

# Douglas County

## Resource Directory



Revised January 2026





## 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](http://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, addiction 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 at the clinic or by 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 a 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, age-appropriate treatment focused on whole-person health and recovery, including physical health, educational achievement, family counseling, therapeutic recreation, cultural development, and personal skill-building.

[www.adaptoregon.org](http://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/>

## **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/>

## **Serenity Lane**

**541-673-3504**

**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://www.facebook.com/SerenityLaneTreatmentCenters/>

## **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, as well as couples, family, and group therapy. Valley View Counseling teaches psycho-educational classes and contracts with local businesses to bring 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](http://www.valleyviewcounseling.com)

## **Behavioral Health & Counseling**

### **ADAPT**

***Adapt Integrated Health Care***

**541-672-2691**

**621 W. Madrone St., Roseburg, OR**

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

***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 at the clinic or by 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](http://www.adaptoregon.org)

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

### ***Chestnut Health Systems***

**541-844-8532**

**508 W. Agee St., Roseburg, 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.

[www.Oregonoutreachclinic.org](http://www.Oregonoutreachclinic.org)

### ***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/>

## **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 address the most significant 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/>

## **Family Faith & Relationship Advocates (FARA)**

**541-229-0510**

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

FARA is a group of faith-based therapists, staff, and volunteers from many denominations across Douglas County, dedicated to connecting with individuals 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 for 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/>

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

## **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](http://www.junipertreecounselingservices.com)

## **National Maternal Mental Health Hotline (NMMHH)**

**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/>

## **OYEN Emotional Wellness Center**

**503-395-4224**

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

OYEN Emotional Wellness Center is a bilingual, bicultural clinic offering various mental health support services. 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://oyenwellness.com/>

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

## **Roseburg Therapy**

**541-900-4285**

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

Stronger Oregon provides counseling and mental health services from a Therapist / Counselor for the Treatment of Depression, Anxiety, Trauma, PTSD, anger, and more. Roseburg Therapy can support individuals and families by connecting clients with experienced, compassionate providers from the comfort of 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 the surrounding areas of Oregon. Its experience enables effective, individualized outpatient psychological care. Second Wind Mental Health treats several mental health disorders and provides a neutral ground to individuals, families, and couples.

<https://secondwindmentalhealth.com>

## **Stronger Oregon**

**541-900-4285**

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

Stronger Oregon is a statewide provider of behavioral health and care coordination services, specializing in trauma-informed, whole-family support. Services provided are:

- In school/In office and Telehealth
- Individual, family, and parenting therapy
- Youth and adult skills training
- Case Management and care coordination
- Wraparound services designed to meet each family's unique needs

[www.strongeroregon.com](http://www.strongeroregon.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, as well as couples, family, and group therapy. Valley View Counseling teaches psycho-educational classes and contracts with local businesses to bring 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](http://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**

### **Alcoholics Anonymous (AA)**

**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 address a drinking problem.

[www.aa.org/what-is-aa](http://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. For individuals 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 support group meetings, topics include nutrition education, food tastings, and general diabetes care, along with time for socializing and networking with other parents and youth.

[Youth Diabetes – Mercy Foundation](#)

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

## **Family Connects**

**541-440-3622**

Caring for a newborn can be amazing and overwhelming all at the same time. A Family Connects Oregon nurse can support new parents in those first few weeks. From answering questions about feeding and sleep to supporting older siblings or helping find local resources, Family Connects Oregon is here to help.

[www.ucancap.org/nurse-home-visiting/](http://www.ucancap.org/nurse-home-visiting/)

## **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](http://www.opgr.org)

## **Gary Leif Navigation Center (UCAN)**

**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 accommodating 2 people.

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

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

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

## **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 are provided at home and in nursing homes. 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>

## **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](http://www.na.org)

## **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://www.facebook.com/Onward.Roseburg/>

## **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](http://www.smartrecovery.org)

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

## **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 bringing people together to improve the well-being of those living in the Umpqua Valley since 2017. Drawing on longevity principles from the Blue Zones, home to the world's longest-living populations, small changes are yielding huge benefits: lower 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/>

<https://thriveumpqua.com/>

## **Umpqua Doula Collective**

A doula is a trained birth companion and coach assisting before, during, and after birth, providing information about the birth process and available options. Doulas serve as advocates between the client and medical staff. Continuous physical and emotional support is provided. Doulas also provide assistance with practical relaxation techniques, breathing exercises, positions, massage, and comfort measures. The goal of the doula is to support a more positive birth experience. The cost is covered by OHP and many insurance companies.

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

## **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 a 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 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 to uninsured individuals.

[www.adaptoregon.org](http://www.adaptoregon.org)

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

### ***Amedisys***

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

#### ***Amedisys Home Health Care***

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

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 patients feel better in the comfort of home. Amedisys' home healthcare 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>

## **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 ages 0 to 5.

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

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

## **Beyond the Diagnosis: T1D Youth Diabetes**

**541-677-4850**

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

At the support group meetings, topics include nutrition education, food tastings, and general diabetes care, along with time for socializing and networking with other parents and youth.

[Youth Diabetes – Mercy Foundation](#)

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

## **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).

<https://douglaspublichealthnetwork.org/>

## **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

[Urgent Care | Evergreen Family Medicine | Roseburg](#)  
<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](http://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 a peer-assisted telemedicine program that enables 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 the resolution of barriers. Telemedicine clinicians trained in working with people who use drugs provide quick, low-barrier access to treatment.

<https://peerpathstohealth.org/>

## **Umpqua Health Alliance (UHA)**

**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/>

## **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. 5<sup>th</sup> 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 often associated with poverty are part of Advantage Dental's mission. In Douglas County, Advantage Dental's network of dentists provides emergency dental care through its unique after-hours call system. The on-call dentists rotate, providing year-round coverage for emergencies that may occur after regular business hours.

[www.advantagedentalservices.com](http://www.advantagedentalservices.com)

## **HKOP Dental-Mercy Foundation**

**541-677-4818**

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

Through onsite dental clinics, students receive dental screenings, sealants, and fluoride varnishes to help prevent cavities, and go home with a report card and dental kits that include a toothbrush, toothpaste, and floss.

<https://mercygiving.org/healthy-kids-outreach/>

<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

<https://roseburglions.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](http://www.roseburgaudiology.com)

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

## **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

[Home - Roseburg Lions](#)

### 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](http://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>

### 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://mercygiving.org/childrens-healthcare-fund/>

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

# Basic Needs & Temporary Assistance

## Basic Needs

### [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://mercygiving.org/the-learning-child/>

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

### [Oregon Department of Human Services \(ODHS\)](#)

**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 Health Plan \(OHP\)](#)

**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 services, and some vision care.

[www.oregonhealthcare.gov](http://www.oregonhealthcare.gov)

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

### [Oregon Health Insurance Marketplace](#)

**800-318-2596**

Private health insurance plans and financial help with coverage are available through HealthCare.gov. All plans include comprehensive health benefits, and the Oregon Health Insurance Marketplace ensures they 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/ORMarketplace/>

### [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](http://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>

<b>South Douglas County Pantries</b>				
<b>LOCATION</b>	<b>ADDRESS</b>	<b>PHONE</b>	<b>HOURS</b>	<b>SPECIAL INSTUCTIONS</b>
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 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Sat. 10:00- 12:00	Serves all South Douglas County
Community Care Food Pantry	308 Pacific Ave., Glendale, OR	(541) 832-2009	Thurs. 1:00- 3:00	Serves Glendale & Azalea.
Winston Area Food Pantry	121 Gregory St. Winston, OR	(541) 679-4346	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 <sup>st</sup> & 3 <sup>rd</sup> full week of the month, Tue., Elkton Community Center 1-3. Thurs. Camas Valley Community Grange 1-3. Thur., Days Creek – 2 <sup>nd</sup> & 4 <sup>th</sup> full weeks, Wed., Diamond Lake – 2 <sup>nd</sup> full week, Fri. (Spring-Fall)

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

<b>Central Douglas County Pantries</b>				
<b>LOCATION</b>	<b>ADDRESS</b>	<b>PHONE</b>	<b>HOURS</b>	<b>SPECIAL INSTRUCTIONS</b>
Sutherlin/Oakland Emergency Pantry	183 E. 1 <sup>st</sup> St., Sutherlin, OR	(541) 459-4082	Mon. & Wed. 9:00 – 11:00	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. & Wed. 10:00- 1:45	Serves all of Douglas County
SDA Roseburg Food Pantry	1109 N.W. Garden Vlly. Blvd., Roseburg, OR	(541) 672-1542	3 <sup>rd</sup> & 4 <sup>th</sup> 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

## 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 <sup>st</sup> & 3 <sup>rd</sup> full weeks, Tue., Camas Valley – 1 <sup>st</sup> & 3 <sup>rd</sup> full weeks, Thur., Days Creek – 2 <sup>nd</sup> & 4 <sup>th</sup> full weeks, Wed., Diamond Lake – 2 <sup>nd</sup> 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. 10 am – 2 pm and Monday 4 pm – 7 pm
- Food Boxes available: Monday and Wednesday 10 am – 2 pm, and Monday 4 pm -7 pm
- Clothing available: Monday 4 pm - 7 pm, Tuesday and Thursday 10 am - 2 pm

<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 Food Bank**

**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/>

## **United Community Action Network (UCAN)**

**541-672-3421**

**280 Kenneth Ford Dr., Roseburg, OR**

UCAN helps stabilize people's lives by addressing basic needs and equipping individuals 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 their utility bills, reduce energy use, and improve home safety and durability. Assist homeowners and renters at no cost or reduced cost. When funding is available, after receipt of a qualifying application, staff perform an energy audit of the home. All work is performed on a case-by-case basis, 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 would otherwise prevent access to such care. 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 counties. 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:

- Health Related Social Needs Program (HRSN)
- Home Buyer and Financial Education Programs including down payment assistance
- Rental Housing and Programs, rentals for low-income, Veterans only, and disabled only
- Dream Savers, Matched Savings Programs
- Foreclosure Intervention Counseling
- Home Energy Savings
- Home Repair Assistance Programs
- Heartwood ReSources

<https://www.nwumpqua.org>

## [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, 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/>

## **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 aids active military members, families, and local veterans.

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

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

## **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 provides basic needs and emergency services. This can include food, rent, utilities, vouchers for clothing or furnishings, or Greyhound bus assistance. The Salvation Army also provides support for back-to-school supplies, the annual Dress-A-Child program, which works with schools to provide school-age children with school-appropriate clothing, and Seasonal Assistance, such as 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://www.scwbc.net/st.-vincent-de-paul/Douglas-county-OR/directory-listings.html>

## **UCAN Utility Assistance**

**855-935-2542**

**280 Kenneth Ford Dr., Roseburg, OR**

Utility assistance programs:

UCAN helps people pay heating bills by using various funding sources. The purpose of these programs is to help individuals avoid difficult choices, such as whether to pay for food or heating, to prevent power shut-offs, and to address emergency energy needs.

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

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

# Disability, Respite Care & Senior Services

## 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 account 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/>

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

### **Advantage Home Care**

**541-440-0933**

**760 N.W. Hill Ave., Suite 101, Roseburg, OR**

The mission of Advantage Home Care is to provide personalized, supportive, and empowering home care services that help older adults and people with disabilities enjoy life more and live safely and comfortably at home. Services are available along the I-5 corridor of Douglas County from Rice Hill to Canyonville. Services provided are as follows:

- F 24-Hour Care
- Companion Care
- Dementia Care
- Personal Care
- Veterans' Home Care

<https://oregonadvantagehomecare.com/why-choose-us/>

<https://www.facebook.com/DouglasCountyhomecare#>

### **Advantage Working Solutions**

**800-610-3680 ext. 2**

The mission of Advantage Working Solutions is to empower individuals with disabilities by providing high-quality vocational services and attendant care supports that promote independence, engagement, and meaningful community participation.

<https://www.advantageworkingsolutions.com/home>

### **Almost Family**

**541-671-6444**

**522 S.E. Washington Ave. Space 136/137 Roseburg, OR**

The mission of Almost Family is to provide compassionate, personalized in-home care that empowers individuals to live with dignity, independence, and comfort. Almost Family is committed to supporting seniors and individuals with intellectual and developmental disabilities through skilled caregiving, heartfelt compassion, and dedication.

<https://almostfamilycare.net/>

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

## **[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/>

## **[Child Development and Rehabilitation Center \(CDRC\)](#)**

**1-877-346-0640**

**901 E. 18<sup>th</sup> Ave., Eugene, OR**

The Eugene Child Development and Rehabilitation Center campus provides interdisciplinary clinical services for people 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>

## **[Community Living Case Management \(CLCM\)](#)**

**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 to individuals and families eligible 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 support 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/>

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

**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://connectionscom.org/>

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

## **[Connections NW](#)**

**971-281-0200**

Connections NW provides Attendant care for developmentally & intellectually disabled customers and families. Connections NW provides customers and families with DSPs (Direct Support Professionals) and carefully designed support services. DSPs will equip each customer with the skills and support to thrive at home and in the community. The goal is to create independence, not dependence, with the support provided.

<https://connections-nw.org/>

<https://www.facebook.com/connectionsnorthwest/#>

## **[Early Intervention \(EI\) 0-3yrs / Early Childhood Special Education \(ECSE\) 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://www.douglasesd.k12.or.us/early-learning/douglas-county-eiecse>

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

## **[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](#)**

**541-670-2557**

**P.O. Box 309, Roseburg, OR**

Families Engaging and Thriving Together (FEATT) is a local nonprofit that supports families in Douglas County with children who have disabilities. 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 at the YMCA, monthly parent coffee, 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. The Hearing Loss Association of America advocates for communication access in the workplace, hotels, schools, and entertainment facilities.

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

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

## **[Meals on Wheels](#)**

**541-440-7870**

**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 with 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://www.friendlykitchen.org/>

## **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://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 with vision loss who need specialized training and support to live full and productive lives.

<https://www.oregon.gov/blind/pages/index.aspx>

## **Oregon Department of Human Services (ODHS)**

**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/>

## **Oregon Vocational Rehabilitation Services (VR)**

**541-440-3371**

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

Vocational Rehabilitation (VR) helps individuals with disabilities find and keep jobs that match an individual'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.

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

<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 receives thousands of calls from Americans seeking 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®](#)

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

## **Rever Grand**

**541-507-5337**

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

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

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

## **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 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 an individual's unique needs. The kind and caring Direct Support Professionals (DSPs) assist individuals in a wide range of areas.

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

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

## **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 people with intellectual disabilities become accepted and valued members of the community, leading to a more respectful and inclusive society for all. Participating in Special Olympics Oregon is always free to the athletes and their families.

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

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

## **Sunrise Enterprises**

**541-673-0195**

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

The Sunrise Enterprises team provides employment and community inclusion opportunities to individuals with disabilities in Douglas County because it sees the person before the disability. Sunrise Enterprises believe 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>

## **Thrive Oregon**

**971-359-8295**

Thrive Oregon is an Oregon-based caregiving agency that provides compassionate attendant care to help individuals thrive in their community. Our team provides the best attendant services to the ID/DD community across Oregon.

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

## **Thrive Services**

**541-709-0640**

Thrive Services is an organization comprised of experienced Direct Support Professionals (DSPs) who provide a wide range of services for adults and children with intellectual and developmental disabilities. Thrive Services focuses on building positive professional relationships with our clients based on safe haven kindness, caring, safety, and a sense of community. Thrive Services is state-certified to accept Medicaid benefits and works rigorously to maintain service quality, ensuring the organization remains high-quality and worthy of that certification and clients' trust. Thrive Services is easy to reach, responsive, and responsible, and look forward to working with families.

<https://thrive-services.org/>

## **Umpqua Valley Disabilities Network (UVDN)**

**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. Some services offered:

- Information & Referral
- Support Groups
- Project Literacy- reading, writing, math, GED prep & more
- Independent Living Skills
- Individual & Systems Advocacy
- Peer Mentoring
- Employment Services
- Social Security

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

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

## **United Cerebral Palsy of Oregon**

**503-777-4166**

UCP Oregon has changed the lives of adults and children with 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/>

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

## **Respite Care**

### **Advantage Home Care**

**541-440-0933**

**760 N.W. Hill Ave., Suite 101, Roseburg, OR**

The mission of Advantage Home Care is to provide personalized, supportive, and empowering home care services that help older adults and people with disabilities enjoy life more and live safely and comfortably at home. Services are available along the I-5 corridor of Douglas County from Rice Hill to Canyonville. Services provided are as follows:

- 24-Hour Care
- Companion Care
- Dementia Care
- Personal Care
- Veterans' Home Care

<https://oregonadvantagehomecare.com/why-choose-us/>

<https://www.facebook.com/DouglasCountyhomecare#>

### **Almost Family**

**541-671-6444**

**522 S.E. Washington Ave. Space 136/137 Roseburg, OR**

The mission of Almost Family is to provide compassionate, personalized in-home care that empowers individuals to live with dignity, independence, and comfort. Almost Family is committed to supporting seniors and individuals with intellectual and developmental disabilities through skilled caregiving, heartfelt compassion, and dedication.

<https://almostfamilycare.net/>

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

### **Connections NW**

**971-281-0200**

Connections NW provides Attendant care for developmentally & intellectually disabled customers and families. Connections NW provides customers and families with DSPs (Direct Support Professionals) and carefully designed support services. DSPs will equip each customer with the skills and support to thrive at home and in the community. The goal is to create independence, not dependence, with the support provided.

<https://connections-nw.org/>

<https://www.facebook.com/connectionsnorthwest#>

## Senior Services

### **Advantage Home Care**

**541-440-0933**

**760 N.W. Hill Ave., Suite 101, Roseburg, OR**

The mission of Advantage Home Care is to provide personalized, supportive, and empowering home care services that help older adults and people with disabilities enjoy life more and live safely and comfortably at home. Services are available along the I-5 corridor of Douglas County from Rice Hill to Canyonville. Services provided are as follows:

- 24-Hour Care
- Companion Care
- Dementia Care
- Personal Care
- Veterans' Home Care

<https://oregonadvantagehomecare.com/why-choose-us/>

<https://www.facebook.com/DouglasCountyhomecare#>

### **Aging & Disability Resource Connection (ADRC)**

**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 awareness of the full range of options available, provides objective, trusted information and assistance, empowers people to make informed decisions, and helps people easily access services and support.

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

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

### **Almost Family**

**541-671-6444**

**522 S.E. Washington Ave. Space 136/137 Roseburg, OR**

The mission of Almost Family is to provide compassionate, personalized in-home care that empowers individuals to live with dignity, independence, and comfort. Almost Family is committed to supporting seniors and individuals with intellectual and developmental disabilities through skilled caregiving, heartfelt compassion, and dedication.

<https://almostfamilycare.net/>

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

### **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://bca-ride.com/>

### **Douglas County Senior Services**

**541-440-3677**

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

The purpose of 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**

Home sharing is seen as an immediate solution to the affordable housing crisis. Connecting home providers who have spare space to share with renters seeking affordable housing is a common-sense, immediately available response to prevent housing instability.

As a nonprofit, HomeShare Oregon has three priority goals:

- To culturally normalize home sharing.
- To increase direct services to seniors.
- To incentivize home sharing.

<https://homeshareoregon.org/>

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

## **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 who 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. Meals on Wheels also provides 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://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 with vision loss who need specialized training and support to live full and productive lives.

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

## **Oregon Department of Human Services (ODHS)**

**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/>

## **Oregon Vocational Rehabilitation Services (VR)**

**541-440-3371**

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

Vocational Rehabilitation (VR) helps individuals with disabilities find and keep jobs that match current 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>

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

## **Senior Centers**

### **Roseburg Senior Center**

**541-671-2634**

**1614 S.E. Stephens St., Roseburg, 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 quality of life.

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

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

### **Sutherlin Senior Center**

**541-459-5320**

**202 E. Central Ave., Sutherlin, OR**

Sutherlin Seniors Inc. provides a place to meet the needs of local citizens by providing a safe place to play, socialize, have a meal, and enjoy each other. Sutherlin Senior Center members must be age 55 or older. The membership cost is \$5.00 per year, which qualifies a member to vote and to serve on the Board of Directors. Non-members are welcome to attend any activity or special event held at the center.

<https://sutherlinseniorcenter.org/>

## [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>

## [UCAN Food Bank](#)

**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/>

## [Umpqua Public Transportation District \(UPTD\)](#)

**541-440-6500**

**Dispatch: 888-232-8121**

### [Umpqua Rides](#)

**888-232-8121**

UPTD is the public transportation system serving Douglas County. Umpqua Public Transportation District's fixed routes provide reliable service throughout the city of Roseburg and connect neighboring communities. It operates the following services: the Utrans Fixed Route bus system, which provides hourly fixed-route bus service Monday – Friday. UPTD also offers Umpqua Rides, a shared-ride service built to ensure mobility for everyone. That includes:

- **ParaTransit**, designed for riders with disabilities who cannot use standard UTrans buses. Available within  $\frac{3}{4}$  of an air mile of our Roseburg routes, with guaranteed rides when booked 24 hours in advance.
- **Dial-A-Ride**, providing flexible options for those outside the ParaTransit zone to connect riders to their destinations or to our fixed-route network.

[Homepage Umpqua Public Transportation District](#)

# 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**

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, so families can remain at home.

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

### **Housing Authority of Douglas County (HADCO)**

**541-673-6548**

**1000 W. Stanton, Roseburg, OR**

The Housing Authority of Douglas County (HADCO) is committed to providing 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 counties. 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:

- Health Related Social Needs Program (HRSN)
- Home Buyer and Financial Education Programs, including down payment assistance
- Rental Housing and Programs, rentals for low-income, Veterans only, and disabled only
- Dream Savers, Matched Savings Programs
- Foreclosure Intervention Counseling
- Home Energy Savings
- Home Repair Assistance Programs
- Heartwood ReSources

<https://www.nwumpqua.org>

## **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 assistance with applications and questionnaires, record submission, and medical care advocacy. People who are unable to maintain steady employment due to medically determined 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://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 serious mental illnesses. UCAN owns and operates 92 affordable housing units in Douglas County. Developments are located throughout the County, including Drain, Sutherlin, Roseburg, Green, Winston, and Canyonville.

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

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

## **Umpqua Community Property Management (UCPM)**

**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 counties. UCPM creates and expands access to affordable housing through its appropriately priced rentals. UCPM connects Southwest Oregon residents with housing to improve lives and enhance local communities.

<http://ucpm.org>

## Temporary Shelters

### **Dome Spe**

**541-292-0809**

**458-280-9112, Youth Housing Crisis line**

2825 NE Douglas Ave.

Roseburg, OR 97470

Dome Spe is Douglas County's Transitional Living Program (TLP), a multiphase service that aims to support young adults ages 18–24 who lack stable housing or support systems. The Transitional Living program provides participants with the skills necessary to successfully transition into the community. TLP is a program based on personal responsibility, meaning that what an individual gains from the program depends on what the individual puts into it. The rules, policies, and procedures are designed to ensure each individual's safety, health, and overall well-being.

[www.fara4kids.org](http://www.fara4kids.org)

### **Fish Food Pantry**

**541-672-5242**

**405 Jerry's Dr., Roseburg, OR**

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

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

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

### **Peace at Home**

**541-673-7867**

**800-464-6543 (24-hour 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](http://www.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 environment that inspires and provides resources for pregnant women, mothers, and babies 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, supervised home environment, nutritious meals, training in 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 have completed the residency program. Services for women 18 years and older who are pregnant or have one child aged 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; a dayroom is open all day for guests staying at the shelter; meals, showers, laundry, and clothing are provided. Women must be at least 18 years old; boys up to age 14 are allowed; and children must be accompanied by a legal guardian or mother.

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

## **Gary Leif Navigation Center (UCAN)**

**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.

Overnight shelter consists of 10 pallet shelters, each accommodating 2 people.

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

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

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

## **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 serious mental illnesses. UCAN owns and operates 92 affordable housing units 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/>

## Transitional Housing

### *Orchard Knoll Apartments*

**541-464-2690**

Orchard Knoll is drug and alcohol-free transitional housing that gives waiting list preference to Veterans.

[www.hadcor.org](http://www.hadcor.org)

### *Oxford House*

**503-313-8365**

Oxford Houses are self-run, self-supported homes for individuals in recovery from a substance use disorder. Sober housing for women, men, and women with children.

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

# 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 Public Transportation District](#)

**541-440-6500**

**Dispatch: 888-232-8121**

UPTD is the public transportation system serving Douglas County. Umpqua Public Transportation District's fixed routes provide reliable service throughout the city of Roseburg and connect neighboring communities. It operates the following services: the Utrans Fixed Route bus system, which provides hourly fixed-route bus service Monday – Friday. UPTD also offers Umpqua Rides, a shared-ride service built to ensure mobility for everyone. That includes:

- **ParaTransit**, designed for riders with disabilities who cannot use standard UTrans buses. Available within  $\frac{3}{4}$  of an air mile of our Roseburg routes, with guaranteed rides when booked 24 hours in advance.
- **Dial-A-Ride**, providing flexible options for those outside the ParaTransit zone to connect riders to their destinations or to our fixed-route network.

[Homepage Umpqua Public Transportation District](#)

# 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>

## **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 counties. 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:

- Health Related Social Needs Program (HRSN)
- Home Buyer and Financial Education Programs, including down payment assistance
- Rental Housing and Programs, rentals for low-income, Veterans only, and disabled only
- Dream Savers, Matched Savings Programs
- Foreclosure Intervention Counseling
- Home Energy Savings
- Home Repair Assistance Programs
- Heartwood ReSources

<https://www.nwumpqua.org>

## **Orchard Knoll Apartments**

**541-464-2690**

Orchard Knoll is a drug and alcohol-free transitional housing that gives waiting list preference to Veterans.

[www.hadcor.org](http://www.hadcor.org)

## **Source One Serenity**

**541-580-5655**

**Email: [elena@sourceoneserenity.org](mailto: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.

<https://sourceoneserenity.org/>

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

## **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 serious mental illnesses. UCAN owns and operates 92 affordable housing units in Douglas County. Developments throughout the County include Drain, Sutherlin, Roseburg, Green, Winston, and Canyonville.

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

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

## **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 or Text 838255**

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

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

## **Veterans of Foreign Wars (VFW)**

**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>

# Crisis & Legal Assistance

## Crisis Lines & Hotlines

### **211 INFO**

211 info is a private, community-based nonprofit organization funded by state and municipal contracts, foundations, donations, and community partners in Oregon and Southwest Washington. 211 info serves Clark, Cowlitz, Skamania, and Wahkiakum counties in Washington and the entire State of Oregon. Hours of operation are M-F 8 am – 6 pm.

<http://211info.org/>

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

### **911 Emergency Dispatch**

911 is an emergency number for any police, fire, or medical. 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](http://www.suicide.org/hotlines/oregon-suicide-hotlines.html)

### **Oregon HIV & STD Hotline**

**800-777-2437 National Suicide Prevention**

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.

## **[Oregon Poison Center](#)**

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

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

<https://www.ohsu.edu/oregon-poison-center>

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

## **[Peace at Home](#)**

**541-673-7867**

**800-464-6543 (24-hour 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](http://www.peaceathome.com)

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

## **[Zonta Club of Roseburg](#)**

Zonta International is a leading global organization of professionals empowering women worldwide through service & advocacy.

Zonta International envisions a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential.

In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men and no woman lives in fear of violence.

<https://zontaroseburg.org/resources/>

<https://zontaroseburg.org/contact/>

## **Legal Assistance**

## **[Center For Dialogue and Resolution](#)**

**541-344-5366**

**1400 Cross St., Eugene, OR**

CDR's mission to provide resolution services that: address disputes, crimes and community conflicts through mediation and group facilitation, using the best communication skills and dialogue models available; and to provide education services that build communication and resolution resources in the community through training, workshops, and presentations

<https://lanecdr.com/>

## **[Court Appointed Special Advocates of Douglas County \(CASA\)](#)**

**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 representing the child's best interests.

[www.casaofdouglascounty.org](http://www.casaofdouglascounty.org)

## **[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>

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

**541-957-5646**

**1939 N.E. Diamond Lake Blvd., Roseburg, OR**

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

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

## **[Family Law Resource Center](#)**

**541-957-2470**

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

There are court-approved family law firms that handle 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/>

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

**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 types of cases and provides information and forms on a wide range of legal topics.

<https://lasoregon.org/>

## **[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/>

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

## **[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. The Department of Consumer and Business Services in Oregon is a resource for Oregonians in areas of 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 individuals and seniors in Oregon. Information on a variety of legal issues, as well as how to contact programs providing legal assistance in Oregon, is available.

<http://oregonlawhelp.org/>

# Education

## **Douglas Public Health Network (DPHN)**

**541-440-3571**

**621 W. Madrone, Roseburg, OR**

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

<https://douglaspublichealthnetwork.org/>

## **Elkton Community Education Center (ECEC)**

**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 awareness and skills in education, culture, the environment, and social endeavor, in an atmosphere of multigenerational interaction and encouragement, benefiting the entire community.

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

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

## **Oregon State University Extension Services**

**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 provide English-as-a-second-language tutoring. GED and ESL classes have very low tuition rates and are open to adults 16 and older.

[www.umpqua.edu/](http://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/](http://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 federally funded, residential job-training program that serves economically disadvantaged students ages 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 1<sup>st</sup> 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 1<sup>st</sup> 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, 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.

[Home - Douglas Education Service District](#)

### **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 with 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 in accessing and achieving 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>

## **[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 equips young children with the 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 partners working together to promote stable, 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

**[Home - South Central Early Learning Hub](#)**

**<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.

**[Youth Diabetes – Mercy Foundation](#)**

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

## **[Food As Medicine Oregon](#)**

**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, plant-based nutrition. With 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](http://www.ucveg.org)**

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

## **[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 bringing people together to improve the well-being of those living in the Umpqua Valley since 2017. Drawing on longevity principles from the Blue Zones, home to the world's longest-living populations, small changes are yielding huge benefits: lower 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/>

## **Women, Infants & Children Nutrition Program (WIC)**

**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.ucancap.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>

## **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 receive developmental and health screenings and regular, nutritious meals. Parents also receive services from home visitors and have opportunities to learn how best to support the children.

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

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

## **Family Connects**

**541-440-3622**

Caring for a newborn can be amazing and overwhelming all at the same time. A Family Connects Oregon nurse can support new parents in those first few weeks. From answering questions about feeding and sleep to supporting older siblings or helping find local resources, Family Connects Oregon is here to help.

[www.ucancap.org/nurse-home-visiting/](http://www.ucancap.org/nurse-home-visiting/)

## **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, from prenatal age through 5. FDC provides early childhood educational experiences in a therapeutic classroom to help children succeed in kindergarten, enter kindergarten ready to learn, and develop the 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. 14<sup>th</sup> 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 provide 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 can 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, voluntary, home-based parent support program. Parents are screened to determine program eligibility before or immediately after birth. Eligibility and acceptance of services must occur before the child turns 3 months old. 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 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/>

## **Employment Related Day Care (EDRC)**

**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 a copay for part of the childcare cost. 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/>

## **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. 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**

- [\*Sutherlin Preschool Promise\*](#)

**541-459-2228**

**323 E. 3<sup>rd</sup> Ave., Sutherlin, OR**

- [\*UCAN Head Start\*](#)

**3131 NE Diamond Lake Blvd., Roseburg, 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
- *Days Creek Charter School*  
971-208-8032  
11381 Tiller Trail Hwy., Days Creek, OR
- *Yimisa' Preschool Promise*  
541-677-5575  
825 N.E. Leon St., Myrtle Creek, OR
- *Yoncalla Preschool Promise*  
541-525-5096  
401 1<sup>st</sup> St., Yoncalla, OR  
<https://douglasesd.k12.or.us/preschool-promise/>

### **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 and include on-site childcare and complimentary refreshments. Advance registration for parenting classes and childcare is required.

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

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

### **Umpqua Doula Collective**

A doula is a trained birth companion and coach assisting before, during, and after birth, providing information about the birth process and available options. Doulas serve as advocates between the client and medical staff. Continuous physical and emotional support is provided. Doulas also provide assistance with practical relaxation techniques, breathing exercises, positions, massage, and comfort measures. The goal of the doula is to support a more positive birth experience. The cost is covered by OHP and many insurance companies.

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

## **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 1<sup>st</sup> through 12<sup>th</sup> grade. Programming includes Education Success, Character & Citizenship, Healthy Lifestyles, Summer Programs, Sports, Fitness & Recreation, and Teen Programs.

[www.bgcuv.org](http://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, Healthy 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 3<sup>rd</sup> 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 1<sup>st</sup> 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](mailto: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/>

# 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/>

## **[Connections NW](#)**

**971-281-0200**

Connections NW provides Attendant care for developmentally & intellectually disabled customers and

families. Connections NW provides customers and families with DSPs (Direct Support Professionals) and carefully designed support services. DSPs will equip each customer with the skills and support to thrive at home and in the community. The goal is to create independence, not dependence, with the support provided.

<https://connections-nw.org/>

<https://www.facebook.com/connectionsnorthwest/#>

## **[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 work 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 in creating an email address, online search success and safety tips, submitting online job applications, etc.
- Assistance in 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

<https://www.sogoodwill.org/job-connections/>

## **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](http://www.indeed.com)

## **Oregon Vocational Rehabilitation Services (VR)**

**541-440-3371**

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

Vocational Rehabilitation (VR) helps individuals with disabilities get and keep jobs matching the job seekers' 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>

## **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 for young people to apply academic experiences in workplace settings. Recruit Hippo provides resources & support for employers, students, and educators throughout the entire process. Many great resources can help create a great resume, nail the interview with terrific guidelines and tips, and finally provide advice for landing the next great internship opportunity. Along with this information, the client can always work with the local Recruit Hippo Talent Advisor to explore career paths.

<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 operation, landscaping, manufacturing, millwork, packaging, production, warehouse, and welding.

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

## **Umpqua Valley Disabilities Network (UVDN)**

**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. Some services offered:

- Information & Referral
- Support Groups
- Project Literacy- reading, writing, math, GED prep & more
- Independent Living Skills
- Individual & Systems Advocacy
- Peer Mentoring
- Employment Services
- Social Security

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

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

## **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>

# Community-Based Referral Platforms

## 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/>

## 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.

[Community Uplift - South Central Early Learning Hub](#)

<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>

## Other Services

### **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>

### **Douglas ESD Print Services**

**541-440-4772**

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

Email : [printshop@douglasesd.k12.or.us](mailto:printshop@douglasesd.k12.or.us)

The Douglas ESD Print Shop offers services to school districts and to 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 its printing services, Print Shop can offer graphic arts services to support design and layout.

[Print Services - Douglas Education Service District Start Page](#)

### **Douglas Public Health Network (DPHN)**

**541-440-3571**

**621 W. Madrone, Roseburg, OR**

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

<https://douglaspublichealthnetwork.org/>

### **Family Connects**

**541-440-3622**

Caring for a newborn can be amazing and overwhelming all at the same time. A Family Connects Oregon nurse can support new parents in those first few weeks. From answering questions about feeding and sleep to supporting older siblings or helping find local resources, Family Connects Oregon is here to help.

[www.ucancap.org/nurse-home-visiting/](http://www.ucancap.org/nurse-home-visiting/)

## **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/>

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Please send questions or updates to:

[EHubinfo@douglasesd.k12.or.us](mailto:EHubinfo@douglasesd.k12.or.us)

Or call 541-957-4809



a program of

