services. | Ph: **541-505-9190** | **1966 Garden Ave., 97403** | Bus: EmX, 93

Buckley Detoxification Center:

Web: wfts.org/services/medical-detox

Medical detox center for those experiencing withdrawals, use the form below to complete and schedule an assessment: wfts.org/contact/

Ph: **541-762-4575** | **605 W 4th Ave, 97402**

Bus: EmX, 12, 36, 40, 41, 52, 93

Trauma Healing Project: Web:

healingattention.org

Email: info@healingattention.org | Helps provide a quality of life beyond trauma and violence, call to schedule an appointment and inquire about open hours.

631 E. 19th Ave. Building B, 97401

Ph: **541-687-9447** | Bus: 28, 36, 41, 81, 93

Chrysalis:

Web: whitebirdclinic.org/chrysalis-behavioral-health

Low cost, humanistic drug/alcohol treatment using a harm reduction model. | Ph: **541-683-1641** | **350 E 11th Ave, 97401** | Bus: EmX, 12, 36, 93

Sexual Assault Support Services of Lane County:

Web: sass-lane.org | Outreach, advocacy, and support to survivors of sexual violence and their partners, families, and friends. Office by appointment only. **24-hour local crisis/support line: 541-343-7277** or toll-free: **844-404-7700**
1902 Jefferson St #1, 97405

Drop-in hrs: **Mon. - Fri., 9 am - 5 pm** Bus: 33, 36, 78

CLOTHING

*** Catholic Community Services:**

Web: ccslc.org |

Springfield Clothing Closet - **1025 G Street, 97477**

Hrs: **Mon. - Fri. 9 am - 12 pm**

Helping Hearts Room:

Web: heartofeugene.org/community-ministries

Free clothing, shoes, blankets, hygiene supplies and personal care items.

1166 Oak St., 97401

Hrs: **Tues. & Thurs., 12 pm - 2 pm**

Ebbert United Methodist Church:

Web: ebbertumc.org

Clothing closet opened **Wednesdays**.

Ph: **541-345-3628**

532 C St, 97477 | Hrs: **Wed. 5 pm - 7 pm**

Springfield Adventist Community Center:

Web: springfieldor.adventistchurch.org

Email: adventistchurch@gmail.com

Clothing available by appointment only – please call the office on Thursdays or Fridays. Hands out food boxes and clothing every **Tuesday**. Call office if you need food or clothing outside scheduled hours.

Ph: **541-746-8263**

1546 N. 12th St , 97477, corner of 12th & Olympic

Hrs: **1st and 3rd Tues. of the month, open 10 am - 1 pm; 2nd and 4th Tues. of the month, open 3 - 6 pm; 5th Tues. of the month, closed.**

Bus: EmX, 13, 18, 36, 41, 93

RAVEN (Radical Assistance for Vulnerable Eugene Neighbors): Provides clothing and other supplies, **5 days a week** at the **First Christian Church** in downtown Eugene. | **1166 Oak St.**

Hrs: **Mon., Wed., Fri., Sat. 9 am - 1 pm,**

Sun. 12 pm - 4 pm | Bus: EmX, 36, 93

First Saturday Neighborhood Market:

Web: tinyurl.com/1st-Sat-market

Meals and clothing provided, especially for the winter. Anyone in need welcome.

Ph: **541-484-5810** | **304 Blair Boulevard, 97402**

Hrs: **9 am - 11 am, 1st Sat. of each month**

LATINX / IMMIGRATION

Plaza de Nuestra Comunidad:

Web: plazacomunidad.org | Food, clothing, counseling, advocacy, housing assist.

Ph: **541-686-8483 Ext. 2** | Hrs: **Mon - Fri: 9:00AM - 6:00PM** | **1621 Centennial Blvd, Springfield**

Bus: 13, 18, 28

CCSLC Immigrant Services:

Web: ccslc.org/immigrationservices |

Ph: **541-345-3628 ext.1326** | Hrs: **Mon - Fri: 8am - 4pm** | Email: risp@ccslc.org

LGBTQ

Queer Eugene: Web: queereugene.org

Clothing program, general resource list and access to education for the community. | **P.O. Box 668, 97440**

Trans*Ponder: Web: transponder.community

Provides support, education, advocacy for the Trans/Gender Diverse community and its allies.

Ph: **541-321-0872**, Text: **541-632-8953**

Hrs: **9 am - 5 pm, Mon. - Thur. (closed from 12 pm - 1 pm); Fri. by appointment only**

Office Location: **440 Maxwell Rd, 97402**

Bus: EmX, 12, 51, 52, 67

HIV Alliance: Web: hivalliance.org | Supports people living with HIV/AIDS, works to prevent new HIV infections.

Ph: **541-342-5088** or toll-free: **866-470-3419**

1195 City View Street, 97402 Bus: EmX

The Lavender Network: Web:

lavandernetwork.org

Clothing closet open for drop ins during business hours. Employment program. Gender affirming care products. Hormone syringe supplies and disposal. Support services for resource navigation. Walk-ins accepted for STI and HIV testing every **Wednesday** from **12 - 4 pm**, no appointment necessary. Free weekly food program on **Thursdays 10 am - 2 pm**. Ph: **541-342-5088**

Hrs: **Mon. - Thurs., 9 am - 12 pm/1 pm - 5 pm**
Fridays by appointment only.

440 Maxwell Rd., 97404 | Bus: EmX, 12, 13, 51, 55

The Trevor Project: Web: thetrevorproject.org

24/7 confidential crisis support service available via text, chat and phone. Text "START" to 678-678. |

Ph: **1-866-488-7386**

FAMILY and YOUTH SERVICES

First Place Family Center: Web: svdp.us | Provides crucial assistance and support to families with children who have unstable housing. Annex Night Shelter also available (often with wait-list) | Hrs: **9 a.m - 5 pm daily** | Ph: **541-342-7728** | **4060 W. Amazon Dr., 97405** | Bus: EmX, 24, 28 and 36

Looking Glass: Web: lookingglass.us Youth program for housing, job/education options, showers, meals, counseling. Free confidential STD & HIV testing Thursdays at Noon. | **Youth Hotline: 541-689-3311 24/7 Help Line: 1-888-689-3111** | **24/7 Hotline Behavioral Health Resource Network (addiction related): 800-422-2595 941 W 7th, 97402**
Station 7: Counseling, job/education and residential services for children, teens, adults, and families. **931 W 7th Ave, 97402**
Bus: EmX, 95

15th Night: Web: 15thnight.org
Resources and assistance for youth experiencing homelessness.
Ph: **541-246-4046** (24/7, call or text)

Hosea Youth Services: Web: 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) | Ph: **541-344-5583** | Bus: EmX

C.O.R.E.: Web: coreeugene.org
Email: Info@coreeugene.org | Advocates for young people ages 16 - 29 in Lane County. Supply drops on Tuesday evenings from 4 pm - 7 pm
Zephyr House: **692 Jefferson St, 97402**
Mailing Address: **3003 West 11th Street #277, 97402**
Ph: **541-870-0036**

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

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

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

Ophelia's Place: Web: opheliasplace.net
Empowering girls ages 10-18 with therapy and after school programs. Ph: **541-284-4333** | **1577 Pearl St. #100, Eugene, 97401** | **Mon-Thurs 10 am-6 pm**

REPRODUCTIVE / DOMESTIC

Plan B is available at Costco (2828 Chad Dr, 97408) for \$5.99, no prescription or membership required.

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

Planned Parenthood:
Web: plannedparenthood.org
Eugene-Springfield Health Center: **541-344-9411**
3579 Franklin Blvd, 97403 | Hrs: **Mon. - Wed., 9:30 am - 6 pm; Thurs. 10:30 am - 6 pm; Fri. 8 am - 4 pm; Sat. & Sun. closed.** | Bus: EmX, 93.
West Eugene Health Center: **541-344-941**
793 N. Danebo Ave, 97402 | Hrs: **Mon - Wed & Fri, 9:30 am - 6 pm; Sat & Sun closed**
Bus: EmX, 12, 36, 41, 93

VETERAN SERVICES

Supportive Services for Veteran Families: Goal of stable housing for veterans and their families. svdp.us | Ph: **541-743-7166**
2890 Chad Drive, 97408 | Bus: 66, 67

Eugene Vet Center: Web: va.gov/eugene-vet-center Confidential help for Veterans, service members and their families.
Hrs: **Mon. - Sat., 8 am - 6:30 pm** Ph: **541-465-6918** | **190 E 11th, 97401** | Bus: EMX

COMPANION ANIMAL CARE

Pro-Bone-O: Web: proboneo.org
Free vet clinic for the pets of people who are unhoused. First come, first serve.
Ph: **541-799-0441**
Hrs: **2nd & 4th Sundays 9:00 am - 1:00 pm** | **Eugene Mission Warehouse: 1509 W 1st Ave, 97402** | Bus: 40, 52

Greenhill Pet Food Bank:
Web: green-hill.org/pet-food-bank/
Pet food and supply pantry. If you live within 10 miles, they can deliver pet food and supplies to you. Request through the "Pet Food Delivery Request" button on their website.
Ph: **541-689-1503** Hrs: **11am-6pm daily**
88530 Green Hill Rd. Eugene, OR 97402 Bus: 36, 93

EUGENE PUBLIC LIBRARY

Web: eugene-or.gov/4422/Eugene-Public-Library
Free access to public computers and internet.
Ph: **541-682-5450**
Downtown: **100 W. 10th Ave., 97401**
Hrs: **Mon., Fri., Sat. 9:30 am - 6 pm** | **Tues., Wed., Thurs. 9:30 am - 8 pm** | **Sun. 1 - 5 pm**
Bus: EmX, 12, 36, 41, 93
Bethel Branch: **1990 Echo Hollow Rd., 97402**
Hrs: **Mon., Wed., Thurs. 9:30 am - 6 pm** | **Tues. 12 - 8 pm** | **Fri., Sat. 10 am - 6 pm** | *closed Sun.*
Bus: EmX, 36, 41, 93
Sheldon Branch: **1566 Coburg Rd., 97401**
Hrs: **Mon., Wed., Thurs. 9:30 am - 6 pm** | **Tues. 12 - 8 pm** | **Fri., Sat. 10 am - 6 pm** | *closed Sun.*
Bus: EmX, 13, 40, 41, 66, 67, 81, 93

LTD BUS INFORMATION

Website: ltd.org | Ph: **541-687-5555**