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: **whatsup@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**

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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 must be accompanied by a guardian. No cost meal, 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. **Check in: 8am-4pm** | **Women 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

***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**.

***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

***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. Fri by appointment only**
Office Location: **1590 Willamette St, 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: **lavendernetwork.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.**
1590 Willamette St | 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.
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**