

Douglas County

Resource Directory



Revised January 2025





QR Codes

Community UPLiFT

To send in a referral please do one of the following:

Scan QR Code



Text UPLIFT1

To (541)351-3100 to receive a link to the referral form

Fax
541-492-1457

Mail
Community UPLiFT
1871 N.E. Stephens St.
Roseburg, OR 97470

Online
www.community-uplift.com

Resource Directory

Access the Douglas County Resource Directory Online by Scanning this QR Code



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Health & Wellness

Addiction Treatment

ADAPT

Behavioral Health Care

541-440-3532

800-866-9780 (24 Hour Crisis Line)

As the Community Mental Health Program and a mental health service provider for Douglas and Curry Counties, ADAPT is committed to improving access to the highest quality treatment and support services for children, adolescents, adults, and families.

Adapt Integrated Health Care

541-672-2691

621 W. Madrone St., Roseburg, OR

Adapt provides communities access to world class primary care, addictions treatment, behavioral health care and prevention services to promote health and restore lives.

Adult Outpatient Program

541-492-0152

621 W. Madrone St., Roseburg, OR

541-492-4550

671 S.W. Main St., Winston, OR

The Adult Outpatient Program specializes in treatment for substance use and co-occurring mental health conditions for adult men, women, and families. The professional treatment counselors provide a variety of services, including assessment, treatment planning and individual and group counseling close to home, work, and school. Day and evening services are available in various locations.

Adult Residential Treatment

541-492-0206

3099 N.E. Diamond Lake Blvd., Roseburg, OR

The skilled medical and behavioral health team offers an array of evidence-based programs, including detoxification treatment, treatment for substance use and co-occurring disorders, chronic pain management and tobacco dependence treatment. The integrated approach and individualized care ensure a respectful and healing residential treatment experience.

Opioid Treatment Program

541-673-2770

406 N.E. Winchester St., Roseburg, OR

Adapt's Opioid Treatment Program provides comprehensive recovery solutions for those struggling with opioid addiction by providing Medications for Opioid Use Disorder (MOUD) using Methadone and Buprenorphine combined with counseling, behavioral therapies, and community support. The program serves those struggling with addiction to prescription opioid medications (Oxycodone, Oxycontin, Percocet, Vicodin, Codeine, Morphine, etc.) and/or illicit opioids (Heroin, Fentanyl, etc.). Same-day screenings are available in the clinic or over the phone. Please call with any questions.

Problem Gambling

541-492-0152

621 W. Madrone St., Roseburg, OR

Adapt's Problem Gambling services are designed to help individuals and families take control of gambling and the individuals' lives. Treatment services are available free to any Oregon resident who has problems related to gambling, either as a problem gambler or as a family member or friend of a problem gambler.

Rapid Access

541-492-0222

621 W. Madrone St., Roseburg, OR

The Rapid Access team works with clients and prospective clients, medical providers, and social service agencies to identify treatment needs, explore treatment options and assist with referrals and authorizations to help people get the care needed when needed.

Tobacco and Nicotine Dependence

541-492-0152

800-866-9780 (24 Hour Crisis Help)

621 W. Madrone St., Roseburg, OR

Treating tobacco use saves lives. That's why treatment for tobacco use and nicotine dependence is a key part of Adapt's comprehensive, patient-centered care approach for patients who receive primary care and behavioral health services.

Video Gaming Resources

1-877-695-4648 Hotline

Video gaming may become a problem when an individual becomes preoccupied with playing video games at the expense of work, school, friends, family, and wellness. Whether an individual or known individual is looking to quit gaming or build healthier habits, here are some resources that may help.

<https://www.opgr.org/additional-resources/>

Youth Outpatient Treatment

541-492-0172

548 S.E. Jackson St., Roseburg, OR

Adapt's Youth Outpatient Program offers comprehensive care for young people who are experimenting with alcohol or drug use or struggling with addiction and co-occurring disorders, such as stress, depression, or trauma.

Youth Residential Treatment Center

541-673-5119

Deer Creek offers a structured therapeutic environment designed to help young people aged 13 to 17 overcome substance use and co-occurring disorders. Professional and certified counselors provide evidence-based and age-appropriate treatment focusing on whole-person health and recovery, including physical health, educational achievement, family counseling, therapeutic recreation, cultural development, and personal skill-building.

www.adaptoregon.org

<https://www.facebook.com/adaptoregon>

Boulder Care

866-901-4860

111 S.W. Naito Pkwy., Ste. 200, Portland, OR

Online addiction care that really cares. Boulder treats people with substance use disorder (SUD) including opioid use disorder (OUD) and alcohol use disorder (AUD) grounded in kindness, respect, and unconditional support.

<https://www.boulder.care/>

<https://www.facebook.com/BoulderCare/>

Chadwick Clubhouse

541-671-2176

2031 NE Diamond Lake Blvd., Roseburg, OR

Chadwick Clubhouse provides an evidence-based, non-clinical mental health program that supplements existing mental health and addiction therapy in Douglas County. The Chadwick Clubhouse supports people living with mental health conditions by providing a community of recovery through meaningful relationships and work experience. The goal is to end the isolation that so many mentally ill adults experience.

<https://chadwickclubhouse.com/>

<https://www.facebook.com/ChadwickClubhouseRoseburg/>

Serenity Lane

541-236-9739

2575 N.W. Kline St., Roseburg, OR

Serenity Lane's Intensive Outpatient Treatment (Level II) track in Roseburg is a ten-week program consisting of group therapy, individual counseling, and education about the disease of addiction and substance use disorders.

<https://serenitylane.org/location/roseburg/>

<https://serenitylane.org/location/roseburg/>

Valley View Counseling

541-673-3985

1652 N.W. Hughwood Ct., Roseburg, OR

Valley View Counseling offers a wide range of services for all age groups. Valley View Counseling provides personal, one-on-one therapy, couples, family, and group therapy. Valley View Counseling teaches psycho-educational classes and contracts with local businesses, bringing specific topics to the workplace. The clinic performs mental health assessments for issues such as depression, anxiety, and attention deficit hyperactivity disorder (ADHD), as well as complete mental health evaluations for disabilities, domestic violence, and chemical dependency.

www.valleyviewcounseling.com

Behavioral Health & Counseling

ADAPT

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541-672-2691

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Adult Behavioral Health Care

541-440-3532

621 W. Madrone St., Roseburg, OR

800-866-9780 (24 Hour Crisis Line)

As the Community Mental Health Program and a mental health service provider for Douglas and Curry Counties, ADAPT is committed to improving access to the highest quality treatment and support services for children, adolescents, adults, and families.

Behavioral Health Youth & Family

541-229-8934

548 S.E. Jackson St., Roseburg, OR

800-866-9780 (24 Hour Crisis Line)

Professional counselors offer individual, group and family counseling, and employ an array of effective approaches to help youth and families develop the practical skills needed to support lasting health and wellness.

Opioid Treatment Program

541-673-2770

548 S.E. Jackson St. Ste. 100, Roseburg, OR

Adapt's Opioid Treatment Program provides comprehensive recovery solutions for those struggling with opioid addiction by offering Medications for Opioid Use Disorder (MOUD) using Methadone and Buprenorphine combined with counseling, behavioral therapies, and community support. The program serves those struggling with addiction to prescription opioid medications (Oxycodone, Oxycontin, Percocet, Vicodin, Codeine, Morphine, etc.) and/or illicit opioids (Heroin, Fentanyl, etc.). Same-day screenings are available in the clinic or over the phone. Please call with any questions.

Prevention & Education

541-492-0198

Early Assessment & Support Alliance (EASA)-Providing rapid identification, support, assessment and treatment for teenagers and young adults who are experiencing the early signs of psychosis.

www.adaptoregon.org

Chestnut Health Systems

541-844-8532

352 S. Calapooia St., Sutherlin, OR

The Oregon Outreach Clinic has the mission of helping families realize health and stability by providing equitable access to evidence-based behavioral health care. The vision is to bring services to parents and families in home environments, breaking barriers to treatment access and increasing the potential for sustained outcomes and improved social determinants of health. Just Care for Families is a program founded on evidence-based practices to support parents in building strong, healthy, and rewarding relationships with children. Just Care for Families works with parents on parenting, mental health, substance use, navigating systems, addressing basic needs, and building community--depending on the families' individual needs. Families are provided with an individual coach that can come to visit in the home and meet multiple times a week.

Chadwick Clubhouse

541-671-2176

1157 S.E. Douglas Ave., Roseburg, OR

Chadwick Clubhouse provides an evidence-based, non-clinical mental health program that supplements existing mental health and addictions therapy in Douglas County. The Chadwick Clubhouse supports people living with mental health conditions by providing a community of recovery through meaningful relationships and work experience. The goal is to end the isolation that so many mentally ill adults experience.

<https://chadwickclubhouse.com/>

<https://www.facebook.com/ChadwickClubhouseRoseburg/>

Cow Creek Behavioral Health Services

541-672-8533 (North Clinic)

500 S.E. Cass Ave. Ste. 110, Roseburg, OR

Mental health is an important part of Cow Creek Health and Wellness Centers' holistic approach to wellness. The Behavioral Health Team, which includes professional therapists, practitioners, and counselors, can help develop a plan to overcome the biggest mental health challenges.

- Substance-use disorder assessment
- Mental health therapy
- Medically assisted treatment (coming soon)
- Prevention
- Mental health therapy treatment
 - Anxiety
 - Attention Deficit Hyperactivity Disorder (ADHD)
 - Bipolar disorder
 - Chemical dependency
 - Dementia
 - Depression
 - Eating disorders
 - Geriatric delirium
 - Neurological-based psychiatric services
 - Self-injury
 - Trauma-informed care

<https://www.cowcreek-nsn.gov/health/public-health/>

FARA (Family Faith & Relationship Advocates)

541-229-0510

505 S.E. Main St., Roseburg, OR

FARA is a group of faith-based therapists, staff, and volunteers from many denominations all over Douglas County dedicated to connecting with the individual and meeting the community's mental health needs. It offers group programs as well as individual services.

<https://www.fara4kids.org/>

Gentle Breeze Counseling

541-320-1309

780 N.W. Garden Valley Blvd. Ste. 34, Roseburg, OR

Experience enables Gentle Breeze to offer effective individualized care. A safe and neutral ground is provided to individuals, families, and couples from all walks of life. Ages four to sixty-four are welcome and supported here at Gentle Breeze.

<https://www.gentlebrz.com/>

Juniper Tree Counseling

541-900-1506

850 S.E. Rose St., Roseburg, OR

Providing counseling services and support for children, families, and maternal mental health.

www.junipertreecounselingservices.com

OYEN Emotional Wellness Center

503-395-4224

255 N. Arney Rd., Ste. 220, Woodburn, OR

OYEN Emotional Wellness Center is a bilingual and bicultural clinic offering various mental health support. The OYEN team consists of highly qualified English—and Spanish-speaking professionals who will meet clients' mental health needs. OYEN takes pride in breaking down barriers that allow the Latino community to access mental health services and providing culturally responsive goals that are attainable for clients.

<https://www.oyenwellness.com/>

<https://www.facebook.com/oyenemotionalwellnesscenter>

NMMHH (National Maternal Mental Health Hotline)

833-852-6262

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

<https://www.facebook.com/HRSAgov/>

Roseburg Therapy

541-900-4285

272 N.W. Medical Loop, Ste. E, Roseburg, OR

Stronger Oregon Provides Counseling & Mental Health Services from a Therapist / Counselor for the Treatment of Depression, Anxiety, Trauma, PTSD, Anger & more. Roseburg Therapy can support individuals and families by connecting clients with experienced and compassionate providers from the comfort of the home (Telehealth).

<https://www.RoseburgTherapy.com>

<https://www.facebook.com/RoseburgTherapy>

Second Wind Mental Health

541-679-0366

11 S.W. Brantley Dr., Winston, OR

Second Wind Mental Health exists solely to promote mental wellness and healthier living in Douglas County and surrounding areas of Oregon. Its experience enables effective outpatient, individualized psychological care. Second Wind Mental Health treats several mental health disorders and provides neutral ground to individuals, families, and couples.

<https://secondwindmentalhealth.com>

Umpqua Health Newton Creek

541-229-7038

3031 N.E. Stephens St., Roseburg, OR

- Primary Care
- Family Medicine
- Urgent Care
- Behavioral Health

<https://www.umpquahealthclinic.com/>

Valley View Counseling

541-673-3985

1652 N.W. Hughwood Ct., Roseburg, OR

Valley View Counseling offers a wide range of services for all age groups. Valley View Counseling provides personal, one-on-one therapy, couples, family, and group therapy. Valley View Counseling teaches psycho-educational classes and contracts with local businesses, bringing specific topics to the workplace. The clinic performs mental health assessments for issues such as depression, anxiety, and attention deficit hyperactivity disorder (ADHD), as well as complete mental health evaluations for disabilities, domestic violence, and chemical dependency.

www.valleyviewcounseling.com

Veterans Crisis Line & Suicide Prevention Hotline

988, then press 1 or Text 838255

A Veteran in crisis or concerned about one? Veterans and the Veteran's families are not alone—the Veterans Crisis Line is available. Veterans and the Veteran's families don't have to be enrolled in VA benefits or healthcare to call.

<https://www.veteranscrisisline.net/>

Community Support

AA (Alcoholics Anonymous)

541-673-7552 Hotline

Alcoholics Anonymous is a fellowship of people who come together to solve drinking problems. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about a drinking problem.

www.aa.org/what-is-aa

Amedisys

541-440-3052

1820 N.W. Mullholland Dr., Roseburg, OR

From home health to hospice to personal care, Amedisys team members provide quality, clinically distinctive care to patients.

Amedisys Home Health Care

Amedisys provides high-quality home health care in Roseburg. If you're recovering from surgery or illness or living with a chronic health condition, Amedisys can help the individual to feel better in the comfort of home. The home health care team is comprised of trained professionals who are on-call 24/7 for urgent needs. The nurses, home health aides, social workers, physical therapists, speech therapists, and occupational therapists are passionate about helping with recovery.

Amedisys Hospice Care

541-440-2583

1820 N.W. Mullholland Dr., Roseburg, OR

Amedisys provides high-quality hospice care in Roseburg, wherever home is. Hospice care gives people facing terminal illness comfort and a better quality of life. A personalized care plan may include nursing care, pain and symptom management, hospice aides, emotional and spiritual support, and more.

<https://locations.amedisys.com/or/roseburg>

<https://www.facebook.com/AmedisysInc>

[Beyond the Diagnosis: T1D Youth Diabetes](#)

541-677-4850

2700 N.W. Stewart Pkwy., Roseburg, OR

At the support group meetings, topics discussed include nutrition education, food tastings, and general diabetes care, as well as time to socialize and network with other parents and youth.

<https://www.mercygiving.org/youth-diabetes.html>

<https://www.facebook.com/mercyfoundationroseburg/>

[Gamblers Anonymous](#)

877-695-4648 Hotline

If an individual or a known individual is gambling too much, call the Oregon Problem Gambling Helpline and speak to a certified gambling counselor. All information shared is confidential, and this service is FREE to Oregon residents.

www.opgr.org

[Heroin Anonymous](#)

Online Meetings

Heroin Anonymous is a non-profit fellowship of men and women who have found a solution to heroin addiction. H.A. is a fellowship of complete abstinence from all drugs and alcohol. The men and women are recovered heroin addicts who meet regularly to help each other stay sober. The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for H.A. membership.

<https://heroinanonymous.org/>

[Mercy Hospice-Grief Support](#)

541-464-5430

Support program for people and families with terminal illnesses. Professional and volunteer services provide in-home and nursing home support. Services include professional nursing, short-term respite care, bathing assistance, companionship, counseling, physical and occupational therapy, and bereavement support to families.

<https://www.chimercyhealth.com/hospice.html>

<https://www.facebook.com/mercymedicalroseburg/>

[NAMI of Douglas County, Oregon](#)

541-673-3045

800-950-6264 (Hotline)

In a crisis, call, or text 988*

P.O. Box 795, Winchester, OR

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

<https://www.nami.org/>

<https://www.facebook.com/NAMI>

[Narcotics Anonymous](#)

541-957-1489

NA is a nonprofit fellowship or society of men and women for whom drugs have become a major problem. Recovering addicts meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs.

www.na.org

Smart Recovery

(Online only)

SMART Recovery has helped millions of people around the world beat addictions and lead rich, happy, healthy lives. Help is FREE and available to anybody with any addictive problem.

www.smartrecovery.org

<https://www.facebook.com/SmartRecoveryUSA/>

The Compassionate Friends

541-643-0959

3510 N.W. Edenbower Blvd., Roseburg, OR

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

<https://www.compassionatefriends.org/chapter/roseburg-chapter/>

<https://www.facebook.com/TCFUSA>

Thrive Umpqua

541-203-0325

556 S.E. Jackson St., Roseburg, OR

Thrive Umpqua is the community's well-being initiative, continuing the transformative work of Blue Zones Project-Umpqua, and coming together with the goal of improving the well-being of people living in the Umpqua Valley since 2017. Using longevity principles from the Blue Zones, home to the longest-living populations in the world, small changes are contributing to huge benefits: lowered healthcare costs, improved productivity, and, ultimately, a higher quality of life. Earning the region, the official designation of a Certified Blue Zones Community, Thrive Umpqua, is making the healthy choice the easy choice across the places where people spend the most time.

<https://thriveumpqua.com/>

Onward Roseburg

541-236-2089 (call or text)

3019 N.W. Stewart Pkwy., Ste. 304-149, Roseburg, OR

Onward is available to assist homeless individuals and families in all aspects of the disability application process. This includes help with applications and questionnaires, submitting records, and medical care advocacy. People who are unable to maintain steady employment due to medically determinable physical or mental impairments that have lasted, or are expected to last, at least 12 months, can apply for disability benefits. People who are unable to work due to a condition that is expected to result in death can also apply. Onward will also help complete forms like housing and state identification applications or the order form required for a birth certificate. Onward may also be able to secure the funds necessary to obtain documents.

<https://onwardroseburg.org/>

<https://www.facebook.com/Onward.Roseburg/>

UCAN (Gary Leif Navigation Center)

541-492-2135

948 S.E. Mill St., Roseburg, OR

Provides day center and overnight sheltering services. The day center offers access to showers, laundry facilities, and information about community resources.

The overnight shelter consists of 10 pallet shelters, each with space for 2 people.

- Community Shelters
- Homeless Drop In Centers
- Laundry Facilities
- Public Showers/Baths
- Specialized Information and Referral * Homelessness Issues

<https://www.ucancap.org/>

Video Gaming Resources

1-877-695-4648 Hotline

Video gaming may become a problem when an individual becomes preoccupied with playing video games at the expense of work, school, friends, family, and wellness. Whether an individual or known individual is looking to quit gaming or build healthier habits, here are some resources that may help.

<https://www.opgr.org/additional-resources/>

Medical

Adapt Integrated Health Primary Care Clinics

541-440-3500

621 W. Madrone St., Roseburg, OR

541-492-4550

671 S.W. Main St., Winston, OR

Adapt Integrated Health Care works as a team to provide patients with the services needed when needed, including specialty care for patients with diabetes, chronic pain, and other complex health conditions. Adapt Integrated Health Care is a preferred provider for most health insurance plans and welcomes patients covered by Oregon Health Plan and Medicare. A sliding scale discount based on family/household size and net income is offered if uninsured.

www.adaptoregon.org

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Amedisys Hospice Care

541-440-2583

1820 N.W. Mullholland Dr., Roseburg, OR

Amedisys provides high-quality hospice care in Roseburg, wherever home is. Hospice care gives people facing terminal illness comfort and a better quality of life. A personalized care plan may include nursing care, pain and symptom management, hospice aides, emotional and spiritual support, and more.

<https://locations.amedisys.com/or/roseburg>

Beyond the Diagnosis: T1D Youth Diabetes

541-677-4850

2700 N.W. Stewart Pkwy., Roseburg, OR

At the support group meetings, topics discussed include nutrition education, food tastings, and general diabetes care, as well as time to socialize and network with other parents and youth.

<https://www.mercygiving.org/youth-diabetes.html>

<https://www.facebook.com/mercyfoundationroseburg/>

Aviva Health

Roseburg Main Campus

541-672-9596

150 N.E. Kenneth Ford Dr., Roseburg, OR

Glide Aviva Health

541-496-3504

20170 N. Umpqua Hwy., Glide, OR

Myrtle Creek Family Medicine Clinic

541-860-4070

790 S. Main, Myrtle Creek, OR

Myrtle Creek Dental Clinic

541-492-2088

244 Division St., Myrtle Creek, OR

Roseburg High School School-based Health Center

541-492-2055

400 W. Harvard Ave., Roseburg, OR

Roseburg Denture Clinic

541-492-2088

1423 N.W. Fairmount Ave., Roseburg, OR

Roseburg Vaccination Clinic

541-492-2067

4221 N.E. Stephens St., Ste. 101A, Roseburg, OR

Sutherlin Vaccination Clinic

541-459-3788

123 Ponderosa Dr., Sutherlin, OR

North County (Drain) Vaccination Clinic

541-804-1717

316 West A Ave., Drain, OR

Founded in 1991, Aviva Health is an independent, board-governed, not-for-profit organization that cares for the people of Douglas County by providing high-quality, patient-centered, accessible, and affordable medical, dental, and behavioral health care, regardless of the ability to pay. Aviva Health offers integrated services from 10 clinic sites in Roseburg, Myrtle Creek, Sutherlin, Glide, and North Douglas County (Drain), including a Teen Health Center located on the campus of Roseburg High School. In partnership with CHI Mercy Medical Center, Aviva Health also serves as the family medicine practice site for the Roseburg Family Medicine Residency Program.

<http://aviva.health/>

<https://www.facebook.com/avivahealthor>

Babies First! (UCAN)

541-440-3622

251 N.W. Garden Valley Blvd., Roseburg, OR

Babies First! is a Public Health Nurse home visiting program for children at risk for poor health and developmental outcomes. Babies First! is a statewide program for children 0 to 5 years of age.

<http://www.ucancap.org/what-we-do/nurse-home-visiting>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

CaCoon

541-440-3622

251 N.W. Garden Valley Blvd., Roseburg, OR

The Douglas County CaCoon Program is a care coordination program provided by Public Health Nurses with specialized training. The CaCoon Program is for families with children with special health needs. CaCoon stands for Care Coordination, which helps parents find resources and coordinate services.

<http://www.ucancap.org/what-we-do/nurse-home-visiting>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Cow Creek Health & Wellness

541-672-8533 (North Clinic)

2589 N.W. Edenbower Blvd., Roseburg, OR

541-839-1345 (South Clinic)

480 Wartahoo Ln., Canyonville, OR

Cow Creek Health & Wellness has clinics in Roseburg and Canyonville. It provides primary health care, pediatrics, registered dietitians, behavioral health, adult, child, and adolescent psychiatry, podiatry, family planning, and counseling.

<https://www.cowcreek-nsn.gov/health/public-health/>

Douglas County Public Health Network

541-440-3571

621 W. Madrone St., Roseburg

DPHN is a not-for-profit organization serving all of Douglas County. DPHN provides communicable disease and emergency preparedness services. DPHN has partnered with other not-for-profit organizations, including Umpqua Community Action Network (WIC and nurse visits), Aviva (immunization services, women's health, family planning, and sexually transmitted disease and HIV), ADAPT (providing tobacco prevention and healthy communities programs), and Lower Umpqua Hospital (providing immunization and family planning).

<http://douglaspublichealthnetwork.org/index.php/services/>

Evergreen Family Medicine

Evergreen Family Medicine-Edenbower

541-677-7200

2570 N.W. Edenbower Blvd., Roseburg, OR

Evergreen Family Medicine-Harvard

541-677-7200

1937 W. Harvard Ave., Roseburg, OR

Evergreen Family Medicine-South

541-863-3146

145 N.E. Broadway St., Myrtle Creek, OR

Provides the following:

- Access to Clinical Advice 24/7
- Bladder Scans
- Chronic Care and Case Management
- Continuous Glucose Monitoring
- Electrocardiograms (EKG)
- Endocrine and Psychiatric specialists on site
- Hospital care by Evergreen providers
- Immunizations
- In-House Minor Procedures
- Mercy Out-Patient Lab & Imaging
- SUD (substance use disorder) Services
- Spirometry
- Wound Care

Evergreen Women's Health

541-464-6464

1937 W. Harvard Ave., Roseburg, OR

Provides the following:

- Genetic Testing
- Gynecological Care
- Obstetric Care
- Ultrasounds

Evergreen OccuHealth

541-677-7477

2570 N.W. Edenbower Blvd., Roseburg, OR

Provides the following:

- Certified DOT and USCG Physical Exams
- Drug Screen/Breath Alcohol Collection Site
- Federal Drug Screening Consortium
- Third Party Administration
- Worker Safety Programs
- Workplace Injury Management

Evergreen Urgent Care

541-957-1111

2570 N.W. Edenbower Blvd., Roseburg, OR

Provides the following:

- Certified DOT and USCG Physical Exams
- Diagnostic Imaging
- Laboratory
- Sports Physical
- Urgent Care Walk-In
- Workplace Injury Management

<http://www.efmpc.com/index.php>

<https://www.facebook.com/EvergreenFamilyMedicine>

Good RX

Online Only

GoodRx supports all Americans with healthcare challenges.

Since 2011, GoodRx has helped Americans save over \$35 billion on prescriptions via savings cards, the website, and the GoodRx app, which is one of the most downloaded medical apps on both the Google Play and Apple App Store. Doctors, nurses, and pharmacists got into healthcare to help as many people as possible.

<https://www.goodrx.com/>

<https://www.facebook.com/goodrx>

HIV Alliance

541-342-5088

647 W. Luellen Dr., Ste. 3, Roseburg, OR

Current programs include:

- HIV care coordination and support services for people living with HIV
- Hepatitis C case management
- Prevention and harm reduction services
- COVID-19 testing and vaccination
- Sexual health education

The Alliance for Community Wellness clinical services department includes the following programs:

- Supportive housing
- Sexual health clinic
- Behavioral health counseling
- Peer support services
- Primary care
- Medication-assisted treatment
- Health-focused street outreach

<https://hivalliance.org/>

<https://www.facebook.com/hivalliance/>

Hope Clinic for Women

541-672-2609

1425 W. Harvard Ave., Roseburg, OR

Hope Clinic for Women is a non-profit pregnancy clinic. Hope Clinic for Women offers pregnancy testing, limited ultrasound exams, community referrals, and nursing consultations. In addition, Hope Clinic for Women offers prenatal and new parent classes and reproductive grief support.

hopeclinicroseburg.com

<https://www.facebook.com/hopeclinic4women>

OHSU Peer Assisted Telemed for HIV/HepC/Syphilis (PATHS)

971-347-4744

3181 S.W. Sam Jackson Park Rd., Portland, OR

PATHS is peer-assisted Telemed for people in rural counties of Oregon to access specialty doctors for infectious diseases such as HIV and Hepatitis C. Peers provide support with confirmatory testing, telemedicine access, medication adherence, and resolution of barriers. Telemedicine clinicians trained in working with people who use drugs provide quick, low-barrier access to treatment.

UHA (Umpqua Health Alliance)

541-229-4842

3031 N.E. Stephens St., Roseburg, OR

Umpqua Health Alliance is one of 15 Oregon coordinated care organizations serving the Oregon Health Plan. The Roseburg-based company and its subsidiaries are focused on expanding access, improving care, and reducing unnecessary costs across the clinical space for more than 30,000 Douglas County residents on the Oregon Health Plan.

<https://www.umpquahealth.com>

Umpqua Community Health Center

541-672-9596

541-440-3512

150 Kenneth Ford Dr., Roseburg, OR

- Immunization Service
- Women's Health
- Family Planning
- Sexually Transmitted Disease (STD) Services
- HIV Services

<https://aviva.health/>

<https://www.facebook.com/avivahealthor>

Umpqua Health Newton Creek

541-229-7038

3031 N.E. Stephens St., Roseburg, OR

- Primary Care
- Family Medicine
- Urgent Care
- Behavioral Health

<https://www.umpquahealthclinic.com/>

<https://www.facebook.com/avivahealthor>

Dental

Advantage Dental

Advantage Dental-Roseburg

541-894-7537

866-268-9631 (24-hour emergency care line)

1729 W. Harvard Ave. Ste. 2, Roseburg, OR

Advantage Dental-Roseburg

541-837-1713

2350 N.W. Medical Park Dr., Roseburg, OR

Advantage Dental-Winston

458-228-3857

221 N.E. Main St., Winston, OR

Advantage Dental-Sutherlin

541-837-1717

155 N. Umpqua St., Sutherlin, OR

Advantage Dental-Canyonville

541-837-1667

121 S.W. 5th St., Canyonville, OR

Advantage Dental-Reedsport

541-837-1712

1289 Winchester Ave., Reedsport, OR

Advantage Dental recognizes that individuals in situational or generational poverty have more difficulty accessing dental care. Training staff and developing policies to reduce the barriers to care that are often associated with poverty is part of Advantage Dental's mission. In Douglas County, Advantage Dental's network of dentists provides care for dental emergencies through its unique after-hours call system. The on-call dentists rotate, providing coverage for emergencies that may occur after regular business hours, year-round.

www.advantagedentalservices.com

HKOP Dental-Mercy Foundation

541-677-4818

2700 N.W. Stewart Pkwy., Roseburg, OR

Through onsite dental clinics, students receive a dental screening, sealants, and fluoride varnishes to protect from getting cavities and go home with a report card and dental kits that include a toothbrush, toothpaste, and floss.

www.mercygiving.org/hkop.html

<https://www.facebook.com/mercyfoundationroseburg/>

Hearing

Hearing Loss Association of America

541-529-9554

Hearing Loss Association of Oregon, a non-profit organization, is dedicated to the well-being of people of all ages and communication styles who do not hear well. Hearing Loss Association of America advocates for communication access in the workplace, hotels, schools, entertainment facilities and more.

<https://www.hlaa-or.org/contact-us.html>

<https://www.facebook.com/HearingLossAssociationOfOregon/>

Lions Club

541-229-6358

P.O. Box 686, Roseburg, OR

Eye exams, eyeglasses, hearing exams & hearing aids for the less fortunate

- Collecting/Recycling used eyeglasses/hearing aids.
- \$2,000 in local scholarships
- Flags for First Graders
- Christmas Clothing/Gifts for less fortunate children

Christmas food delivery for low-income families

www.umpqualions.com

Roseburg Audiology Center

541-378-4326

1367 W. Harvard Ave., Roseburg, OR

Evaluation and consultations for clinical, educational, and industrial hearing disorders.

www.roseburgaudiology.com

<https://www.facebook.com/roseburgaudiology/reviews>

Prescriptions

Good RX

Online Only

GoodRx supports all Americans with healthcare challenges.

Since 2011, GoodRx has helped Americans save over \$35 billion on prescriptions via savings cards, the website, and the GoodRx app, which is one of the most downloaded medical apps on both the Google Play and Apple App Store. Doctors, nurses, and pharmacists got into healthcare to help as many people as possible.

<https://www.goodrx.com/>

<https://www.facebook.com/goodrx>

Vision

Lions Club

541-229-6358

P.O. Box 686, Roseburg, OR

- Eye exams, eyeglasses, hearing exams & hearing aids for the less fortunate
- Collecting/Recycling used eyeglasses/hearing aids.
- \$2,000 in local scholarships
- Flags for First Graders
- Christmas Clothing/Gifts for less fortunate children
- Christmas food delivery for low-income families

www.umpqualions.com

Zenni Optical

800-211-2105

Online Only

Zenni believes that everyone should have access to high-quality, affordable eyewear. Prices start at \$6.95 for single-vision prescription glasses.

www.zennioptical.com

<https://www.facebook.com/ZenniOptical/>

Health Insurance Information

Medicare

1-800-633-4227

800-722-4134 (SHIBA)

Medicare is the federal health insurance program for people aged 65 and older. Certain people younger than age 65 can qualify for Medicare, including those who receive Social Security Disability Income and those who have permanent kidney failure. Because Medicare is health insurance, participants share the costs of care. The Oregon Senior Health Insurance Benefits Assistance program (SHIBA) can provide more information about Medicare options.

<https://healthcare.oregon.gov/shiba/Pages/index.aspx>

<https://www.facebook.com/OregonSHIBA>

Oregon Health Insurance Marketplace

800-318-2596

Private health insurance plans, and financial help with coverage, are available through HealthCare.gov. Private health insurance plans in every Oregon County are offered on Health-Care.gov. All the plans include comprehensive health benefits, and the Oregon Health Insurance Marketplace makes sure the plans meet state and federal requirements. HealthCare.gov is the only place to get help paying for coverage when individuals or families buy insurance.

<https://www.healthcare.gov/>

<https://www.facebook.com/Healthcare.gov>

OHP (Oregon Health Plan)

800-699-9075 (Application Questions)

800-273-0557 (Coverage Questions)

738 W. Harvard Ave., Ste.160, Roseburg, OR

This free coverage is available to people who meet requirements for income, residency, and other factors. Oregonians may also qualify based on age and disability status. Coverage through the Oregon Health Plan includes doctor visits, hospital care, mental health services, dental, and some vision care.

www.oregonhealthcare.gov

<https://www.facebook.com/ORMarketplace/>

Mercy Foundation-Children's HealthCare Fund

541-677-4818

2700 N.W. Stewart Pkwy., Roseburg, OR

Mercy Foundation has created a fund to benefit families with sick children who have limited or no financial resources and unmet health care needs. The Children's Healthcare Fund's purpose is to ease the burden of expenses such as special equipment, medications, transportation costs to out-of-the-area medical appointments, co-pays, and dental fees.

<https://www.mercygiving.org/hcfund.html>

<https://www.facebook.com/mercyfoundationroseburg/>

Basic Needs & Temporary Assistance

Basic Needs

Douglas County Feeding Umpqua

541-492-2126

280 Kenneth Ford Drive

Roseburg, OR 97470

Food can be obtained directly from the Outpost Mobile Food Center depending on where the person resides. Food is brought to some of the more remote towns. If an individual lives in or near one of these towns, stop by to pick up fresh produce and fruit, packaged and dry goods, and items from the fridge and freezer.

The Outpost visits on the following days:

- **Elkton** – first and third full weeks, Tuesdays
- **Camas Valley** – first and third full weeks, Thursdays
- **Days Creek** – second and fourth full weeks, Wednesday
- **Diamond Lake** – second full week, Friday (Spring-Fall)

<https://www.ucancap.org/food/>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Mercy Foundation-The Learning Child

541-677-4818

The Learning Child (TLC) assists community members and local agencies by sending children in need back to school with backpacks, school supplies, and shoes. <https://www.mercygiving.org/learningchild.html>

<https://www.facebook.com/mercyfoundationroseburg/>

ODHS (Oregon Department of Human Services)

Roseburg Office

541-440-3301

738 W. Harvard., Ste.160, Roseburg, OR

ODHS serves thousands of Oregonians each year through assistance programs aimed at stabilizing and strengthening families, helping families and individuals become self-sufficient, reducing barriers to employment, and improving the health and welfare of children.

<http://www.oregon.gov/DHS/assistance/Pages/index.aspx>

<https://www.facebook.com/ORHumanServices/>

Oregon Lifeline

1-800-848-4442

Oregon Lifeline is a federal and state government assistance program that provides a monthly discount on phone (up to \$15.25) or high-speed internet service (up to \$19.25) through participating companies for qualifying low-income households.

www.lifeline.oregon.gov

Pantries & Kitchens

800-301-8226

The following is a list of the Community Kitchens available locally. All meals are FREE (except Friendly Kitchen price listed per person). Everyone is welcome.

<https://www.ucancap.org/food-pantries>

<http://www.ucancap.org/need-help/getting-food>

South Douglas County Pantries				
LOCATION	ADDRESS	PHONE	HOURS	SPECIAL INSTUCTIONS
St Vincent DePaul Pantry	116 N. Main St., Myrtle Crk, OR	(541) 863-3310	Mon. & Wed. 9:00- 1:00	Serves Myrtle Creek, Canyonville, Days Creek
South Douglas Food Bank	420 E St., Riddle, OR	(541) 391-2796	Thurs. 9:00-12:00 3 rd , 4 th & 5 th Sat. 10:00- 12:00	Serves all South Douglas County
Community Care Food Pantry	518 Pacific Ave., Glendale, OR	(541) 761-4967	Thurs. 1:00- 3:00	Serves Glendale & Azalea.
Dillard, Winston Food Pantry	121 Gregory St. Winston, OR	(541) 679-8281	Mon. & Wed. 9:30- 11:30	Serves Dillard/Winston, Ten Mile, Camas Valley, Green
Outpost Mobile Food Center	A traveling food pantry.	(541) 492-3522	Elkton Tues. 1:00 – 3:00 Days Creek Wed. 1:00-3:00 Camas Valley, Thurs. 1:00-3:00 Diamond Lake, Fri. 1:00-3:00	Elkton – 1 st & 3 rd full weeks, Tue., Camas Valley – 1 st & 3 rd full weeks, Thur., Days Creek – 2 nd & 4 th full weeks, Wed., Diamond Lake – 2 nd full week, Fri. (Spring-Fall)

Central Douglas County Pantries

LOCATION	ADDRESS	PHONE	HOURS	SPECIAL INSTRUCTIONS
Sutherlin Oakland Emergency Pantry	183 E. 1 st St., Sutherlin, OR	(541) 459-4082	Mon. & Wed. 9:00 – 11:00	Serves Sutherlin, Oakland, Umpqua, Winchester
FISH Food Pantry (Roseburg)	405 Jerry's Dr., Roseburg, OR	(541) 672-5242	Mon. & Wed. 1:30- 3:30 Thurs. & Fri. 9:30- 11:30	Serves all of Douglas County.
Roseburg Dream Center Pantry	2555 Diamond Lake Blvd., Roseburg, OR	(541) 673-5918	Mon. 10:00- 2:00 & 4:00 – 7:00 Wed. 10:00 – 2:00	Serves all of Douglas County
SDA Roseburg Food Pantry	1109 N.W. Garden Vly. Blvd., Roseburg, OR	(541) 672-1542	3 rd & 4 th full weeks-Tues. 10:00 -12:00 12:30- 2:30	Serves Roseburg
Salvation Army	3130 N.E. Stephens St., Roseburg, OR	(541) 672-6581	Tues.- Fri. 1:00- 4:00	Serves all of Douglas County
SDA Glide Food Pantry (Helping Hands)	174 Abbott St., Glide, OR	(541) 496-3956	Wed. 10:00 – 2:00	Serves Glide School District area
Project Blessing Pantry	150 S. 20 th St., Reedsport, OR		Tues. & Wed. 1:00 -3:00 Fri. 11:00- 1:00	Serves Scottsburg west, to county lines & Lakeside

North Douglas County Pantries

Care & Share Pantry	1008 Hayhurst Rd., Yoncalla, OR	(541) 849-2800	Last Tues. of the month 9:00-12:00	Serves Yoncalla, Drain, Elkton, Oakland, Sutherlin
Living Hope Outreach Pantry	337 C Ave., Drain, OR	(541) 836-7051	Wed. 12:00- 2:30	Serves North Douglas County (Oakland, north)
FISH Food Pantry (Drain)	128 W. C Ave., Drain, OR		Tues. 9:00 – 1:00	Serves Drain, Elkton, Yoncalla, Rice Hill
Outpost Mobile Food Center	A traveling food pantry.	(541) 492-3522	Elkton Tues. 1:00 – 3:00 Days Creek Wed. 1:00-3:00 Camas Valley, Thurs. 1:00-3:00 Diamond Lake, Fri. 1:00-3:00	Elkton – 1 st & 3 rd full weeks, Tue., Camas Valley – 1 st & 3 rd full weeks, Thur., Days Creek – 2 nd & 4 th full weeks, Wed., Diamond Lake – 2 nd full week, Fri. (Spring-Fall)

Douglas County Kitchens

LOCATION	ADDRESS	PHONE	HOURS	SPECIAL INSTUCTIONS
St. Joseph's Community Kitchen	630 W. Stanton St., Roseburg, OR	(541) 673-5157	Tues. – Thurs. 4:00 – 5:30	
Living Hope Outreach Kitchen	337 C Ave., Drain, OR	(541) 836-7051	Wed. 12:00 -1:30	Dine-in or to-go available
St. Francis Community Kitchen	323 N. Comstock Ave., Sutherlin, OR	(541) 459-8807	Mon. & Wed. 3:00- 4:30	Dine-in or to-go available.
Friendly Kitchen – Meals on Wheels	1771 W. Harvard Blvd., Roseburg, OR 97471	(541) 673-5929	Mon.– Fri. 11:00 -12:00	

[Roseburg Dream Center](#)

541-673-5918

2555 N.E. Diamond Lake Blvd., Roseburg, OR

The Roseburg Dream Center is a place of hope for the people in Douglas County. These services are made possible because of the generous people and businesses who donate time and resources. Provided free of charge: food, clothing, bedding, tents, tarps, sleeping bags and hygiene items.

- Hours of operation are Monday– Thursday. 10am – 2:00pm and Monday 4pm – 7pm
- Food Boxes available: Monday and Wednesday 10am – 2pm and Monday 4pm-7pm
- Clothing available: Monday 4pm -7pm, Tuesday and Thursday 10am -2pm

<http://roseburgdreamcenter.org>

<https://www.facebook.com/RoseburgDreamCenter>

[Seventh Day Adventist Community Services](#)

541-839-6190

714 N.W. Frontage Rd., Canyonville, OR

541-496-3956

19805 N. Umpqua Hwy., Glide, OR

541-863-3815

325 N.E. Spruce Ave., Myrtle Creek, OR

541-672-1542

1109 N.W. Garden Valley Blvd., Roseburg, OR

541-459-4131

841 W. Central Ave., Sutherlin, OR

Helping with food and clothing for anyone in need.

[UCAN \(United Community Action Network\)](#)

541-672-3421

280 Kenneth Ford Dr., Roseburg, OR

UCAN helps stabilize people's lives by helping address basic life needs and then equipping people with skills, resources, and opportunities to exit poverty.

<https://www.ucancap.org/>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

UCAN Weatherization

541-492-3902

280 Kenneth Ford Dr., Roseburg, OR

The primary goals of UCAN's Weatherization Program are to help residents lower utility bills, reduce energy use, and improve home safety and durability. Assist homeowners and renters at no cost or reduced cost. When there is available funding, after receipt of a qualifying application, staff perform an energy audit of a home. All work is performed case-by-case, depending on the home and its needs.

<https://www.ucancap.org/warm-home>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Umpqua Low-Cost Veterinary Services

541-672-3161

520 S.E. Spruce St., Roseburg, OR

It is the mission of Umpqua Low-Cost Veterinary Services to provide pets with high-quality veterinary care when economic barriers may otherwise prevent access to those services. The goal is to reduce the number of unwanted pets by promoting and providing discount spay/neuter services.

<http://www.dclvs.org>

Temporary Assistance

NeighborWorks Umpqua

541-673-4909

605 S.E. Kane St., Roseburg, OR

A private, rural nonprofit organization working to enhance lives for Oregonians in Coos, Curry, Douglas, Jackson, and Josephine County. NeighborWorks Umpqua does this by increasing access to affordable housing and creating partnerships that promote community stability, business success, and economic growth. NeighborWorks Umpqua works to connect Southwest Oregon residents with programs, resources, and services that help improve individuals' lives and enhance local communities. Educational workshops and informational sessions cover all that potential homebuyers need to know about the home-buying process, from start to finish.

Client services include:

- Dream Savers, Individual Development Accounts
- Financial Opportunity Center
- Prevent Foreclosure
- Home Repair
- Rentals for low-income, veterans-only and disabled only
- Asset and Property Management

<https://www.nwumpqua.org>

<https://www.facebook.com/NeighborWorksUmpqua/>

Peace at Home Advocacy Center

541-673-7867

800-464-6543 (Crisis Line)

- **EMERGENCY SHELTER**

Emergency safe shelter for survivors of family violence, sexual assault, stalking, and human trafficking.

- **CRISIS & EMERGENCIES**

24-hour crisis line, peer counseling, safety planning, danger assessment, assistance with food, hygiene items, 911 emergency cell phones, and door lock changes.

- **LEGAL ADVOCACY**

Assistance with filing protective orders, court support, and law enforcement and court advocacy.

- **SEXUAL ASSAULT**

County-wide sexual assault team, acute hospital rape response, peer counseling, legal and medical advocacy.

- **TRANSITIONAL SERVICES**

Support groups, long-term case management support, and transitional housing apartments.

<https://peaceathome.com/>

<https://www.facebook.com/peaceathomeadvocacycenter/>

P.U.R.E

541-530-7362

P.O. Box 235, Winchester, OR

The purpose of P.U.R.E is to bring together several volunteers with similar values. P.U.R.E is a 501c3 Nonprofit with Motorcycle Riders and Car enthusiasts that focuses on helping children and families with day-to-day needs, like school supplies, backpacks, etc. The Organization will hold and participate in certain charitable events and encourage members and volunteers to do the same. The organization will create relationships among members, volunteers and the general public with Passion, Unity, Respect, and Equality.

<https://www.purewithacause.com/>

Red Cross

541-673-3225

1-800-Red-Cross

1176 N.W. Garden Valley Blvd., Roseburg, OR

The American Red Cross is a leader in providing relief to single-family, multi-family, and community emergencies, national and international disasters, and helping people prevent, prepare for, and respond to disasters. The American Red Cross saves lives through health and safety training and provides assistance to active military members, families, and local veterans.

<https://www.redcrossblood.org/local-homepage/location/am-red-cross-fixed-site-roseburg.html>

Safe Families for Children

541-900-5252

3500 NE Diamond Lake Blvd. St., Roseburg OR

Safe Families for Children is a movement fueled by compassion to keep children safe and families intact in Douglas County through Host Families, Family Friends, and Family Coaches, who temporarily host children and provide a network of support to families in crisis while families get back on track. Common crises include homelessness, medical issues, domestic violence, incarceration, and substance abuse treatment.

<https://douglas-county.safe-families.org/>

<https://www.facebook.com/SFFCnational>

Salvation Army

541-672-6581

3130 N.E. Stephens St., Roseburg, OR

The Salvation Army's ministry is motivated by the love of God and its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. Along with worship activities, The Salvation Army's ministry works to provide basic needs and emergency services based on the case. This can include food, rent, utilities, vouchers for clothing or furnishings, or Greyhound bus assistance. The Salvation Army also provides support with back-to-school supplies, the annual Dress-A-Child program, which works with the schools to provide school-age children with school-appropriate clothing, and Seasonal Assistance like Angel Tree and/or Christmas Food. There are other opportunities available for youth to attend summer camps or activities.

<https://www.salvationarmyusa.org/usn/>

<https://www.facebook.com/SalvationArmyUSA>

St. Vincent de Paul

541-459-3394

112 E. Central Ave., Sutherlin, OR

541-580-0680

630 W. Stanton St. Roseburg, OR

541-863-5489

116 N. Main St., Myrtle Creek, OR

Provides rent and utility assistance, food boxes, prescription assistance, clothing, furniture, and fuel for eligible people. Funds are limited when available.

<https://sjfx-church.org/st-vincent-de-paul>

UCAN Utility Assistance

855-935-2542

280 Kenneth Ford Dr., Roseburg, OR

Utility assistance programs:

UCAN helps people pay for heating bills, using different sources of funding. The purpose of these programs is to help people, so people do not have to make difficult choices, such as whether to pay for food or heating, to prevent power shut offs, and to address emergency energy needs.

<https://www.ucancap.org/utility-bill>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Disability & Senior Services

Senior Services

ADRC (Aging & Disability Resource Connection)

1-855-673-2372

541-464-2456 (Abuse & Neglect)

The ADRC of Oregon is a collaborative public-private partnership that streamlines consumer access to a complicated aging and disability service delivery system. Counseling services are free for people of all ages, incomes, and disabilities. The ADRC raises visibility about the full range of options available, provides objective and trusted information and assistance, empowers people to make informed decisions, and helps people easily access services and support.

<https://www.adrcforegon.org/>

<https://www.facebook.com/ADRCofOregon>

Bay Cities Brokerage

1-877-324-8109

Bay Cities Brokerage is dedicated to arranging non-emergency medical transportation (NEMT) for members of Umpqua Health Alliance, Douglas County's Coordinated Care Organization (CCO).

<https://www.umpquahealth.com/>

<https://www.facebook.com/UmpquaHealth/>

Douglas County Feeding Umpqua

541-492-2126

Food can be obtained directly from the Outpost Mobile Food Center, depending on the area of residence. Food is brought to some of the more remote towns. If an individual lives in or near one of these towns, stop by to pick up fresh produce and fruit, packaged and dry goods, and items from the fridge and freezer.

The Outpost visits on the following days:

- **Elkton** – first and third full weeks, Tuesdays
- **Camas Valley** – first and third full weeks, Thursdays
- **Days Creek** – second and fourth full weeks, Wednesday
- **Diamond Lake** – second full week, Friday (Spring-Fall)

<https://www.ucancap.org/food/>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Douglas County Senior Services

541-440-3677

1036 S.E. Douglas Ave. Rm. 221, Roseburg, OR

The purpose of the Douglas County Senior Services is to support and enhance a structure of social, protective, and health services for seniors throughout the county.

<https://douglascounty-oregon.us/452/Senior-Services>

<https://www.facebook.com/DouglasCountyGovernment>

HomeShare Oregon

503-515-2397

P.O. Box 18222, Portland, OR

Homesharing as an immediate solution to the affordable housing crisis. Connecting home providers who have spare space to share with renters seeking out affordable housing is a common sense and immediately available response to prevent housing instability.

As a nonprofit, HomeShare Oregon has three priority goals:

- To culturally normalize homesharing.
- To increase direct services to seniors.
- To incentivize homesharing.

<https://homeshareoregon.org/>

Meals on Wheels

541-440-3677

1036 S.E. Douglas Ave., Roseburg, OR

Homebound Seniors aged 60 or older who need help with meal preparation or are recovering from an injury or illness that makes it difficult to prepare meals. Also, a Family Caregiver living in the home and caring for a person aged 60 or older or a person of any age that has Alzheimer's disease or another form of Dementia. Seniors receive nutritious hot and frozen meals. Volunteers deliver meals to the front door on Tuesdays and Thursdays each week. Meals on Wheels also provide a check-in visit to see how seniors are doing. This can be important to people living alone.

<https://douglascounty-oregon.us/496/Meals-on-Wheels>

<https://www.facebook.com/DouglasCountyGovernment>

Onward Roseburg

541-236-2089 (call or text)

3019 N.W. Stewart Pkwy. Ste. 304-149, Roseburg, OR

Onward is available to assist homeless individuals and families in all aspects of the disability application process. This includes help with applications and questionnaires, submitting records, and medical care advocacy. People who are unable to maintain steady employment due to medically determinable physical or mental impairments that have lasted, or are expected to last, at least 12 months can apply for disability benefits. People who are unable to work due to a condition that is expected to result in death can also apply.

<https://onwardroseburg.org/social-security-disability/>

<https://www.facebook.com/Onward.Roseburg/>

Oregon Commission for the Blind

541-686-7990

541 Willamette St., Ste. 408, Eugene, OR

The Oregon Commission for the Blind was established in 1937 as a state agency to provide services to Oregon's citizens who experience vision loss and need specialized training and support to live full and productive lives.

<https://www.oregon.gov/>

ODHS (Oregon Department of Human Services)

541-440-3580

738 W. Harvard Ste.180, Roseburg, OR

Services and programs for seniors and people with physical disabilities.

- In-home support and services
- Caregiver support
- Long-term care
- Employing a Homecare or Personal Support worker
- Independent Living Services
- Report Abuse and Neglect

Intellectual and Developmental Disabilities

- Employment services for I/DD youth and adults
- I/DD services for adults and children
- What are Intellectual and Developmental Disabilities?
- Community Developmental Disability Programs
- Report Abuse and Neglect

<http://www.oregon.gov/dhs>

<https://www.facebook.com/ORHumanServices/>

VR (Oregon Vocational Rehabilitation Services)

541-440-3371

2020 N.W. Newcastle St., Roseburg, OR

Vocational Rehabilitation (VR) helps individuals with disabilities get and keep jobs matching job seekers' skills, interests, and abilities. Staff works in partnership with the community and businesses to develop employment opportunities and provide individualized services to each eligible person for employment success.

<http://www.oregon.gov/dhs/employment/VR/Pages/Index.aspx>

Senior Centers

Roseburg Senior Center

541-671-2634

1614 S.E. Stephens St., Roseburg, OR

Sutherlin Senior Center

541-459-5320

202 E. Central Ave., Sutherlin, OR

The Roseburg Senior Center offers social activities, nutritious meals, classes, bingo, and more. The Roseburg Senior Center is an independent, community-supported nonprofit owned and operated by its members to provide Roseburg area seniors with a safe, affordable place to improve the quality of life.

<http://roseburgseniorcenter.org/about/>

<https://www.facebook.com/roseburgseniorcenter/>

Social Security

866-614-0031

1730 N.W. Hughwood Ave., Roseburg, OR

Supplemental Security Income (SSI) is a federal income supplement program funded by general tax revenues (not Social Security taxes):

It is designed to help aged, blind, and disabled people who have little or no income. It provides cash to meet basic needs for food, clothing, and shelter.

<https://www.ssa.gov/>

<https://www.facebook.com/socialsecurity>

[Umpqua Rides](#)

888-232-8121

Umpqua Rides is a network of community transportation services, including Dial-a-Ride, for Douglas County, Oregon. Umpqua Rides offers transportation services for Roseburg, Umpqua Community College, Yoncalla, Drain, Elkton, Sutherlin, Winston, Myrtle Creek, Riddle, Canyonville, and Reedsport.

<http://www.douglasrides.org>

[Umpqua Public Transportation District](#)

541-440-6500

Dispatch: 888-232-8121

UPTD is the public transportation system serving Douglas County. It operates the following services: Utrans Fixed Route bus system with FTA required ADA ParaTransit services provides hourly fixed route bus service and complimentary ParaTransit services along a 23-mile corridor which runs from Sutherlin/Oakland through Roseburg to Winston/Dillard and includes the rural county areas along the path of travel between the hours of 6:00 am and 8:00 pm, Monday through Friday. Utrans Direct ParaTransit program is a shared-ride, public transportation service for people with disabilities that prevents individuals from using U-Trans regular fixed route bus service for some or all of the trips. Utrans Direct service operates during the same hours and is available within $\frac{3}{4}$ of an air mile of the Utrans fixed route service in Roseburg.

<http://www.douglasrides.org>

Disabilities

[ABLE National Resource Center](#)

1-844-999-2253

Living with a disability is often associated with significant amounts of extra costs. That's why individuals and families can now contribute to ABLE accounts — tax-advantaged savings accounts that can fund disability expenses. ABLE Accounts are tax-advantaged savings accounts for individuals with disabilities and the families. The beneficiary of the account is the account owner, and income earned by the accounts will not be taxed. Contributions to the account can be made by any person.

<https://www.ablenrc.org/what-is-able/what-are-able-accounts/>

[Autism Society of Oregon](#)

1-888-288-4761

The Autism Society of Oregon is the state's leading organization providing resources, education, advocacy on policy matters, and support for individuals and families living with Autism. The goal is to inform, uplift, and connect members of this amazing community, making it easy to find the support needed for families.

<https://autismsocietyoregon.org/>

<https://www.facebook.com/autismsocietyoregon>

[CCM \(Connections Case Management\)](#)

541-672-9140

2930 N.E. Stephens St., Roseburg, OR

Connections Case Management (CCM) is a Support Services Brokerage and a not-for-profit 50113 agency. Since 2001, CCM has been providing case management to adults with developmental disabilities living in the communities of Coos, Curry, Douglas, and Klamath Counties.

<https://connectionsccm.org/>

<https://www.facebook.com/ConnectionsCaseMgmt>

CDRC (Child Development and Rehabilitation Center)

1-877-346-0640

901 E. 18th Ave., Eugene, OR

The Eugene Child Development and Rehabilitation Center campus provides interdisciplinary clinical services for persons with developmental disabilities and other special health care needs.

<https://www.ohsu.edu/doernbecher/ohsu-doernbecher-child-development-and-rehabilitation-center-eugene>

<https://www.facebook.com/OHSUedu>

CLCM (Community Living Case Management)

541-315-4300 Ext., 202

2550 N.W. Edenbower Blvd. Ste. 104, Roseburg, OR

Community Living Case Management, Inc. (CLCM) provides a wide range of services for individuals and families who are eligible for services under the Developmental Disabilities criteria. These services include intake and eligibility determination, general case management/service coordination, protective services for adults, contractual services for community-based programs such as residential supports and employment or alternatives to employment, foster care recruitment and licensing and placements for adults and children, high school transition services and crisis services.

<http://www.clcmoregon.org/>

EI (Early Intervention) 0-3yrs / ECSE (Early Childhood Special Education) 3-5yrs

541-440-4794

1871 N.E. Stephens St., Roseburg, OR

The Early Intervention and Early Childhood Special Education program provides specialized services to infants, toddlers and preschool children with developmental delays or disabilities in Douglas County. Educational services include home visits, parent-toddler groups, specialized preschools, consultation to children in community preschools or speech therapy. Staff who work for EI/ECSE have teaching licenses or state authorization to teach young children. EI/ECSE are specialists in early intervention/early childhood special education, speech therapy, physical therapy, occupational therapy, behavior, and autism.

<https://douglasesd.k12.or.us/early-intervention>

<https://www.facebook.com/DouglasCountyEarlyInterventionProgram>

FACT Oregon

503-786-6082

2475 S.E. Ladd Ave. Ste. 430, Portland, OR

FACT Oregon is a one-stop resource. FACT Oregon helps thousands of Oregonian families each year navigate barriers and create inclusive cultures in schools and communities through training, peer-to-peer support, and community-building opportunities.

<https://factoregon.org/>

<https://www.facebook.com/FACTOregon/>

FEATT Family Network (Families Engaging and Thriving Together)

541-670-2557

P.O. Box 309, Roseburg, OR

A local non-profit that supports families in Douglas County who have children experiencing disability. FEATT does this by bringing families together to meet others walking a similar journey or path. This is done by scheduling monthly social events such as a bounce house event at the YMCA, having a monthly parent coffee, a monthly Mom's Night Out, and bringing training to the Roseburg area. There are NO eligibility criteria to participate.

<https://featt.org/>

<https://www.facebook.com/FEATTfams>

[Hearing Loss Association of America](#)

541-529-9554

Hearing Loss Association of Oregon, a non-profit organization, is dedicated to the well-being of people of all ages and communication styles who do not hear well. Hearing Loss Association of America advocates for communication access in the workplace, hotels, schools, entertainment facilities, etc.

<https://www.hlaa-or.org/contact-us.html>

<https://www.facebook.com/HearingLossAssociationOfOregon/>

[Meals on Wheels](#)

541-440-3677

1036 S.E. Douglas Ave., Roseburg, OR

Homebound Seniors aged 60 or older who need help with meal preparation or are recovering from an injury or illness that makes it difficult to prepare meals. Also, a Family Caregiver living in the home and caring for a person aged 60 or older or a person of any age that has Alzheimer's disease or another form of Dementia. Seniors receive nutritious hot and frozen meals. Volunteers deliver these meals to the front door weekly on Tuesdays and Thursdays. Meals on Wheels also provides a check-in visit to see how seniors are doing. This can be important for people living alone.

<https://douglascounty-oregon.us/496/Meals-on-Wheels>

<https://www.facebook.com/DouglasCountyGovernment>

[Mentor Oregon](#)

541-673-1747

822 N.W. Highland St., Roseburg, OR

MENTOR Oregon's services and support are focused on helping adults and children with intellectual and developmental disabilities, brain injury, and mental health challenges build increasingly rich, independent lives.

<https://www.mentororegon.com/>

[Onward Roseburg](#)

541-236-2089 (call or text)

3019 N.W. Stewart Pkwy. 304-149, Roseburg, OR

Onward is available to assist homeless individuals and families in all aspects of the disability application process. This includes help with applications and questionnaires, submitting records, and medical care advocacy. People who are unable to maintain steady employment due to medically determinable physical or mental impairments that have lasted, or are expected to last, at least 12 months can apply for disability benefits. People who are unable to work due to a condition that is expected to result in death can also apply.

<https://onwardroseburg.org/social-security-disability/>

<https://www.facebook.com/Onward.Roseburg/>

[Oregon Commission for the Blind](#)

541-686-7990

541 Willamette St., Ste. 408, Eugene, OR

The Oregon Commission for the Blind was established in 1937 as a state agency to provide services to Oregon's citizens who experience vision loss and need specialized training and support to live full and productive lives.

<https://www.oregon.gov/>

ODHS (Oregon Department of Human Services)

541-440-3580

738 W. Harvard Ste. 180, Roseburg, OR

Services and programs for seniors and people with physical disabilities.

- In-home support and services
- Caregiver support
- Long-term care
- Employing a Homecare or Personal Support worker
- Independent Living Services
- Report Abuse and Neglect

Intellectual and Developmental Disabilities

- Employment services for I/DD youth and adults
- I/DD services for adults and children
- What are Intellectual and Developmental Disabilities?
- Community Developmental Disability Programs
- Report Abuse and Neglect

<http://www.oregon.gov/dhs>

<https://www.facebook.com/ORHumanServices/>

Premier Disability Services

1-855-505-1744

Premier Disability Services, LLC(r) is a full-service Social Security disability advocacy firm. Individuals are assisted in successfully obtaining Social Security Disability benefits. Each month, the office is contacted by thousands of Americans needing assistance with disability claims. Over 50,000 individuals have been successfully assisted in filing Social Security applications.

No Upfront Costs – No Fee Unless You Win

[Premier Disability Services, LLC®](#)

Oregon Lifeline

1-800-848-4442

Oregon Lifeline is a federal and state government assistance program that provides a monthly discount on phone (up to \$15.25) or high-speed internet service (up to \$19.25) through participating companies for qualifying low-income households.

Access Wireless offers a free, government-funded lifeline: free high-speed data, hotspot, talk, and text.

<https://www.accesswireless.com/>

www.lifeline.oregon.gov

RISE

541-246-9770

2365 N.W. Kline St. Ste. 102, Roseburg, OR

Whether there is a child who needs strategic behavioral services or a person caring for a relative with a developmental disability, be sure to take advantage of the in-home and community services. RISE offers attendant care, respite care, and behavioral services for both adults and children and customizes each person's treatment according to the individual's unique needs. The kind and caring Direct Support Professionals (DSPs) assist and help each individual in a wide range of areas.

<https://riservicesincor.org/roseburg-oregon/>

Rever Grand

541-507-5337

Community Living Supports provide individuals with Intellectual or Developmental Disabilities assistance with ADLs (Activities of Daily Living) and developing independence. Rever Grand sends compassionate and highly trained Direct Support Professionals into the homes and communities of clients to provide Community Living Support across the State of Oregon.

<https://rgoregon.com/community-living-supports-provider>

Social Security

866-614-0031

1730 N.W. Hughwood Ave., Roseburg, OR

Supplemental Security Income (SSI) is a federal income supplement program funded by general tax revenues (not Social Security taxes):

It is designed to help aged, blind, and disabled people, who have little or no income. It provides cash to meet basic needs for food, clothing, and shelter.

<https://www.ssa.gov/>

<https://www.facebook.com/socialsecurity>

Special Olympics Oregon

503-248-0600

8313 S.W. Cirrus Dr., Beaverton, OR

Special Olympics Oregon helps those with intellectual disabilities become accepted and valued members of the community, which leads to a more respectful and inclusive society for all. Participating in Special Olympics Oregon is always free to the athletes and the families.

<https://soor.org/program/douglas/>

Sunrise Enterprises

541-673-0195

423 N.E. Winchester St., Roseburg, OR

The Sunrise Enterprises team provides employment and community inclusion opportunities to those with disabilities in Douglas County because Sunrise Enterprises sees the person before the disability. Sunrise Enterprises believes that a community that strives to accept, include, and appreciate the unique abilities of individuals with and without disabilities is a community to be proud of.

<http://www.sunrisehelps.com/>

<https://www.facebook.com/sunriseenterprises>

United Cerebral Palsy of Oregon

503-777-4166

UCP Oregon has changed lives for adults and children who experience developmental/intellectual disabilities since 1955. Everyone is believed to have the right to independence, inclusion, and advocacy.

UCP Oregon started out supporting children who experienced cerebral palsy, but now support is provided for adults and children who experience *any* developmental/intellectual disability.

<https://www.ucpaorwa.org/mission.html>

UVDN (Umpqua Valley Disabilities Network)

541-672-6336

736 S.E. Jackson St., Roseburg, OR

UVDN's Mission is to serve people with all types of disabilities, the families, and loved ones by fostering independent living, facilitating personal growth, honoring individual choice, raising disability awareness, and promoting full inclusion in the community. Serves people of all ages with disabilities.

<https://www.uvdn.org/>

<https://www.facebook.com/uvd disabilitiesnetwork/>

VR (Oregon Vocational Rehabilitation Services)

541-440-3371

2020 N.W. Newcastle St., Roseburg, OR

Vocational Rehabilitation (VR) helps individuals with disabilities get and keep jobs matching job seeker's skills, interests, and abilities. Staff work in partnership with the community and businesses to develop employment opportunities and provide individualized services to each eligible person for employment success.

<http://www.oregon.gov/dhs/employment/VR/Pages/Index.aspx>

Housing

Permanent

[Fair Housing Council of Oregon](#)

503-223-8197 Ext. 2 (Interpreters Available)

1221 S.W. Yamhill St. Ste. 305, Portland, OR

Fair housing involves the rights that all people have, to choose housing free from unlawful discrimination practices based on “protected class status.” Federal, state, and local fair housing laws all play a part in protecting people seeking housing from illegal discrimination in any housing transaction, including rentals, sales, lending, and insurance.

<https://fhco.org/>

<https://www.facebook.com/FairHousingCouncilOregon>

[Habitat for Humanity](#)

541-672-6182

823 S.E. Lane Ave., Roseburg, OR

Roseburg, OR Umpqua Valley Habitat for Humanity builds homes for families in need in Central Douglas County. Habitat for Humanity also provides home repair services including building ramps and modifying homes to increase safety and self-reliance to allow families to remain in homes.

<https://www.habitat.org/us-or/roseburg/umpqua-valley-hfh>

<https://www.facebook.com/habitat/>

[HADCO \(Housing Authority of Douglas County\)](#)

541-673-6548

1000 W. Stanton, Roseburg, OR

The Housing Authority of Douglas County (HADCO) is committed to providing the opportunity for affordable housing that is safe, decent, sanitary, and free from discrimination. Housing programs offered: Section 8 Housing Choice Vouchers (HCV), Low Rent Public Housing, and Multiple Family Properties.

<http://www.hadcor.org>

[NeighborWorks Umpqua](#)

541-673-4909

605 S.E. Kane St., Roseburg, OR

A private, rural nonprofit organization working to enhance lives for Oregonians in Coos, Curry, Douglas, Jackson, and Josephine County. NeighborWorks Umpqua does this by increasing access to affordable housing and creating partnerships that promote community stability, business success and economic growth.

NeighborWorks Umpqua works to connect Southwest Oregon residents with programs, resources, and services that help improve individuals’ lives and enhance local communities. Educational workshops and informational sessions covering all that potential homebuyers need to know about the home-buying process, from start to finish.

Client services include:

- Dream Savers, Individual Development Accounts
- Financial Opportunity Center
- Prevent Foreclosure
- Home Repair
- Rentals for low-income, Veterans only and disabled only
- Asset and Property Management

<https://www.nwumpqua.org>

<https://www.facebook.com/NeighborWorksUmpqua/>

Onward Roseburg

541-236-2089 (call or text)

3019 N.W. Stewart Pkwy. 304-149, Roseburg, OR

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<https://onwardroseburg.org/social-security-disability/>

<https://www.facebook.com/Onward.Roseburg/>

UCAN Housing and Homeless Service

541-672-5392

280 Kenneth Ford Dr., Roseburg, OR

UCAN operates several programs that provide support to people who are homeless or at-risk of homelessness. This includes a focus on several special populations, such as veterans and people with a serious mental illness. UCAN owns and operates 92 units of affordable housing in Douglas County.

Developments are located throughout the County, including Drain, Sutherlin, Roseburg, Green, Winston, and Canyonville.

<https://www.ucancap.org/housing-help/>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

UCPM (Umpqua Community Property Management)

541-378-4233

P.O. Box 2582, Roseburg, OR

A rural organization dedicated to enhancing the lives of Oregonians in Coos, Curry, Douglas, Lane, Jackson, and Josephine County. UCPM creates and increases access to affordable housing opportunities with its appropriately priced rentals. UCPM connects Southwest Oregon residents with housing to improve lives and enhance local communities.

<http://ucpm.org>

Temporary Shelters

Fish Food Pantry

541-672-5242

405 Jerry's Dr., Roseburg, OR

Emergency Short Term Shelter (1 Night stay voucher)/ Fuel Assistance (\$20 voucher). The demand for these services far exceeds what FISH can provide and therefore are only available as funds permit.

<https://www.fishofroseburg.org/index.php>

<https://www.facebook.com/thefishofroseburg/>

UCAN (Gary Leif Navigation Center)

541-492-2135

948 S.E. Mill St., Roseburg, OR

Provides day center and overnight sheltering services. Day center offers access to showers, laundry facilities, and information about community resources.

Overnight shelter consists of 10 pallet shelters, each with space for 2 people.

- Community Shelters
- Homeless Drop In Centers
- Laundry Facilities
- Public Showers/Baths
- Specialized Information and Referral * Homelessness Issues

<https://www.ucancap.org/>

Peace at Home Advocacy Center

541-673-7867 or 800-464-6543 Crisis Line

- **EMERGENCY SHELTER**
Emergency safe shelter for survivors of family violence, sexual assault, stalking and human trafficking.
- **CRISIS & EMERGENCIES**
24-hour crisis line, peer counseling, safety planning, danger assessment, assistance with food, hygiene items, 911 emergency cell phones, door lock changes.
- **LEGAL ADVOCACY**
Assistance with filing protective orders, court support, advocacy with law enforcement and courts.
- **SEXUAL ASSAULT**
County wide sexual assault team, acute hospital rape response, peer counseling, legal and medical advocacy.
- **TRANSITIONAL SERVICES**
Support groups, long-term case management support, and transitional housing apartments.

<https://peaceathome.com/>

<https://www.facebook.com/peaceathomeadvocacycenter/>

Roseburg Rescue Mission

541-673-3004

752 Pine St., Roseburg, OR

Roseburg Rescue Mission provides meals, shelter, and programs to men, women, and children in need.

- **Men's shelter** (18 and older) located in downtown Roseburg. The dayroom is open all day for guests staying at the shelter or referred by agencies. Meals, showers, laundry, and free clothing are available.
- **New Life Program** – The purpose of this program is to overcome obstacles to a successful life.
- **Transitional Housing** – Transitional Housing is a program that can be used in short or long-term ministries. It requires clients to have lived at the mission first.

<https://www.roseburgrescuemission.org/home/>

Safe Haven Maternity Home

541-464-2740

445 N.E. Chestnut Ave., Roseburg, OR

Safe Haven Maternity Home is a safe home environment that inspires and provides resources to pregnant women and mothers and babies who are in crisis. Each resident may stay through pregnancy, delivery, and up to one year after childbirth, or longer when necessary. Residents are offered a safe home environment that is supervised around the clock, nutritious meals and training on menu planning, shopping, and cooking, and transportation to appointments, classes, and support groups. Also offered to residents: Parenting, life skills, computer, job skills classes; Assessments and referrals to community partners; Emotional support and advocacy.

Access to computers for training and job search; An individualized plan to assist each mother during the time at Safe Haven. After Care Support is for mothers who complete the residency program. Services for women 18 years and older who are pregnant or with one child ages two and under.

<http://www.safehavenmaternityhome.org>

<https://www.facebook.com/SafeHavenMaternityHome/>

Samaritan Inn

541-672-5387

544 W. Umpqua St., Roseburg, OR

Women's shelter for women with or without children, dayroom open all day for guests staying at the shelter meals, showers, laundry, and clothing provided. Women must be at least 18 years old, boys up to age 14 years are allowed and children must be accompanied by mother or legal guardian.

<http://www.roseburgrescuemission.org/how-we-change-lives/samaritan-inn>

UCAN Housing and Homeless Service

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<https://www.ucancap.org/housing-help/>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Transportation

Bay Cities Brokerage

1-877-324-8109

Bay Cities Brokerage is dedicated to arranging non-emergency medical transportation (NEMT) for members of Umpqua Health Alliance, Douglas County's Coordinated Care Organization (CCO).

<http://bca-ride.com/advanced-health/>

Umpqua Rides

888-232-8121

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Dispatch: 888-232-8121

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<http://www.douglasrides.org>

Veteran Services

Douglas County Veterans Service Office

541-440-4219

1036 S.E. Douglas Ave. Rm. 7/8, Roseburg, OR

The Douglas County Veteran Service Office makes a difference in Veterans' lives by providing advocacy for and education about Veterans' claims with the U.S. Department of Veterans Affairs. Partnering with claimants, Douglas County Veteran Services makes every effort to obtain the maximum benefit to which Douglas County Veterans may be eligible.

<https://douglascounty-oregon.us/408/Veterans-Services>

<https://www.facebook.com/DouglasCountyGovernment>

Source One Serenity

541-580-5655

Email: elena@sourceoneserenity.org

P.O. Box 274 Roseburg, OR 97470

Source One Serenity's mission is to empower veterans to regain purpose and build the community. The programs: Outdoor Activities and Land Stewardship.

[Source One Serenity](#)

<https://www.facebook.com/sourceoneserenity>

U.S. Department of Veterans Affairs

541-440-1000

800-549-8387

913 N.W. Garden Valley Blvd., Roseburg, OR

The Roseburg VA Health Care System offers primary and urgent care, surgery, and mental health services. Some of the other services

provided are life insurance, burial benefits, disability, education/training, dependent/survivor benefits, vocational rehabilitation, and employment.

<https://www.va.gov/roseburg-health-care>

Veterans Crisis Line & Suicide Prevention Hotline

988 then press 1

Text 838255

A Veteran in crisis or concerned about one? Veterans and the Veteran's families are not alone, the Veterans Crisis Line is available. Veterans and the Veteran's families don't have to be enrolled in VA benefits or healthcare to call.

<https://www.veteranscrisisline.net/>

VFW (Veterans of Foreign Wars)

541-672-9716

1127 N.E. Walnut St., Roseburg, OR

Across America, the initials VFW are a familiar sight and symbolize a commitment to the nation both at home and abroad. Mission: To foster camaraderie among United States veterans of overseas conflicts. To serve veterans, the military, and communities. To advocate on behalf of all veterans.

<https://www.vfwpost2468.com/>

<https://www.facebook.com/patrickw.kelly.vfw>

WorkSource Oregon Veteran's Services and Resources

541-440-3344

846 S.E. Pine St., Roseburg, OR

541VETS is a digital library that offers training and employment resources for Veterans, Spouses, and other Covered Persons in rural Oregon. 541VETS was developed to ensure that every Rural Veteran, eligible Spouse, and other Covered Person has equal access to high-quality, supportive employment resources regardless of the individual's physical location. Also, to present the resources in a person-centered, individualized way allowing the customer to select the best resources at the time.

<https://www.oregon.gov/employ/jobseekers/pages/veterans.aspx>

<https://www.facebook.com/worksourceoregon/>

UCAN Housing and Homeless Service

541-672-5392

280 Kenneth Ford Dr., Roseburg, OR

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<https://www.ucancap.org/housing-help/>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Crisis & Legal Assistance

Crisis Lines & Hotlines

211 INFO

211info is a private, community-based nonprofit organization funded by state and municipal contracts, foundations, donations, and community partners in Oregon and Southwest Washington. 211info serves Clark, Cowlitz, Skamania, and Wahkiakum counties in Washington and the entire of State of Oregon.

<http://211info.org/>

<https://www.facebook.com/211info/>

911 Emergency Dispatch

911 is an emergency number for any police, fire, or medic. The three-digit telephone number “9-1-1” has been designated as the “Universal Emergency Number,” for citizens throughout the United States to request emergency assistance.

ADAPT Mental Health

800-866-9780 (24 hours Crisis line)

Mental health emergency response and mental health assessments.

<https://adaptoregon.org/>

<https://www.facebook.com/adaptoregon>

Child Abuse and Neglect Reporting Numbers

855-503-SAFE (7233) Abuse & Neglect Hotline

541-440-3373 Douglas County ODHS

541-440-4450 Douglas County Sheriff

541-673-6633 Roseburg Police

541-863-5221 Myrtle Creek Police

541-459-2211 Sutherlin Police

541-679-8704 Winston Police

Report child abuse to a local ODHS office or a local police department, county sheriff, county juvenile department, or Oregon State Police.

National Suicide Hotline

541-440-3532 (Roseburg)

800-273-8255 Toll Free

988, Press 1 (Veterans)

www.suicide.org/hotlines/oregon-suicide-hotlines.html

Oregon HIV & STD Hotline

800-777-2437 National Suicide Prevention

1-877-565-8860 Trans Lifeline

Answer all questions about sexually transmitted diseases (STDs) and HIV and perform risk evaluations. The Oregon HIV & STD hotline provides anonymous information, support, and referrals to people living in Oregon who are infected or affected with HIV/STDs. Also available online live chat with trained online advocates:

www.oregonaidshotline.com

Oregon Poison Center

800-222-1222 (24-hour call line)

The Oregon Poison Center is a 24-hour health care information and treatment resource.

<http://www.ohsu.edu/xd/outreach/oregon-poison-center/index.cfm>

<https://www.facebook.com/ORPoisonCenter>

Peace at Home

541-673-7867

800-464-6543 (24 hours Hotline)

1202 S.E. Douglas Ave., Roseburg, OR

The mission of Peace at Home is to create a community free of family violence, sexual assault, stalking, and human trafficking through empowerment, support, and education. Services include Emergency Services, Hispanic Outreach Services, Legal Advocacy Services, Sexual Assault Services, Shelter Services, peer-to-peer counseling and support groups, and Transitional Housing Services. Walk-ins are welcome. Call 911 for emergencies.

www.peaceathome.com

<https://www.facebook.com/peaceathomeadvocacycenter/>

Legal Assistance

CASA (Court Appointed Special Advocates of Douglas County)

541-672-7001

1253 N.W. Highland St., Roseburg, OR

Provides trained volunteer advocates for abused and neglected children who have been placed in foster care. The community volunteer is legally assigned to the child and focuses on the case from the child's perspective, assuring that needs are met and that ultimately the child is part of a safe, permanent, and loving family. CASA volunteers bring three critical qualities to work: focusing on one or two cases at a time; bringing the child's perspective to the judge; and the sole objective is representing the best interests of the child.

www.casaofdouglascounty.org

Common Ground Mediation

541-530-2578

1000 Stanton Ave., Roseburg, OR

Provides prompt, efficient, affordable means of resolving disputes by helping people talk to each other in a thoughtful, productive manner. No one is turned away for lack of ability to pay.

<https://www.commongroundmediation.org>

<https://www.facebook.com/ListenTalkResolve/>

Douglas County Courthouse-Protective Orders

541-957-2470

1036 S.E. Douglas Rm. 201, Roseburg, OR

There are several different types of protective orders:

- Family Abuse Prevention Act (FAPA) Restraining Orders
- Elder Or Persons with Disabilities Abuse Protective Orders
- Civil Stalking Orders
- Sexual Abuse Protective Orders

<https://www.courts.oregon.gov/courts/douglas/programs-services/Pages/protective-orders.aspx>

<https://www.facebook.com/stateoforegonlawlibrary/>

[DOUGLAS CARES \(Child Abuse Response & Evaluation Services\)](#)

541-957-5646

545 W. Umpqua St. Ste. 1, Roseburg, OR

Douglas Cares provides a child-friendly environment for assessment, advocacy, and crisis counseling concerning child abuse and prevention.

<http://www.douglascare.org/>

<https://www.facebook.com/douglascare97470/>

[Family Law Resource Center](#)

541-957-2470

1036 S.E. Douglas Ave. Rm. 201, Roseburg, OR

There are court approved family law firms such as dissolution, custody, parenting time plans, enforcement, modifications, and information about court procedures. Family Law Facilitators are not attorneys and cannot help with legal advice or strategy but are authorized to review paperwork in certain family law matters before it is filed.

<https://www.courts.oregon.gov/programs/family/>

<https://www.facebook.com/stateoforegonlawlibrary/>

[LASO \(Legal Aid Services of Oregon\)](#)

541-673-1181

888-668-9406

700 S.E. Kane St., Roseburg, OR

LASO provides free legal assistance to low-income residents of Douglas County in a range of civil matters. Cases involving discrimination, abuse, seniors, and substandard housing are prioritized. However, LASO handles many different types of cases and has information and forms for people on a wide range of legal topics.

<https://oregonlawhelp.org/organization/roseburg-regional-office-legal-aid-services-o?ref=FaIHD>

[Oregon Child Support Program](#)

541-440-3357

800-850-0228 (Salem)

2440 N.W. Troost Ste. 100, Roseburg, OR

The Oregon Child Support Program provides services and support that promote the well-being of Oregon children. Services include establishing paternity and child support orders, locating parents, and receiving and distributing child support payments.

<https://www.doj.state.or.us/child-support/>

[Oregon Department of Consumer & Business Services](#)

503-378-4100

888-877-4894

350 Winter St. N.E., Salem, OR

The Department of Consumer and Business Services is Oregon's largest consumer protection and business regulatory agency. Department of Consumer and Business Services in Oregon are a resource to Oregonians in areas involving finance and insurance, workplace safety and health, and building safety.

<http://www.oregon.gov/dcbs/Pages/index.aspx>

<https://www.facebook.com/OregonDCBS>

[Oregon Law Help](#)

(Online Only)

OregonLawHelp.org is a guide to legal information and free civil legal services for low-income persons and seniors in Oregon. Information can be located on a variety of legal issues, as well as information on how to contact programs providing legal assistance in Oregon.

<http://oregonlawhelp.org/>

Education

[DPHN \(Douglas Public Health Network\)](#)

541-440-3571

621 W. Madrone, Roseburg, OR

Communicable Disease, Emergency Preparedness, and Tobacco Prevention and Education (TPEP) programs. DPHN is also involved with specialized programs focusing on specific topics such as public health modernization and prescription drug overdose prevention.

[ECEC \(Elkton Community Education Center\)](#)

541-584-2692

15850 Hwy. 38 W., Elkton, OR

ECEC provides and enhances educational enrichment to all ages in an environment that nurtures the greatest social, emotional, physical, and intellectual potential. ECEC offers opportunities to raise the level of awareness and skill in education and culture, environment, and social endeavor in an atmosphere of multigenerational interaction and encouragement to benefit the entire community.

<http://www.elktonbutterflies.com/>

<https://www.facebook.com/ElktonCommunityEducationCenter>

[OSU Extension Services Douglas County](#)

541-672-4461 Douglas County Extension

541-236-3052 Master Gardeners

1134 S.E. Douglas Ave., Roseburg, OR

The Oregon State University Extension Service engages the people of Oregon with research-based knowledge and education that strengthen communities and economies, sustain natural resources, and promote healthy families and individuals. The OSU Extension serves clientele with programs in Horticulture, Nutrition Education, Forestry & Natural Resources, Livestock & Forage, 4-H, and Master Gardeners. These programs offer a wealth of non-formal community educational programs and information services.

<https://extension.oregonstate.edu/douglas>

<https://www.facebook.com/DouglasCoExtOSU?ref=bookmarks>

[The Woolley Center](#)

541-440-4603

1634 W. Harvard Ave., Roseburg, OR

The Adult Basic Skills Department through UCC is staffed by dedicated, knowledgeable professionals. The Woolley Center can help improve reading, writing, and math skills, prepare for the GED test, or get tutoring in English as a second language. GED and ESL classes have very low tuition rates and are open to adults 16 and older.

www.umpqua.edu/

<https://www.facebook.com/umpquacc>

[Umpqua Community College](#)

541-440-4600

1140 College Rd., Roseburg, OR

UCC is a two-year public, comprehensive institution that offers educational programs in adult basic education, technical, vocational, liberal arts, and pre-professional transfer courses.

www.umpqua.edu/

<https://www.facebook.com/umpquacc>

Wolf Creek Job Corps Civil Conservation Center

800-733-5627

2010 Opportunity Ln., Glide, OR

Wolf Creek Job Corps is a residential job-training program federally funded and serves economically disadvantaged students from the ages of 16 through 24.

<http://wolfcreek.jobcorps.gov>

<https://www.facebook.com/doljobcorps>

Education Service Districts

Douglas County School District Offices

- **541-445-2131 (197 Main Camas Rd., Camas Valley, OR)**
- **541-825-3296 (11381 Tiller Trail Hwy., Tiller, OR)**
- **541-584-2228 (749 W. River Dr., Elkton, OR)**
- **541-832-3138 (10598 Azalea Glen Rd., Glendale, OR)**
- **541-496-3521 (301 Glide Loop Dr., Glide, OR)**
- **541-836-2223 (500 S. Main St., Drain, OR)**
- **541-459-4341 (499 N.E. Spruce St., Oakland, OR)**
- **541-874-3131 (401 1st Ave., Riddle, OR)**
- **541-271-3656 (100 Ranch Rd., Reedsport, OR)**
- **541-440-4014 (1419 N.W. Valley View Dr., Roseburg, OR)**
- **541-863-3115 (558 S.W. Chadwick Ln., Myrtle Creek, OR)**
- **541-459-2228 (531 E. Central Ave., Sutherlin, OR)**
- **541-679-3000 (620 N.W. Elwood, Winston, OR)**
- **541-849-2158 (401 1st St., Yoncalla, OR)**

Douglas Education Service District

541-440-4777

1409 N.E. Diamond Lake Blvd. Ste. 110, Roseburg, OR

The Douglas ESD plays many roles in serving children. These include speech and language services, IT and network support, print services, attendance support, secondary transitions, a complex needs classroom, consulting teachers, media, staff development, data retrieval, programs for hearing and visually impaired students, substitute placement, mental health therapy, leadership training and many more.

www.douglasesd.k12.or.us/home

McKinney-Vento Act: Homeless Education Program

The McKinney-Vento Act's Education of Homeless Children and Youth Program ensures that homeless children and youth are provided a free, appropriate public education despite lacking a fixed residence or a supervising parent or guardian. The state public school admission statute assuring the right of homeless and other children and youth in similar circumstances to enroll in schools is ORS 339.115(7). Every school district in Oregon has at least one designated Homeless Student Liaison to assist homeless families and unaccompanied youths to access and achieve in school. Contact the district's administrative office or the state Homeless Education Program office to reach a district liaison.

<https://www.oregon.gov/ode/schools-and-districts/grants/ESEA/McKinney-Vento/Pages/default.aspx>

Phoenix Charter School

541-673-3036

3131 N.E. Diamond Lake Blvd., Roseburg, OR

A nonprofit charter high school offering Douglas County youth opportunities to build pathways to college and careers through academic support, career technical education, and personal growth.

www.roseburgphoenix.com

South-Central Early Learning Hub

541-440-4777

1871 N.E. Stephens St., Roseburg, OR

The South-Central Oregon Early Learning Hub is a program of the Douglas ESD. The South-Central Early Learning Hub aims to develop a coordinated, effective system of early learning services that equip young children with needed skills for success in school and life. Working closely with community-based partnerships, the Hub is creating a collective impact model that focuses on shared goals, strategies, and outcomes and recognizes the importance of how partners, working together, promote stable and attached families. The early learning hub is focused on three system-wide goals for the region, which are:

- Aligned, Coordinated, and Family-Centered System.
- Kindergarten Readiness
- Healthy, Stable, and Attached Families

[South-Central Early Learning Hub – Douglas ESD](#)

<https://www.facebook.com/SouthCentralEarlyLearningHub>

Food & Nutrition Education

Beyond the Diagnosis: T1D Youth Diabetes

541-677-4850

2700 N.W. Stewart Pkwy., Roseburg, OR

At the support group meetings, topics discussed include nutrition education, food tastings, and general diabetes care, as well as time to socialize and network with other parents and youth.

<https://www.mercygiving.org/youth-diabetes.html>

<https://www.facebook.com/mercyfoundationroseburg/>

Lower Umpqua Hospital District-Nutritional Service

541-271-2119

600 Ranch Rd., Reedsport, OR

For anyone interested in nutritional counseling for diabetes or other conditions that require a change in eating habits, a registered dietitian is available twice a month to help. For an appointment with the dietician, call the hospital or talk to the physician about a referral.

<https://www.lowerumpquahospital.org/nutritional-services/>

<https://www.facebook.com/lowerumpquahospital?ref=hl>

Thrive Umpqua

541-203-0325

556 S.E. Jackson St., Roseburg, OR

Thrive Umpqua is the community's well-being initiative, continuing the transformative work of Blue Zones Project-Umpqua, and coming together with the goal of improving the well-being of people living in the Umpqua Valley since 2017. Using longevity principles from the Blue Zones, home to the longest-living populations in the world, small changes are contributing to huge benefits: lowered healthcare costs, improved productivity, and, ultimately, a higher quality of life. Earning the region, the official designation of a Certified Blue Zones Community, Thrive Umpqua makes the healthy choice easy across the places where people spend the most time.

<https://thriveumpqua.com/>

UC-VEG (Umpqua Community Veg Education Group)

541-378-6359

556 S.E. Jackson St., Roseburg, OR

UC-VEG is a nonprofit community effort to support learning about health-promoting lifestyle strategies and the wide-ranging benefits of whole food and plant-based nutrition. With an emphasis on compassion, respect, and understanding, UC-VEG offers evidence-based education and informative social events as a community service, serving infants to elders. A key program is a 13-week Lifestyle & Nutrition Course, a chronic disease prevention and reversal course that teaches participants how to apply lifestyle strategies that prevent and reverse common chronic diseases such as heart disease, diabetes, cancer, Alzheimer's disease, and obesity. Other programs include cooking classes, community potlucks, documentary screenings, picnics, Dine Up restaurant meetups, expert presentations, guided shopping tours, and the Kitchen Garden Project.

www.ucveg.org

<https://www.facebook.com/UCVEG>

WIC (Women, Infants & Children Nutrition Program)

541-440-3516

280 Kenneth Ford Dr., Roseburg, OR

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. This public health program is designed to improve health outcomes and influence lifetime nutrition and health behaviors in targeted, at-risk populations. Nutrition education is the cornerstone of the WIC Program.

<https://www.ucanap.org/wic/>

<https://www.facebook.com/UnitedCommunityActionNetwork/>

Parenting Support & Education

Care Connections & Education

541-492-6608

1871 N.E. Stephens St., Roseburg, OR

Care Connections & Education serves Douglas, Klamath & Lake Counties as a resource to increase and build connections to quality childcare. Childcare providers are empowered to excel in the profession through educational opportunities on best practices, exploration of career pathways and connection with families needing care.

<https://www.672care.org/>

<https://www.facebook.com/providersupports>

ODHS (Employment Related Day Care)

541-440-3301

738 W. Harvard Ste. 160, Roseburg, OR

The Employment Related Day Care program (ERDC) currently helps working families pay for childcare, including registration fees. Beginning Jan. 1, 2023, ERDC will start helping non-working students with childcare, including registration fees. ERDC is a subsidy program. This means families may pay part of the childcare cost, called a copay. ERDC works with partners to help families find quality child care.

<http://www.oregon.gov/dhs/assistance/CHILD-CARE/Pages/index.aspx>

<https://www.facebook.com/ORHumanServices/>

Early Head Start

541-673-6306

250 Kenneth Ford Dr., Roseburg, OR

The comprehensive early childhood education program is open to pregnant women and families with young children (ages infant -4 years old). Children not only receive age—and developmentally appropriate education from qualified early education teachers but also obtain developmental and health screenings and regular, nutritious meals. Parents also receive services from home visitors and have opportunities to learn how to best support the children.

<https://www.ucancap.org/head-start/>

<https://www.facebook.com/ucanHeadStart>

Family Development Center

541-673-4354

300 Jerry's Dr., Roseburg, OR

A comprehensive family support program whose mission is to strengthen families and prevent child abuse and neglect. FDC offers free services to families with young children, prenatally through 5 years of age. FDC provides early childhood educational experiences in a therapeutic classroom for children to succeed in entering kindergarten, ready to learn, with the needed skills to navigate life. FDC services may include early childhood education classes, home visits, crisis intervention, play therapy for children, adult and child counseling, an emergency food pantry, transportation, scheduled respite, and information and referrals to other community resources.

<http://www.fdcroseburg.org/>

Family Relief Nursery

541-942-4835

541-514-5749 Crisis Support (bilingual)

720 N. 14th St., Cottage Grove, OR

The Family Relief Nursery is one of 25 Relief Nurseries and satellite branches in the Oregon Association of Relief Nurseries (OARN.) Relief Nurseries provides comprehensive family support services in quality environments for families experiencing numerous stresses linked to abuse and neglect. Services include therapeutic early childhood program classes, parent education classes, respite care, crisis response, home-based support/services, Latino outreach, resource referrals, and advocacy services.

<http://www.frncg.org/>

Find Child Care Oregon

211

866-698-6155

Text “children” or “ninos” to 898211

Find Child Care Oregon helps families locate childcare through referrals and provides resources to make informed decisions about childcare needs. 211 Info is available to provide high-quality referrals to support the childcare search, or individuals can conduct a personal search. The Find Child Care Oregon database offers detailed and summarized information for childcare referrals* in Oregon for family members, providers, and early learning partners.

<https://findchildcareoregon.org/>

Head Start

541-673-6306

250 Kenneth Ford Dr., Roseburg, OR

Head Start provides classes for young children and pregnant women. In the classes, the children learn the skills needed to succeed when starting kindergarten. Children learn everything from resolving conflicts to working in groups. Children also learn early math, language, and physical skills. The Head Start program also provides children:

- Dental checkups,
- Screenings to see if there are special needs,
- Vision and hearing checkups,
- Busing to centers (depending on area)
- Healthy snacks, breakfasts, and lunches

<https://www.ucancap.org/head-start/>

<https://www.facebook.com/ucanHeadStart>

Healthy Families

541-440-3642

280 Kenneth Ford Dr., Roseburg, OR

Healthy Families is a free and voluntary parent support program in the home. Parents are screened to determine eligibility for the program before or immediately after birth. Eligibility and acceptance of services must occur before the child is 3 months of age. The program focuses on strengthening the parent-child relationship to ensure healthy child growth and development. Family Support Specialists work with parents to develop nurturing, positive relationships with the babies. Parents receive information about child development, infant care, keeping the baby healthy, and learn about resources to support the babies and family. Trained staff coach parents to ensure that the baby is safe, healthy, and able to learn and thrive. Families may receive support services until the child reaches 3 years of age.

<https://www.ucancap.org/healthy-families/>

New Beginnings

541-229-4842

3031 N.E. Stephens St., Roseburg, OR

The New Beginnings program focuses on children from birth to age five. It works with the child, the family, care providers, and community partners to offer support and resources. Every parent wants what is best for the child. Each child's unique needs will be identified and addressed through coordinated care. For more information, ask the child's doctor or any community partner how to connect.

<https://www.umpquahealth.com/ohp/programs/>

<https://www.facebook.com/UmpquaHealth/>

New Day

541-229-4842

3031 N.E. Stephens St., Roseburg, OR

New Day is a service of Umpqua Health Alliance for Douglas County residents on the Oregon Health Plan. New Day helps pregnant women struggling with substance abuse or those who are pregnant and struggling with any social determinants of health, housing, transportation, mental health needs, and any other challenge. New Day offers support and resources to the client, OB doctor, and other community providers and agencies.

<https://www.umpquahealth.com/new-day/>

<https://www.facebook.com/UmpquaHealth/>

Options Counseling & Family Services

541-464-6455

283 S.E. Fowler St. Ste. 2, Roseburg, OR

Provides quality support and preservation services to children and families in Oregon through contracts with Juvenile Prevention, Department of Human Services Self-Sufficiency, and Child Welfare. Services include Youth Mentoring, In-home Safety and Reunification services, Family Support and Connections, and Intensive In-home Family Therapy.

<http://options.org/>

<https://www.facebook.com/OptionsCFS/?rf=162689070426478>

Parent Life (Umpqua Valley Youth for Christ)

541-680-1656

Parent Life is free and open to all pregnant and parenting teens from ages 12-20, regardless of race, religion, or economic status. Parent

Life reaches expectant and parenting teens and children through intentional relationships with trained adults and community partnerships. Parent Life offers help with most baby supplies, including diapers, formula, strollers, and car seats, to name a few. In addition, it offers help with life skills and connections with local resources and mentors. This empowers the teens to make good choices, further education, move toward independent living, and become lifelong followers of Jesus Christ.

<http://uvyfc.com/ministries/parentlife>

Preschool Promise

541-957-4809

1871 N.E. Stephens St., Roseburg, OR

The Preschool Promise Program is a high-quality, publicly funded preschool program that serves children ages three (3) and four (4) in families living at or below 200% of the Federal Poverty Level, children in foster care, and children from other historically underserved populations. The Program is delivered in various settings, including centers, homes, and schools.

- *Brockway Elementary Preschool Promise*
541-679-3037
2520 Brockway Rd., Winston, OR
- *Elkton Preschool Promise*
541-584-2228
15850 State Highway 38, Elkton, OR
- *North Douglas Preschool Promise*
541-836-2213
100 N. School St., Drain, OR
- *Roseburg Professional Childcare*
541-391-4430
1293 N.E. Walnut St., Roseburg, OR
- *Sutherlin Preschool Promise*
541-459-2228
323 E. 3rd Ave., Sutherlin, OR
- *UCAN Head Start*
301 Glide Loop Dr., Glide, OR
- *Victoria's Home Daycare & Preschool*
541-733-2635
569 S. State St., Sutherlin, OR
- *Wildflower Childcare*
541-784-6843
239 Wecks Rd., Myrtle Creek, OR
- *Yimisa' Preschool Promise*
541-677-5575
825 N.E. Leon St., Myrtle Creek, OR
- *Yoncalla Preschool Promise*
541-525-5096
401 1st St., Yoncalla, OR
<https://douglasesd.k12.or.us/preschool-promise/>

Safe Families for Children

541-900-5256

3500 NE Diamond Lake Blvd. St., Roseburg OR

Safe Families for Children is a movement fueled by compassion to keep children safe and families intact in Douglas County through Host Families, Family Friends, and Family Coaches, who temporarily host children and provide a network of support to families in crisis while families get back on track. Common crises include homelessness, medical issues, domestic violence, incarceration, and substance abuse treatment.

<https://douglas-county.safe-families.org/>

<https://www.facebook.com/SFFCnational>

Take Root Parenting Connection

541-440-4777

1871 N.E. Stephens St., Roseburg, OR

The Parenting Hub coordinates parenting education groups and workshops for parents and caregivers of young children. Multi-week classes are free of charge and include onsite childcare and complimentary refreshments. Advance registration for parenting classes and childcare is required.

<https://douglassesd.k12.or.us/take-root-parenting-connection/>

<https://www.facebook.com/douglas.county.Take.Root.Parenting.Hub>

Youth Development & Recreation

Boys & Girls Club of the Umpqua Valley

541-440-9505

1144 N.E. Cedar St., Roseburg, OR

The mission is to inspire all youth, especially those who need the Boys & Girls Club the most, to reach full potential as responsible, caring, productive citizens. Boys & Girls Club of the Umpqua Valley is a non-profit youth development organization dedicated to providing hope and opportunity to all kids in 1st through 12th grades. Programming includes Education Success, Character & Citizenship, Healthy Lifestyles, Summer Programs, Sports, Fitness & Recreation, and Teen Programs.

www.bgcuv.org

<https://www.facebook.com/bgcuv>

YMCA

541-440-9622

1151 N.W. Stewart Pkwy., Roseburg, OR

The YMCA is a center that helps individuals and families to meet healthy lifestyle goals. The YMCA focuses on: Youth Development, Health Living, and Social Responsibility. Accepts OHP.

<http://www.ymcaofdouglascounty.org>

<https://www.facebook.com/roseburg.ymca>

Public Libraries

C. Giles Hunt Memorial Public Library

541-459-9161

210 E. Central Ave., Sutherlin, OR

<https://www.sutherlinlibrary.org/directions-contact/>

Canyonville Community Library

541-839-4727

250 N. Main St., Canyonville, OR

<https://canyonville.biblionix.com/catalog/>

<https://www.facebook.com/CanyonvilleLib/>

Friends of Myrtle Creek Library

541-860-7272

231 N.E. Division St., Myrtle Creek, OR

<https://www.friendsofmyrtlecreeklibrary.org/>

Glendale Community Library

541-832-2360

190 3rd St., Glendale, OR

<https://www.libraryglendale.org/>

Lower Umpqua Library

541-271-3500

395 Winchester Ave., Reedsport, OR

<https://www.luld.org/>

Mildred Whipple Library – North Douglas Library District

541-836-2648

205 W. A Ave., Drain, OR

<https://www.ndld.org/library-services>

<https://www.facebook.com/northdouglaslibrarydistrict/>

Oakland Public Library

541-459-9784

637 Locust St., Oakland, OR

<https://www.facebook.com/library97462/>

Riddle City Library

541-874-2070

637 1st Ave., Riddle, OR

<https://www.facebook.com/riddlecitylibrary/>

Roseburg Public Library

541-492-7050

1409 N.E. Diamond Lake Blvd, Ste. 100, Roseburg, OR

library@cityofroseburg.org

<https://www.facebook.com/cityofroseburg/>

Winston Library

541-679-5501

440 S.E. Grape Ave., Winston, OR

<https://winston.biblionix.com/catalog/>

Yoncalla Public Library

541-849-2128

194 Birch St., Yoncalla, OR

<https://yoncalla-library.business.site/>

<https://www.facebook.com/people/Yoncalla-Public-Library/100064590499706/>

Employment Services

ABLE National Resource Center

1-844-999-2253

Living with a disability is often associated with significant amounts of extra costs. That's why individuals and families can now contribute to ABLE accounts — tax-advantaged savings accounts that can fund disability expenses. ABLE Accounts, are tax-advantaged savings accounts for individuals with disabilities and the families. The beneficiary of the account is the account owner, and income earned by the accounts will not be taxed. Contributions to the account can be made by any person.

<https://www.ablenrc.org/what-is-able/what-are-able-accounts/>

Cardinal Services

541-672-8466

2375 N.W. Stewart Pkwy., Roseburg, OR

From recruiting to screening to interviews and even hiring and firing, Cardinal's local experts are ready to tackle every part of the staffing process.

<https://www.cardinal-services.com/>

Easter Seals Oregon

541-349-4130

541-687-7393

The Senior Community Service Employment Program (SCSEP) is for low-income seniors who seek employment, training assistance, and social engagement. Easter Seals of Oregon partners with community-based non-profit organizations and government agencies through a transitional employment program to provide participants with training opportunities to update skills. During the part-time internship, seniors receive minimum wage to help supplement income until permanent employment is accepted. The staff works with job seekers to target and achieve personal employment goals. This program is funded by the U.S. Department of Labor.

<https://www.easterseals.com/oregon/our-programs/employment-training/scsep.html>

<https://www.facebook.com/EastersealsOregon/>

Express Employment Professionals

541-673-3332

741 N.E. Garden Valley Blvd., Roseburg, OR

Owned and operated locally, Express Employment Professionals is a Full-Service Staffing Agency that provides exceptional service to Job Seekers and companies within the Douglas County community.

<https://www.expresspros.com/roseburgor/>

<https://www.facebook.com/roseburgjobs>

Goodwill Job Connection

541-677-0275

2455 N.W. Stewart Pkwy., Roseburg, OR

Job Connection Centers allow job seekers to gain employment quickly and engage in skill-building to support increased earning potential and career advancement. Services are available on a drop-in or appointment basis and include:

- Local and regional job leads
- Career skills and interest assessments
- Online literacy support, including assistance creating an email address, online search success and safety tips, submitting online job applications, etc.
- Assistance obtaining appropriate work-ready identification
- Resume and cover letter development
- Interview preparation and practice
- Job-specific or interview clothing and/or transportation assistance to interviews

INDEED

[Job Search | Indeed](#)

With INDEED individuals can search for millions of jobs online to find the next step to a career, with tools for job searches, resumes, company reviews, and more.

www.indeed.com

Recruit Hippo

541-900-4715

541-294-9306

The mission of Recruit Hippo is to nurture a culture for youth work experience, ensuring quality and increasing the number of opportunities young people must apply academic experiences in workplace settings. Recruit Hippo provides resources & support for employers, students, and educators throughout the entire process. Many great resources can be found that will help create a great resume, nail the interview with terrific guidelines and tips, and finally advice for when landing the next great internship opportunity. Along with this information the client can always work with the local Recruit Hippo Talent Advisor to help with career path exploration.

<https://www.recruithippo.com/>

<https://www.facebook.com/recruithippodouglas>

Selectemp Employment Services

541-440-4844

3019 N.W. Stewart Pkwy. Ste. 305, Roseburg, OR

SELECTEMP provides flexibility to match any lifestyle, whether full-time, part-time, short-term, long-term, or temp-to-hire. SELETEMP offers assignments in various industries, including clerical, construction, delivery driving, general labor, heavy equipment operators, landscaping, manufacturing, millwork, packaging, production, warehouse, welding, etc.

<http://www.selectemp.com/>

VR (Oregon Vocational Rehabilitation Services)

541-440-3371

2020 N.W. Newcastle St., Roseburg, OR

Vocational Rehabilitation (VR) helps individuals with disabilities get and keep jobs matching job seekers' skills, interests, and abilities. Staff works in partnership with the community and businesses to develop employment opportunities and provide individualized services to each eligible person for employment success.

<http://www.oregon.gov/dhs/employment/VR/Pages/Index.aspx>

WorkSource Douglas

541-440-3344

877-728-7970 (Unemployment Benefits)

846 S.E. Pine St., Roseburg, OR

Provides job placement and some vocational and job counseling. Supportive service to Veterans. Access to a computer for unemployment benefits registration.

<https://www.oregon.gov/employ/pages/default.aspx>

Coalitions Task Force Referral Systems

Community UPLiFT

541-670-5964

1871 N.E. Stephens St., Roseburg, OR

Community UPLiFT is a coordinated referral system that connects expecting parents and families with children zero through the age of five and children with special needs through the age of 21 to early childhood service providers such as; Family Development Center, Preschool Promise, Head Start, Early Head Start, Healthy Families, Babies First, CaCoon, Family Relief Nursery, Early Intervention, Early Childhood Special Education, New Day & New Beginning Programs. Community UPLiFT is a collaborative community effort of various agencies, organizations, and individuals dedicated to developing an Early Childhood System in Douglas, Klamath, and Lake Counties through united partnerships linking families to resources.

https://douglasesd.k12.or.us/community_uplift/

<https://www.facebook.com/SouthCentralEarlyLearningHub>

Southern Oregon Perinatal Task Force

541-690-6658

P.O. Box 1419, Medford, OR

The Southern Oregon Perinatal Task Force's mission is to improve knowledge, behaviors, and systems of care for women, teens, children, and families in Douglas and Josephine Counties through cross-sector Perinatal Task Forces. Enhanced overall well-being and improved health outcomes of women, teens, children, and families – before, during, and after pregnancy. Umpqua Valley Breastfeeding Coalition promotes, protects, and supports breast milk feeding.

<https://hccso.org/perinatal-task-force/>

<https://www.facebook.com/hccso>

UP2US NOW

541-677-4818

541-677-6531 (Human Trafficking Task Force)

The Up2UsNow Coalition is a community initiative whose function is to address gaps and improve systems to enable families and individuals greater access to prevention services prior to an incident of child abuse.

<http://up2usnow.org/about.html>

<https://www.facebook.com/up2usnow?fref=ts>

WorkSource Oregon

541-440-3344

846 S.E. Pine St., Roseburg, OR

Whether you've been laid off, want a career change, or are looking for a first job, WorkSource has the resources to help take that next step.

- Register in iMatchSkill
- Apply for jobs and sign up for training.
- Get a one-on-one career coach.
- Match interests and abilities to jobs.
- Learn about free training.
- Explore paid internships, apprenticeships, on-the-job training, GED programs, and college classes.
- Take part in workshops on resumes, interviewing, networking, soft skills, applying for state jobs, and more.
- Use computers, internet, phones, fax, copiers, and printers in Resource Rooms
- Get help with transportation, childcare, food, internet access, tuition, textbooks, school fees, identification, work clothes and tools, and more.

<https://worksourceoregon.org>

<https://www.facebook.com/worksourceoregon/>

Other Services

Douglas ESD Print Services

541-440-4772

1871 N.E. Stephens St., Roseburg, OR

Email: printshop@douglasesd.k12.or.us

The Douglas ESD Print Shop has services available to school districts, as well as all nonprofit and government agencies in Douglas County. The Print Shop provides printed materials using Xerox machines, offset presses, a large format printer and a black-and-white/color envelope printer. To complement the printing services, Print Shop can offer graphic arts services to help with design and layout.

<https://douglasesd.k12.or.us/print-services/>

DPHN (Douglas Public Health Network)

541-440-3571

621 W. Madrone, Roseburg, OR

Communicable Disease, Emergency Preparedness, and Tobacco Prevention and Education (TPEP) programs. DPHN is also involved with specialized programs focusing on specific topics such as public health modernization and prescription drug overdose prevention.

Oregon Vital Records

971-673-1190

888-896-4988 (To place a phone order)

800 N.E. Oregon St. Ste. 205, Portland, OR

In Oregon, the Center for Health Statistics issues certified copies of vital records for events that occurred within the state. Oregon Vital Records partners with VitalChek for internet orders. Certified copies of vital records can also be ordered over the phone, by mail, or in person.

<https://www.oregon.gov/oha/PH/BirthDeathCertificates/GetVitalRecords/Pages/index.aspx>

<https://www.vitalchek.com/v/> (online orders)

<https://www.facebook.com/OregonHealthAuthority/>

Safe Families for Children

541-900-5252


3500 NE Diamond Lake Blvd. St., Roseburg OR

Safe Families for Children is a movement fueled by compassion to keep children safe and families intact in Douglas County through Host Families, Family Friends, and Family Coaches, who temporarily host children and provide a network of support to families in crisis while families get back on track. Common crises include homelessness, medical issues, domestic violence, incarceration and substance abuse treatment.

<https://douglas-county.safe-families.org/>

<https://www.facebook.com/SFFCnational>

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Please send questions or updates to:
EHubinfo@douglasesd.k12.or.us
or call 541-957-4809

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