

Self-Help Guide to Agencies and Services in Crook, Deschutes and Jefferson Counties

*Versions are printed every two years.
For the latest information, call 211 or check 211.com, or visit neighborimpact.org/providers.





Neighbor Impact

REDMOND

2303 SW First Street Redmond OR 97756 (541) 548-2380

BEND

20310 Empire Avenue #A100 Bend, OR 97703 (541) 318-7506

You can also visit us at our regional service centers located in La Pine, Madras and Prineville. Call (541) 548-2380 for office locations.

Visit us at neighborimpact.org or facebook.com/neighborimpact

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 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- 2. FAX: (202) 690-7442; or
- 3. EMAIL: program.intake@usda.gov

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^{**}Agency programs and services can change frequently. We recommend that you call agencies to confirm that the information is up to date.



^{*}This publication is for informational purposes only. The information in this book does not constitute a recommendation by Neighborimpact.



♦ BOYS AND GIRLS CLUB OF BENDbgcbend.org • 541-617-2877

english

Provides a safe place for kids to engage in a variety of activities.

Services:

- → Indoor/Outdoor activities
- → Computer lab and educational center
- → Teen center

Eligibility: Youth Ages 6-18, Age 5 during school year

Service Area: Deschutes County
Location: 500 NW Wall Street, Bend

*Additional locations available. See website for details.

CASCADE YOUTH AND FAMILY CENTER

english

cascadeyouthandfamilycenter.org • 541-318-3436 • 800-660-0934 (hotline)

Provides shelter and services for kids and families in crisis.

Services:

- → Crisis intervention and support
- → Emergency and transitional shelter
- → Information and referral

Eligibility: Homeless or at-risk youth ages 11-20 in need of assistance.

Service Area: Deschutes (Hotline serves Crook, Deschutes and Jefferson Counties)

Bend Locations: 2125 NE Daggett Lane (Office), 19 SW Century Drive (Shelter)

O DESCHUTES PUBLIC LIBRARY

deschuteslibrary.org • 541-617-7050



Public library.

Services:

- → Preschool storytimes and programming
- → Homework help
- → Computer access and support

Eligibility: Deschutes County residents or transitional card for those without a permanent residence.

Service Area: Deschutes

Locations: 601 NW Wall Street, Bend

*Additional locations available. See website for details.

♦ EARLY INTERVENTION AND EARLY CHILDHOOD SPECIAL EDUCATION

english spanish

hdesd.org/services/EI-ECSE • 541-389-5437

Provides special education services to qualified children from birth to age 5.

Services:

- → Parent, infant and toddler groups
- → Speech/Language services

Eligibility: Call for eligibility
Service Area: Central Oregon

Location: Alyce Hatch Center - 1406 NW Juniper Street, Bend

O FAMILY ACCESS NETWORK

familyaccessnetwork.org • 541-617-7050



Offers assistance, possiblity, and hope to Central Oregon famlies in need by connecting them with crucial resources that will help children flourish in school and in life.

Services:

→ Referral to food, shelter, clothing and health resources

Eligibility: Early childhood and school age children

Service Area: Crook and Deschutes counties

Locations: 2125 NE Daggett Lane, Bend *Additional locations available. See website for details.

♦ FAMILY RESOURCE CENTER OF CENTRAL OREGON



frconline.org = 541-389-5468

Offers parenting education classes.

Services:

→ Parenting education classes birth to age 18

Service Area: Central Oregon

Location: 1130 NW Harriman Street, Suite B, Bend





♦ KIDS INTERVENTION AND DIAGNOSTIC SERVICE CENTER



kidscenter.org • 541-383-5958

To Report Suspicions of Child Abuse: 541-548-9499 OR 911

Child abuse intervention center for prevention, evaluation and treatment of child abuse.

Services:

Therapy for children and their families

→ Child friendly interviews and medical exams

Eligibility: Children 0-18 years old and their families

Service Area: Central Oregon

Location: 1375 NW Kingston Avenue, Bend

OLATINO COMMUNITY ASSOCIATION





Provides workforce education and training, health and family empowerment services, and cultural enrichment activities.

Services:

- → Legal, health, and employment services
- → English classes and tutoring
- → Health insurance enrollment

Eligibility: Children 0-18 years old and their families

Service Area: Central Oregon

Location: 1130 NW Harriman Street, Bend

O MOUNTAINSTAR FAMILY RELIEF NURSERY

mtstar.org • 541-322-6820



Supports families with children ages 6 weeks to 5 years who are experiencing high stress.

Services:

- → Therapeutic early childhood programs
- → Infant classes, parent support and education
- → Food bank and clothing closet

Service Area: Central Oregon

Locations: 2125 NE Daggett Lane, Bend *Additional locations available. See website for details.

NEIGHBORIMPACT CHILD CARE RESOURCES

english spanish

neighborimpact.org/services/child-care-resources 541-323-6518 • 541-323-6505 (Spanish) • 211 (For Parents)

Promotes and recruits quality, affordable child care.

Services:

- Child care provider training and consultation
- → Technical assistance in starting up a child care business
- → Employer consultation on employer-sponsored child care, current workforce trends, and tax credits

Service Area: Central Oregon

Location: 404 SW 7th Street, Redmond

SISTERS PARKS AND RECREATION DISTRICT Lenglish



sistersrecreation.com • 541-323-6518 • 541-323-6518 (Spanish)

Recreation district.

Services:

- → Sports and fitness programs for children and adults
- → Preschool and tutoring programs
- → Arts programs

Service Area: Central Oregon Location: 404 SW 7th St., Sisters

O DEPARTMENT OF HUMAN SERVICES SELF SUFFICIENCY PROGRAM



oregon.gov/DHS • 541-388-6010

Help low income families become self-supporting while assisting them in meeting their basic needs.

Services:

- → Food stamps/SNAP benefits
- → Temporary Assistance to Needy Families (TANF)
- → Work assistance and domestic violence support

Service Area: Central Oregon

Locations: 1300 NW Wall Street, Suite 101, Bend *Additional locations available. See website for details.





CENTRAL OREGON COMMUNITY COLLEGE

cocc.edu • 541-383-7700



Community college.

Services:

- → GED
- → Basic adult skills
- → Accredited classes and Tutoring

Service Area: Central Oregon

Locations: 2600 College Way, Bend

*Additional locations available. See website for details.

CHILDREN'S LEARNING CENTER

madrastclc.org • 541-475-3628



Offers early education programs for children.

Service:

- → Child Care for children ages 6 weeks to 5 years
- → Head Start program, preschool

Service Area: Madras, Culver, Metolious

Location: 650 NE A Street, Madras

MID COLUMBIA HEAD START

mcccheadstart.org • 541-475-4870



Preschool child development program.

Services:

- → Preschool child development programs for children 0-5 years
- → Social, emotional, educational, health, and nutritional support
- → Community resources and family home visits

Service Area: Jefferson County

Location: Call for details

O MIGRANT HEAD START

ocdc.net • 541-475-6232



Preschool child development program.

Services:

- → Preschool child development programs for children 0-5 years
- → Social, emotional, educational, health, and nutritional support
- → Community resources and family home visits

Service Area: Jefferson and Culver counties

Location: 659 NE A Street, Madras (Oregon Child Development Coalition)

NEIGHBORIMPACT HEAD START

neighborimpact.org/services/head-start • 541-323-6257



Preschool and family support program for 3-4 year olds at no cost to qualifying families.

Services:

- → Free preschool education four days per week
- → Family support and health services
- → Services for children of all abilities

Service Area: Crook and Deschutes counties

Locations: 2303 SW First Street, Redmond *Additional locations available. See website for details.

OREGON STATE UNIVERSITY CASCADE CAMPUS

osucascades.edu • 541-322-3100



A campus of Oregon State University.

Services:

- → 16 accredited undergraduate degree programs
- → 4 Graduate degree programs

Location: 1500 SW Chandler Avenue, Bend





A GIFT THAT KEPT ON GIVING

Eunice Grant lives off the grid in the Three River's Community west of Culver. She approached NeighborImpact for help after her husband died when she needed help making her mortgage payments.

Thanks to a partnership between NeighborImpact and Oregon's Homeownership Stabilization Initiative, Eunice was able to stabilize her monthly mortgage payment through a Mortgage Payment Assistance program. But NeighborImpact staff quickly realized that wasn't the only way they could help.

Eunice had recently lost her husband, her solar system and generator were failing, and there were years of deferred maintenance on her house as time and money had been drained away by the urgency of caring for her husband during his illness.

A NeighborImpact Home Preservation Loan began turning things around. A new solar system gave Eunice reliable power for the first time in years. A dangerously unstable deck was repaired and stained; a load of gravel leveled out the areas beneath and around the deck, improving accessibility; and other work was underway. Best of all, Eunice was offered loan terms that deferred principal and interest repayment until she sells or transfers the property.

Eunice thought her troubles were over, so when the Graham Fire roared through her neighborhood in July, burning much of her property, she was devastated. It could have been worse, however. The fresh gravel and the fresh deck she received from NeighborImpact created a break between the fire and her house, she explained. "The sparks would have surely set the dry and rotten deck on fire," she said. Her losses were limited to heat and smoke damage, but the house was saved. Eunice is grateful. "NeighborImpact and God were there when I needed them."



GIVING KIDS THE **HEAD START THEY DESERVE**

NeighborImpact's Head Start program provides children 0-5 with high quality preschool. This past year, the program expanded a third classroom to full-day as part of a move to shift the entire program from a half-day to a full-day model. Head Start full-day preschool students are more likely to score at or above the national average in literacy, math and language development as compared to part-day students. Full-day students also have higher attendance rates than part-day students, and get to eat three full meals instead of two.

With funding provided by the Oregon Department of Education/Early Learning Division, NeighborImpact added a full-day classroom in Redmond. Children now attend six and a half hours. Previously they attended four.

"Full-day Head Start is something Central Oregon communities have been asking for a number of years," said Kim Brown, NeighborImpact Head Start Director. "Not only are students able to spend more quality time learning, but their parents are provided with time during the day to work on their GED, take classes or look for full-time work. The longer day also creates more opportunities for parents to volunteer in the classroom and fulfill their important role as a child's most important educator."

Currently, Head Start has full day classes in Prineville and Redmond. Plans call for expansion to Bend and LaPine in the year ahead. NeighborImpact's efforts to expand its full-day program are part of a larger regional effort to expand the quality and quantity of preschool education in Central Oregon. Partners such as the High Desert Education Services District and Redmond School District have cooperated closely with NeighborImpact to help extend learning options for the region's most vulnerable children.





OREGON STATE UNIVERSITY EXTENSION SERVICES

english

extension.osucascades.edu • 541-548-6088

An off-campus arm of Oregon State University intended to help Oregonians apply scientific knowledge on the job and at home.

Services:

- → 4-H: year round and monthly
- → Learn-at-home programs
- → Garden advice and nutritional trainings

Service Area: Central Oregon

Locations: 3893 SW Airport Way, Redmond *Additional locations available. See website for details.

O TOGETHER FOR CHILDREN



together-for-children.org • 541-420-8110

Educational program designed to provide practical help for families of young children.

Services:

- → Parenting groups
- → Parenting resources and referrals

Eligibility: Families of children ages 0-3 years

Service Area: Sisters

Location: 160 S. Oak Street #139, Sisters

O AMERICAN RED CROSS

redcross.org • 541-382-2142

english

Disaster preparedness and health and safety classes.

Service:

- → Blood services
- → Disaster relief
- → CPR and First Aid classes

Service Area: Central Oregon

Location: 815 SW Bond Street, Suite 110, Bend

HOUSE OF HOPE MINISTRIES

houseofhope-bend.org • 541-390-1594



Basic needs assistance including housing, food, showers, and laundry.

Service:

- → Housing
- → Food
- → Laundry and showers

Service Area: Oregon

Location: P.O. Box 5609, Bend

NEIGHBORIMPACT ENERGY ASSISTANCE



neighborimpact.org/services/heat/home-energy-assistance/ 541-318-7506

Provides year-round energy assistance to qualified families.

Services:

- → Utility assistance
- → Furnace repair or replacement

Eligibility: Income qualified households. See website.

Service Area: Central Oregon

Locations: 20310 Empire Avenue, Suite A100, Bend

*Additional locations available. See website for details.





REDMOND UTILITY ASSISTANCE PROGRAM

redmond.gov/Government/FinancesandBudget/UtilityBilling 541-923-7765



Provides reduced utility payments on water, garbage, and sewer bills to eligible residents of Redmond.

Services:

- → Reduced payments for residents that meet income criteria
- → Programs for seniors facing hardship

Service Area: City of Redmond

Location: 716 SW Evergreen Avenue, Redmond

ST. VINCENT DE PAUL

stvincentdepaulbend.org • 541-389-6643



Provides emergency assistance to low income individuals and families.

Services:

- → Rent assistance (Redmond and Prineville only)
- → Utility assistance
- → Food pantry, clothing, and referral services

Service Area: Crook and Deschutes counties

Locations: 950 SE 3rd Street, Bend

*Additional locations available. See website for details.

WARM SPRINGS TRIBAL SOCIAL SERVICES

warmsprings-nsn.gov • 541-553-3415



Supports tribal members who are low income or have no income.

Services:

- → Social Security services help
- → Energy assistance
- → Referrals

Eligibility: Must meet income eligibility. Any federally recognized Native American.

Service Area: Warm Springs Reservation

Location: 4217 Holliday Street, Warm Springs

CENTRAL OREGON INTERGOVERNMENTAL COUNCIL

english spanish

coic2.org • 541-548-8163

Helps job seekers of all ages and experience with a variety of job-seeking services and training programs.

Services:

- → Pre-employment training
- → Alternative high school education
- → Career services and training

Eligibility: Call for eligibility
Service Area: Central Oregon

Locations: 1645 NE Forbes Road, Suite 101, Bend *Additional locations available. See website for details.

O JOB CORPS

recruiting.jobcorps.gov • 800-733-5627

english

Free academic, vocational, and social skills training in a residential environment for young adults ages 16-24 with limited job skills.

Services:

- → High school diploma and GED support
- → Job placement
- → Job training for trades such as landscape gardening, carpentry, culinary arts, and drafting

Eligibility: Must meet federal income guidelines, age requirement, and have a commitment to completing the program.

Service Area: Nationwide





OREGON EMPLOYMENT DEPARTMENT

oregon.gov • 541-388-6070



Coordinates employment information and unemployment insurance.

Services:

- → Job opening listings
- → Unemployment insurance and veterans' services
- → Job placement and counseling

Eligibility: Call for eligibility
Service Area: Central Oregon

Locations: 1645 NE Forbes Road, Bend *Additional locations available. See website for details.

WARM SPRINGS VOCATIONAL REHABILITATION PROGRAM

english

warmsprings-nsn.gov/program/vocational-rehabilitation • 541-553-3415

Assists Native Americans with disabilities to obtain, maintain, or become promoted in employment.

Services:

- → Vocation counseling and guidance
- → Transportation to training or job sites
- → Resume building and job training

Eligibility: Call for additional eligibility. Must be disabled and enrolled in a federally recognized Native American tribe.

Service Area: Warm Springs Reservation and area within 65-mile radius of reservation boundaries.

Locations: Call for location information

O NEIGHBORIMPACT FOOD BANK PROGRAM

neighborimpact.org/services/food • 541-548-2380



Distributes food to area food pantries, meal sites, and other supplemental food locations. NeighborImpact does not distribute food directly to clients.

Services:

- → Delivers food to various outreach social service agencies, food banks, and kitchens
- → Food information and referral services
- → Coordinates local food drives

Service Area: Central Oregon

Locations: 2303 SW First Street, Redmond

O FOOD MEAL SITES

Call for specific days and times

→ BEND

Family Kitchen Trinity Episcopal Church

231 NW Idaho Avenue 541-382-5542

Shepherd's House

1854 NE Division Street 541-388-2096

The Back Door at Bend Methodist Church

680 N.W Bond Street 541-382-1672

Sunday Community Buffet

515 N.E. Dekalb 541-382-5542

→ REDMOND

Jericho Table at Church of God Seventh Day 205 NW 4th Street 541-548-3367

→ LA PINE

La Pine Community Kitchen

16480 Finley Butte Road 541-536-1312

→ MADRAS

United Methodist Church

49 NE 12th Street 541-475-2150

→ PRINEVILLE

Prineville Soroptomist Senior Center

180 NE Belknap St 541-447-6844





FOOD PANTRIES

Call for specific days and times

→ BEND

St. Vincent De Paul 950 SE 3rd Street 541-389-6643

Water Church 21300 Bear Creek Road 541-706-0121

The Salvation Army 515 NE Dekalb Street 541-389-8888

The Giving Plate 1245 SE 3rd Street Suite C7 541-797-6883

Nativity Lutheran 60850 Brosterhouse Road 541-388-0765

→ LA PINE

St. Vincent De Paul 51484 Morson Road 541-536-6135

La Pine Community Pantry 16480 Finlay Butte Ro

16480 Finlay Butte Road 541-536-1312

→ MADRAS

Jefferson County Food Bank Seventh Day Adventist Center

556 SE Seventh Street 541-475-3344

United Methodist Church 49 NE 12th Street 541-475-2150

→ PRINEVILLE

First Baptist Church 460 SE Fairview 541-447-5238 (503) 516-5562

→ REDMOND

St. Vincent De Paul 1612 Veterans Way 541-923-5264

Seventh Day Adventist Center945 SW Glacier Avenue 541-923-0301

Redmond Community Church 237 NW 9th Street 541-923-3023

→ SISTERS

Sister's Kiwanis 328 West Main Street

Westside Church Bread of Life Food Distribution 442 Trinity Way 541-549-4184

SUNRIVER

Holy Trinity Care and Share 18160 Cottonwood Road PMB 763 541-593-5990

→ TERREBONNE

Smith Rock Community Church 8344 11th Street 541-548-1315

→ WARM SPRINGS

Warm Springs Presbyterian Church 1141 Warm Springs Street 541-553-1237

O BROWN BAG PROGRAMS

(FRESH PRODUCE AND PERISHABLE FOODS)
Call for specific days and times

→ BEND

Eagle Mountain Church

2221 NE 3rd St (Lower Level) 541-312-9345

Westside Church

2051 Shevlin Park Road 541-382-6235

→ LA PINE

Little Deschutes Grange

51518 Morson Street

The Produce Stand at La Pine Community Kitchen

16480 Finlay Butte Road 541-536-1312

→ MADRAS

United Methodist Church

49 NE 12th Street 541-475-2150

→ METOLIUS

Metolius Friends Community Church

575 Hood Avenue 541-546-4974

→ PRINEVILLE

Eastside Church

3174 N.E. 3rd Street 541-447-3791

→ REDMOND

Redmond Assembly of God

18650 West Antler 541-548-4555

→SISTERS

Westside Church

Bread of Life Food Distribution

442 Trinity way 541-549-4184

SUNRIVER

The Door

56885 Enterprise Drive 541-550-3088

→ TERREBONNE AND CROOKED RIVER RANCH

Terrebonne Grange

8286 11th Street Intersection of 11th and Smith Rock Way 541-548-4269

Old Fire Station

at Crooked River Ranch

6971 SW Shad Road Intersection of Shad and Hill Streets 541-504-8236





HOME **SWEET HOME**

As a senior on disability, Joyce struggled to make due on a low fixed income. The utility bills for her home were more than she could afford, causing a lot of discomfort during cold winter nights and hot summer days. Then she heard about NeighborImpact's weatherization program.

After applying to the program, Joyce attended an energy education workshop hosted by NeighborImpact. There she learned valuable tips on how to increase the efficiency of her home's energy system and save on her utility bills.

Joyce took home an energy conservation kit, which included LED lightbulbs, outlet sealers, a low-flow showerhead and a kitchen aerator, allowing her to implement the energy-saving tips free of cost.

This was just the beginning of Joyce's journey with NeighborImpact to a more comfortable home. Weatherization professionals visited Joyce's home to complete an energy audit that would help determine what measures could be taken to save her the most energy and money.

They discovered that Joyce's floor and attic needed more insulation, her refrigerator and furnace needed an upgrade and ventilation issues were causing a decrease in the energy efficiency of the home.

After determining the problem areas and the most effective solutions, NeighborImpact hired several contractors to complete the upgrades, installations and repairs.

Shortly after NeighborImpact's weatherization contractor completed the work on Joyce's home, she sent a letter thanking the crew for being on time, their positive attitudes and their neat and tidy workmanship. She immediately noticed an increased comfort in her newly improved home.

"My new refrigerator has saved me \$30 a month," Joyce said. "It's a miracle. It's a blessing. I mean, it's exciting!"

Now Joyce enjoys a new level of comfort and affordability in her own home and will be able to do so for many years to come.



NEIGHBORIMPACT: MAKING COLLEGE DREAMS COME TRUE

In 2018, NeighborImpact partnered with the Early Learning Hub of Central Oregon and Central Oregon Community College Partners in Practice to provide college education in early childhood education for underserved communities. Funders to support this work also included the Juan Young Trust and First Interstate Bank.

The Partners in Practice program offered weekend, evening and online classes for nontraditional students working full time. By offering the classes throughout the region, transportation barriers were eased for students in rural areas. Additionally, classes were offered in Spanish.

By enabling students of varying economic and ethnic backgrounds, Partners in Practice opens doors. Students can move from being a teacher aide to being a classroom teacher. A childcare provider can obtain a rating from Oregon's Quality Rating and Improvement System. By covering the cost of tuition and books and providing loaner laptops and even IT support, the program removes barriers.

Additionally, the program helps increase the number of high-quality early educators and programs providing services to children in Central Oregon and supports development of the region's workforce.

Childcare is at a crisis in Oregon. There are only 17 slots available for every 100 children statewide. With more than 65 percent of children living in households where both parents work, lack of child care poses a serious challenge to both would-be employees and employers desperate for workers. Despite this, many childcare providers cannot expand due to inability to find qualified staff with early education credentials.

Thanks to Partners in Practice, NeighborImpact and its partner organizations are working to close that gap in Central Oregon.





ABILTREE

abilitree.org • 541-388-8103



Assist people with disabilities to help themselves toward greater personal independence.

Services:

- → Job development and placement
- → Peer counseling
- → Resume building

Eligibility: Call for eligibility. Must have a disability.

Service Area: Central Oregon

Locations: 2680 NE Twin Knolls Drive #150, Bend

ADVANTAGE SMILE FOR KIDS

english

secure.advantagesmilesforkids.org • 866-268-9616

Provide orthodontics and related dental care to low income and at-risk youth.

Services:

→ Orthodontic care/braces

Eligibility: Call for eligibility. Must be under 16 years of age.

Service Area: Central Oregon

Locations: 442 SW Umatilla Avenue, Suite 200, Redmond

♠ BEHAVIORAL HEALTH DEPARTMENTS Lengtish Lengtish Lengths | Le

Deschutes County: deschutes.org/health/page/behavioral-health • 541-322-7500 Crook County: Icsnw.org • 541-323-5330

Provides programs and information for mentally ill individuals and persons in crisis.

Services:

- → Crisis Line
- → Behavioral health and crisis counseling
- → Best Club of Jefferson County

Eligibility: Call for eligibility. Oregon Health Plan.

Service Area: Central Oregon

Locations: 2577 NE Courtney Drive, Bend *Additional locations available. See website for details.

CROOK COUNTY HEALTH DEPARTMENT

co.crook.or.us • 541-447-5165



To keep everyone in Crook County safe and healthy.

Services:

- → Screening and monitoring for at-risk children
- → Medical and legal information
- → Women, Infants, Children (WIC)

Eligibility: Call for eligibility Service Area: Crook County

Locations: 375 NW Beaver Street, Suite 100, Prineville

O DESCHUTES COUNTY ALCOHOL AND DRUG TREATMENT PROGRAM

english

deschutes.org/health • 541-322-7500

Outpatient alcohol and drug treatment and mental health counselling program.

Services:

- → Drug and alcohol abuse counselling
- → Crisis walk-in clinic

Eligibility: Call for eligibility. Primarily Oregon Health Plan.

Service Area: Deschutes County

Locations: 2577 NE Courtney Drive, Bend

O DESERT SONG HYGIENE BANK

english

541-771-6548

Provides personal hygiene items including shampoo, soap, deodorant, tooth paste, tooth brushes, laundry soap, dish soap, feminine hygiene items, toilet paper, socks, gloves, hats and paper towels.

Services:

→ Personal hygiene products

Service Area: Central Oregon

Locations: 433 SW 5th St., Redmond





HEALTH DEPARTMENTS

deschutes.org/health • 541-322-7400



Provides a variety of programs and information related to health and preventative care.

Services:

- → Support services for high risk infants, toddlers and children
- → Child health clinics and immunizations
- → Family planning, pregnancy tests, and prenatal care

Eligibility: Call for eligibility Service Area: Central Oregon

Locations: 2577 NE Courtney Drive, Bend *Additional locations available. See website for details.

HEALTHY BEGINNINGS

myhb.org • 541-383-6357



Provides health and developmental screening for children ages birth through five.

Services:

- → Screening for health, vision, hearing, nutrition, dental, behavior, speech and language developmental
- → Parent training, information and support
- → Connect uninsured families with resources

Service Area: Central Oregon

Locations: 1029 NW 14th Street, Suite 102, Bend

HEALTHY FAMILIES OF THE HIGH DESERT english spanish

hdesd.org/services/healthy-families-of-the-high-desert • 541-749-2133

Services are offered to families of newborns to age 3.

Services:

- → Promote child health and development
- → Parent education and support
- → Child development assessments

Service Area: Central Oregon

Locations: 2125 NE Daggett Lane, Bend

O HEART N' HOME

english

gohospice.com • 541-508-4036 (Bend) • 541-536-7399 (LaPine)

Provides quality hospice care for financially restricted patients and families.

Services:

→ Hospice Care

Eligibility: Call for eligibility

Service Area: Oregon and Idaho

Locations: 745 NW Mt. Washington Dr., Suite 205 *Additional locations available. See website for details.

O PARTNERS IN CARE

partnersbend.org/bend-hospice • 541-382-5882

english

Provides medical care and support to people who are terminally ill and their families.

Services:

- → Medical care for the terminally ill
- → Nursing and home health aides
- → Bereavement counseling and support groups

Eligibility: Call for eligibility
Service Area: Central Oregon

Locations: 2075 NE Wyatt Court, Bend

*Additional locations available. See website for details.

5 JUNIPER MOUNTAIN COUNSELING

junipermountaincounseling.com • 541-617-0377

english

Counseling services.

Services:

→ Mental health care

Service Area: Central Oregon

Locations: 1569 SW Nancy Way, Bend





LUTHERAN COMMUNITY SERVICES **NORTHWEST**

english

Icsnw.org • 541-323-5332

Provides counseling and support to those in need.

Services:

- → Alcohol and drug (adults only), mental health, domestic violence and problem gambling counseling
- → Lunch site for clients in mental health treatment
- → Transitional housing for clients with mental health issues

Eligibility: Call for eligibility

Service Area: Crook and Deschutes counties Locations: 365 NE Court Street, Prineville

MOSAIC MEDICAL

mosaicmedical.org • 541-383-3005



Provides primary care and mental healthcare services and flexible payment plans available.

Services:

- → Primary health care services
- → Mental health care services
- → Prenatal health care services

Eligibility: Call for eligibility. All insurance accepted, fees are income based.

Service Area: Central Oregon

Locations: 2084 NE Professional Court, Bend *Additional locations available. See website for details.

♦ PLANNED PARENTHOOD OF THE COLUMBIA-WILLAMETTE



plannedparenthood.org/health-center/oregon/bend • 541-389-9973

Provides comprehensive health care for men and women and family planning services.

Services:

- → Annual checkups and exams
- → Low cost birth control services and supplies, including emergency contraceptives
- → Pregnancy testing and testing and treatment of sexually transmitted infections

Eligibility: Call for eligibility
Service Area: Central Oregon

Locations: 2230 NE Division Street, Suite 7, Bend

PREGNANCY RESOURCE CENTER

prcco.org • 541-383-3005

english

Provides help in working through any pregnancy situation.

Services:

- → Pregnancy testing and first trimester ultrasounds
- → Information on pregnancy options
- → Pregnancy and parenting education

Service Area: Central Oregon

Locations: 369 NE Revere Avenue #103, Bend *Additional locations available. See website for details.

O RIMROCK TRAILS

rimrocktrailsats.org • 541-447-2631

english

Adolescent alcohol and drug treatment center.

Services:

- → Residential alcohol and drug treatment
- → Outpatient alcohol and drug treatment
- → Prevention, intervention and education program

Service Area: Central Oregon

Locations: 1333 NW 9th Street, Prineville
*Additional locations available. See website for details.





SCHOOL BASED HEALTH CLINICS

mosaicmedical.org • 541-323-3850



Affordable, convenient health care and health education.

Services:

- → Wellness check-ups
- → Sick child care, immunizations, and sports physicals
- → Mental health services

Eligibility: Children 0-18 years

Service Area: Deschutes County

Locations: 230 NE 6th Street, Bend (Bend Senior High School)

*Additional locations available. See website for details.

SENIORS AND PEOPLE WITH **DISABILITIES PROGRAM**



oregon.gov/dhs/seniors-disabilities/Pages/index.aspx • 541-388-6240

Helps seniors function in their own homes and communities.

Services:

- → Food Stamps (SNAP)
- → Employment services for persons with disabilities
- → Medicaid and long term care

Eligibility: For seniors age 65 and over. Also for people age 18 and over on SSI.

Service Area: Central Oregon

Locations: 130 NW Wall Street Suite 102, Bend *Additional locations available. See website for details.

O VOLUNTEERS IN MEDICINE

vim-cascades.org • 541-330-9001



The clinic provides health care to residents of Deschutes County who have no medical insurance and meet the clinic's eligibility.

Services:

- → Primary care and outpatient gynecology services
- → Mental health counseling
- → Diabetes education and specialty referrals

Eligibility: Income based. Clients must have lived in Central Oregon for three months and cannot have any kind of insurance.

Service Area: Central Oregon

Location: 2300 NE Neff Road, Bend

WOMEN, INFANT AND CHILDREN





public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/countyinfo.aspx 541-322-7400

A free health and nutrition program for pregnant women, nursing mothers, infants, and children up to the age of 5.

Services:

- → Voucher program for free healthy food
- → Growth and developmental evaluations for children
- → Breastfeeding support and health and nutritional counseling

Eligibility: Must be eligible under Oregon WIC income guidelines and have nutritional/health need.

Service Area: Central Oregon

Locations: 2577 NE Courtney Drive, Bend *Additional locations available. See website for details.





→ EMERGENCY SERVICES	
211 Info: (Emergency, Energy, Food, Health, Housing)	
Boys and Girls Aid Society Hotline	
→ FAMILY SERVICES	
Cascade Youth and Family Center Crisis Hotline	
Central Oregon Veteran's Outreach	
Crippled Children/Child Development and Rehabilitation Center_	
Famiy Resource Center with Disabilities Center	
Northwest Americans	
Oregon Disabilities Commission	
Oregon Youth Line	
Saving Grace	866-504-8992
Veteran's Service Offices	E 41 20E 2014
Bend Madras	
Prineville	541-447-5304
→ HEALTH	
Alcohol and Drug Services	541-322-7500
American Cancer Society	
Center for Disease Control	
Formally AIDS/HIV/Immunizations/Disease Outbreaks/Autism	
Child and Family Mental Health Line	541-322-7500
Mental Health Crisis/Suicide	1-800-273-8255
National Alliance on Mental Illness	800-273-8255
Oregon Health Plan	800-359-9517
Oregon Mothers Care	
Crook	
Deschutes Jefferson	
Oregon Partnership: Alcohol and Drug Helpline	
Oregon SafeNet Maternal and Child Health Hotline	
→ HEALTH SERVICES	
Birthright	
Healthy Start Prenatal	541-322-7444
Planned Parenthood	541-389-9973
Pregnancy Resource Center of Central Oregon	-
Bend Madras	
Prineville	
Sexaholics Anonymous	503-224-9840

Narcotics Anonymous	541-416-2146
Gamblers Anonymous	855-222-5542
Alcoholics Anonymous	541-548-0440
→ LEGAL SERVICES	
Community Solutions Central Oregon	541-383-0187
Consumer Credit Counseling Service of Central Oregon	800-285-4605
County Victim's Assistance	
Deschutes	
Crook	
Jefferson	541-475-4463
Court Appointed Special Advocates for Children Crook	541-447-7220
Deschutes	
Jefferson	
Department of Justice-Support Enforcement Division	541-388-6141
American Immigration Lawyers Association	202-507-7600
Legal Aid of Central Oregon	541-385-6950
Oregon State Bar: Law Referal Services	1-800-452-7636
→ SENIORS	
AARP: American Association for Retired Persons	1-888-687-2277
Aging and Disability Resource Connection	
Bend	541-388-6240
PrinevilleLaPine	
Redmond	
Madras	
Sisters	541-678-5493
Central Oregon Council on Aging	541-548-8817
Dial-a-Ride	541-385-8680
Meals on Wheels	541-678-5483
Secial Security Administration	800-772-1213
Senior Centers	
Bend	541-388-1133
LaPine	541-536-6237
RedmondSisters	
Crooked River Ranch	
Madras	
Prineville	
Warm Springs	541-553-3313
Senior Help Line	877-704-4567
Warm Springs Senior Transportation	541-553-3313





HABITAT FOR HUMANITY

bendhabitat.org • 541-385-5387

english

Works in partnership with qualified families to build their own homes.

Services:

→ New home construction for families

→ Educational services

Eligibility: Income eligibility. Must provide 500 hours of sweat equity.

Service Area: Central Oregon

Locations: 1860 NE 4th Street, Bend

*Additional locations available. See website for details.

BETHLEHEM INN

bethleheminn.org • 541-389-2820

english

Provides shelter and resources for individuals and families experiencing homelessness.

Services:

- → Nightly shelter
- → Support services
- → Case management

Eligibility: Call for eligibility. Will be drug and alcohol screened.

Service Area: Central Oregon

Locations: 3705 N Highway 97, Bend

GRANDMA'S HOUSE OF CENTRAL OREGON

grandmashouseofco.org • 541-383-3515

english

Provides safe home for homeless, pregnant, and/or young mothers 15-24 years old and babies under 18 months old.

Services:

- → Teen parent program
- → Group home
- → Referral services

Eligibility: Call for eligibility. Female residents only.

Service Area: Central Oregon Locations: PO Box 6372, Bend

O HOUSING WORKS

housing-works.org • 541-923-1018



Provides opportunity for success to low to moderate income families.

Services:

→ Section 8 Housing Choice and Veteran Affairs housing vouchers

→ Family self-sufficiency programs

→ Homeownership opportunities

Eligibility: Call for eligibility.

Service Area: Central Oregon

Locations: 405 SW 6th Street, Redmond

MADRAS GOSPEL MISSION

madrasgospelmission.org • 541-475-2064



Provides overnight emergency shelter, meals and clothing to homeless men.

Services:

→ Emergency shelter: short term and long term stay

→ Food

→ Showers and laundry services

Eligibility: Call for eligibility. Any homeless man in need of assistance.

Service Area: Central Oregon, mainly Jefferson County and Warm Springs

Locations: 164 SE D Street, Madras





NEIGHBORIMPACT FAMILY SHELTER: NANCY'S HOUSE



neighborimpact.org/services/housing/emergency-shelter - Call 211

Short term shelter for homeless households with children and women in the final month of pregnancy.

Services:

- → Short term shelter for families with children
- → Case management services
- → Housing information and referral

Eligibility: Call for eligibility. Homeless households with children. Drug and

alcohol free facility.

Service Area: Central Oregon Location: Confidential location

NEIGHBORIMPACT HOME PRESERVATION LOAN PROGRAM



neighborimpact.org/services/help-for-home-buyers--home-owners 541-316-2034

Provides low-interest loans for home preservation projects such as new roofing, exterior paint, heating systems, septic systems, and flooring.

Services:

- → Loans for necessary home improvements with affordable rates
- → Down payment assistance
- → Septic replacement loans

Service Area: Central Oregon

Locations: 2659 SW 4th Street, Redmond

NEIGHBORIMPACT HOMESOURCE PROGRAM english



neighborimpact.org/services/help-for-home-buyers--home-owners 541-323-6567

Offers classes, coaching, and programs to strengthen household finances and obtain, maintain, and sustain home ownership.

Services:

- → Home buyer education and counseling
- → Foreclosure and reverse mortgage counseling
- → Financial fitness classes and matched savings programs

Service Area: Central Oregon

Locations: 20310 Empire Avenue, Suite A100, Bend

*Additional locations available. See website for details.

NEIGHBORIMPACT HOUSING STABILIZATION PROGRAM



neighborimpact.org/services/housing/rent-assistance • Call 211

Rental assistance program for homeless and at-risk families.

Services:

- → Provides housing for homeless families
- → Help individuals receive training and support to be self-sufficient
- → Work on short and long term goals and define steps needed to reach them

Eligibility: Homeless families with children. Must have some income to pay a portion of monthly rent.

Service Area: Central Oregon Location: Call for location

♦ NEIGHBORIMPACT WEATHERIZATION PROGRAM



neighborimpact.org/services/housing/rent-assistance • 541-316-2034

Offers no cost energy efficiency and health and safety improvements to home owners and renters.

Services:

- → Home energy efficiency improvements to reduce energy usage and utility bills
- → Home health and safety improvements
- → Educational resources to improve energy efficiency

Eligibility: Income qualification based on household size. Call for eligibility.

Service Area: Central Oregon

Location: 20310 Empire Avenue, Suite A100, Bend

SAVING GRACE

saving-grace.org • 541-389-7021 hotline • 866-504-8992





Confidential and free help for all victims of domestic violence and sexual assault, stalking and human trafficking including men, women and children.

Services:

- → Safe shelter including on-site kitchen and food
- → Individual counseling and support groups
- → Support for families and victims of domestic violence

Eligibility: To stay in the shelter, you must be a recent (last 6 months) victim of violence or sexual assault.

Service Area: Central Oregon

Location: 1004 NW Milwaukee Avenue #100, Bend





THE SHEPHERD'S HOUSE

myshepherdshouse.org • 541-388-2096

english

Overnight emergency shelter, meals, clothing, showers.

Services:

- Nightly shelter and day room
- → Support groups
- → Showers, meals, and clothing

Eligibility: Male residents age 18 and over

Service Area: Deschutes County

Locations: 1854 NE Division Street, Bend

USDA RURAL DEVELOPMENT

rd.usda.gov • 541-923-4358

english

Provides housing finance loans in rural areas.

Services:

- → Housing purchase loans
- → Home repair loans and grants
- → Information on housing services

Service Area: Rural parts of Oregon

Locations: 625 SE Salmon Avenue, Suite 5, Redmond

O COMMUNITY SOLUTIONS

solutionsco.org • 541-383-0187

Specializes in communication and dispute resolutions.

Services:

- → Mediation for families, businesses, and most groups
- → Facilitation services for groups
- → Conflict resolution workshops and trainings

Eligibility: Needs based and sliding scale fees available

Service Area: Central Oregon

Locations: 1029 NW 14th Street, Suite 104, Bend

O COURT APPOINTED SPECIAL ADVOCATES FOR CHILDREN



english

casaofcentraloregon.org • 541-389-1618

Provides volunteers to advocate for abused and neglected children and to ensure children have a voice in the court system.

Services:

- → Train and support volunteers to advocate for children in court
- → Advocate for abused and neglected children

Eligibility: Children in foster care in Central Oregon

Service Area: Central Oregon

Locations: 1029 NW 14th Street, Suite 100, Bend *Additional locations available. See website for details.

CROOK COUNTY VICTIMS ASSISTANCE



co.crook.or.us • 541-447-4158

Provides assistance and ongoing support to victims of crime.

Services:

- → Advocates for victims
- → Assists with property return and restitution
- → Provides information on victims' rights

Eligibility: Any victim of crime in Crook County

Service Area: Crook County

Locations: 300 NE 3rd Street, Room 34, Prineville





DESCHUTES COUNTY VICTIMS ASSISTANCE english

deschutes.org/justice/page/victim-services • 541-388-6525

Provides assistance and ongoing support to victims of crime.

Services:

- → Advocates for victims
- → Provides support through the criminal justice process
- → Provides information about rights

Eligibility: Any victim of crime in Deschutes County

Service Area: Deschutes County

Locations: 1164 NW Bond Street, Bend

JEFFERSON COUNTY VICTIMS ASSISTANCE



doj.state.or.us/victims/Pages/assistance.aspx#k -541-475-4463 (hotline) • 541-475-2201

Assists victims of crime with informational and emotional support through the court process.

Services:

- → Personal contact and follow up support to victims
- → Assists with property return and restitution
- → Victim impact statement and/or support during sentencing

Service Area: Jefferson County Locations: 129 SW E Street, Madras

LEGAL AID SERVICES OF OREGON



lasoregon.org • 541-385-6950 • 800-678-6944

Provides legal assistance to low income people.

Services:

- → Legal assistance to low income people in Oregon
- → Family support

Service Area: Central Oregon

Locations: 20360 Empire Avenue, Suite B3, Bend

OREGON STATE BAR

osbar.org • 800-452-7636



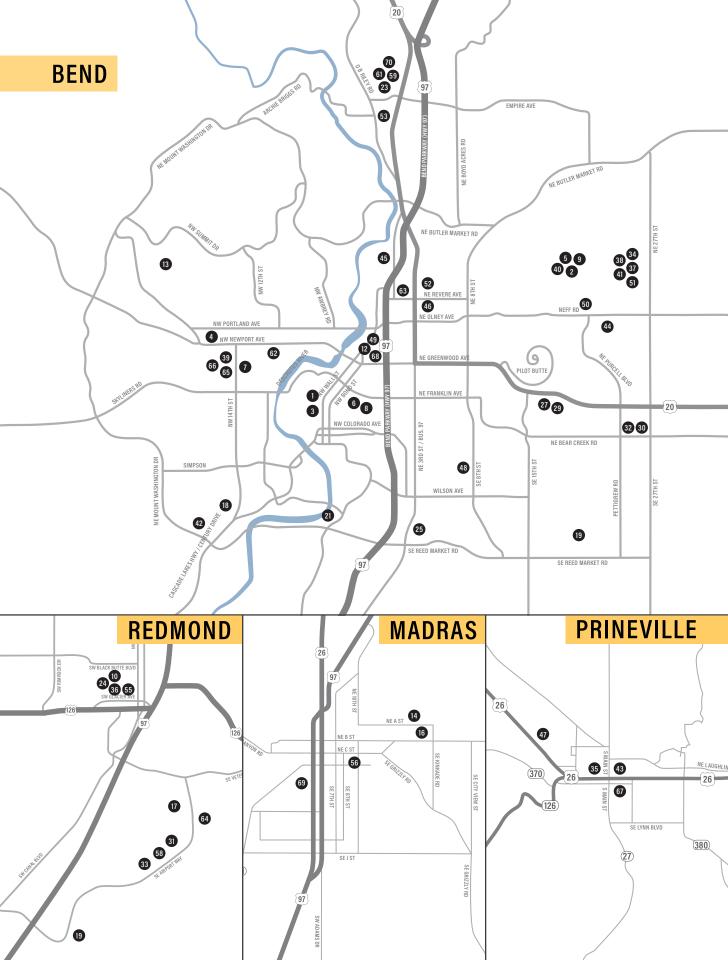
Provides referral services, matching low income residents with attorneys willing to work for reduced fees.

Services:

- → Provides legal service in the areas of landlord/tenant disputes and criminal and family law
- → Foreclosure legal services
- → Teen program Problem Solvers

Service Area: Oregon





CHILDREN & FAMILIES

- Boys and Girls Club of Bend | 541-617-2877
- 2 Cascade Youth and Family Center | 541-318-3436
- 3 Deschutes Public Library | 541-617-7050
- 4 Early Intervention and Early Childhood Special Education | 541-389-5437
- 5 Family Access Network | 541-617-7050
- 6 Family Resource Center of Central Oregon | 541-389-5468
- 7 Kids Interverntion and Diagnostic Service Center | 541-383-5958
- 8 Latino Community Association | 541-382-4366
- 9 MountainStar Family Relief Nursery | 541-322-6820
- NeighborImpact Child Care Resources | 541-323-6518
 Sisters Parks and Recreation District | 541-323-6518
- 12 Department of Human Services Self Sufficiency Program | 541-388-6010

EDUCATION

- 13 Central Oregon Community College | 541-383-7700
- 4 Children's Learning Center | 541-475-3628 Mid Columbia Head Start | 541-386-2010
- **16** Migrant Head Start | 541-475-6232
- NeighborImpact Head Start | 541-323-6543
- 18 Oregon State University Cascade Campus | 541-322-3100
- 19 Oregon State University Extension Services | 541-548-6088

 Together For Children | 541-420-8110

EMERGENCY

- 21 American Red Cross | 541-382-2142 House of Hope Ministries | 541-390-1594
- 23 NeighborImpact Energy Assistance | 541-318-7506
- 24 Redmond Utility Assistance Program | 541-923-7765
- **25** St. Vincent de Paul | 541-389-6643

Warm Springs Tribal Social Services | 541-553-3415

EMPLOYMENT

- 22 Central Oregon Intergovernmental Council | 541-548-8163
 - Job Corps | (800) 733-5627
- 29 Oregon Employment Department | 541-388-6070

Warm Springs Vocational Rehabilitation Program | 541-553-3415

FOOD

31 Neighborimpact Food Bank Program | 541-548-2380

HEALTH

- **32** Abiltree | 541-388-8103
- 33 Advantage Smile for Kids | (866) 268-9616
- 34 Behavioral Health Departments
 Deschutes County: 541-322-7500
 Crook County: 541-323-5330

- **35** Cacoon | 541-447-5165
- 36 City Care Clinic | 541-316-2582
- Oeschutes County Alcohol and Drug Treatment
 Program | 541-322-7500
- **38 Health Departments** | 541-322-7400
- **39 Healthy Beginnings** | 541-383-6357
- 40 Healthy Families of the High Dessert | 541-749-2133
- 41 Hospice Services | 541-382-5882
- 42 Juniper Mountain Counseling | 541-617-0377
- 43 Lutheran Community Services Northwest | 541-447-7441
- 44 Mosaic Medical | 541-383-3005
- 45 Planned Parenthood of the Columbia-Willamette | 541-389-9973
- 46 Pregnancy Resource Center | 541-383-3005
- 47 Rimrock Trails | 541-447-2631
- 48 School Based Health Clinics | 541-323-3850
- 49 Seniors and People With Disabilities Program | 541-388-6240
- 50 Volunteers in Medicine | 541-330-9001
- 51 Women, Infant and Children | 541-322-7400

HOUSING AND SHELTER

- **52** Habitat for Humanity | 541-385-5387
- Grandma's House of Central Oregon | 541-383-3515
- **55 Housing Works** | 541-923-1018
- 66 Madras Gospel Mission | 541-475-2064

NeighborImpact Family Shelter: Nancy's House | Call 211

- **38** NeighborImpact Home Preservation Loan Program | 541-548-2380
- NeighborImpact Homesource Program | 541-323-6567

 NeighborImpact Housing Stabilization Program | Call 211
- 61 NeighborImpact Weatherization Program | 541-316-2034
- 62 Saving Grace | 541-389-7021
- 63 The Shepherd's House | 541-388-2096
- 64 USDA Rural Development | 541-923-4358

LEGAL

- 65 Community Solutions | 541-383-0187
- 66 Court Appointed Special Advocates For Children | 541-389-1618
- 67 Crook County Victims Assistance | 541-447-4158
- 68 Deschutes County Victims Assistance | 541-388-6525
- 69 Jefferson County Victims Assistance | 541-475-4463
- 70 Legal Aid Services of Oregon | 541-385-6944

Oregon State Bar | 800-452-7636

