400 E. Main Street | Cottage Grove, Oregon 97424 | Phone: 541-942-1185

2021 South Lane County Resource Guide

The City of Cottage Grove strives to provide you with accurate information on resources available in South Lane. Community resources in operation during the COVID-19 pandemic are changing daily, as folks modify their hours and services to prevent the spread of the virus. Please call listings to confirm current services.

Basic Needs

Programs that assist with Basic Needs

Community Sharing: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424

Services: Food Pantry and Emergency Services. Assistance with food boxes, housing, utility assistance, laundry, showers, clothing closet, prescriptions, and other assistance. Hours: Monday, 1:30 p.m. - 6:00 p.m. and Tuesday- Friday, 11:00 a.m.-3:30 p.m. www.communitysharing.org

Cottage Grove Mutual Aid Hotline: 541-649-2460

Services: Volunteers available to help you access food, basic needs, rides, deliveries, and other support. CottageGroveCommunityCares@gmail.com

Department of Human Services (DHS): 541-942-9186
305 Coop Court, Cottage Grove, OR 97424

Services: SNAP (food stamps), cash help, child care, and employment assistance for eligible low-income families and individuals. Domestic and sexual violence help. Call 211 from any phone to sign up. www.oregon.gov/dhs

FOOD for Lane County Summer Food Program:

Services: The Summer Food Service Program (SFSP) offers free meals and snacks to all kids, ages 1-18. To find a location near you, text FOOD to 877877. For a complete map of sites, visit: www.summerfoodoregon.org or www.foodforlanecounty.org

Lane County WIC: 541-682-4202
305 Coop Court, Cottage Grove, OR 97424

Services: Supplemental Nutrition Program for Women, Infants and Children through nutrition education, breastfeeding support, and with the provision of

healthy foods. Note: Due to the COVID-19 pandemic, all WIC services will be conducted via phone until further notice.
www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx

Looking Glass, Rural: 541-767-3823
508 E. Whiteaker Avenue, Cottage Grove, OR 97424
Services: Assisting youth (ages 11-21) homeless or at risk for homelessness, and/or who have run away with basic needs and meals. Emergency shelter at Station 7 in Eugene.
www.lookingglass.us/ruralprogram

McKinney-Vento Program, South Lane School District: 541-735-5702
Contact Tessa Hart, McKinney-Vento Liaison.
E-mail: tessa.hart@slane.k12.or.us
Services: Homeless youth program that works with students and families to ensure student's educational needs are met, reduces barriers that prevent youth from enrolling or attending school, and connects them to local support resources. www.slane.k12.or.us

Rural Organizing Project (ROP): 541-649-1169
632 E. Main Street, Cottage Grove, OR 97424
Services: Free food and basic need items every Tuesday, 11:00 a.m.-1:00 p.m. and Thursday, 4:00 p.m.-6:00 p.m.

South Lane School District Food Service: 541-942-3381 x 125
Services: Serving youth, ages 0-18, with two free meals per day regardless of income until further notice. Contact Corina Boylen, Food Services Supervisor at corina.boylen@slane.k12.or.us. Visit www.slane.k12.or.us for updates.

Food Pantries

USDA has increased income eligibility to visit a pantry and to receive free school meals to 300% of the federal poverty level due to the COVID-19 pandemic. (Subject to Change)

USDA-TEFAP COMMODITY 2020 ELIGIBILITY GUIDELINES HOUSEHOLD INCOME SIZE

	Monthly	Annual
1	$ 3,190	$38,280
2	$ 4,310	$51,720
3	$5,430	$65,160
4	$ 6,550	$78,600
5	$ 7,670	$92,040
6	$ 8,790	$105,480
7	$ 9,910	$118,920
8	$ 11,030	$132,360

*FOR EACH ADDITIONAL MEMBER, ADD $1,120 PER MONTH

Community Sharing: Tel: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424
Services: Food Pantry every Monday,1:30 p.m.-6:00 p.m. and Tuesday- Friday, 11:00 a.m.-3:30 p.m. www.communitysharing.org

Creswell Pantry: 541-246-9117
364 Cobalt Lane, Creswell, OR 97426
Services: Food Pantry every Thursday, 9:30 a.m. to 12:00 p.m. www.communityfoodforcreswell.org

FOOD for Lane County: 541-343-2822
Services: FOOD for Lane County partners with other agencies and programs to provide emergency food services to help individuals struggling with food insecurity. People who are unable to leave their homes for groceries can send someone on their behalf to a pantry to pick up food on their behalf. Call for food pantry locations and information. Foodforlanecounty.org

Rural Organizing Project (ROP): 541-649-1169
632 E. Main Street, Cottage Grove, OR 97424
Services: Free food and basic need item items distribution every Tuesday, 11:00 a.m.-1:00 p.m. and Thursday, 4:00 p.m.-6:00 p.m.

Seventh Day Adventist: 541-514-5889
820 S. 10th Street, Cottage Grove, OR 97424
Services: Free produce every 3rd Monday, 1:00 p.m.-3:00 p.m. Call Judy to schedule a food box order a few days prior to pick up. Emergency Food Boxes available.

Up River Food Pantry: 541-946-1821
37895 Row River Road, Dorena, OR 97434
Services: Food boxes/groceries every 1st and 3rd Fridays of the month, 4:00 p.m.-5:30 p.m.

Clothing

Community Sharing: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424
Services: Clothing closet every Monday,1:30 p.m.-6:00 p.m. and Tuesday-Friday, 11:00 a.m.-3:30 p.m.

Hillside Church: 541-895-3352
635 Holbrook, Creswell, OR 97426
Services: Clothing closet every Monday, 8:00 a.m.-12:00 p.m.

Riverside Community Church: 541-942-7126
1255 S. River Rd., Cottage Grove, OR 97424
Services: Community clothing closet every Thursday, 4:30 p.m.-7:00 p.m.

St. Vincent de Paul Society of Lane County: 541-689-6747
Services: St. Vincent Social Services has vouchers for emergency clothing and household goods. Call to request home visit by Cottage Grove volunteer.

Community Meals

Weekly Community Meals

Café 60 Senior Meals:
Cottage Grove - 541-942-9261 or Creswell - 541-895-2338
Cottage Grove: 925 W. Main Street, Cottage Grove, OR 97424
Creswell: 350 S. 2nd Street, Creswell, OR 97426
Services: Call ahead to place order. Senior meals served "To Go" Only. Serving ages 60+ who are eligible on a donation basis. ($3 donation for age 60 +/$8 donation for age 59 & under). Tuesday-Thursday, 12:00 p.m., Riverview Terrace in Cottage Grove and Monday, Wednesday, Friday at 12:00 p.m. in Creswell.

Creswell New Hope Baptist: 541-895-4436
597 S. Front Street, Creswell, OR 97426
Services: Free meal served "To Go" every Wednesday, 5:00 p.m.-6:00 p.m.. Drive thru "pick up" only.

Looking Glass, Rural: 541-767-3823
508 E. Whiteaker Avenue, Cottage Grove, OR 97424
Services: Rural program assisting youth only (ages 11-21). Serving free meals "To Go": Breakfast at 8:30 a.m., Lunch/Dinner at 12:00 p.m. Snacks also available. www.lookingglass.us/ruralprogram

Soups On: 632 E. Main Street, Cottage Grove, OR 97424 (back of the ROP building)
Services: Free "To-Go" meals served every Sunday, 4:00 p.m.- 5:00 p.m.

Trinity Lutheran Church: 541-942-2373
675 S. 7th Street, Cottage Grove, OR 97424
Services: Free meal served "To Go" at 5:15 p.m.-6:15 p.m. on Tuesdays and Thursdays.

Monthly Community Meals

American Legion: 541-942-5991
826 W. Main Street, Cottage Grove, OR 97424
Services: Dinner served 2nd Tuesday of odd-numbered months at 5:00 p.m.

Elks Lodge #1904: 541-942-3554
755 N. River Road, Cottage Grove, OR 97424
Services: Bingo (6:00 p.m.) and Burgers (5:00 p.m.-7:00 p.m.) every Wednesday. Note: Due to the COVID-19 pandemic, all Friday dinners and Sunday breakfast are canceled until further notice.

Masonic Lodge: 541-942-2353
33322 Row River Road, Cottage Grove, OR 97424
Services: 3rd Sunday Breakfast at 8:00 a.m. to 11:00 a.m.

Our Lady of Perpetual Help Catholic Church: 541-942-3420
1025 N. 19th Street, Cottage Grove, OR 97424
Services: 2nd Sunday Breakfast (no Dec.) 8:00 a.m. - 12:00 p.m. Note: Due to the COVID-19 pandemic, meals are canceled until further notice.

Veterans of Foreign Wars (Post #3473): 541-942-7099
3160 Hillside Drive, Cottage Grove, OR 97424
Services: Dinner every other Friday. Call to RSVP for either 4:30 p.m. or 5:30 p.m. Upon request "To Go" meals are available. Cost is $10 per meal. Note: Due to the COVID-19 pandemic, no Sunday Breakfast until further notice.

Handwashing and Portable Restroom

Cottage Grove Community Center: 541-942-1185
700 E. Gibbs Avenue, Cottage Grove, OR 97424
Services: Handwashing station and portable restroom in the parking lot.

Community Sharing: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424
Services: Handwashing station in the parking lot.

Housing Assistance/Shelters

Catholic Community Services Rent Assistance: 541-345-3628
Services: Emergency Rental and Deposit Assistance is provided to those who are eligible, as funding is available. https://www.ccslc.org/rentassistance

Community Alliance of Tenants: 503-288-0130
Services: Renters' rights hotline.

Community Sharing: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424
Services: Housing assistance. Hours: Monday, 1:30 p.m.-6:00 p.m. and Tuesday-Friday, 11:00 a.m.-3:30 p.m. www.communitysharing.org

Community Sharing Warming Center: 541-942-2176
1200 E. Main Street, Cottage Grove, OR 97424
Services: Warming Center is activated when overnight temperature falls to 29 degrees Fahrenheit or below for six hours or more. Pets are welcome within the pet policy. www.communitysharing.org

Cottage Village Coalition (CVC): 541-525-0501
1402 E. Madison Avenue, Cottage Grove, OR 97424
Services: The first permanently affordable tiny home co-op in Cottage Grove. 14 units on 1.1 acres. Status: 9 units occupied; 4 units under construction; $350-450/month. Target Population: 30-60% area median income. www.squareonevillages.org/cvc

DevNW (Formerly Nedco): 541-345-7106
212 Main Street, Springfield, OR 97477
Services: Nonprofit offering a variety of services to help you on the road to financial wellbeing, including one-on-one financial counseling, educational tools, access to funds, affordable housing options, and more. www.devnw.org

Eugene Mission: 541-344-3251
1542 W. 1st Avenue, Eugene, OR 97440
Services: Shelter including other services: food, clothing, toiletries, and showers. www.eugenemission.org

Habitat For Humanity of Central Lane: 541-741-1707
1210 Oak Patch Road, Eugene, OR 97402
Services: Supports local needs for housing and restoration of homes for people in need. www.habitatlane.org

Homes for Good: 541-682-3755
100 W. 13th Avenue, Eugene, Oregon 97401
Services: Section 8, family self-sufficiency, resident services. Agency owned housing, energy services, and maintenance. www.homesforgood.org

Lane County COVID Rent Assistance: 541-682-3776
Services: Lane County Human Services Division has received State of Oregon Supporting Tenants Accessing Rental Relief (STARR) funding in the amount of $4,071,554. Applications for the new funding will be open on Friday, March 19, from 7:00 a.m. to 1:00 p.m. PST. This application is for Lane County residents with household income at or below 80% Area Median Income.

A link to the online application and information phone line will be posted on this webpage: www.LaneCounty.org/RENT

https://www.lanecounty.org/cms/one.aspx?pageId=16741613

Oregon Fair Housing Council: 800-424-3247
Services: Enforces fair housing laws related to discrimination. www.fhco.org

Square One Villages: 541-525-0501
15 Polk Street, Eugene, OR 97402
Services: Nonprofit organization dedicated to creating tiny home communities for people in need of housing. www.squareonevillages.org

St. Vincent de Paul, First Place Family Center: 541-342-7728
1995 Amazon Parkway, Eugene, OR 97405
Services: Helping families who are homeless or at risk. Overnight shelter for families with children all year. Families from Cottage Grove or Creswell are welcome. Call to register. www.svdp.us

St. Vincent de Paul Society of Lane County:
Services: Nonprofit human services organization in Lane County. They provide affordable housing, home repair and loans, homeless services, emergency services, employment solutions, retail thrift stores, vehicle donations, recycling, and manufacturing. www.svdp.us

St. Vincent de Paul Society
Rural Housing Rehabilitation Loan Program (RHRP): 541-743-7128
Services: St. Vincent de Paul, Society of Lane County program. If you own or are buying your home and land, you may qualify for a low interest, deferred (no-monthly-payment) loan to help with qualifying home repairs. www.svdp.us

Transportation

Cottage Grove Taxi: 541-968-7212
Services: Taxi service Monday-Friday, 6:00 a.m. to 9:00 p.m. and Saturday, 6:00 a.m. to 9:00 p.m.

Lane-Douglas Connector (LDC): To schedule a ride, call 888-232-8121
Services: LDC is an Umpqua Public Transportation District service operated by South Lane Wheels and operates from 7:30 am to 3:30 pm on Tues., & Thurs., with stops at Roseburg V.A., Drain at Ray's Food, Cottage Grove at Walmart and PeaceHealth Medical Center, and Eugene at the V.A. Free for all Veterans, and, for an introductory period, service will be free to the general public.

Lane Transit District (LTD): 541-687-5555

Services: Public Transportation. Bus 98 runs daily round-trips, from Cottage Grove to Creswell, LCC and Eugene LTD Station. www.ltd.org

Lane Transit District (LTD) Connector: 541-942-0456, ext. 1

Services: Do you Ride the LTD Connector? LTD is working to improve its Cottage Grove Connector service and will be launching a new smartphone app. The new "LTD Connector" mobile app is now available for download at the iOS App Store and Google Play and will begin scheduling trips on March 16. Riders will continue to use the TransLoc mobile app or website until March 15, at which time they will be required to either download the "LTD Connector" app or call to schedule a ride. If you ride and choose not to schedule your trips through the mobile app, you can still call 541-942-0456 ext. 1. For more information and to view a video on how to use the app visit LTD.org/ltd-connector.

Public Transportation/ $1.00/ride or other LTD fare accepted. Download the mobile app "Micro Transit" or schedule your ride online at www.transloc.com. Service and call-in requests are available Monday-Friday, from 9:00 a.m.- 4:00 p.m. www.ltd.org

South Lane Wheels: 541-942-0456
1450 Birch Avenue, Cottage Grove, OR 97424

Services: Public transportation system with door-to-door service. www.southlanetransit.com

Trillium Community Oregon Health Plan Ride Source: 541-682-5566

Services: Trillium members with the Oregon Health Plan may qualify for rides to and from medical, dental, and mental health appointments. To learn more/apply, call 877-800-9899, or 7-1-1 (TTY). www.ltd.org/oregon-health-plan-service

Utility Assistance

Energy/Water Assistance

Community Sharing: 541-942-6492
1440 Birch Avenue, Cottage Grove, OR 97424

Services: Utility Assistance. Call the Energy Program Coordinator to make an appointment. www.communitysharing.org

Free TV Service

South Lane Television: 541-942-9804
210 S. 5th Street, Cottage Grove, OR 97424
Services: Nonprofit providing free over-the-air television signal for the Cottage Grove area, nearby London, and Culp Creek areas.

Telephone Assistance

Oregon Lifeline:
Services: Federal and state government program that reduces the monthly cost of phone or broadband service for qualifying low-income households. Apply online. www.puc.state.or.us/pages/rspf/otap.aspx

Employment

Employment Training, Resume Printing, Workshops, and Job Search Assistance

Department of Human Services: 541-942-9186
305 Coop Ct., Cottage Grove, OR 97424
Services: Self-sufficiency JOBS Program that provides employment assistance, training, and job placement for individuals receiving TANF. www.oregon.gov/dhs

Dirt Cheap Copies: 541-946-3981
725 E. Whiteaker Avenue, Cottage Grove, OR 97424
Services: Free resume printing for job seekers. www.dirtcheapcopies.com

Goodwill Job Connections: 541-431-3309
Services: Free job search assistance and resumes, workshops, job leads, computer resources, job fairs, and referrals to both Goodwill programs and community partners. Note: The Cottage Grove site is currently closed due to the COVID-19 pandemic until further notice. Services are available in Eugene or Springfield for CG residents by appointment only. https://goodwill-oregon.org/JobConnections

Oregon Employment Dept.: 541-686-7601
2510 Oakmont Way, Eugene, OR 97401
Services: State Unemployment Insurance. www.employment.oregon.gov

WIOA Program, South Lane School District: 541-556-2533
Services: Workforce Innovation Opportunities Act (ages 16-24) promotes academic, occupational skill development, and prepare youth for postsecondary training/employment.

Crisis Support and Mental Health

Crisis Hotlines and Suicide Prevention, Child/Elder Abuse and Neglect, Domestic Violence and Sexual Assault, and Mental Health

Crisis Hotlines and Suicide Prevention

Crisis Text Line: Text HOME to 741741
Services: 24/7 text support.

Looking Glass Youth Crisis Intervention: 541-689-3111; www.lookingglass.us
Services: Youth crisis Intervention and support.

Friends For Survival: 916-392-0664
Services: Support for those grieving a suicide death. https://friendsforsurvival.org/

National Suicide Prevention Hotline: 800-273-8255
Services: Hotline available 24/7. If you are experiencing suicidal thoughts, call 911 or this hotline.

One Thing You Can Do:
Services: Information about Risk Protection Order/Red Flag Order to temporarily suspend a person's access to firearms if they present a risk to themselves or others. www.onethingtodo.org/#hero

Sexual Assault Support Services (SASS): 844-404-7700
Services: 24/7 crisis & support line.

South Lane Mental Health: 541-942-3939
1345 Birch Avenue, Cottage Grove, OR 97424
Services: SLMH provides round-the-clock emergency room response for individuals experiencing psychiatric crises. www.slmh.org

Trans Lifeline: 877-565-8860
Services: Peer support hotline available from 7 a.m. to 1:00 a.m.

The American Foundation for Suicide Prevention (AFSP): 888-333-AFSP (2377)
Services: Research, education about mental health and suicide prevention, supporting survivors of suicide loss, and those affected by suicide. www.afsp.org

The Trevor Project: 866-488-7386 or Text START to 678-678
Services: 24-hour toll free confidential suicide hotline for LGBTQ youth.

Whitebird Crisis Intervention: 541-687-4000 or 800-422-7558
Services: 24/7 crisis support.

Womenspace: 541-485-6513 or 800- 281-2800
Services: 24/7 crisis support line. www.womenspaceinc.org

Youthline: 877-968-8491 or Text teen2teen to 839863
Services: Teen-to-teen crisis help line and texting support.

Child/Elder Abuse and Neglect

CAFA (Christians as Family Advocates): 541-686-6000
921 Country Club Road, Suite 222, Eugene, OR 97401
Services: Report child abuse. www.cafaweb.com

Child Welfare Services/Child Abuse Prevention: 541-686-7555 or 911

Family Relief Nursery: 541-942-4835
720 N. 14th Street, Cottage Grove, OR 97424
996 A Street, Modular 3, Creswell, OR 97426
Services: Family crisis support. Note: Due to the COVID-19 pandemic, services may be limited. www.frncg.org

Kids First: 541-682-3938
299 E. 18th Avenue, Eugene, OR 97401
Services: Free medical exams and child interviews regarding abuse. You must be referred by DHS or law enforcement. www.kidsfirstcenter.net

National Child Abuse Hotline: 800-422-4453
Services: 24/7 hotline with crisis counselors, support, and resource referrals.

Oregon Child and Elder Abuse Hotline: 855-503-SAFE (7233)
Services: 24/7 hotline to report suspected child/elder abuse or neglect.

90 By 30:
Services: Collaborative effort to reduce child abuse in Lane County. www.90by30.com

Senior and Disability Services Adult Protection Services: 541-682-4140 or 911
Services: To report abuse of a senior or an adult with a disability in the Lane County area. Email: abusereporting@lcog.org. www.sdslane.org

Domestic Violence and Sexual Assault

Break the Cycle: Text "loveis" to 22522 to chat with a peer advocate 24/7.
Services: Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse.
www.breakthecycle.org

CAFA (Christians as Family Advocates): 541-686-6000
921 Country Club Road, Suite 222, Eugene, OR 97401
Services: Domestic violence intervention program (OPAC). www.cafaweb.com

Department of Human Services (DHS): 541-942-9186
305 Coop Court, Cottage Grove, OR 97424
Services: Domestic and sexual violence help. www.oregon.gov/dhs

Love is Respect: Call or Text: LOVEIS to 866-331-9474
Services: 24/7 information, support, and advocacy to young people, between the ages of 13 and 26, who have questions or concerns about their romantic relationships.

National Domestic Violence Hotline: 800-799-7233
National Sexual Violence Resource Center: 717-909-0710
Services: Information and resource hub relating to all aspects of sexual violence. www.nsvrc.org

Rape, Abuse, and Incest National Network (RAINN): 800-656-4673 (HOPE)
Services: 24-hour sexual assault hotline. www.rainn.org

Sexual Assault Support Services (SASS): 541-343-7277
24-hour crisis support line: 844-404-7700
Services: providing outreach, advocacy, support to survivors of sexual violence and their partners, families, and friends. www.sass-lane.org

Womenspace: 541-485-6513 or 24-hour help line: 800-281-2800
1577 Pearl Street, Suite 400, Eugene, OR 97401
Services: Domestic violence/relationship abuse support, including shelter, emergency transportation, legal support, and support groups. www.womenspaceinc.org

Mental Health

CAFA (Christians as Family Advocates): 541-686-6000
921 Country Club Road, Suite 222, Eugene, OR 97401
Services: Counseling services for individuals, families, and couples. www.cafaweb.com

Dave McIntyre, LCSW: 541-606-2124
1450 Birch Avenue, Cottage Grove, OR 97424
Services: Private practice mental health therapist.

Direction Service: 541-686-5060
1144 Gateway Loop, Suite 200, Springfield, OR 97477
Services: Mental health services for children, adolescents, families, and adults. Comprehensive assessment, treatment and planning, skill building, individual and family therapy, group therapy, and consultation. www.directionservice.org

EMERGENCE Counseling: 541-767-3057
710 Adams Street, Cottage Grove, OR 97424
Services: Recovery for people who suffer from addictions and mental health disorders. Telehealth services or in-office services available. www.4emergence.com

Fern Reach LLC, Valeria Clarke: 541-649-1877 or 458-201-4911
55 S. 17th Street, Cottage Grove, OR 97424
Services: Mental Health Therapist serving adults and adolescents. Specializes in trauma, anxiety, autism, transitions, relational difficulties, and LGBTQIA. Private insurance and self-pay accepted. Telehealth or in-office services available.

Gateway Counseling Center: 541-942-0040
26 N. 5th Street, Cottage Grove, OR 97424
Services: Serving teens, individuals, couples, and families who suffer with panic, anxiety, depression, grief, abuse, and bipolar. Accepts private insurance. www.gateway-counseling.com

Michele Monroe, LCSW: 541-255-8822; 1450 Birch Avenue, Cottage Grove, OR 97424
Services: Private practice Counselor.

National Alliance on Mental Illness (NAMI) Connections: 541-343-7688
Services: Education, advocacy, and support for persons with mental illness and their families. Cottage Grove support groups. www.namilane.org

South Lane Mental Health (SLMH): 541-942-3939
1345 Birch Avenue, Cottage Grove, OR 97424
Services: Medication assessment, management and monitoring, individual, family, or child counseling, referrals, crisis response, supported housing and independent living services, recovery program for ages 14 and up, supported housing, and help with OHP sign up. Telehealth or in-person counseling available. Due to the COVID-19 pandemic, families and individuals in our community are being faced with incredible uncertainty and overwhelming stress. South Lane Mental Health can help. www.slmh.org

The Child Center: 541-726-1465
3995 Marcola Road, Springfield, OR 97477
Services: Children ages 1-18 years, counseling and family therapy, and psychiatric consultation. Day treatment programs for children ages 4-13 years. OHP, most insurance, sliding-scale fee, and scholarships. www.thechildcenter.org

Tim Landry Therapy: 541-206-5071
1450 Birch Avenue, Cottage Grove, OR 97424
Services: Tim Landry, MSW, LCSW: Providing mental wellness and to promote healing.

Willamette Family: 541-762-4300
1450 Birch Avenue, Cottage Grove, OR 97424
Services: Health, wellness, and recovery services. www.wfts.org

Womenspace: 800-281-2800
1577 Pearl Street #400, Eugene, OR 97401
Services: Counseling and support groups. www.womenspaceinc.org

Child Care and Early Education, Preschool, and After-School Care

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Note: Due to COVID-19 services may be limited.

211 Child Care Referrals: Call 211 or Text “children” to 898211.
www.211info.org

Creswell Christian Child Care Center (5 C’s): 541-895-4652
380 Kings Row, Creswell, OR 97426
Services: Day care for ages 6 months-10 years, after-school care, preschool, and kindergarten classes. www.creswellchristianschool.com

Creswell Clubhouse: 541-852-6034
996 W. A Street, Creswell, OR 97426

Services: After-school program at Creslane Elementary School for grades K-5 and Summer Enrichment Program. Children participate in a variety of activities and clubs. www.creswellclubhouse.org

Department of Human Services (DHS): 541-942-9186
305 Coop Court, Cottage Grove, OR 97424

Services: Child care assistance to eligible families in the JOBS Program and low-income employed families. www.oregon.gov

Early Education Program (EEP): 541-895-6174
Creslane Elementary School: 996 West A, Creswell, OR 97426

Services: Structured preschool for Cottage Grove and Creswell students, ages 3-5 years, with and without special needs. Focus is on language, motor, and social skills. Year-round morning classes offered. Note: Classes are held virtually during the COVID-19 pandemic. www.earlyeducationprogram.org

Edu-Camp Program, Rogers Family ATA: 541-942-0215

Services: In-person supervision for online students. Learning facility for children already enrolled in an elementary school program who will get an in-person class experience while virtually learning. Class proctors and tutors will be background checked. There will be no more than 10 students to one proctor in each location. Full Day 7:00 a.m. to 2:00 p.m. Email for an application: Info@RogersATA.com.

Family Relief Nursery: 541-942-4835;
720 N. 14th Street, Cottage Grove, OR 97424
996 A Street, Modular 3, Creswell, OR 97426

Services: Therapeutic early childhood program (for wobblers, toddlers, and preschoolers), therapeutic infant classes, home visits for parents, parent education classes, respite care, crisis response, home-based support and services, Latino outreach (servicios en español), resource referrals, advocacy services, nutritious meals and snacks, free transportation to and from TECP classes, social events for families, donations closet, and parent resource library. All services are free of charge. Note: Due to COVID-19 services may be limited. www.frncg.org

Great Days Early Education Center: 541-942-7460
403 N. River Road, Cottage Grove, OR 97424

Services: All day child care, preschool, pre-k, and after-school child care. Open year round. DHS and ERDC payments accepted. www.greatdaysed.org

Head Start of Lane County: 541-767-3525
1310 S. 8th Street, Cottage Grove, OR 97424

Services: Comprehensive preschool program serving Cottage Grove and Creswell for ages 3-5 years, including children with special needs. New Early Head Start for ages 0-36 months. No cost (eligibility based on income). Note: Due to COVID-19, at home learning is available. www.hsolc.org

Healthy Families/Relief Nursery: 541-682-7425

Services: The program provides in-home parent education and support, child development tracking, child safety monitoring, crisis response, and referrals to services. The services are offered soon after birth and continue through the age of three. Enroll in the program before your child is 3 months old. www.reliefnursery.org/programs-services/healthy-families

KITS Program (Kids in Transition to School): 541-942-4967

Services: The school readiness groups are structured like a kindergarten class. Children attend two sessions a week for eight weeks before the start of kindergarten and one session per week for eight weeks after school starts. www.kidsintransitiontoschool.org/sign-up-for-kits-this-summer

Preschool Promise, Lane Kids: 541-515-3546
3171 Gateway Loop, Springfield, OR 97477
Email: preschoolpromise@unitedwaylane.org

Services: Preschool Promise provides preschool in Cottage Grove at Harrison Elementary and Bohemia Elementary. Children eligible to participate in Preschool Promise must be ages 3 or 4 years old on September 1, 2020 and a resident of Oregon. Income eligible based on household income. www.lanekids.org/preschool-promise

South Lane School District's Family Resource Center, Peggy's Primary Connection:
541-942-4967
1310 S. 8th Street, Cottage Grove, OR 97424

Services: Parent classes and support, early childhood resources, and Spanish-speaking services. www.slane.k12.or.us

The Growing Place: 541-895-3983
160 N. Mill Street, Creswell, OR 97426

Services: Preschool for ages 3-5 years and all-day child care for ages 6 weeks to 5 years.

Trinity Lutheran Preschool: 541-942-2373
675 S. 7th Street, Cottage Grove, OR 97424

Services: Pre-k for ages 3-4 years (a.m. and p.m. classes). Christian-based classroom with Bible lessons, music, fun activities, and educational

materials. Note: Due to COVID 19 the preschool will not open for the 2020-2021 school year. www.tlccg.com

YMCA After-School Program: 541-686-9622
32112 Latham Road, Cottage Grove, OR 97424
Services: Full-day learning program, for ages kindergarten to 12 years of age, from 7:30 a.m. to 5:30 p.m. $725 Monthly fee (DHS payments allowed and financial assistance available for those who qualify). www.eugeneymca.org

Education and the Arts

Schools, Homeschooling, English Language Learner programs, Libraries, women in transition, Dance and Gymnastics, and Theater

Dance and Gymnastics

South Lane Ballet Academy: 541-912-2080
308 S. 10th Street, Cottage Grove, OR 97424
Services: Creative movement, pre-ballet, ballet 1-6, beginning modern, jazz, and hip hop dance classes. www.southlaneballetacademy.org

The Health Hub: 541-915-6349
1133 E. Main Street, Cottage Grove, OR 97424
Services: Gymnastics and tumbling. www.healthhubcg.com

English Language Learner Programs

Creswell School District: 541-895-6140
998 W. A Street, Creswell, OR 97426
Services: Creswell's English Language Development (ELD) Program works to provide English learners the opportunity to gain fluency in academic English. www.cottagetheatre.org

South Lane School District: 541-767-0939
455 Adams Avenue, Cottage Grove, OR 97424
Services: SLSD's English Language Development (ELD) Program provides English learners the opportunity to gain fluency in academic English.

Homeschooling

Connections Academy: 800-382-6010
Services: Tuition-free online public K-12 school partners with parents to provide students with an engaging, high-quality education. www.connectionsacademy.com

Home School Legal Defense Association: 540-338-5600

Services: Oregon homeschool laws and how to homeschool in Oregon. Advice/legal support regarding homeschooling. https://hslda.org/legal/oregon

Khan Academy:

Services: Nonprofit that provides free, world-class education for anyone online. www.khanacademy.org

Oregon Home Education Network (OHEN): 503-893-2744

Services: Oregon Home Education Network (OHEN) supports families with critical information, resources, helpful suggestions, and words of encouragement from homeschool families and professionals in Oregon. www.ohen.org or Email: info@ohen.org

Singing Creek Education Center: 541 968-1986
Mailing Address: PO Box 1012, Cottage Grove, OR 97424
Site Address: 360 S. River Road, Cottage Grove, OR 97424
Email: director@singingcreekcenter.org; www.singingcreekcenter.org

Services: History Homeschool online for the 2020- 2021 year.

Libraries

Cottage Grove Genealogical Society Library: 541-942-9570
700 E. Gibbs, Cottage Grove, OR 97426

Services: They work to promote and stimulate interest in genealogy and to collect and preserve genealogical and historical information. Note: The Cottage Grove Genealogical Society Library is closed until further notice due to COVID-19. www.cggenealogy.org

Cottage Grove Historical Society: 541-942-5022
308 S. 10th Street, Cottage Grove, OR 97424

Services: Library, local history research, and programs. Note: The library is currently open by appointment only. Call or e-mail cghistoricalsoc@gmail.com for an appointment. www.cghistory.org

Cottage Grove Public Library: 541-942-3828
700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: Books and media for children and adults, free access to public computers and internet. Note: Due to COVID-19 the Library is only offering free limited access to computers, curbside pick-up, and book delivery service for homebound residents until further notice. Call or email holds@cottagegrove.org to request materials. www.cottagegroveor.gov/library

Creswell Historical Society: 541-895-5464
55 N. 5th Street, Creswell, OR 97426

Services: The Creswell Area Historical Society (CAHS) was founded in 1972 for the purpose of recording, marking, and preserving items of historical value to the Creswell area. CAHS owns and operates the Creswell Historical Museum where exhibits celebrate the aspects of life in the local area from the early pioneers to recent times through actual items, photographs, displays, and more. www.sites.google.com/site/creswellareahistoricalsociety

Creswell Public Library: 541-895-3053
64 W. OR Avenue, Creswell, OR 97426

Services: Books and media for children and adults. Note: Due to COVID-19 the Library is closed until further notice and curbside pick-up service is available. All children, teen programs, Storytime, and other activities have been moved online virtually during the pandemic. www.creswell-library.org

Dolly Parton's Imagination Library: 541-741-6000

Services: Book gifting program that sends books each month directly to your home until your child's 5th birthday. FREE! Enrollment eligibility: 0-4 years old. education@unitedwaylane.org; www.lanekids.org/imagination-library-registration

Oregon Aviation Historical Society: 541-543-1068
2475 Jim Wright Way, Cottage Grove, OR 97424

Services: The Oregon Aviation Historical Society our mission is to collect, preserve, and restore Oregon related aviation artifacts for interpretive and educational display to insure the preservation of Oregon's rich aviation heritage for future generations. www.oregonaviation.org

Schools

Al Kennedy High School: 541-942-1962
79980 Delight Valley School Road, Cottage Grove, OR 97424;

Grades 9-12. www.kennedy.slane.k12.or.us

Bohemia Elementary School: 541-942-3313
721 S. R Street, Cottage Grove, OR 97424

Grades K-5. www.bohemia.slane.k12.or.us

Childs Way Charter School: 541-946-1821
37895 Row River Road, Dorena, OR 97434

Grades 6-12.

Creslane Elementary School: 541-895-6140
996 W. A Street, Creswell, OR 97426

Grades K-5.

Creswell High School: 541-895-6020
33390 Niblock Lane, Creswell, OR 97426
Grades 9-12.

Creswell Middle School: 541-895-6090
655 W. Oregon Avenue, Creswell, OR 97426
Grades 5-8.

Creswell School District: 541-895-6000
998 W. A Street, Creswell, OR 97426
Grades K-12. www.creswell.k12.or.us

Cottage Grove High School: 541-942-3391
1375 S. River Road, Cottage Grove, OR 97424
Grades 9-12. www.cghs.slane.k12.or.us

Dorena Elementary School: 541-946-1506
37141 Row River Road, Dorena, OR 97434
Grades K-8 . www.dorena.slane.k12.or.us

Harrison Elementary School: 541-942-3389
1000 Taylor Avenue, Cottage Grove, OR 97424
Grades K-5. www.harrison.slane.k12.or.us

Lane Community College, Cottage Grove Center: 541-942-4202
1275 S. River Road, Cottage Grove, OR 97424
www.lanecc.edu

Lincoln Middle School: 541-942-3316
1565 4th Street, Cottage Grove, OR 97424
Grades 6-8. www.incoln.slane.k12.or.us

London Elementary School: 541-942-0183
73288 London Road, Cottage Grove, OR 97424
Grades K-8. www.london.slane.k12.or.us

South Lane School District: 541-942-3381
455 Adams Avenue, Cottage Grove, OR 97424

Grades K-12. www.slane.k12.or.us

The Academy for Character Education (ACE): 541-942-9707
195 N. 6th Street, Cottage Grove, OR 97424
Grades K-12, Charter school. www.aceclassicaled.org

Theater

Cottage Theatre: 541-942-8001
700 Village Drive, Cottage Grove, OR 97424
Services: Year-round season of plays and musicals. Tickets at box office. Note: Currently closed due to COVID-19. www.cottagetheatre.org

OPAL Center for Arts and Education: 541-623-0513
513 E. Main Street, Cottage Grove, OR 97424
Services: Theater, community learning, after-school arts, venue, and classroom space. www.opalcentercg.org

Women in Transition

Lane Community College, Gender Equity: **541-463-5353**
4000 East 30th Avenue, Building 1, Room 202, Eugene, OR 97405
Services: Women in Transition empowers women to become economically self-sufficient and improve their lives through access to education. Women in Transition is designed to help women regain their sense of confidence, clarity, and genuine well-being. Eleven weeks of classes. https://www.lanecc.edu/gec/women-transition

Parenting and Youth Support

CAFA (Christians as Family Advocates): 541-686-6000
921 Country Club Road, Suite 222, Eugene, OR 97401
Services: Report Child Abuse. Temporary respite for families experiencing crisis. www.cafaweb.com

Cottage Grove Youth Peer Court: 541-942-9145, ext.152
400 E. Main Street, Cottage Grove, OR 97424
Services: Community diversion program for juvenile offenders. Referral required. Call Cottage Grove City Hall. www.cottagegroveor.gov/peercourt

Direction Service: 541-686-5060
1144 Gateway Loop, Suite 200, Springfield, OR 97477
Services: Youth and Family Services program helps to strengthen and empower families with youth (ages 0-23) living with a disability. Help for families to understand, access, and coordinate services and supports to meet basic needs including food, housing, medical care, respite, and job placement. They provide encouragement, emotional support, and continuity to reduce isolation and help families feel more control of their lives. Arrange and attend (if necessary) school, medical, mental health, and other important meetings with families to ensure their voice is heard and promote cost-saving collaboration across providers. Ensure youth and family needs are met in a timely manner, without

duplication and confusion, and before more expensive services are required. www.directionservice.org

FACT Oregon: 503-786-6082 (Support Line)
Services: FACT Oregon helps families navigate raising a child experiencing disability. www.factoregon.org

Family Relief Nursery: 541-942-4835
720 N. 14th Street, Cottage Grove, OR 97424
996 A Street, Modular 3, Creswell, OR 97426
Services: Therapeutic early childhood program (for wobblers, toddlers, and preschoolers), therapeutic infant classes, home visits for parents, parent education classes, respite care, crisis response, home-based support and services, Latino outreach (servicios en español), resource referrals and advocacy services, nutritious meals and snacks, free transportation to and from TECP classes, social events for the families, donations closet, and parent resource library. All services are free of charge. Note: Due to COVID-19 services may be limited. www.frncg.org

Immigration Legal Services: 541-345-3628 ext. 303
Catholic Community Services: 1025 G Street, Springfield, OR 97477
Services: Immigration Legal Services. www.CCSLC.org

Lane County Public Health Prevention: preventionlane.org

Lane County WIC: 541-682-4202

DHS Office: 541-942-9186
305 Coop Court, Cottage Grove, OR 97424
Services: The WIC Program is a Special Supplemental Nutrition Program for Women, Infants, and Children through nutrition education, breastfeeding support, and with the provision of healthy foods.
www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx.

Lane Kids-United Way: 541-741-6000
3171 Gateway Loop, Springfield, OR 97477
Services: Lane County's hub for parents. Locate activities to do with your kids and connect with resources across Lane County. www.lanekids.org

LGBTQIA + Youth Support, South Lane Mental Health: 541-767-4088
1345 Birch Avenue, Cottage Grove, OR 97424
Services: South Lane Mental Health provides individual therapy, couples, and family therapy to LGBTQIA+ clients of all ages. Common topics and concerns include exploring gender and sexual identities, coming out, couples therapy, family therapy, parent support, and gender transition. Telehealth or in-person counseling available.

Looking Glass, Rural: 541-767-3823
Crisis Line: (888) 689-3111
508 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Rural Programs and Station 7, assists youth, ages 11-21, who are experiencing homelessness, at risk for homelessness, and/or who have run away. Meal Schedule: Meals served "To Go" Breakfast: 8:30 a.m. to 9:30 a.m.; Lunch: 12:00 p.m. to 4:00 p.m.; Snacks available. Emergency shelter at Station 7. www.lookingglass.us/ruralprogram

Love is Respect: Call or Text: LOVEIS to 866-331-9474

Services: Love Is Respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.

McKinney-Vento Program, South Lane School District: 541-735-5702
Contact: Tessa Hart, McKinney-Vento Liaison; E-mail: tessa.hart@slane.k12.or.us

Services: Homeless youth program that works with students and families to ensure student's educational needs are met, reduces barriers that prevent youth from enrolling, attending school, and connects them to local support resources. www.slane.k12.or.us

MOPS (Mothers of Pre-Schoolers):

Services: Support groups for moms. www.www.mops.org

90 By 30: 541-346-7484

Services: Reduce Child Abuse. 90 By 30 is a community-campus partnership dedicated to reducing child abuse in Lane County 90 percent by 2030. www.90by30.com

90 By 30 Welcome Baby Box: 541-346-7484

Services: Free Welcome Baby Box to any infant born in South Lane region and Lane County. There is no financial threshold to qualify. It contains diapers, clothes, wipes, other physical necessities, and a guide to community resources.

Ophelia's Place: 541-284-4333
1577 Pearl Street, Suite 100, Eugene, OR 97401

Services: Ophelia's Place is dedicated to helping girls make healthy life choices through empowerment, education, and support groups. Ophelia's Place is in partnership with Lincoln Middle School and provide staff and parent trainings on topics such as healthy relationships, relational aggression, bullying prevention, and more. www.opheliasplace.net

Oregon Alliance to Prevent Suicide: 503-399-7201

Oregon Family Support Network: 503-363-8068
72 A Centennial Loop Suite # 150, Eugene, OR 97401

Services: Empowering families through training, advocacy, and peer support. https://www.ofsn.org/ofsn-regional-offices-oregon/ofsn-lane-county-oregon/

Parenting Now! (Formerly Birth to Three): 541-484-5316
86 Centennial Loop, Eugene, OR 97401

Services: Parenting education and support to families with young children, online directory of programs, services, and assistance available to families in Lane County. www.parentingnow.org

Parent Helpline: 211 x5

Services: Child development specialist available to answer questions from parents with children ages 0-8.

Reach Out Oregon: 833-732-2467

Services: Hotline providing a support team for families/caregivers with children. www.reachoutoregon.org

Safe Families: 541-349-2870
921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Safe Families enlists and trains host families to provide respite care to children whose families are experiencing a temporary emergency. They also provide family coaching and resources. www.eugene.safe-families.org

Sleep In Heavenly Peace: 541-729-0420

Services: Charity providing hand-made bunk beds to children who don't have beds of their own. Each bed comes with a twin-size mattress, pillow, sheet set, and comforter. Serving Cottage Grove and Creswell area with delivery and set up. www.SHPbeds.org

South Lane Mental Health: 541-942-3939
1345 Birch Avenue, Cottage Grove, OR 97424

Services: Due to the COVID-19 pandemic, families in our community are being faced with incredible uncertainty and overwhelming stress. With social distancing protocols still in effect, families and caregivers can feel isolated and burnt out. Remember, you are not alone! SLMH Therapists are here to help. SLMH works with children (ages 2 months-18 years) and families to address problems related to anger, depression, anxiety, trauma, grief, poor communication, as well as, family changes/transitions and many other mental health conditions and mood disorders. Telehealth or in-person counseling available. www.slmh.org

South Lane School District's Family Resource Center, Peggy's Primary Connection:
541-942-4967
1310 S. 8th Street, Cottage Grove, OR 97424

Services: Families explore, learn, and play together. Parent classes and support, early childhood resources, and Spanish-speaking services. www.slane.k12.or.us Note: The SLSD Family Resource Center is closed until further notice due to the COVID-19 pandemic. Staff is available by phone to answer questions or help connect you to resources.

South Lane School District Food Service: 541-942-3381 x 125

Services: Serving youth (ages 0-18) with two free meals per day regardless of income until further notice. Contact Corina Boylen, Food Services Supervisor at corina.boylen@slane.k12.or.us. Visit www.slane.k12.or.us for updates.

South Lane School District/Rural Organizing Project (ROP) Distribution: 541-649-1169
632 E. Main Street, CG, OR 97424

Services: Free food/basic need items for youth/South Lane School District families every Tuesday, 11:00 a.m.-1:00 p.m.. & Thursday, 4:00 p.m.-6:00 p.m.

South Lane School District's Teen Parent Program: 541-942-1962

Services: Teen parent program provides teenage parents with a supportive, comprehensive educational environment.
Contact: brandi.bakerrudicel@slane.k12.or.us

Stop Bullying: Services:

Services: Information on bullying & cyberbullying. www.stopbullying.gov

The Child Center: 541-726-1465
3995 Marcola Road, Springfield, OR 97477

Services: Psychiatric, therapeutic, special education programs, and collaborative problem-solving parenting classes offered in Cottage Grove. www.thechildcenter.org

The Hope Project:

Services: Non-profit dedicated to response needs. If they hear about a need falling through the cracks of traditional support systems or needing immediate assistance, they will coordinate and provide any help they can. www.hopeprojecthelps.com

The Trevor Project: 866-488-7386 or Text START to 678-678

Services: 24-hour, toll free confidential suicide hotline for LGBTQ youth.

WellMama: Text SUPPORT to connect with a peer support volunteer: 541-525-0495

Services: Emotional support for mothers and families. WellMama provides education, advocacy, and resources for parents struggling with mental health issues during pregnancy and in the year after delivery. www.wellmamaoregon.org

WIOA Program, South Lane School District: 541-556-2533
455 Adams Avenue, Cottage Grove, OR 97424

Services: Workforce Innovation Opportunities Act (ages 16-24) program promotes academic and occupational skill development and prepare youth for postsecondary training and or employment. www.slane.k12.or.us

Womenspace: 541-485-8232
1577 Pearl Street, # 400, Eugene, OR 97401

Services: Advocacy for adults and children. Call for South Lane advocate contact. www.womenspaceinc.org

Youth Advisory Council (YAC): 541-942-5501
400 E. Main Street, Cottage Grove, OR 97424

Services: The YAC advise the City on issues that affect youth in the community. The positions on the Council are open to all middle school and high school aged youth in the community. Contact Richard Meyers, City Manager. www.cottagegroveor.gov/yac

Autism Support

Dogs for Better Lives: 800-990-3647

Services: Autism assistance dogs. www.dogsforbetterlives.org

Kind Tree Autism Rocks: 541-780-6950

Services: Support, services, and information for individuals and families living with autism and the professionals who serve them. www.kindtree.org

Car Seat Programs

City of Cottage Grove Child Car Seat Program:

Services: Free car seat installation and inspections by the Police Department. By appointment only. Contact CSO Cherie Nelson at: 541-942-9145, ext. 264 or Tisha Fetter, ext. 267. www.cottagegroveor.gov/police/page/child-car-seat-program

Parenting Now Car Seat Clinic: 541-484-5316, ext. 319

Services: Virtually meet with a certified Child Passenger Safety Technician who can check your child's seat for correct installation and answer car seat questions. Email for an appointment, Kelsey Jennings, CPST at: heatherg@parentingnow.org. www.parentingnow.org

Health Care

Clinics/Medical Centers, Dental Care, Developmental Disabilities, Doulas, Hearing Aids, HIV/Testing/Needle Exchange, Lactation Support, Optical, Prescription Assistance/Drop Box Sites, and Physical Therapy and Rehabilitation

Clinics/Medical Centers

Emerald Valley Wellness Clinic: 541-895-5300
300 N. Mill Street, Creswell, OR 97426
Services: Family, preventive medicine, and health seminars. www.emeraldwellness.com

Gabriele Wellness Center: Mary Gabriele, MD: 541-649-1450
502 E. Whiteaker Avenue, Cottage Grove, OR 97424
Services: Family medicine physician. www.marygabrielemd.com

Lane County Community Health Centers:
Community Health Centers are now offering telephone and telehealth visits. www.lanecounty.org

Brookside Clinic: 541-682-3550
1680 Chambers Street, Suite 103, Eugene, OR 97402
Services: Primary medical care for the whole family, reproductive health care services, preventive medicine, and chronic disease management.

Charnelton Community Clinic: 541-682-3550
151 W. 7th Street, Eugene, OR 97401
Services: Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. Oregon Health Plan enrollment assistance offered onsite.

Delta Oaks Clinic: 541-682-3550
1022 Green Acre Road, Eugene, OR 97408
Services: Primary medical care for the whole family, reproductive health care services, preventive medicine, and chronic disease management.

LCBH Primary Care: 541-682-3550
2411 Martin Luther King Jr. Blvd., Eugene, OR 97401
Services: Primary care and reproductive health care.

Prenatal Clinic: 541-682-8777
151 W. 7th Avenue, Suite 310, Eugene, OR 97401
Services: Prenatal care and maternity case management to women. Breastfeeding support, education and postpartum care.

Riverstone Clinic: 541-682-3550
2073 Olympic Street, Springfield, OR 97477
Services: Primary medical care, pediatric care, behavioral healthcare, family planning services and Oregon Health Plan enrollment.

G Street Integrated Health: 541-735-9420
1435 G Street, Springfield, OR 97477
Services: Primary care, mental health counseling, drug and alcohol counseling, medication assisted treatment, and urgent care. www.gstih.org

Lane County Public Health: 541-682-4041
151 W. 7th Avenue, # 310, Eugene, OR 97401
Services: Immunizations for children. OHP accepted. www.lanecounty.org

Nova Health: 541-942-7000
1445 Gateway Street, Cottage Grove, OR 97424
Services: Urgent care, primary care, physical therapy. Walk-ins welcome. Accepts Trillium and most insurance, financial consideration for self-pay. Telemedicine Now Available. Nova Health is offering online scheduling options for primary care and urgent care services. Schedule at: www.novahealth.com

PeaceHealth Cottage Grove Community Medical Center: 541-767-5500
1515 Village Drive, Cottage Grove, OR 97424
www.peacehealth.org/cottage-grove-medical-center

Administration: 541-767-5500

Billing (Hospital Patient Financial Services): 800-873-8253

24/7 Emergency Department: 541-767-5450

Walk-in Clinic: 541-767-5200

PeaceHealth Medical Group Clinics: 541-767-5200

Foundation, Cottage Grove Community Medical Center: 541-767-5461

PeaceHealth Medical Group Clinic, Creswell: 541- 222-7700
180 Melton Road, 2nd Floor, Creswell, OR 97426
Services: Medical clinic. https://www.peacehealth.org/phmg/cottage-grove/locations/creswell

Planned Parenthood: 541-344-9411
Eugene-Springfield Health Center: 3579 Franklin Blvd., Eugene, OR 97403
West Eugene Health Center: 793 N. Danebo Avenue, Eugene, OR 97402
Services: Abortion referrals and services, birth control, general health care, HIV testing, men's health care, morning-after pill (emergency

contraception), pregnancy testing and services, STD testing, LGBT services, and women's health care. https://www.plannedparenthood.org/

Volunteers in Medicine: 541-685-1800
2260 Marcola Road, Springfield, OR 97477
Services: Primary care medical clinic for low-income, underserved adults and their households in Lane County who can't afford health care coverage. www.vim-clinic.org

White Bird Medical Clinic: 541-342-8255
341 E. 12th Avenue, Eugene, OR 97401
Services: Quality health care to everyone on a sliding fee scale. www.whitebirdclinic.org

Dental Care/Low-Cost Dental Clinics

Caring Hand to Mouth: 541-937-2786
Services: Caring Hands Worldwide is a free dental service that works with dentist who volunteer dental care to people below 150% of the federal poverty level with no Oregon Health Plan dental coverage or other dental insurance. Free dental services Include: Dental exam, digital x-rays, extractions, cleanings, and fillings only. www.caringhandsworldwide.org

Lane Community College Dental Clinic: 541-463-5206
2460 Willamette Street, Eugene OR 97405
Services: Services include: X-rays, cleanings, sealants, and many restorative services. www.lanecc.edu/dentalclinic

Oregon Health Plan (OHP): 800-359-9517 or TTY 800-621-5260
Services: Oregon's Medicaid program (eligibility criteria). Apply for the Oregon Health Plan (OHP) online at: ONE.Oregon.gov.

Oregon Dental Association: 503-218-2010
Services: Low cost dental care. www.oregondental.org/for-the-public/low-cost-dental-care

South Lane Children's Dental Clinic: 541-942-3383
Services: Non-profit clinic that provides dental services to non-insured or under served children enrolled in South Lane, Creswell, and North Douglas school districts. Volunteers once a week offer emergency, comprehensive, and preventative care at no charge to qualifying students September thru June. Note: Due to the COVID-19 pandemic the clinic is temporarily closed. Call for updates. www.slane.k12.or.us

White Bird Medical and Dental Clinic: 541-344-8302
1400 Mill Street, Eugene, OR 97401
Services: Immediate need care, preventative, and restorative dentistry. Accepts OHP. Proof of income required. Also serves no or low income, ages 3 and up, uninsured. www.whitebirdclinic.org

Developmental Disabilities Services

Caregivers Network: Contact Virginia 541-225-8695
1200 E. Quincy Avenue, Cottage Grove, OR 97424
Services: Caregivers Network meetings every 1st Monday monthly.

Developmental Disabilities Services, Lane County: 541-682-3695
125 E. 8th Avenue, Eugene, OR 97401
Services: Cottage Grove and Creswell families apply at the Eugene office for local support services for adults with lifelong developmental disabilities. Assessment, training, and life-span care. www.lanecounty.org

Direction Service: 541-686-5060
1144 Gateway Loop, Suite 200, Springfield, OR 97477
Services: The Youth and Family Services program works to strengthen and empower families with youth (ages 0-23) living with a disability. www.directionservice.org

Early Childhood Cares: 541-346-2578
1500 West 12th Avenue, Eugene, OR 97402
Services: Free developmental screening, evaluation, and classes in Cottage Grove and Creswell for children with developmental delays and disabilities. Ages birth-preschool. Vision, hearing, language, and physical therapies. No cost to eligible families.
https://earlychildhoodcares.uoregon.edu/

Family Relief Nursery: 541-942-4835
720 N. 14th Street, Cottage Grove, OR 97424
Creslane Elementary: 996 A Street, Modular 3, Creswell, OR 97426
Services: Therapeutic early childhood program (for wobblers, toddlers, and preschoolers), therapeutic infant classes, and free transportation to and from TECP classes. All services are free of charge. Note: Due to COVID-19 services may be limited. www.frncg.org

Full Access: 541-942-5003
1450 Birch Avenue, Cottage Grove, OR 97424
Services: Support assisting individuals with intellectual and developmental disabilities. Note: Due to the COVID-19 pandemic the office is temporarily closed. Call 541-513-8548 for support over the phone. www.fullaccess.org

Lane Independent Living Alliance: 541-607-7020
20 E. 13th Avenue, Eugene, OR 97401
Services: Services to anyone with a disability. Note: Due to the COVID-19 pandemic the office is temporarily closed. www.lilaoregon.org

Mentor Oregon: 541-345-5151, ext. 13
1600 Valley River Drive, Suite 130, Eugene, OR 97401
Services: MENTOR Oregon's services and supports are focused on helping adults and children with intellectual and developmental disabilities, brain injury, and mental health challenges build increasingly rich, independent lives. www.mentororegon.com

RISE: 541-246-3697
1500 Valley River Drive, Suite 270, Eugene, OR 97401
Services: Services for people with disabilities including residential settings, day programs, employment assistance, managed care, and home and community based services. Services for children and families through foster care and professional parenting, adoption, kinship care, after-school, summer programs, behavior supports, and mental health services. Early Intervention services including occupational therapy, speech therapy, physical therapy, and developmental specialists. www.riseservicesinc.org

Doula Services

Doulas of Lane County:
Services: Doula Services. https://doulasoflanecounty.com/

Tender Hands Doula Services: 704-517-5848
Services: Doula Services. www.tenderhandsdoula.com

Hearing Aids

Cottage Grove Lions Club: 541-942-0126 (Contact Ric)
Services: The Lions Club provides financial assistance with eye exams, glasses
and hearing aids. They also assist with eye surgery through the Lions Sight and Hearing
Foundation in Portland.

Grant's Hearing Center: 541-942-8444
1020 Green Acres Road, #8, Eugene, OR 97408
Services: Hearing loss, hearing aids, and hearing testing. www.grantshearing.com

HIV/Testing/Needle Exchange

HIV Alliance: 541-342-5088
75 S. 5th Street, Cottage Grove, OR 97424
Services: HIV testing and needle exchange every Tuesday at 5:30 p.m.. - 7:00 p.m. www.hivalliance.org

Lactation Support

La Leche League: 541-744-6055
Services: Help with breastfeeding through peer support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and parent. www.lalecheleagueoregon.webs.com

Lane County WIC: 541-682-4202
305 Coop Court, Cottage Grove, OR 97424
Services: The WIC Program provides breastfeeding support. www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx

Nursing Mothers Counsel of Oregon: 503-718-7084
Services: Lactation support. https://nursingmotherscounsel.org/

Optical

Advanced EyeCare Associates: 541-942-0176
315 S. Pacific Hwy., Cottage Grove, OR 97424
Services: Optical care. www.advancedeyecare.org

Cottage Grove Lions Club: 541-942-0126 (Contact Ric)
Services: The Lions Club provides financial assistance with eye exams, glasses
and hearing aids. Assistance with eye surgery through the Lions Sight and Hearing.

Eyeland Family Optical: 541-895-3937
281 W. Oregon Avenue, Creswell, OR 97426
Services: Optical care. www.visionsource-eyelandfamilyoptical.com

Pacific ClearVision Institute: 541-942-5000
257 N. 8th Street, Cottage Grove, OR 97424
Services: Optical care. www.pcvi.com

Prescription Assistance/Prescription Drug Drop Box Sites

Community Sharing: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424
Services: Prescription assistance. www.communitysharing.org

Oregon Prescription Discount Program: 800-913-4146
Services: 20-50% off prescription discount program. www.oregon.gov/oha/hpa/dsi-opdp/Pages/index.aspx

Prescription Drug Drop Box Sites

Cottage Grove Community Center: 541-942-1185
700 E. Gibbs Avenue, Cottage Grove, OR 97424
Services: A secure prescription drop box for residents to turn in their unused and expired medicines. Note: The Community Center is closed until further notice due to COVID-19.

Cottage Grove Police Department: 541-942-9145
400 E. Main Street, Cottage Grove, OR 97424
Services: A secure prescription drop box for residents to turn in their unused and expired medicines.

Physical Therapy and Rehabilitation

Aspen Chiropractic and Health Center: 541-767-3788
1240 E. Main Street, Cottage Grove, OR 97424

Cottage Grove Chiropractic: 541-942-5486
437 S. 5th Street, Cottage Grove, OR 97424

Cottage Grove Community Acupuncture Clinic: 541-357-7530
35 S. 6th Street, Cottage Grove, OR 97424

Cottage Grove Physical Therapy Services: 541-767-2750
1498 E. Main Street, Suite 109, Cottage Grove, OR 97424

Creswell Wellness Center: 541-895-4464
24 W. Oregon Avenue, Creswell, OR 97426

Emerald Valley Physical Therapy: 541-895-2216
600 Dale Kuni Road, Suite 210, Creswell, OR 97426

Simard Chiropractic Clinic: 541-942-9031
1011 E. Main Street, Cottage Grove, OR 97424

Thomas Chiropractic Clinic: 541-942-5024
500 E. Whiteaker Avenue, Cottage Grove, OR 97424

Vaccinations/Immunizations

Preregistration is open for the COVID-19 Vaccine in Lane County.
Visit: https://www.cognitoforms.com/LaneCountyCOVID/COVID19VaccinePreregistration

A FLU VACCINE IS MORE IMPORTANT THAN EVER!
Getting a flu vaccine this fall can reduce your risk of getting the flu and help save scarce medical resources needed to care for people with COVID-19. It's important for everyone to do their part to stay healthy this flu season. Influenza: Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu.

PREVENT THE SPREAD OF FLU AND OTHER RESPIRATORY ILLNESSES
CDC urges you to take the following actions to protect yourself and others from the flu. https://www.cdc.gov/flu/season/protect-your-health.html

- Mask Up: Cover your nose and mouth with a mask when out in public
- Lather Up: Wash your hands frequently with soap and water
- Sleeve Up: Roll up your sleeve to get a flu shot

WHERE TO GET VACCINES AND IMMUNIZATIONS:
Call your primary care provider or a local pharmacy.
Learn More: Oregon Health Authority:

https://www.oregon.gov/oha/ph/PreventionWellness/FluPrevention/Pages/ind...

Cottage Grove Locations:

Bi-Mart: Bi-Mart Pharmacies: 541-942-9107
100 N. Gateway Blvd., Cottage Grove, OR 97424
Services: Vaccinations for ages 7 and up. https://www.bimart.com/our-locations/620-Cottage-Grove

Get Vaccinated Oregon: Call 211 or 1-866-698-6155 (open 6am-7pm daily)
Services: Check eligibility for the COVID-19 vaccine and register to get email alerts or text notifications about vaccine events. https://getvaccinated.oregon.gov/#/

McCoy's Pharmacy: 541-942-7799
1205 N Pacific Hwy UNIT 3, Cottage Grove, OR 97424
Services: Vaccinations and Immunizations https://www.facebook.com/mccoyspharmacy/

Nova Health: 541-942-7000
1445 N. Gateway Blvd., Cottage Grove, OR 97424
Services: Vaccinations and Immunizations. https://www.novahealth.com/locations/nova-health-cottage-grove/

PeaceHealth Clinic: 541-767-5200
1515 Village Dr., Cottage Grove, OR 97424
Services: Vaccinations and Immunizations https://www.peacehealth.org/cottage-grove-medical-center

Safeway Pharmacy: 541-942-7443
1500 E. Main St., Cottage Grove, OR 97424
Services: Vaccinations and Immunizations. https://local.pharmacy.safeway.com/or/cottage-grove/1500-e-main-st.html

Walgreens Pharmacy: 541-942-2224
1704 E. Main St., Cottage Grove, OR 97424
Services: Vaccinations and Immunizations. https://www.walgreens.com/

Walmart Pharmacy: 541-942-0940
901 Row River Rd., Cottage Grove, OR 97424
Services: Vaccinations and Immunizations. https://www.walmart.com/store/2320-cottage-grove-or

Creswell Locations:

Bi-Mart: 541-895-9810
150 Melton Rd., Creswell, OR 97426
Services: Bi-Mart Pharmacies offer vaccinations for ages 7 and up. https://www.bimart.com/our-locations/675-Creswell

Camas Swale Medical Clinic: 541-658-5301
170 Melton Rd., Creswell, OR 97426
Services: Vaccinations and Immunizations. https://www.camasmedical.com/

Emerald Valley Wellness Clinic: 541-895-5300
300 N. Mill St., Creswell, OR 97426
Services: Vaccinations and Immunizations. https://www.emeraldwellness.com/

PeaceHealth Clinic: 541-222-7700
180 Melton Rd., 2nd Fl., Creswell, OR 97426
Services: Vaccinations and Immunizations. https://www.peacehealth.org/phmg/cottage-grove/locations/creswell

Eugene

Lane County Public Health: 541-682-4041
151 W. 7th Ave., # 310, Eugene, OR 97401
Services: Vaccinations and Immunizations https://www.lanecounty.org/cms/One.aspx?portalId=3585881&pageId=4078590

Addiction and Recovery Support

Al-Anon: 541-343-1104
Services: Referral line and help for families and friends of problem drinkers. www.alanonlaneor.us

Alcohol Treatment Referral Hotline: 800-252-6465

Emerald Valley Intergroup/Alcoholics Anonymous: 541-342-4113
Services: AA Help and referral line, open 24/7 to promote sobriety. www.eviaa.org

Emergence Alcohol and Drug Treatment Services: 541-767-3057
710 Adams Street, Cottage Grove, OR 97424
Services: Alcohol and drug outpatient treatment and intensive outpatient therapy for ages 18 years-adult (accepts OHP). Telehealth services or in-office services available. www.4emergence.com

Lane County Area Narcotics Anonymous: 541-729-0080
Services: Help line available 24/7. www.lanecountyarea-na.org

National Problem Gambling Hotline: 800-522-4700
Services: Call or text 24/7 hotline. 100% confidential. www.ncpgambling.org

Oregon Problem Gambling Hotline: 877-MyLimit
Services: Call or text for free confidential help and referrals to gambling treatment. www.opgr.org

South Lane Mental Health: 541-767-4260
75 S. Fifth Street, Cottage Grove, OR 97424
Services: Substance Use Disorder Recovery Program provides support and services. Telehealth or in-person counseling available. www.slmh.org

Willamette Family: 541-762-4300
1450 Birch Avenue, Cottage Grove, OR 97424
Services: Health, wellness, and recovery services. www.wfts.org

G Street Integrated Health: 541-735-9420
1435 G Street, Springfield, OR 97477
Services: Primary care, mental health counseling, drug and alcohol counseling, medication assisted treatment, and urgent care. www.gstih.org

Recovery Houses

Cottage Grove Safe Haven: 541-946-3234
Services: Non-profit organization transitional house for recovering women. www.cottagegrovesafehaven.org

Support Groups

Addiction and Recovery Support Groups

Theresa McDonald: 541-520-7341
Services: Call for CG support group information.

Alzheimer's and Dementia Support Groups

Magnolia Gardens Senior Living: 541-942-0054
1425 Daugherty Avenue, Cottage Grove, OR 97424
Services: Free Dementia support group and official Alzheimer's Association affiliate.

Caregivers Network

Caregivers Network: Contact: Virginia 541-225-8695
Services: Caregivers Network at the Cottage Grove Bible Church: 1st Monday of the month. 1200 E. Quincy Avenue, Cottage Grove, OR 97424

Weight-Loss Support Groups

Overeaters Anonymous: 541-912-3206, Contact Gail.
Services: Support meetings.

TOPS (Take Off Pounds):
Services: Weight-loss support groups. www.tops.org

Recreation and Sports

Bicycling/Bike Rentals, Bowling, Community Center, Fitness, Golf, Horse Riding, Martial Arts, Museums, Parks, Pickle Ball, Specialized Recreation, Speedway, Sports Leagues (Youth), Swimming, Tennis, Troops and Summer Camps

Outdoor Recreation: For outdoor recreation and current information about camping, covered bridges, hiking, lakes, rivers, waterfalls, and other opportunities, please contact The Cottage Grove Area Chamber of Commerce at 541-942-2411 or Travel Lane County at 541-484-5307.

Bicycling/Bike Rentals

Cottage Grove Bicycle Club:
Information about area rides and events. www.cgbicycling.org

Covered Bridges Scenic Bikeway:
The Covered Bridges Scenic Bikeway features a fun cycling experience of bridges, lake views, foliage, flowers, and a historic downtown that can be enjoyed year-round. www.cottagegroveor.gov/community/page/covered-bridges-scenic-bikeway

Rainy Peak Cyclery: 541-942-8712
533 E. Main Street, Cottage Grove, OR 97424
Maps, gear, repairs, bicycles, and bike rentals.

Ride with GPS:
Map, analyze, record, and share your bike rides. www.ridewithgps.com

Row River Trail:
17 miles of trail starting at Trailhead Park in Cottage Grove.

Bowling

Cottage Bowl: 541-767- BOWL (2695)
740 Row River Road, Cottage Grove, OR 97424
Open bowling for all ages, tournaments, and leagues. www.thecottagebowl.com

Community Center

Cottage Grove Community Center: 541-942-1185
700 E. Gibbs Avenue, Cottage Grove, OR 97424
Note: The Cottage Grove Community Center is closed until further notice due to the COVID-19 pandemic. Staff is available by phone Monday-Friday, 8:00 a.m..-5:00 p.m. to answer questions or help connect you to local resources. www.cottagegroveor.gov/community/page/community-center

Cottage Grove Parks

Cottage Grove Parks: Explore Cottage Grove parks. Parks are open daylight hours. Call City Hall for event Reservation 541-942-5501

- All American City Square: (7th and Main) Washrooms, garden, Opal Whiteley mural
- Bohemia Park: (10th and Main) Amphitheater and 14 acre park
- Coiner Park: (12th and Main) Washrooms, playground, tennis courts, basketball, gazebo, well shaded, and picnic tables
- Harrison Park: (Fire Station) Playground and basketball court
- North Regional Park: (N. Douglas Street) Disc Golf and Bocce at Middlefield Golf
- Riverside and Pioneer Park: (River Road) Swinging Bridge, Historic Dr. Snapp House, and Chambers Covered Railroad Bridge
- Row River Nature Park: (Row River Road) 56 acres; fish ponds and nature trails
- Skate Park: Skateboard park (Hwy 99) In-line skates and skateboards
- Trailhead Park: (10th and Main) Bike and hike 17 mile Row River Trail

Fitness

Anytime Fitness: 541-649-1830
1600 E. Main Street, Cottage Grove, OR 97424
24-hour fitness club. www.anytimefitness.com

Emerald Fitness Club: 541-942-5612
120 East Palmer Avenue, Cottage Grove, OR 97424
600 Dale Kuni Rd #110, Creswell, OR 97426; 541-895-2148
https://emeraldftnessclub-cottagegrove.business.site/

www.emeraldfitness.club

The Health Hub: 541-915-6349
1133 E. Main Street, Cottage Grove, OR 97424
General fitness and fitness classes for all ages and abilities. www.healthhubcg.com

Yoga and Meditation:
Community Center, 700 E. Gibbs Avenue, Cottage Grove, OR 97424
$5/class. Saturdays at 10:00 a.m.Yoga for strength, flexibility, relaxation with Gloria. Proceeds go for children's scholarships in the community. Drop-ins welcome. Note: The Cottage Grove Community Center is closed until further notice due to COVID-19. Yoga classes are paused temporarily.

Mindful Movement Yoga: Call Jane Guerber at 541-654-5087
Community Center, 700 E. Gibbs Avenue, Cottage Grove, OR 97424
$10/class; Wednesdays at 6:00 p.m. to 7:30 p.m. Drop-ins welcome. Mindful movement with flow, breath, and core awareness for all levels. Note: The Cottage Grove Community Center is closed until further notice due to COVID-19. Yoga classes are paused temporarily.

Yoga Schmoga:
Yoga with Patrick. All levels are welcome. Check Facebook page for current locations and times. www.facebook.com/yogaschmoga108

Golf

Cottage Grove Disc Golf Course: 541-942-5501
1400 N. Douglas Avenue, Cottage Grove, OR 97424
www.cottagegroveor.gov/community/page/cottage-grove-disc-golf-course

Emerald Valley Golf and Resort: 541-895-2174
83301 Dale Kuni Road, Creswell, OR 97426
www.emeraldvalleygolf.com

Hidden Valley Golf Course: 541-942-3046
775 N. River Road, Cottage Grove, OR 97424
www.playhiddenvalleygolf.com

Middlefield Golf Course: 541-942-8730
91 Village Drive, Cottage Grove, OR 97424
www.cottagegroveor.gov/golf

Horse Riding

Cottage Grove Riding Club:
Family events and members ride at Cottage Grove Rodeo grounds. https://cottagegroveridingclub.com/

Etzel Equestrian Center: 541-942-5851
Western and English riding lessons, ages 4 years and up, beginner and intermediate, schooling horses, outdoor arena, and trails.

High School Equestrian Programs:
Cottage Grove High School: 541-942-3391

Creswell: 541-895-6020. Team practices and meets for equestrian programs.

Lorane Unicorns Program and Community Outreach: 541-359-8040
Dr. Katrina Cernozubov-Digman; 27706 Lorane Orchard Road, Lorane, OR 97451
Program for pre-teens and children who want to know more about horses and for seniors and persons hospitalized or in a nursing home.

Martial Arts

Rogers Family ATA Martial Arts: 541-942-0215
802 E. Main Street, Cottage Grove, OR 97424
Taekwondo for personal development and self-defense. Age-appropriate classes for 3 years-adult. Adaptive training for all abilities. Teen and adult classes. Virtual Classes. www.rogersata.com

Museums

Bohemia Gold Mining Museum and Cottage Grove Historical Society:
541-942-5022; 308 S. 10th Street, Cottage Grove, OR 97424
Gold mining history of the Bohemia Mountains. Note: By appointment only due to COVID-19. www.bohemiagoldminingmuseum.com

Cottage Grove Museum: 541-942-4296
147 N. H Street, Cottage Grove, OR 97424
Explore Cottage Grove history. Call to arrange a private tour. www.cottagegrovemuseum.com

Specialized Recreation

Special Olympics: 541-942-4269
Services: Sports training in Cottage Grove for people with developmental disabilities (all ages). Bocce, track and field, basketball, swimming, and bowling. www.soor.org

Speedway

Cottage Grove Speedway: 541-942-7561
Visit www.cottagegrovespeedway.com for the current 2021 schedule.

Swimming

Emerald Fitness Club: 541-895-2148
600 Dale Kuni Road, #110, Creswell, OR 97426
Services: Pool, day-use fee or memberships, open-swim and classes. https://emeraldfitnessclub-creswell.business.site/

Warren Daugherty Aquatic Center: 541-942-5533
1440 S. 8th Street, Cottage Grove, OR 97424
Services: Public pool, swim programs for all ages, toddler, family, recreational and lap swims, lessons and fitness classes, warm water therapy pool, and Aqua Lions Swim Team. www.cottagegrovepool.com

Tennis/Pickle Ball

Coiner Park Tennis Courts: **541-942-5501**
Services: Free tennis courts open to the public. Call 541-942-0688 for Pickle Ball.

Tennis Instruction: 541-543-4245, Bob Reed
USPTA: Tennis Hotline: 541-683-1843
Services: Tennis lessons May-September for players all ages/levels and Tennis Camps. Email: reedrobert77@gmail.com

Youth Sports Leagues

Note: Due to COVID-19 services may be limited.

Creswell Babe Ruth: creswellbaberuthbaseball@gmail.com
Services: Youth baseball program. Cal Ripken Division ages 5-12; Babe Ruth Division Prep ages 13-15. www.creswellbaberuthbaseball.com

South Valley Athletics: 541-942-3079

Services: Youth athletics. Winter Basketball: 5 years-5th grade; Winter Cheer: K-6th grade; Spring Soccer: 4 years-8th grade; Fall Soccer: 4 years-8th grade; Fall Volleyball: 3rd -6th grade; Summer adult soccer: 15 years and up (must be entering their sophomore year); Summer Volleyball Camp (June): 3rd-6th grade; Summer Cheer Camp (July): K-6th grade; Summer Tennis Camp (August): K-12th grade. Register at www.familyid.com. Note: Due to COVID-19 the office is closed until further notice. Please send a text to 541-942-3079 or email southvalleyathletics@gmail.com. www.southvalleyathletics.org

South Valley Little League: 541-946-3301
Email: southvalleylittleleague@gmail.com
P.O. Box 1468, Cottage Grove, OR 97424

Services: Baseball, T-Ball and Softball for youth. www.southvalleylittleleague.com

Willamette Valley Football/South Lane Youth Football:

Services: Cottage Grove K-5 and Creswell K-6 youth football program. Register at www.southlaneyouthfootball.com.

YMCA Youth Sports, Creswell: 541-686-9622

Services: Girls and boys teams play in Creswell. Register August & September for Soccer: K-5th grades; December for Basketball: 2nd-5th grades; March for Spring Soccer: K-5th grade; June for Summer Tee-Ball: K-2nd grade; all year for Taekwondo. www.eugeneymca.org

Youth Troops and Summer Camps

Boy Scouts of America: 541-485-4433
2525 Martin Luther King Blvd., Eugene, OR 97402

Services: Packs and Troops in Cottage Grove. www.otcbsa.org

Girl Scouts: 800-338-5248

Services: Super Troop located in Cottage Grove. www.girlscoutsosw.org

Singing Creek Education Center: 541 968-1986
360 S. River Road, Cottage Grove, Oregon 97424

Services: History Based Summer Camps in Cottage Grove. www.singingcreekcenter.org

Senior and Aging Services

AARP Driver Safety Class: Contact Bryan Ducker at 541-942-7260
Services: Safety course is designed especially for drivers age 50 and older.

Aging and Disability Resource: 855-673-2372
Services: Information and resources for seniors. www.adrcoforegon.org

Caregivers Network: Contact Virginia: 541-225-8695
Services: Caregivers Network at the Cottage Grove Bible Church: 1st Monday of the month. 1200 E. Quincy Avenue, Cottage Grove, OR 97424

Community Sharing: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424
Services: Food Pantry and Emergency Services. Assistance with food boxes, housing, utility assistance, laundry, showers, clothing closet, prescriptions, and other assistance. Hours: Monday, 1:30 p.m.-6:00 p.m. and Tuesday,-Friday, 11:00 a.m.-3:30 p.m. www.communitysharing.org

Cottage Grove Mutual Aid Hotline: 541-649-2460
Services: Volunteers available to help you access food, basic needs, rides, deliveries, library book deliveries, and other support. Email: CottageGroveCommunityCares@gmail.com.

FOOD for Lane County: 541-343-2822
Services: FOOD for Lane County provides emergency food services to help individuals struggling with food insecurity. People who are unable to leave their homes for groceries can send a proxy to a pantry to pick up food on their behalf. Call for food pantry locations and information. Foodforlanecounty.org

Oregon Elder Abuse Hotline: 855-503-SAFE (7233)

Senior and Disability Services: 700 E. Gibbs Avenue, Cottage Grove, OR 97424
Services: Provides services, information, and assistance to seniors (age 65+), adults with physical disabilities, and their caregivers. Call, 541-682-4038 if you have a current worker or 541-682-3353 if you need information or to apply. www.sdslane.org

Senior Law Services: 541-485-1017
376 E. 11th Avenue, Eugene, OR 97401
Services: A program of Lane County Legal Aid/Oregon Law Center for ages 60 and over. Call for an appointment.

SHIBA: 541-736-4421
Volunteer Site: Willamalane Adult Activity Center
Services: Senior Health Insurance Benefits Assistance State of Oregon: Free help with Medicare information and prescription drug plans. www.oregonshiba.org

Senior Companion Program: 541-463-6260
Services: Supportive services and companionship to disabled and isolated adults. www.lanecc.edu/scp/about-program

The Lane Senior Grocery Program, FOOD for Lane County: 541-343-2822 ext. 115
Services: The Senior Grocery Program provides low-income seniors with a once monthly food box (or bag). To qualify you must be 60 years of age or older and at or below 130% of the federal poverty level.

The Lane Senior Guide: 541-302-9508
Services: Complete guide to senior programs and services. www.laneseniorservices.org

Senior Living/Nursing Facilities and Rehabilitation Centers

Cherished Moments Adult Foster Home LLC: 541-942-9195
242 S. 22nd Street, Cottage Grove, OR 97424
Services: Adult Foster Care.

Coast Fork Nursing Center: 541-942-5528
515 Grant Avenue, Cottage Grove, OR 97424
Services: Skilled nursing, rehab, wound care, and long term care services. www.prestigecare.com

Cottage Grove Housing: 541-942-3643
900 N. Douglas Avenue, Cottage Grove, OR 97424
Services: 62+ disabled/1 bedroom units.

Grandma's House of Cottage Grove: 541-942-8308
927 S. 6th Street, Cottage Grove, OR 97424
Services: Adult Foster Care.

Crestview Villa: 541-682-4090
350 S. 2nd Street, Cottage Grove, OR 97424
Services: Senior and disabled housing.

Creswell Health and Rehabilitation Center: 541-895-3333
735 S. 2nd Street, Creswell, OR 97426
Services: Nursing care in a home-line country setting. www.prestigecare.com

Guardian Angel Elder Care: 541-942-5172
33883 Row River Road, Cottage Grove, OR 97424
Services: Adult Foster Care.

Jefferson Park Apartments: 541-942-4808
325 S. 5th Street, Cottage Grove, OR 97424
Services: Low cost. Rent is 30% of income.

Magnolia Gardens: 541-942-0054
1425 Daugherty Avenue, Cottage Grove, OR 97424
Services: Senior Living. Apartments in independent living, assisted living, and memory care for dementia residents. www.MagnoliaGardensSL.com

Middlefield Oaks Assisted Living and Memory Care: 541-623-0032
1500 Village Dr., Cottage Grove, OR 97424
Services: RN & LPN on call 24/7 and full time Residential Care Coordinator. www.middlefieldoaks.com

Pendleton Cottage Adult Foster Care LLC: 541-767-0016
850 S. 3rd Street, Cottage Grove, OR 97424
Services: Adult Foster Care.

Riverstone Mobile Home Park: 541-942-4147
Services: 55+ Mobile home park.

Riverview Terrace: 541-682-4090
925 W. Main Street, Cottage Grove, OR 97424
Services: One-bedroom units for seniors and persons with disabilities.

Witherspoon Court: 541-767-0732
Services: 55+, 1 bedroom unit apartments (income based). Hours: Monday-Wednesday, 9-11 a.m. and Thursday, 9-12 a.m.

Senior Loneliness Hotline

Senior Loneliness Hotline: 800-282-7035
Services: Nearly 1 in 5 adults over the age of 50 is at risk of social isolation and, of course now more than ever during the COVID-19 pandemic. Any aging adult who is experiencing loneliness, isolation, depression, or anxiety can benefit from a confidential phone call. www.seniorlonelinessline.org

Senior Meal Programs

Café 60 Senior Meals, Cottage Grove:

Services: Senior meals served "To Go" (Serving ages 60+) Tuesday/Wednesday/Thursday, 12:00 p.m.; 925 W. Main Street, Riverview Terrace, Cottage Grove, OR 97424; (Call ahead) 541-682-9261; Guests under age 60 are welcome to attend for $8 per meal.

Café 60 Senior Meals, Creswell:

Services: Senior meals served "To Go" (Serving ages 60+) 12:00 p.m. (M/W/F) Crestview Villa 350 S. Second Street., Creswell, OR 97426; (Call ahead) 541-895-2338; Guests under age 60 are welcome to attend for $8 per meal.

Meals On Wheels: 541-682-7804

Services: Meals on Wheels is available to people over the age of 60 and their spouses who cannot get out much due to illness or advanced age and who are not eating properly, regardless of their income. www.sdslane.org/178/Meals-on-Wheels

Soups On:

632 E. Main Street, Cottage Grove, OR 97424 (back of the ROP building)

Services: Free "To-Go" meals served every Sunday, 4:00 p.m.-5:00 p.m.

Senior Recreation

Cottage Grove Senior Center: 541-942-8751

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: Senior Center, monthly newsletters and event calendar, bingo, card games, pinochle, painting and woodcarving, needle arts & crafts, and quilting. Note: The Cottage Grove Senior Center is currently closed until further notice due to COVID-19 restrictions.

Magnolia Gardens: 541-942-0054

1425 Daugherty Avenue, Cottage Grove, OR 97424

Services: Currently closed until further notice due to COVID-19 restrictions. www.MagnoliaGardenssl.com

Senior Shopping Transportation

South Lane Wheels: 541-942-0456

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Senior shopping transportation. www.southlanetransit.com

Lane Transit District (LTD) Connector: 541-942-0456, ext. 1

Services: Do you Ride the LTD Connector? LTD is working to improve its Cottage Grove Connector service and will be launching a new smartphone app. The new "LTD Connector" mobile app is now available for download at the iOS App Store and Google Play and will begin scheduling trips on March 16. Riders will continue to use the TransLoc mobile app or website until March 15, at which time they will be required to either download the "LTD Connector" app or call to schedule a ride. If you ride and choose not to schedule your trips through the mobile app, you can still call 541-942-0456 ext. 1. For more information and to view a video on how to use the app visit LTD.org/ltd-connector.

Public Transportation/ $1.00/ride or other LTD fare accepted. Download the mobile app "Micro Transit" or schedule your ride online at www.transloc.com. Service and call-in requests are available Monday-Friday, from 9:00 a.m.- 4:00 p.m. www.ltd.org

Therapy Pool

Warren Daugherty Aquatic Center: 541-942-5533
1440 S. 8th Street, Cottage Grove, OR 97424

Services: Public pool, swim programs for all ages, recreational and lap swims, lessons and fitness classes, and warm water therapy pool. www.cottagegrovepool.com

Veterans

Veterans Service Organizations and Supportive Services

If you are a Veteran in crisis, please call 1-800-273-8255 for immediate assistance from a trained VA operator.

American Legion: 541-942-5991
826 W. Main Street, Cottage Grove, OR 97424

Services: Veterans service organization. www.legion.org

Elks Lodge: 541-942-3554
755 N. River Road, Cottage Grove, OR 97424
www.elks.org

Eugene Vet Center: 541-465-6918
190 East 11th Avenue, Eugene, OR 97401

Services: Medical care.

Lane County Veterans Service: 541-682-4191

Services: Veteran Service Officers, who are accredited VA representatives, help advocate for veterans and their families to ensure they receive all entitlements provided by Federal and State law. Note: Due to COVID-19, In-Person Services are Suspended. https://www.lanecounty.org/cms/one.aspx?pageId=4133203

Lane-Douglas Connector (LDC): To schedule a ride, call 888-232-8121

Services: LDC is an Umpqua Public Transportation District service operated by South Lane Wheels and operates Tuesday and Thursday, 7:30 am-3:30 pm with stops at Roseburg V.A., Drain at Ray's Food, Cottage Grove at Walmart and PeaceHealth Medical Center, and Eugene at the V.A. Free for all Veterans, and, for an introductory period, service will be free to the general public.

National Alliance to End Veteran Suicide: Workshop Operation Veteran Freedom.

Services: Workshops designed for Veterans and family by a Vietnam era Combat Veteran to end veteran suicide. www.na2evs.org/ovf

Roseburg Medical VA Center: 541-440-1000
913 NW Garden Valley Blvd., Roseburg, OR 97471

Services: Medical and mental healthcare for Veterans. www.roseburg.va.gov

Supportive Services for Veteran Families (SSVF): 541-687-5820
2890 Chad Drive, Eugene, OR 97408

Services: SSVF provides financial assistance and case management services to help Veterans navigate and overcome barriers to housing and to support their housing stability. https://www.svdp.us/what-we-do/affordable-housing/supportive-services-ve...

U.S. Department of Veterans Affairs: 800-698-2411

Services: Veterans healthcare and benefits. www.va.gov

VA Eugene Downtown Clinic: 541-242-0445
211 E. 7th Street, Eugene, OR 97401

Services: Homeless, substance abuse, vocational rehabilitation services, OEF, and OIF for Iraq Veterans. www.roseburg.va.gov

Veterans Crisis Line: 800-273-8255, PRESS 1 or Text 838255

Services: Confidential help for veterans and their families. VeteransCrisisLine.net

Veterans Legacy, Camp Alma: 541-914-0885

Services: Veterans Legacy's provides a safe, secure place in a rural setting for local veterans encountering homelessness, post-traumatic stress disorder, and substance abuse disorders to live and work as they begin the

journey back to successfully reintegrate into the community. https://veteranslegacyoregon.org/

Veterans of Foreign Wars, VFW Post # 3473: 541-942-7099
3160 Hillside Drive, Cottage Grove, OR 97424
Services: The Veterans of Foreign Wars is a nonprofit veterans service organization comprised of eligible veterans and military service members from the active, guard, and reserve forces.

Other

Ballot Drop Box, Clubs and Service Organizations, Equity, Diversity, and Social Justice, Farmers Markets/Farm Stands, Helpful Telephone Numbers, Meeting Space/Event Room Rentals, News and Information, Pet Assistance and Wildlife, Recycling, Religious Organizations, and Volunteer Opportunities

Ballot Drop Box

Cottage Grove Community Center: 541-942-1185
700 E. Gibbs Avenue, Cottage Grove OR 97424
Services: Ballot Drop Box located in the parking lot. Ballots must be received at a county elections office or official drop site in Oregon by 8:00 p.m. on Election night.

Clubs and Service Organizations

American Legion: 541-942-5991
826 W. Main Street, Cottage Grove, OR 97424

Bohemia Sunrisers Kiwanis: 541-942-0046
P.O. Box 183, Cottage Grove, OR 97424

Cottage Grove Lions Club: 541-942-3395
P.O. Box 754, Cottage Grove, OR 97424

Elks Lodge: 541-942-3554
755 N. River Road, Cottage Grove, OR 97424

Kiwanis Club of Cottage Grove: 541-942-7700
P.O. Box 435, Cottage Grove, OR 97424

Prospectors and Golddiggers: 541-942-3773
P.O. Box 415, Cottage Grove, OR 97424

Rotary Club of Cottage Grove: 541-554-6946
P.O. Box 424, Cottage Grove, OR 97424

Veterans of Foreign Wars: 541-942-7099
3160 Hillside Drive, Cottage Grove, OR 97424

Equity, Diversity, and Social Justice

Rural Organizing Project: 541-649-1169
632 E. Main Street, Cottage Grove, OR 97424
Services: Organization of locally-based groups that work to create communities accountable to a standard of human dignity. www.rop.org

Farmers Markets/Farm Stands

Coast Fork Farm Stand: 541-606-5438
90 S. 10th Street, Cottage Grove, OR 97424

South Valley Farmers Market: 541-731-9347
7th/Main Street, Cottage Grove, OR 97424
Services: Farmers Market every Thursday, 4:00 p.m. - 7:00 p.m. (May-October). Email: svfarmersonmain@gmail.com

Helpful Telephone Numbers

FOR ALL EMERGENCIES CALL: 911

- Burning Information/LRAPA Daily Burning Advisory: 541-726-3976 (#3)
- Cottage Grove City Hall: 541-942-5501
- Cottage Grove Police Non-Emergency: 541-942-9145
- Cottage Grove Municipal Court: 541-942-3346
- Cottage Grove Public Library: 541-942-3828
- Cottage Grove Ranger Station: 541-767-5000
- Creswell City Hall: 541-895-2531
- Lane County Sheriff's Office: 541-682-4150 or 541-682-4141
- Military Help Hotline: 877-247-4645
- National Runaway Safeline: 800-786-2929
- National Suicide Prevention Lifeline: 800-273-8255
- Oregon State Police: 503-378-3720
- Poison Control: 800-222-1222
- Post Office: 800-275-8777
- South Lane County Fire and Rescue Business: 541-942-4493 (Call 911 for all Emergencies)
- South Lane School District: 541-942-3381
- Warren Daugherty Aquatic Center: 541-942-5533

Meeting Space/Event Room Rentals

Cottage Grove Community Center: 541-942-1185
700 E. Gibbs Street, Cottage Grove, OR 97424

Services: Room space available for rent for special events, meetings, trainings or classes. Note: Due to the COVID-19 pandemic the Community Center is closed until further notice. www.cottagegroveor.gov/community/page/community-center

Cottage Grove Armory: 541-942-5501
628 E .Washington Avenue, Cottage Grove, OR 97424

Services: Venue available to rent for special events. Contact the City Manager's office for reservations. Note: Due to COVID-19 the Cottage Grove Armory is closed until further notice. www.cottagegroveor.gov/community/page/armory

Rural Organizing Project: 541-649-1169
632 E. Main Street, Cottage Grove, OR 97424

Services: Meeting Space for non-profit. Kitchen space available. www.rop.org

The Cottage Events Venue: 541-942-6888
2915 Row River Road, Cottage Grove, OR 97424

Services: Venue for small to medium sized events available for rent for an hourly fee. Note: Capacity may be limited due to COVID-19 regulations. www.cottageevents.com

The Village Green: 541-767-4027
725 Row River Road, Cottage Grove, OR 97424

Services: Indoor venues and outdoor venues for meetings or special events, full catering services, free Wi-Fi, and audiovisual equipment. Note: Capacity may be limited due to COVID-19 regulations. www.thevillagegreen.com

News and Information

Around the Grove: Services:

Services: Weekly publication informing residents and visitors of special events and opportunities happening in Cottage Grove and encouraging greater community participation in them.

To subscribe or to submit an item for publication send email to AroundTheGroveNews@gmail.com or cindy@knnd.com or drop off information to KNND Calendar Coordinator, Cindy Weeldreyer at 717 E. Main Street, Cottage Grove.

Be Your Best: Services:

Services: BYB is a cross-sector coalition of community builders working to improve family and community health and well-being using a collective impact approach. BYB's partners include representatives from direct service agencies, city and county departments, local businesses, schools, mutual aid and faith-based organizations, and other like-minded groups. For more information or to attend a meeting, email beyourbest.cg@gmail.com

Cottage Grove Area Chamber of Commerce: 541-942-2411
836 E. Main Street, Cottage Grove, OR 97424

Services: Visitor Information Center. www.cgchamber.com

Cottage Grove Sentinel: 541-942-3325
116 N. 6th Street, Cottage Grove, OR 97424

Services: Newspaper publisher in Cottage Grove. www.cgsentinel.com

KNND: 541-942-2468
717 E. Main Street, Cottage Grove, OR 97424

Services: Radio broadcaster in Cottage Grove. www.knnd.com

Sustainable Cottage Grove:

Services: Working to make Cottage Grove as sustainable as possible. Projects include the Cottage Grove Time Exchange, Food Preservation Workshops, the Cottage Grove Food Hub, Healthy Eating and Nutrition Education for Kids, and more. www.sustainablecottagegrove.org

The Chronicle: 541-895-2197

Services: Newspaper publisher in Creswell. www.chronicle1909.com

Pet Assistance and Wildlife

Cascades Raptor Center: 541-485-1320
32275 Fox Hollow Road, Eugene, OR 97405

Services: Nature center and wildlife hospital for wildlife emergencies. Call for injured, sick or orphaned birds. www.cascadesraptorcenter.org

Cottage Grove Police Department: 541-942-9145
400 E. Main Street, Cottage Grove, OR 97424

Services: Help with reuniting lost and found pets. www.cottagegroveor.gov/police/page/found-dogs

Fish and Wildlife Department: 541-726-3515
3150 Main Street, # B, Springfield, OR 97478

Services: Note: Due to COVID-19, the office is closed. Staff is available by phone. www.fws.gov

Greenhill Humane Society: 541-689-1503, ext. 140
88530 Greenhill Road, Eugene, OR 97402
Services: Adoptions, receiving owned pets by appointment only, and free spay/neuter of stray, feral, outside cats by appointment. www.green-hill.org

Humane Society Cottage Grove: 541-942-3130
33 N. 8th Street, Cottage Grove, OR 97424 (Thrift store: "This 'n That")
Services: Spay/neuter assistance.

S.P.O.T. (Stop Pet Overpopulation Today): 541-607-4900
Services: SPOT provides vouchers to low/no-income dog owners who need financial help getting their dogs spayed or neutered. All breeds are eligible. www.spotspayneuter.org

Tucker's Cupboard: 541-942-9211
Services: Nonprofit organization that provides some financial assistance to K-9 owners living in the South Lane School District.

Recycling

EcoGeneration: https://www.ecogeneration.org/
Services: Recycling Take-Back at the Cottage Grove Community Center parking lot, 700 East Gibbs Avenue, second Saturday of the Month from 12:00 p.m. -2:30 p.m.

Religious Organizations

6th & Gibbs Church of Christ: 541-942-3822
195 N. 6th Street, CG, OR 97424

Calvary Baptist Church: 541-942-4290
77873 S. 6th Street, CG, OR 97424

Calvary Chapel Cottage Grove: 541-942-6842
1447 N. Pacific Hwy, CG, 97424

Chagdud Gonpa Foundation: 541-942-8619
198 N. River Road, CG, OR 97424

Church at London: 541-942-9427
72799 London Road, CG, OR 97424

Church of Christ: 541-942-2506
420 Monroe Street, CG, OR 97424

City Life Church: 541-942-7222
33133 Row River Road, CG, 97424

Cottage Grove Bible Church: 541-942-4771
1200 E. Quincy Avenue, CG, OR 97424

Cottage Grove Faith Center: 541-942-4851
33761 Row River Road, CG, OR 97424

Delight Valley Church: 541-942-7711
33087 E. Saginaw Road, CG, OR 97424

First Baptist Church: 541-942-8242
301 S. 6th Street, CG, OR 97424

First Presbyterian Church: 541-942-4479
216 S. 3rd Street, CG, OR 97424

Good Samaritan Church: 541-510-9065
38071 Row River Rd., Dorena, OR 97434

Hope Fellowship: 541-942-2061
100 S. Gateway Blvd., CG, OR 97424

Hope in the Grove Baptist Church: 541-505-6338
77820 Mosby Creek., Rd., CG, OR 97424

Kingdom Hall of Jehovah's Witnesses: 541-942-3600
2450 S. 6th St., CG, OR 97424

Living Faith Assembly: 541-942-2612
467 S. 10th Street, CG, OR 97424

Old Time Gospel Fellowship: 541-942-4999
103 S. 5th Street, CG, OR 97424

Our Lady of Perpetual Help and Catholic Church: 541-942-3420
1025 N. 19th Street, CG, OR 97424

Pennoyer Avenue Church of Christ: 541-942-8928
1041 Pennoyer Avenue, CG, OR 97424

Resurrection Life Center: 541-285-4812
1600 S. 6th Street, CG, OR 97424

Riverside Community Church: 541-942-7126
1255 S. River Road, CG, OR 97424

Saint Andrew's Episcopal Church: 541-767-9050
1301 W. Main Street, CG, OR 97424

Sakya Center and Palmo Center: 541-335-1225
325 N. I Street, CG, OR 97424

Seventh Day Adventist Church: 541-942-5213
820 S. 10th Street, CG, OR 97424

The Church of Jesus Christ of Latter-Day Saints: 541-942-2459
531 S. 10th Street, CG, OR 97424

Trinity Lutheran Church: 541-942-2373
675 S. 7th Street, CG, OR 97424

United Methodist Church: 541-942-3033
334 Washington Avenue, CG, OR 97424

"Victory" Country Church: 541-942-5913
913 S. 6th Street, CG, OR 97424

Walker Union Church: 541-942-2747
P.O. Box 733, CG, OR 97424

Volunteer Opportunities

Just Serve: https://www.justserve.org/

Services: Website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community.

City of Cottage Grove: To volunteer with the City of Cottage Grove Click Here or contact Teresa Cowan at 541-942-1185.

ALCANCE DE LA FAMILIA HISPANA/HISPANIC FAMILY OUTREACH

Servicios de la comunidad católica/Catholic Community Services:541-747-0221 ext. #303
Eugene: 1464 6th Street, Eugene, OR 97402
Springfield: 1025 G Street, Springfield, OR 97427

Ayuda legal para preguntas de inmigración. Llamar para hacer cita.

Servicios en Español para la Comunidad/Community Sharing: 541-942-2176
1440 Birch Avenue, Cottage Grove, OR 97424

Cajas de comida suplementaria. Asistencia para vivienda temporal, renta, electricidad y calefacción. Boletos para el autobús, lavanderia y cuidado personal.

Línea directa de ayuda mutua de Cottage Grove/Cottage Grove Mutual Aid Hotline:
541-649-2460

Los voluntarios están disponibles para ayudarlo a acceder a alimentos, necesidades básicas, transporte, entregas y otro tipo de apoyo. Llame o envíe un correo electrónico. CottageGroveCommunityCares@gmail.com

Despensa de alimentos Creswell/Creswell Food Pantry: 541-246-9117
364 Cobalt Lane Creswell, OR 97426

Acceso a cajas mensuales de alimentación para todos los miembros del hogar.

Departament de Servicios Humanos/DHS: 541-942-9186
305 Coop Ct., CG, OR 97424

Beneficios para comida, asistencia con empleo, cuidado de niños, dinero en efectivo. Consultas para verificar si es elegible. Visite la oficina.

Vivero de ayuda familiar:/Family Relief Nursery: 541-942-4835
720 N 14th Street, Cottage Grove, OR 97424
996 A Street, Modular 3. Creswell, OR 97426

Servicios terapéuticos y sociales para ninos infantes, visitas en el hogar, clases de grupos de padres, apoyo en el hogar, referencias a otros servicios de la comunidad. Todos los servicios son gratuitos.

Head Start del Condado de Lane:/Head Start of Lane County: 541-942-5565
1310 S. 8th Street, Cottage Grove, OR 97424

Programas para la familia desde el embarazo hasta la edad de 4 años. Servicios gratuitos para las familias de bajos ingresos.

Centros de Salud del Condado de Lane/Lane County Community Health Centers:
541-682-3550
151 W. 7th Street, Eugene, OR 97401

Llamar para hacer cita, servicios médicos de bajos recursos para niños y adultos. Planificación familiar, pediatria, y medicina general. Ayuda para aplicar para el Plan de Salud de Oregon.

Departamento de Salud Pública del Condado de Lane/Lane County Public Health:
541-682-4041
151 W 7th Avenue, # 310, Eugene, OR 97401

Vacunas para niños y adultos. Plan de salud OHP es aceptado. Clínica de bajos recursos para vacunas.

WIC del condado de Lane/Lane County WIC: 541-682-4202
305 Coop Ct., CG, OR 97424

Programa de Nutrición Suplementaria para Mujeres, Bebés y Niños a través de educación nutricional, apoyo a la lactancia materna y con la provisión de alimentos saludables. Nota: Debido a COVID-19, todos los servicios de WIC se llevarán a cabo por teléfono hasta nuevo aviso. www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx

Peacehealth Cottage Grove: 541-767-5200
1515 Village Dr., Cottage Grove, OR 97424

Llamar para hacer citas. Pediatria y adultos. Peacehealth Cottage Grove Sala de Emergencia: 541-767-5500 Abierto las 24 horas del dia.

Peacehealth Medical Group Creswell Clinic: 541-222-7700
180 Melton Road, Creswell, OR 97426

Servios médicos para toda la familia.

Planificación Familiar/Planned Parenthood: 541-344-9411
3579 Franklin Blvd., Eugene, OR 97403
793 N. Danebo Avenue, Eugene, OR 97402

Servicios Referencias y servicios de aborto, control de la natalidad, atención médica general, pruebas de VIH, atención médica para hombres, píldora del día después (anticoncepción de emergencia), pruebas y servicios de embarazo, pruebas de ETS, servicios LGBT y atención médica para mujeres. https://www.plannedparenthood.org/

Clinica Prenatal/Prenatal Clinic, Lane County: 541-682-8777
151 W. 7th Street, Eugene, OR 97401

Ayuda prenatal, pruebas de embarazo, ayuda para amamantar, educación y cuidado después del parto.

Distrito Escolar de South Lane/ South Lane School District:
Direcciones y número de teléfonos para las escuelas del distrito:

- Escuela primaria de Bohemia: /Bohemia Elementary School:
  541-942-3313; 721 S. R Street, Cottage Grove, OR 97424
- Escuela Primaria Harrison/Harrison Elementary School:
  541-942-3389; 1000 Taylor Avenue, Cottage Grove, OR 97424
- Escuela secundaria de Lincoln:/Lincoln Middle School:
  541-942-3316; 1565 S. 4th Street, Cottage Grove, OR 97424
- Preparatoria Cottage Grove:/Cottage Grove High School:
  541-767-0939; 1375 S. River Road, Cottage Grove, OR 97424

Distrito Escolar de South Lane Servicio de comida/South Lane School District Food Service: 541-942-3381 x 125

Sirviendo a los jóvenes (de 0 a 18 años) con dos comidas gratis por día sin importar los ingresos hasta nuevo aviso. Comuníquese con Corina Boylen, Supervisora de Servicios de Alimentos en corina.boylen@slane.k12.or.us. Visite www.slane.k12.or.us para obtener actualizaciones.

Conexion Primaria del Centro de Peggy/Peggy's Primary Connection: 541-942-4967
1310 S. 8th Street, Cottage Grove, OR 97424

Centro de Padres de Familia. Las familias exploran, aprenden and juegan juntas. Recursos para enseñanza temprana, juegos de aprendizaje y actividades. Asistencia para el Plan de Salud de Oregon~OHP. Bienvenidos todos. Abierto los martes y jueves de 8:30am a 4:30 pm.

Organización Rural (ROP)/Rural Organizing Project (ROP) Distribution: 541-649-1169
632 E. Main Street, Cottage Grove, OR 97424

Distribución de alimentos / necesidades básicas todos los martes, 11-1 p.m./ jueves, 4-6 p.m.

Clinica Dental de/Dental Clinic, Lane Community College: 541-463-5206
2460 Willamette Street, Eugene, OR 97405

Clínica dental de bajo recursos. Rayos-X, limpiezas, rellenos y extracciones dentales.

Voluntarios de Medicina/Volunteers in Medicine: 541-685-1800
2260 Marcola Rd. Springfield, OR 97477.

Clínica de salud para personas de bajos recursos que no pueden pagar u obtener aseguranza medica. Llamar para hacer cita.

White Bird Clinica Medica y Dental/White Bird Medical and Dental Clinic: 541-344-8302
1400 Mill Street, Eugene, OR 97401

Servicios médicos y dentales para personas de bajos recursos y sin aseguranza médica o dental. Se acepta OHP.

Conector Lane Transit District (LTD): 541-942-0456, ext. 1

Servicios: ¿Utiliza el conector LTD? LTD está trabajando para mejorar su servicio Cottage Grove Connector y lanzará una nueva aplicación para teléfonos inteligentes. La nueva aplicación móvil "LTD Connector" ya está disponible para descargar en la App Store de iOS y Google Play y comenzará a programar viajes el 16 de marzo. Los pasajeros continuarán usando la aplicación móvil o el sitio web de TransLoc hasta el 15 de marzo, momento en el que lo harán Deberá descargar la aplicación "LTD Connector" o llamar para programar un viaje. Si viaja y elige no programar sus viajes a través de la aplicación móvil, aún puede llamar al 541-942-0456 ext. 1. Para obtener más información y ver un video sobre cómo usar la aplicación, visite LTD.org/ltd-connector.

Transporte público / $ 1.00 / viaje u otra tarifa LTD aceptada. Descargue la aplicación móvil “Micro Transit” o programe su viaje en línea en www.transloc.com. Las solicitudes de servicio y llamadas están disponibles de lunes a viernes, de 9:00 a.m. a 4:00 p.m. www.ltd.org

The City of Cottage Grove strives to provide you with accurate information on resources available in South Lane. Community resources in operation during the COVID-19 pandemic are changing daily, as folks modify their hours and services to prevent the spread of the virus. Please call listings to confirm current services or see the online version of this guide for updates: www.cottagegroveor.gov

To be added to the guide or to submit a correction, contact Jessica Klarr, Community Coordinator Assistant at 541-942-1185 or e-mail: comcenter@cottagegrove.org.

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