

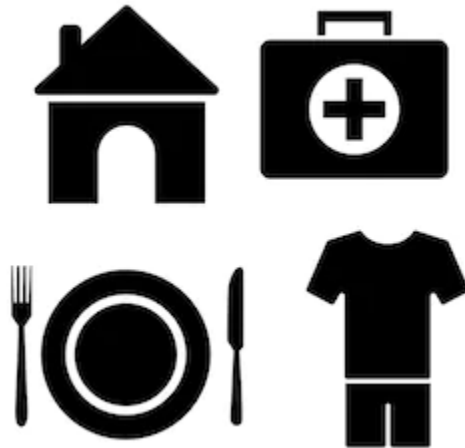


400 E. Main Street | Cottage Grove, Oregon 97424 | Phone: 541-942-1185 | [www.cottagegroveor.gov](http://www.cottagegroveor.gov)

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# 2021 South Lane County Resource Guide

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



## BASIC NEEDS

Food Pantries, Clothing, Weekly/Monthly Community Meals, Handwashing and Portable Restrooms, Housing/Shelters, Utilities, and Transportation

### Programs that assist with Basic Needs

**Community Sharing:** 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

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

**Cottage Grove Mutual Aid Hotline:** 541-649-2460

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

**Department of Human Services (DHS):** 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

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

**FOOD for Lane County Summer Food Program:**

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

**Lane County WIC:** 541-682-4202

305 Coop Court, Cottage Grove, OR 97424

Services: Supplemental Nutrition Program for Women, Infants and Children through nutrition education, breastfeeding support, and with the provision of healthy foods. Note: Due to the COVID-19 pandemic, all WIC services will be conducted via phone until further notice.

[www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx](http://www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx)

**Looking Glass, Rural: 541-767-3823**

508 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Assisting youth (ages 11-21) homeless or at risk for homelessness, and/or who have run away with basic needs and meals. Emergency shelter at Station 7 in Eugene.  
[www.lookingglass.us/ruralprogram](http://www.lookingglass.us/ruralprogram)

**McKinney-Vento Program, South Lane School District: 541-735-5702**

Contact Tessa Hart, McKinney-Vento Liaison.

E-mail: [tessa.hart@slane.k12.or.us](mailto:tessa.hart@slane.k12.or.us)

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

**Rural Organizing Project (ROP): 541-649-1169**

632 E. Main Street, Cottage Grove, OR 97424

Services: Free food and basic need items every Tuesday, 11:00 a.m.-1:00 p.m. and Thursday, 4:00 p.m.-6:00 p.m.

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

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

**Food Pantries**

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

**USDA-TEFAP COMMODITY 2020 ELIGIBILITY GUIDELINES HOUSEHOLD INCOME SIZE**

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

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

**Community Sharing:** Tel: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Food Pantry every Monday, 1:30 p.m.-6:00 p.m. and Tuesday-Friday, 11:00 a.m.-3:30 p.m. [www.communitysharing.org](http://www.communitysharing.org)

**Creswell Pantry:** 541-246-9117

364 Cobalt Lane, Creswell, OR 97426

Services: Food Pantry every Thursday, 9:30 a.m. to 12:00 p.m. [www.communityfoodforcreswell.org](http://www.communityfoodforcreswell.org)

**FOOD for Lane County:** 541-343-2822

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

[Foodforlanecounty.org](http://Foodforlanecounty.org)

**Rural Organizing Project (ROP):** 541-649-1169

632 E. Main Street, Cottage Grove, OR 97424

Services: Free food and basic need item items distribution every Tuesday, 11:00 a.m.-1:00 p.m. and Thursday, 4:00 p.m.-6:00 p.m.

**Seventh Day Adventist:** 541-514-5889

820 S. 10th Street, Cottage Grove, OR 97424

Services: Free produce every 3rd Monday, 1:00 p.m.-3:00 p.m. Call Judy to schedule a food box order a few days prior to pick up. Emergency Food Boxes available.

**Up River Food Pantry:** 541-946-1821

37895 Row River Road, Dorena, OR 97434

Services: Food boxes/groceries every 1st and 3rd Fridays of the month, 4:00 p.m.-5:30 p.m.

## Clothing

**Community Sharing:** 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Clothing closet every Monday, 1:30 p.m.-6:00 p.m. and Tuesday-Friday, 11:00 a.m.-3:30 p.m.

**Hillside Church:** 541-895-3352

635 Holbrook, Creswell, OR 97426

Services: Clothing closet every Monday, 8:00 a.m.-12:00 p.m.

**Riverside Community Church:** 541-942-7126

1255 S. River Rd., Cottage Grove, OR 97424

Services: Community clothing closet every Thursday, 4:30 p.m.-7:00 p.m.

**St. Vincent de Paul Society of Lane County:** 541-689-6747

Services: St. Vincent Social Services has vouchers for emergency clothing and household goods. Call to request home visit by Cottage Grove volunteer.

## Weekly Community Meals

### **Café 60 Senior Meals:**

Cottage Grove: 541-942-9261 or Creswell: 541-895-2338

Cottage Grove: 925 W. Main Street, Cottage Grove, OR 97424

Creswell: 350 S. 2nd Street, Creswell, OR 97426

Services: Call ahead to place order. Senior meals served "To Go" Only. Serving ages 60+ who are eligible on a donation basis. (\$3 donation for age 60 +/\$8 donation for age 59 & under). Tuesday-Thursday, 12:00 p.m., Riverview Terrace in Cottage Grove and Monday, Wednesday, Friday at 12:00 p.m. in Creswell.

**Creswell New Hope Baptist:** 541-895-4436

597 S. Front Street, Creswell, OR 97426

Services: Free meal served "To Go" every Wednesday, 5:00 p.m.-6:00 p.m. Drive thru "pick up" only.

**Looking Glass, Rural:** 541-767-3823

508 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Rural program assisting youth only (ages 11-21). Serving free meals "To Go": Breakfast at 8:30 a.m., Lunch/Dinner at 12:00 p.m. Snacks also available. [www.lookingglass.us/ruralprogram](http://www.lookingglass.us/ruralprogram)

### **Soups On:**

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

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

**Trinity Lutheran Church:** 541-942-2373

675 S. 7th Street, Cottage Grove, OR 97424

Services: Free meal served "To Go" at 5:15 p.m.-6:15 p.m. on Tuesdays and Thursdays.

## Monthly Community Meals

**American Legion:** 541-942-5991

826 W. Main Street, Cottage Grove, OR 97424

Services: Dinner served 2nd Tuesday of odd-numbered months at 5:00 p.m.

**Elks Lodge #1904:** 541-942-3554

755 N. River Road, Cottage Grove, OR 97424

Services: Bingo (6:00 p.m.) and Burgers (5:00 p.m.-7:00 p.m.) every Wednesday. Note: Due to the COVID-19 pandemic, all Friday dinners and Sunday breakfast are canceled until further notice.

**Masonic Lodge:** 541-942-2353

33322 Row River Road, Cottage Grove, OR 97424

Services: 3rd Sunday Breakfast at 8:00 a.m. to 11:00 a.m.

**Our Lady of Perpetual Help Catholic Church:** 541-942-3420

1025 N. 19th Street, Cottage Grove, OR 97424

Services: 2nd Sunday Breakfast (no Dec.) 8:00 a.m. - 12:00 p.m.

Note: Due to the COVID-19 pandemic, meals are canceled until further notice.

**Veterans of Foreign Wars (Post #3473):** 541-942-7099

3160 Hillside Drive, Cottage Grove, OR 97424

Services: Dinner every other Friday. Call to RSVP for either 4:30 p.m. or 5:30 p.m. Upon request "To Go" meals are available. Cost is \$10 per meal. Note: Due to the COVID-19 pandemic, no Sunday Breakfast until further notice.

## Handwashing and Portable Restroom

**Cottage Grove Community Center:** 541-942-1185

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: Handwashing station and portable restroom in the parking lot.

**Community Sharing:** 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Handwashing station in the parking lot.

## Housing Assistance/Shelters

**Catholic Community Services Rent Assistance:** 541-345-3628

Services: Emergency Rental and Deposit Assistance provided to those who are eligible, as funding is available. <https://www.ccslc.org/rentassistance>

**Community Alliance of Tenants:** 503-288-0130

Services: Renters' rights hotline.

**Community Sharing:** 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Housing assistance. Hours: Monday, 1:30 p.m.-6:00 p.m. and Tuesday-Friday, 11:00 a.m.-3:30 p.m. [www.communitysharing.org](http://www.communitysharing.org)

**Community Sharing Warming Center:** 541-942-2176

1200 E. Main Street, Cottage Grove, OR 97424

Services: Warming Center is activated when overnight temperature falls to 29 degrees Fahrenheit or below for six hours or more. Pets are welcome within the pet policy. [www.communitysharing.org](http://www.communitysharing.org)

**Cottage Village Coalition (CVC):** 541-525-0501

1402 E. Madison Avenue, Cottage Grove, OR 97424

Services: The first permanently affordable tiny home co-op in Cottage Grove. 14 units on 1.1 acres. Status: 9 units occupied; 4 units under construction; \$350-450/month. Target Population: 30-60% area median income. [www.squareonevillages.org/cvc](http://www.squareonevillages.org/cvc)

**DevNW (Formerly Nedco):** 541-345-7106

212 Main Street, Springfield, OR 97477

Services: Nonprofit offering a variety of services to help you on the road to financial wellbeing, including one-on-one financial counseling, educational tools, access to funds, affordable housing options, and more. [www.devnw.org](http://www.devnw.org)

**Lane County Family Shelter Referral:**

Services: Families looking for emergency shelter. An online referral form is now available for SquareOne Villages' two family Pallet Shelters microsites that will provide a stay in a pallet shelter, and for access to the First Place Family Center Night Shelter Annex.

<https://www.cognitofrms.com/LaneCounty1/FamilyShelterReferralForm>

<https://lanecounty.org/cms/one.aspx?pagelid=17381734>

**Eugene Mission:** 541-344-3251

1542 W. 1st Avenue, Eugene, OR 97440

Services: Shelter including other services: food, clothing, toiletries, and showers. [www.eugenemission.org](http://www.eugenemission.org)

**Habitat for Humanity of Central Lane:** 541-741-1707

1210 Oak Patch Road, Eugene, OR 97402

Services: Supports local needs for housing and restoration of homes for people in need. [www.habitatlane.org](http://www.habitatlane.org)

**Homes for Good:** 541-682-3755

100 W. 13th Avenue, Eugene, Oregon 97401

Services: Section 8, family self-sufficiency, resident services. Agency owned housing, energy services, and maintenance. [www.homesforgood.org](http://www.homesforgood.org)

**Lane County COVID Rent Assistance:** 541-682-3776

Services: Lane County Human Services Division has received State of Oregon Supporting Tenants Accessing Rental Relief (STARR) funding in the amount of \$4,071,554. Applications for the new funding will be open on Friday, March 19, from 7:00 a.m. to 1:00 p.m. PST. This application is for Lane County residents with household income at or below 80% Area Median Income. [www.LaneCounty.org/RENT](http://www.LaneCounty.org/RENT)

<https://www.lanecounty.org/cms/one.aspx?pagelId=16741613>

**Oregon Fair Housing Council:** 800-424-3247

Services: Enforces fair housing laws related to discrimination. [www.fhco.org](http://www.fhco.org)

**Square One Villages:** 541-525-0501

15 Polk Street, Eugene, OR 97402

Services: Nonprofit organization dedicated to creating tiny home communities for people in need of housing. [www.squareonevillages.org](http://www.squareonevillages.org)

**St. Vincent de Paul, First Place Family Center:** 541-342-7728

1995 Amazon Parkway, Eugene, OR 97405

Services: Helping families who are homeless or at risk. Overnight shelter for families with children all year. Families from Cottage Grove or Creswell are welcome. Call to register. [www.svdp.us](http://www.svdp.us)

**St. Vincent de Paul Society of Lane County:**

Services: Nonprofit human services organization in Lane County. They provide affordable housing, home repair and loans, homeless services, emergency services, employment solutions, retail thrift stores, vehicle donations, recycling, and manufacturing. [www.svdp.us](http://www.svdp.us)

**St. Vincent de Paul Society Rural Housing Rehabilitation Loan Program (RHRP):** 541-743-7128

Services: St. Vincent de Paul, Society of Lane County program. If you own or are buying your home and land, you may qualify for a low interest, deferred (no-monthly-payment) loan to help with qualifying home repairs. [www.svdp.us](http://www.svdp.us)



## Transportation

### **Cottage Grove Taxi: 541-968-7212**

Services: Taxi service Monday-Friday, 6:00 a.m. to 9:00 p.m. and Saturday, 6:00 a.m. to 9:00 p.m.

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

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

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

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

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

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

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

### **South Lane Wheels: 541-942-0456**

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Public transportation system with door-to-door service. [www.southlanetransit.com](http://www.southlanetransit.com)

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

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

[www.ltd.org/oregon-health-plan-service](http://www.ltd.org/oregon-health-plan-service)

## Utility Assistance

### Broadband

#### **Emergency Broadband Benefit Program (EBB Program):**

Services: The Emergency Broadband Benefit is an FCC program to help families and households struggling to afford internet service during the COVID-19 pandemic. <https://www.fcc.gov/broadbandbenefit> [1]

### Energy/Water Assistance

**Community Sharing:** 541-942-6492

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Utility Assistance. Call the Energy Program Coordinator to make an appointment. [www.communitysharing.org](http://www.communitysharing.org)

### Free TV Service

**South Lane Television:** 541-942-9804

210 S. 5th Street, Cottage Grove, OR 97424

Services: Nonprofit providing free over-the-air television signal for the Cottage Grove area, nearby London, and Culp Creek areas.

### Telephone Assistance

#### **Oregon Lifeline:**

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

## **EMPLOYMENT**

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

**Department of Human Services:** 541-942-9186

305 Coop Ct., Cottage Grove, OR 97424

Services: Self-sufficiency JOBS Program that provides employment assistance, training, and job placement for individuals receiving TANF. [www.oregon.gov/dhs](http://www.oregon.gov/dhs)

**Dirt Cheap Copies:** 541-946-3981

725 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Free resume printing for job seekers. [www.dirtcheapcopies.com](http://www.dirtcheapcopies.com)

**Goodwill Job Connections:** 541-431-3309

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

**Oregon Employment Dept.:** 541-686-7601

2510 Oakmont Way, Eugene, OR 97401

Services: State Unemployment Insurance. [www.employment.oregon.gov](http://www.employment.oregon.gov)

**WIOA Program, South Lane School District:** 541-556-2533

Services: Workforce Innovation Opportunities Act (ages 16-24) promotes academic, occupational skill development, and prepare youth for postsecondary training/employment.

## CRISIS SUPPORT AND MENTAL HEALTH

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

### Crisis Hotlines and Suicide Prevention

**Crisis Text Line:** Text HOME to 741741

Services: 24/7 text support.

**Looking Glass Youth Crisis Intervention:** 541-689-3111

Services: Youth crisis Intervention and support. [www.lookingglass.us](http://www.lookingglass.us)

**Friends for Survival:** 916-392-0664

Services: Support for those grieving a suicide death. <https://friendsforsurvival.org/>

**National Suicide Prevention Hotline:** 800-273-8255

Services: Hotline available 24/7. If you are experiencing suicidal thoughts, call 911 or this hotline.

**One Thing You Can Do:**

Services: Information about Risk Protection Order/Red Flag Order to temporarily suspend a person's access to firearms if they present a risk to themselves or others. [www.onethingtodo.org/#hero](http://www.onethingtodo.org/#hero)

**Sexual Assault Support Services (SASS):** 844-404-7700

Services: 24/7 crisis & support line.

**South Lane Mental Health:** 541-942-3939

1345 Birch Avenue, Cottage Grove, OR 97424

Services: SLMH provides round-the-clock emergency room response for individuals experiencing psychiatric crises. [www.slmh.org](http://www.slmh.org)

**Trans Lifeline:** 877-565-8860

Services: Peer support hotline available from 7 a.m. to 1:00 a.m.

**The American Foundation for Suicide Prevention (AFSP):** 888-333-AFSP (2377)

Services: Research, education about mental health and suicide prevention, supporting survivors of suicide loss, and those affected by suicide. [www.afsp.org](http://www.afsp.org)

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

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

**Whitebird Crisis Intervention:** 541-687-4000 or 800-422-7558

Services: 24/7 crisis support.

**Womenspace:** 541-485-6513 or 800- 281-2800

Services: 24/7 crisis support line. [www.womenspaceinc.org](http://www.womenspaceinc.org)

**Youthline:** 877-968-8491 or Text teen2teen to 839863

Services: Teen-to-teen crisis help line and texting support.

## Child/Elder Abuse and Neglect

**CAFA (Christians as Family Advocates):** 541-686-6000

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Report child abuse. [www.cafaweb.com](http://www.cafaweb.com)

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

**Family Relief Nursery: 541-942-4835**

720 N. 14th Street, Cottage Grove, OR 97424

996 A Street, Modular 3, Creswell, OR 97426

Services: Family crisis support. Note: Due to the COVID-19 pandemic, services may be limited. [www.frncg.org](http://www.frncg.org)

**Kids First:** 541-682-3938

299 E. 18th Avenue, Eugene, OR 97401

Services: Free medical exams and child interviews regarding abuse. You must be referred by DHS or law enforcement. [www.kidsfirstcenter.net](http://www.kidsfirstcenter.net)

**National Child Abuse Hotline:** 800-422-4453

Services: 24/7 hotline with crisis counselors, support, and resource referrals.

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

Services: 24/7 hotline to report suspected child/elder abuse or neglect.

**90 By 30:**

Services: Collaborative effort to reduce child abuse in Lane County. [www.90by30.com](http://www.90by30.com)

**Senior and Disability Services Adult Protection Services:** 541-682-4140 or 911

Services: To report abuse of a senior or an adult with a disability in the Lane County area. Email: [abuserreporting@lccog.org](mailto:abuserreporting@lccog.org). [www.sdslane.org](http://www.sdslane.org)

## Domestic Violence and Sexual Assault

**Break the Cycle:** Text "loveis" to 22522 to chat with a peer advocate 24/7.

Services: Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse.

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

**CAFA (Christians as Family Advocates):** 541-686-6000

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Domestic violence intervention program (OPAC). [www.cafaweb.com](http://www.cafaweb.com)

**Department of Human Services (DHS):** 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Services: Domestic and sexual violence help. [www.oregon.gov/dhs](http://www.oregon.gov/dhs)

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

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

**National Domestic Violence Hotline:** 800-799-7233

**National Sexual Violence Resource Center:** 717-909-0710

Services: Information and resource hub relating to all aspects of sexual violence. [www.nsvrc.org](http://www.nsvrc.org)

**Rape, Abuse, and Incest National Network (RAINN):** 800-656-4673 (HOPE)

Services: 24-hour sexual assault hotline. [www.rainn.org](http://www.rainn.org)

**Sexual Assault Support Services (SASS): 541-343-7277**

24-hour crisis support line: 844-404-7700

Services: providing outreach, advocacy, support to survivors of sexual violence and their partners, families, and friends. [www.sass-lane.org](http://www.sass-lane.org)

**Womenspace: 541-485-6513 or 24-hour help line: 800-281-2800**

1577 Pearl Street, Suite 400, Eugene, OR 97401

Services: Domestic violence/relationship abuse support, including shelter, emergency transportation, legal support, and support groups. [www.womenspaceinc.org](http://www.womenspaceinc.org)

## Mental Health

**CAFA (Christians as Family Advocates): 541-686-6000**

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Counseling services for individuals, families, and couples. [www.cafaweb.com](http://www.cafaweb.com)

**Dave McIntyre, LCSW: 541-606-2124**

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Private practice mental health therapist.

**Direction Service: 541-686-5060**

1144 Gateway Loop, Suite 200, Springfield, OR 97477

Services: Mental health services for children, adolescents, families, and adults. Comprehensive assessment, treatment and planning, skill building, individual and family therapy, group therapy, and consultation. [www.directionservice.org](http://www.directionservice.org)

**EMERGENCY Counseling: 541-767-3057**

710 Adams Street, Cottage Grove, OR 97424

Services: Recovery for people who suffer from addictions and mental health disorders. Telehealth services or in-office services available. [www.4emergence.com](http://www.4emergence.com)

**Fern Reach LLC, Valeria Clarke: 541-649-1877 or 458-201-4911**

55 S. 17th Street, Cottage Grove, OR 97424

Services: Mental Health Therapist serving adults and adolescents. Specializes in trauma, anxiety, autism, transitions, relational difficulties, and LGBTQIA. Private insurance and self-pay accepted. Telehealth or in-office services available.

**Gateway Counseling Center: 541-942-0040**

26 N. 5th Street, Cottage Grove, OR 97424

Services: Serving teens, individuals, couples, and families who suffer with panic, anxiety, depression, grief, abuse, and bipolar. Accepts private insurance. [www.gateway-counseling.com](http://www.gateway-counseling.com)

**Jennifer Ferraez, LCSW:** 805-324-2658

Services: Counseling and Integrated Healthcare.

**National Alliance on Mental Illness (NAMI) Connections:** 541-343-7688

Services: Education, advocacy, and support for persons with mental illness and their families. Cottage Grove support groups. [www.namilane.org](http://www.namilane.org)

**South Lane Mental Health (SLMH):** 541-942-3939

1345 Birch Avenue, Cottage Grove, OR 97424

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

**The Child Center:** 541-726-1465

3995 Marcola Road, Springfield, OR 97477

Services: Children ages 1-18 years, counseling and family therapy, and psychiatric consultation. Day treatment programs for children ages 4-13 years. OHP, most insurance, sliding-scale fee, and scholarships. [www.thechildcenter.org](http://www.thechildcenter.org)

**Tim Landry Therapy:** 541-206-5071

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Tim Landry, MSW, LCSW: Providing mental wellness and to promote healing.

**Willamette Family:** 541-762-4300

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Health, wellness, and recovery services. [www.wfts.org](http://www.wfts.org)

**Womenspace:** 800-281-2800

1577 Pearl Street #400, Eugene, OR 97401

Services: Counseling and support groups. [www.womenspaceinc.org](http://www.womenspaceinc.org)

## **CHILD CARE AND EARLY EDUCATION, PRESCHOOL, AND AFTER-SCHOOL CARE**

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

**211 Child Care Referrals:** Call 211 or Text “children” to 898211.

[www.211info.org](http://www.211info.org)

**Creswell Christian Child Care Center (5 C's):** 541-895-4652

380 Kings Row, Creswell, OR 97426

Services: Day care for ages 6 months-10 years, after-school care, preschool, and kindergarten classes. [www.creswellchristianschool.com](http://www.creswellchristianschool.com)

**Creswell Clubhouse:** 541-852-6034

996 W. A Street, Creswell, OR 97426

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

**Department of Human Services (DHS):** 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Services: Child care assistance to eligible families in the JOBS Program and low-income employed families. [www.oregon.gov](http://www.oregon.gov)

**Early Education Program (EEP):** 541-895-6174

Creslane Elementary School: 996 West A, Creswell, OR 97426

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

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

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

**Family Relief Nursery:** 541-942-4835

720 N. 14th Street, Cottage Grove, OR 97424

996 A Street, Modular 3, Creswell, OR 97426

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

**Great Days Early Education Center:** 541-942-7460

403 N. River Road, Cottage Grove, OR 97424

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



**Head Start of Lane County: 541-767-3525**

1310 S. 8th Street, Cottage Grove, OR 97424

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

**Healthy Families/Relief Nursery: 541-682-7425**

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

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

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

**Preschool Promise, Lane Kids: 541-515-3546**

3171 Gateway Loop, Springfield, OR 97477

Email: [preschoolpromise@unitedwaylane.org](mailto:preschoolpromise@unitedwaylane.org)

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

**South Lane School District's Family Resource Center, Peggy's Primary Connection: 541-942-4967**

1310 S. 8th Street, Cottage Grove, OR 97424

Services: Parent classes and support, early childhood resources, and Spanish-speaking services. [www.slane.k12.or.us](http://www.slane.k12.or.us)

**The Growing Place: 541-895-3983**

160 N. Mill Street, Creswell, OR 97426

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

**Trinity Lutheran Preschool: 541-942-2373**

675 S. 7th Street, Cottage Grove, OR 97424

Services: Pre-k for ages 3-4 years (a.m. and p.m. classes). Christian-based classroom with Bible lessons, music, fun activities, and educational materials. Note: Due to COVID 19 the preschool will not open for the 2020-2021 school year. [www.tlccg.com](http://www.tlccg.com)

**YMCA After-School Program:** 541-686-9622

32112 Latham Road, Cottage Grove, OR 97424

Services: Full-day learning program, for age's kindergarten to 12 years of age, from 7:30 a.m. to 5:30 p.m. \$725 Monthly fee (DHS payments allowed and financial assistance available for those who qualify). [www.eugeneymca.org](http://www.eugeneymca.org)

## EDUCATION AND THE ARTS

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

### Dance and Gymnastics

**South Lane Ballet Academy:** 541-912-2080

308 S. 10th Street, Cottage Grove, OR 97424

Services: Creative movement, pre-ballet, ballet 1-6, beginning modern, jazz, and hip hop dance classes. [www.southlaneballetacademy.org](http://www.southlaneballetacademy.org)

**The Health Hub:** 541-915-6349

1133 E. Main Street, Cottage Grove, OR 97424

Services: Gymnastics and tumbling. [www.healthhubcg.com](http://www.healthhubcg.com)

### English Language Learner Programs

**Creswell School District:** 541-895-6140

998 W. A Street, Creswell, OR 97426

Services: Creswell's English Language Development (ELD) Program works to provide English learners the opportunity to gain fluency in academic English. [www.cottagetheatre.org](http://www.cottagetheatre.org)

**South Lane School District:** 541-767-0939

455 Adams Avenue, Cottage Grove, OR 97424

Services: SLSD's English Language Development (ELD) Program provides English learners the opportunity to gain fluency in academic English.

### Homeschooling

**Connections Academy:** 800-382-6010

Services: Tuition-free online public K-12 school partners with parents to provide students with an engaging, high-quality education. [www.connectionsacademy.com](http://www.connectionsacademy.com)

**Home School Legal Defense Association: 540-338-5600**

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

**Khan Academy:**

Services: Nonprofit that provides free, world-class education for anyone online. [www.khanacademy.org](http://www.khanacademy.org)

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

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

**Singing Creek Education Center: 541 968-1986**

Mailing Address: PO Box 1012, Cottage Grove, OR 97424

Site Address: 360 S. River Road, Cottage Grove, OR 97424

Email: [director@singingcreekcenter.org](mailto:director@singingcreekcenter.org); [www.singingcreekcenter.org](http://www.singingcreekcenter.org)

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

## Libraries

**Cottage Grove Genealogical Society Library: 541-942-9570**

700 E. Gibbs, Cottage Grove, OR 97426

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

**Cottage Grove Historical Society: 541-942-5022**

308 S. 10th Street, Cottage Grove, OR 97424

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

**Cottage Grove Public Library: 541-942-3828**

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: Books and media for children and adults, free access to public computers and internet. Note: Due to COVID-19 the Library is only offering free limited access to computers, curbside pick-up, and book delivery service for homebound residents until further notice. Call or email [holds@cottagegrove.org](mailto:holds@cottagegrove.org) to request materials. Library in the Park every Tuesday at 11 a.m. - 1 p.m. Check out books, sign up for a library card, curbside pickup. [www.cottagegrove.org/library](http://www.cottagegrove.org/library)

**Creswell Historical Society: 541-895-5464**

55 N. 5th Street, Creswell, OR 97426

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

**Creswell Public Library: 541-895-3053**

64 W. OR Avenue, Creswell, OR 97426

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

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

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

**Oregon Aviation Historical Society: 541-543-1068**

2475 Jim Wright Way, Cottage Grove, OR 97424

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

## Schools

**Al Kennedy High School: 541-942-1962**

79980 Delight Valley School Road, Cottage Grove, OR 97424;

Grades 9-12. [www.kennedy.slane.k12.or.us](http://www.kennedy.slane.k12.or.us)

**Bohemia Elementary School: 541-942-3313**

721 S. R Street, Cottage Grove, OR 97424

Grades K-5. [www.bohemia.slane.k12.or.us](http://www.bohemia.slane.k12.or.us)

**Childs Way Charter School: 541-946-1821**

37895 Row River Road, Dorena, OR 97434

Grades 6-12.

**Creslane Elementary School: 541-895-6140**

996 W. A Street, Creswell, OR 97426

Grades K-5.

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

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

**Creswell School District:** 541-895-6000  
998 W. A Street, Creswell, OR 97426  
Grades K-12. [www.creswell.k12.or.us](http://www.creswell.k12.or.us)

**Cottage Grove High School:** 541-942-3391  
1375 S. River Road, Cottage Grove, OR 97424  
Grades 9-12. [www.cghs.slane.k12.or.us](http://www.cghs.slane.k12.or.us)

**Dorena Elementary School:** 541-946-1506  
37141 Row River Road, Dorena, OR 97434  
Grades K-8. [www.dorena.slane.k12.or.us](http://www.dorena.slane.k12.or.us)

**Harrison Elementary School:** 541-942-3389  
1000 Taylor Avenue, Cottage Grove, OR 97424  
Grades K-5. [www.harrison.slane.k12.or.us](http://www.harrison.slane.k12.or.us)

**Lane Community College, Cottage Grove Center:** 541-942-4202  
1275 S. River Road, Cottage Grove, OR 97424  
[www.lanecc.edu](http://www.lanecc.edu)

**Lincoln Middle School:** 541-942-3316  
1565 4th Street, Cottage Grove, OR 97424  
Grades 6-8. [www.lincoln.slane.k12.or.us](http://www.lincoln.slane.k12.or.us)

**London Elementary School:** 541-942-0183  
73288 London Road, Cottage Grove, OR 97424  
Grades K-8. [www.london.slane.k12.or.us](http://www.london.slane.k12.or.us)

**South Lane School District:** 541-942-3381  
455 Adams Avenue, Cottage Grove, OR 97424  
Grades K-12. [www.slane.k12.or.us](http://www.slane.k12.or.us)

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

## Theater

**Cottage Theatre:** 541-942-8001

700 Village Drive, Cottage Grove, OR 97424

Services: Year-round season of plays and musicals. Tickets at box office. Note: Currently closed due to COVID-19. [www.cottagetheatre.org](http://www.cottagetheatre.org)

**OPAL Center for Arts and Education:** 541-623-0513

513 E. Main Street, Cottage Grove, OR 97424

Services: Theater, community learning, after-school arts, venue, and classroom space. [www.opalcentercg.org](http://www.opalcentercg.org)

## Women in Transition

Lane Community College, Gender Equity: **541-463-5353**

4000 East 30th Avenue, Building 1, Room 202, Eugene, OR 97405

Services: Women in Transition empowers women to become economically self-sufficient and improve their lives through access to education. Women in Transition is designed to help women regain their sense of confidence, clarity, and genuine well-being. Eleven weeks of classes. <https://www.lanecce.edu/gec/women-transition>

## **PARENTING AND YOUTH SUPPORT**

**CAFA (Christians as Family Advocates):** 541-686-6000

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Report Child Abuse. Temporary respite for families experiencing crisis. [www.cafaweb.com](http://www.cafaweb.com)

**Cottage Grove Youth Peer Court:** 541-942-9145, ext.152

400 E. Main Street, Cottage Grove, OR 97424

Services: Community diversion program for juvenile offenders. Referral required. Call Cottage Grove City Hall. [www.cottagegroveor.gov/peercourt](http://www.cottagegroveor.gov/peercourt)

**Direction Service:** 541-686-5060

1144 Gateway Loop, Suite 200, Springfield, OR 97477

Services: Youth and Family Services program helps to strengthen and empower families with youth (ages 0-23) living with a disability. Help for families to understand, access, and coordinate services and supports to meet basic needs including food, housing, medical care, respite, and job placement. They provide encouragement, emotional support, and continuity to reduce isolation and help families feel more control of their lives. Arrange and attend (if necessary) school, medical, mental health, and other important meetings with families to ensure their

voice is heard and promote cost-saving collaboration across providers. Ensure youth and family needs are met in a timely manner, without duplication and confusion, and before more expensive services are required. [www.directionservice.org](http://www.directionservice.org)

**FACT Oregon:** 503-786-6082 (Support Line)

Services: FACT Oregon helps families navigate raising a child experiencing disability. [www.factoregon.org](http://www.factoregon.org)

**Family Relief Nursery:** 541-942-4835

720 N. 14th Street, Cottage Grove, OR 97424

996 A Street, Modular 3, Creswell, OR 97426

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

**Immigration Legal Services:** 541-345-3628 ext. 303

Catholic Community Services: 1025 G Street, Springfield, OR 97477

Services: Immigration Legal Services. [www.CCSLC.org](http://www.CCSLC.org)

**Lane County Public Health Prevention:** [preventionlane.org](http://preventionlane.org)

**Lane County WIC:** 541-682-4202

**DHS Office:** 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Services: The WIC Program is a Special Supplemental Nutrition Program for Women, Infants, and Children through nutrition education, breastfeeding support, and with the provision of healthy foods.

[www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx](http://www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx).

**Lane Kids-United Way:** 541-741-6000

3171 Gateway Loop, Springfield, OR 97477

Services: Lane County's hub for parents. Locate activities to do with your kids and connect with resources across Lane County. [www.lanekids.org](http://www.lanekids.org)

**LGBTQIA + Youth Support, South Lane Mental Health:** 541-767-4088

1345 Birch Avenue, Cottage Grove, OR 97424

Services: South Lane Mental Health provides individual therapy, couples, and family therapy to LGBTQIA+ clients of all ages. Common topics and concerns include exploring gender and sexual identities, coming out,

couples therapy, family therapy, parent support, and gender transition. Telehealth or in-person counseling available.

**Looking Glass, Rural: 541-767-3823**

Crisis Line: (888) 689-3111

508 E. Whiteaker Avenue, Cottage Grove, OR 97424

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

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

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

**McKinney-Vento Program, South Lane School District: 541-735-5702**

Contact: Tessa Hart, McKinney-Vento Liaison; E-mail: [tessa.hart@slane.k12.or.us](mailto:tessa.hart@slane.k12.or.us)

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

**MOPS (Mothers of Pre-Schoolers):**

Services: Support groups for moms. [www.mops.org](http://www.mops.org)

**90 By 30: 541-346-7484**

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

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

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

**Ophelia's Place: 541-284-4333**

1577 Pearl Street, Suite 100, Eugene, OR 97401

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

**Oregon Alliance to Prevent Suicide: 503-399-7201**



**Oregon Family Support Network: 503-363-8068**

72 A Centennial Loop Suite # 150, Eugene, OR 97401

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

**Parenting Now! (Formerly Birth to Three): 541-484-5316**

86 Centennial Loop, Eugene, OR 97401

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

**Parent Helpline: 211 x5**

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

**Reach Out Oregon: 833-732-2467**

Services: Hotline providing a support team for families/caregivers with children. [www.reachoutoregon.org](http://www.reachoutoregon.org)

**Safe Families: 541-349-2870**

921 Country Club Road, Suite 222, Eugene, OR 97401

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

**Sleep In Heavenly Peace: 541-729-0420**

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

**South Lane Mental Health: 541-942-3939**

1345 Birch Avenue, Cottage Grove, OR 97424

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

## **South Lane School District's Family Resource Center, Peggy's**

### **Primary Connection:**

541-942-4967

1310 S. 8th Street, Cottage Grove, OR 97424

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

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

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

### **South Lane School District/Rural Organizing Project (ROP)**

**Distribution:** 541-649-1169

632 E. Main Street, CG, OR 97424

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

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

Services: Teen parent program provides teenage parents with a supportive, comprehensive educational environment.

Contact: [brandi.bakerrudicel@slane.k12.or.us](mailto:brandi.bakerrudicel@slane.k12.or.us)

### **Stop Bullying: Services:**

Services: Information on bullying & cyberbullying. [www.stopbullying.gov](http://www.stopbullying.gov)

### **The Child Center: 541-726-1465**

3995 Marcola Road, Springfield, OR 97477

Services: Psychiatric, therapeutic, special education programs, and collaborative problem-solving parenting classes offered in Cottage Grove. [www.thechildcenter.org](http://www.thechildcenter.org)

### **The Hope Project:**

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

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

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

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

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

**WIOA Program, South Lane School District:** 541-556-2533

455 Adams Avenue, Cottage Grove, OR 97424

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

**Womenspace:** 541-485-8232

1577 Pearl Street, # 400, Eugene, OR 97401

Services: Advocacy for adults and children. Call for South Lane advocate contact. [www.womenspaceinc.org](http://www.womenspaceinc.org)

**Youth Advisory Council (YAC):** 541-942-5501

400 E. Main Street, Cottage Grove, OR 97424

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

## Autism Support

**Dogs for Better Lives:** 800-990-3647

Services: Autism assistance dogs. [www.dogsforbetterlives.org](http://www.dogsforbetterlives.org)

**Kind Tree Autism Rocks:** 541-780-6950

Services: Support, services, and information for individuals and families living with autism and the professionals who serve them. [www.kindtree.org](http://www.kindtree.org)

## Car Seat Programs

**City of Cottage Grove Child Car Seat Program:**

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

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

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

## HEALTH CARE

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

### Clinics/Medical Centers

**Emerald Valley Wellness Clinic:** 541-895-5300

300 N. Mill Street, Creswell, OR 97426

Services: Family, preventive medicine, and health seminars. [www.emeraldwellness.com](http://www.emeraldwellness.com)

**Gabriele Wellness Center: Mary Gabriele, MD:** 541-649-1450

502 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Family medicine physician. [www.marygabrielemd.com](http://www.marygabrielemd.com)

**Lane County Community Health Centers:**

Community Health Centers are now offering telephone and telehealth visits. [www.lanecounty.org](http://www.lanecounty.org)

**Brookside Clinic:** 541-682-3550

1680 Chambers Street, Suite 103, Eugene, OR 97402

Services: Primary medical care for the whole family, reproductive health care services, preventive medicine, and chronic disease management.

**Charnelton Community Clinic:** 541-682-3550

151 W. 7th Street, Eugene, OR 97401

Services: Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. Oregon Health Plan enrollment assistance offered onsite.

**Delta Oaks Clinic:** 541-682-3550

1022 Green Acre Road, Eugene, OR 97408

Services: Primary medical care for the whole family, reproductive health care services, preventive medicine, and chronic disease management.

**LCBH Primary Care:** 541-682-3550

2411 Martin Luther King Jr. Blvd., Eugene, OR 97401

Services: Primary care and reproductive health care.

**Prenatal Clinic:** 541-682-8777

151 W. 7th Avenue, Suite 310, Eugene, OR 97401

Services: Prenatal care and maternity case management to women. Breastfeeding support, education and postpartum care.

**Riverstone Clinic:** 541-682-3550

2073 Olympic Street, Springfield, OR 97477

Services: Primary medical care, pediatric care, behavioral healthcare, family planning services and Oregon Health Plan enrollment.

**G Street Integrated Health:** 541-735-9420

1435 G Street, Springfield, OR 97477

Services: Primary care, mental health counseling, drug and alcohol counseling, medication assisted treatment, and urgent care. [www.gstih.org](http://www.gstih.org)

**Lane County Public Health:** 541-682-4041

151 W. 7th Avenue, # 310, Eugene, OR 97401

Services: Immunizations for children. OHP accepted. [www.lanecounty.org](http://www.lanecounty.org)

**Nova Health:** 541-942-7000

1445 Gateway Street, Cottage Grove, OR 97424

Services: Urgent care, primary care, physical therapy. Walk-ins welcome. Accepts Trillium and most insurance, financial consideration for self-pay. Telemedicine Now Available. Nova Health is offering online scheduling options for primary care and urgent care services. Schedule at: [www.novahealth.com](http://www.novahealth.com)

**PeaceHealth Cottage Grove Community Medical Center:** 541-767-5500

1515 Village Drive, Cottage Grove, OR 97424

[www.peacehealth.org/cottage-grove-medical-center](http://www.peacehealth.org/cottage-grove-medical-center)

**Administration:** 541-767-5500

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

**24/7 Emergency Department:** 541-767-5450

**Walk-in Clinic:** 541-767-5200

**PeaceHealth Medical Group Clinics:** 541-767-5200

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

**PeaceHealth Medical Group Clinic, Creswell:** 541- 222-7700

180 Melton Road, 2nd Floor, Creswell, OR 97426

Services: Medical clinic. <https://www.peacehealth.org/phmg/cottage-grove/locations/creswell>

**Planned Parenthood:** 541-344-9411

Eugene-Springfield Health Center: 3579 Franklin Blvd., Eugene, OR 97403

West Eugene Health Center: 793 N. Danebo Avenue, Eugene, OR 97402

Services: Abortion referrals and services, birth control, general health care, HIV testing, men's health care, morning-after pill (emergency)

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

**Volunteers in Medicine: 541-685-1800**

2260 Marcola Road, Springfield, OR 97477

Services: Primary care medical clinic for low-income, underserved adults and their households in Lane County who can't afford health care coverage. [www.vim-clinic.org](http://www.vim-clinic.org)

**White Bird Medical Clinic: 541-342-8255**

341 E. 12th Avenue, Eugene, OR 97401

Services: Quality health care to everyone on a sliding fee scale. [www.whitebirdclinic.org](http://www.whitebirdclinic.org)

## Dental Care/Low-Cost Dental Clinics

**Caring Hand to Mouth: 541-937-2786**

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

**Lane Community College Dental Clinic: 541-463-5206**

2460 Willamette Street, Eugene OR 97405

Services: Services include: X-rays, cleanings, sealants, and many restorative services. [www.lanec.edu/dentalclinic](http://www.lanec.edu/dentalclinic)

**Oregon Health Plan (OHP): 800-359-9517 or TTY 800-621-5260**

Services: Oregon's Medicaid program (eligibility criteria). Apply for the Oregon Health Plan (OHP) online at: [ONE.Oregon.gov](http://ONE.Oregon.gov).

**Oregon Dental Association: 503-218-2010**

Services: Low cost dental care. [www.oregondental.org/for-the-public/low-cost-dental-care](http://www.oregondental.org/for-the-public/low-cost-dental-care)

**South Lane Children's Dental Clinic: 541-942-3383**

Services: Non-profit clinic that provides dental services to non-insured or underserved children enrolled in South Lane, Creswell, and North Douglas school districts. Volunteers once a week offer emergency, comprehensive, and preventative care at no charge to qualifying students September thru June. Note: Due to the COVID-19 pandemic the clinic is temporarily closed. Call for updates. [www.slane.k12.or.us](http://www.slane.k12.or.us)

**White Bird Medical and Dental Clinic:** 541-344-8302

1400 Mill Street, Eugene, OR 97401

Services: Immediate need care, preventative, and restorative dentistry. Accepts OHP. Proof of income required. Also serves no or low income, ages 3 and up, uninsured. [www.whitebirdclinic.org](http://www.whitebirdclinic.org)

## Developmental Disabilities Services

**Caregivers Network:** Contact Virginia 541-225-8695

1200 E. Quincy Avenue, Cottage Grove, OR 97424

Services: Caregivers Network meetings every 1st Monday monthly.

**Developmental Disabilities Services, Lane County:** 541-682-3695

125 E. 8th Avenue, Eugene, OR 97401

Services: Cottage Grove and Creswell families apply at the Eugene office for local support services for adults with lifelong developmental disabilities. Assessment, training, and life-span care. [www.lanecounty.org](http://www.lanecounty.org)

**Direction Service:** 541-686-5060

1144 Gateway Loop, Suite 200, Springfield, OR 97477

Services: The Youth and Family Services program works to strengthen and empower families with youth (ages 0-23) living with a disability. [www.directionservice.org](http://www.directionservice.org)

**Early Childhood Cares:** 541-346-2578

1500 West 12th Avenue, Eugene, OR 97402

Services: Free developmental screening, evaluation, and classes in Cottage Grove and Creswell for children with developmental delays and disabilities. Ages birth-preschool. Vision, hearing, language, and physical therapies. No cost to eligible families. <https://earlychildhoodcares.uoregon.edu/>

**Family Relief Nursery:** 541-942-4835

720 N. 14th Street, Cottage Grove, OR 97424

Creslane Elementary: 996 A Street, Modular 3, Creswell, OR 97426

Services: Therapeutic early childhood program (for wobblers, toddlers, and preschoolers), therapeutic infant classes, and free transportation to and from TECP classes. All services are free of charge. Note: Due to COVID-19 services may be limited. [www.frncg.org](http://www.frncg.org)

**Full Access:** 541-942-5003

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Support assisting individuals with intellectual and developmental disabilities. Note: Due to the COVID-19 pandemic the office is temporarily closed. Call 541-513-8548 for support over the phone. [www.fullaccess.org](http://www.fullaccess.org)

**Lane Independent Living Alliance:** 541-607-7020

20 E. 13th Avenue, Eugene, OR 97401

Services: Services to anyone with a disability. Note: Due to the COVID-19 pandemic the office is temporarily closed. [www.lilaoregon.org](http://www.lilaoregon.org)

**Mentor Oregon:** 541-345-5151, ext. 13

1600 Valley River Drive, Suite 130, Eugene, OR 97401

Services: MENTOR Oregon's services and supports are focused on helping adults and children with intellectual and developmental disabilities, brain injury, and mental health challenges build increasingly rich, independent lives. [www.mentororegon.com](http://www.mentororegon.com)

**RISE:** 541-246-3697

1500 Valley River Drive, Suite 270, Eugene, OR 97401

Services: Services for people with disabilities including residential settings, day programs, employment assistance, managed care, and home and community based services. Services for children and families through foster care and professional parenting, adoption, kinship care, after-school, summer programs, behavior supports, and mental health services. Early Intervention services including occupational therapy, speech therapy, physical therapy, and developmental specialists. [www.riseservicesinc.org](http://www.riseservicesinc.org)

## Doula Services

**Doulas of Lane County:**

Services: Doula Services. <https://doulasoflanecounty.com/>

**Tender Hands Doula Services:** 704-517-5848

Services: Doula Services. [www.tenderhandsdoula.com](http://www.tenderhandsdoula.com)

## Hearing Aids

**Cottage Grove Lions Club:** 541-942-0126 (Contact Ric)

Services: The Lions Club provides financial assistance with eye exams, glasses and hearing aids. They also assist with eye surgery through the Lions Sight and Hearing Foundation in Portland.

**Grant's Hearing Center:** 541-942-8444

1020 Green Acres Road, #8, Eugene, OR 97408

Services: Hearing loss, hearing aids, and hearing testing. [www.grantshearing.com](http://www.grantshearing.com)



## HIV/Testing/Needle Exchange

**HIV Alliance:** 541-342-5088

75 S. 5th Street, Cottage Grove, OR 97424

Services: HIV testing and needle exchange every Tuesday at 5:30 p.m. - 7:00 p.m. [www.hivalliance.org](http://www.hivalliance.org)

## Lactation Support

**La Leche League:** 541-744-6055

Services: Help with breastfeeding through peer support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and parent. [www.lalecheleagueoregon.webs.com](http://www.lalecheleagueoregon.webs.com)

**Lane County WIC:** 541-682-4202

305 Coop Court, Cottage Grove, OR 97424

Services: The WIC Program provides breastfeeding support. [www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx](http://www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx)

**Nursing Mothers Counsel of Oregon:** 503-718-7084

Services: Lactation support. <https://nursingmotherscounsel.org/>

## Optical

**Advanced EyeCare Associates:** 541-942-0176

315 S. Pacific Hwy., Cottage Grove, OR 97424

Services: Optical care. [www.advancedeyecare.org](http://www.advancedeyecare.org)

**Cottage Grove Lions Club:** 541-942-0126 (Contact Ric)

Services: The Lions Club provides financial assistance with eye exams, glasses and hearing aids. Assistance with eye surgery through the Lions Sight and Hearing.

**Eyeland Family Optical:** 541-895-3937

281 W. Oregon Avenue, Creswell, OR 97426

Services: Optical care. [www.visionsource-eyelandfamilyoptical.com](http://www.visionsource-eyelandfamilyoptical.com)

**Pacific ClearVision Institute:** 541-942-5000

257 N. 8th Street, Cottage Grove, OR 97424

Services: Optical care. [www.pcvi.com](http://www.pcvi.com)

# Prescription Assistance/Prescription Drug Drop Box Sites

**Community Sharing:** 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Prescription assistance. [www.communitysharing.org](http://www.communitysharing.org)

**Oregon Prescription Discount Program:** 800-913-4146

Services: 20-50% off prescription discount program. [www.oregon.gov/oha/hpa/dsi-opdp/Pages/index.aspx](http://www.oregon.gov/oha/hpa/dsi-opdp/Pages/index.aspx)

**Cottage Grove Community Center:** 541-942-1185

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: A secure prescription drop box for residents to turn in their unused and expired medicines. Note: The Community Center is closed until further notice due to COVID-19.

**Cottage Grove Police Department:** 541-942-9145

400 E. Main Street, Cottage Grove, OR 97424

Services: A secure prescription drop box for residents to turn in their unused and expired medicines.

## Physical Therapy and Rehabilitation

**Aspen Chiropractic and Health Center:** 541-767-3788

1240 E. Main Street, Cottage Grove, OR 97424

**Cottage Grove Chiropractic:** 541-942-5486

437 S. 5th Street, Cottage Grove, OR 97424

**Cottage Grove Community Acupuncture Clinic:** 541-357-7530

35 S. 6th Street, Cottage Grove, OR 97424

**Cottage Grove Physical Therapy Services:** 541-767-2750

1498 E. Main Street, Suite 109, Cottage Grove, OR 97424

**Creswell Wellness Center:** 541-895-4464

24 W. Oregon Avenue, Creswell, OR 97426

**Emerald Valley Physical Therapy:** 541-895-2216

600 Dale Kuni Road, Suite 210, Creswell, OR 97426

**Simard Chiropractic Clinic:** 541-942-9031

1011 E. Main Street, Cottage Grove, OR 97424

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

## Vaccinations/Immunizations

**Preregistration is open for the COVID-19 Vaccine in Lane County.**

Visit: <https://www.cognitoforms.com/LaneCountyCOVID/COVID19VaccinePreregistration>

### **A FLU VACCINE IS MORE IMPORTANT THAN EVER!**

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

### **PREVENT THE SPREAD OF FLU AND OTHER RESPIRATORY ILLNESSES**

CDC urges you to take the following actions to protect yourself and others from the flu. <https://www.cdc.gov/flu/season/protect-your-health.html>

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

### WHERE TO GET VACCINES AND IMMUNIZATIONS:

Call your primary care provider or a local pharmacy.

Learn More: Oregon Health Authority:

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

### Cottage Grove Locations:

**Bi-Mart: Bi-Mart Pharmacies:** 541-942-9107

100 N. Gateway Blvd., Cottage Grove, OR 97424

Services: Vaccinations for ages 7 and up. <https://www.bimart.com/our-locations/620-Cottage-Grove>

**Get Vaccinated Oregon:** Call 211 or 1-866-698-6155 (open 6am-7pm daily)

Services: Check eligibility for the COVID-19 vaccine and register to get email alerts or text notifications about vaccine events. <https://getvaccinated.oregon.gov/#/>

**McCoy's Pharmacy:** 541-942-7799  
1205 N Pacific Hwy UNIT 3, Cottage Grove, OR 97424  
Services: Vaccinations and Immunizations

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

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

**PeaceHealth Clinic:** 541-767-5200  
1515 Village Dr., Cottage Grove, OR 97424  
Services: Vaccinations and Immunizations

<https://www.peacehealth.org/cottage-grove-medical-center>

**Safeway Pharmacy:** 541-942-7443  
1500 E. Main St., Cottage Grove, OR 97424  
Services: Vaccinations and Immunizations.

<https://local.pharmacy.safeway.com/or/cottage-grove/1500-e-main-st.html>

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

**Walmart Pharmacy:** 541-942-0940  
901 Row River Rd., Cottage Grove, OR 97424  
Services: Vaccinations and Immunizations.

<https://www.walmart.com/store/2320-cottage-grove-or>

### Creswell Locations:

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

**Camas Swale Medical Clinic:** 541-658-5301  
170 Melton Rd., Creswell, OR 97426  
Services: Vaccinations and Immunizations.

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

**Emerald Valley Wellness Clinic:** 541-895-5300

300 N. Mill St., Creswell, OR 97426

Services: Vaccinations and Immunizations.

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

**PeaceHealth Clinic:** 541-222-7700

180 Melton Rd., 2nd Fl., Creswell, OR 97426

Services: Vaccinations and Immunizations.

<https://www.peacehealth.org/phmg/cottage-grove/locations/creswell>

## Eugene

**Lane County Public Health:** 541-682-4041

151 W. 7th Ave., # 310, Eugene, OR 97401

Services: Vaccinations and Immunizations

<https://www.lanecounty.org/cms/One.aspx?portalId=3585881&pageId=4078590>

## **ADDICTION AND RECOVERY SUPPORT**

**Al-Anon:** 541-343-1104

Services: Referral line and help for families and friends of problem drinkers. [www.alanonlaneor.us](http://www.alanonlaneor.us)

**Alcohol Treatment Referral Hotline:** 800-252-6465

**Emerald Valley Intergroup/Alcoholics Anonymous:** 541-342-4113

Services: AA Help and referral line, open 24/7 to promote sobriety. [www.eviaa.org](http://www.eviaa.org)

**Emergence Alcohol and Drug Treatment Services:** 541-767-3057

710 Adams Street, Cottage Grove, OR 97424

Services: Alcohol and drug outpatient treatment and intensive outpatient therapy for ages 18 years-adult (accepts OHP). Telehealth services or in-office services available. [www.4emergence.com](http://www.4emergence.com)

**Lane County Area Narcotics Anonymous:** 541-729-0080

Services: Help line available 24/7. [www.lanecountyarea-na.org](http://www.lanecountyarea-na.org)

**National Problem Gambling Hotline:** 800-522-4700

Services: Call or text 24/7 hotline. 100% confidential. [www.ncpgambling.org](http://www.ncpgambling.org)

**Oregon Problem Gambling Hotline: 877-MyLimit**

Services: Call or text for free confidential help and referrals to gambling treatment. [www.opgr.org](http://www.opgr.org)

**South Lane Mental Health: 541-767-4260**

75 S. Fifth Street, Cottage Grove, OR 97424

Services: Substance Use Disorder Recovery Program provides support and services. Telehealth or in-person counseling available. [www.slmh.org](http://www.slmh.org)

**Willamette Family: 541-762-4300**

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Health, wellness, and recovery services. [www.wfts.org](http://www.wfts.org)

**G Street Integrated Health: 541-735-9420**

1435 G Street, Springfield, OR 97477

Services: Primary care, mental health counseling, drug and alcohol counseling, medication assisted treatment, and urgent care. [www.gstih.org](http://www.gstih.org)

## Recovery Houses

**Cottage Grove Safe Haven: 541-946-3234**

Services: Non-profit organization transitional house for recovering women. [www.cottagegrovesafehaven.org](http://www.cottagegrovesafehaven.org)

## **SUPPORT GROUPS**

### Addiction and Recovery Support Groups

**Theresa McDonald: 541-520-7341**

Services: Call for CG support group information.

### Alzheimer's and Dementia Support Groups

**Magnolia Gardens Senior Living: 541-942-0054**

216 S. 3rd St., Cottage Grove, OR 97424

Services: Free Dementia support group and official Alzheimer's Association affiliate. Third Thursday of each Month from 5:30 p.m. to 6:30 p.m. at the First Presbyterian Church: 216 S. 3rd St., Cottage Grove.

## Caregivers Network

**Caregivers Network:** Contact: Virginia 541-225-8695

Services: Caregivers Network at the Cottage Grove Bible Church:  
1st Monday of the month. 1200 E. Quincy Avenue, Cottage Grove, OR  
97424

## Weight-Loss Support Groups

**Overeaters Anonymous:** 541-912-3206, Contact Gail.

Services: Support meetings.

**TOPS (Take Off Pounds):**

Services: Weight-loss support groups. [www.tops.org](http://www.tops.org)

## RECREATION AND SPORTS

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

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

## Bicycling/Bike Rentals

**Cottage Grove Bicycle Club:**

Information about area rides and events. [www.cgbicycling.org](http://www.cgbicycling.org)

**Covered Bridges Scenic Bikeway:**

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

**Rainy Peak Cyclery:** 541-942-8712

533 E. Main Street, Cottage Grove, OR 97424

Maps, gear, repairs, bicycles, and bike rentals.

**Ride with GPS:**

Map, analyze, record, and share your bike rides. [www.ridewithgps.com](http://www.ridewithgps.com)

**Row River Trail:**

17 miles of trail starting at Trailhead Park in Cottage Grove.

## Bowling

**Cottage Bowl: 541-767- BOWL (2695)**

740 Row River Road, Cottage Grove, OR 97424

Open bowling for all ages, tournaments, and leagues. [www.thecottagebowl.com](http://www.thecottagebowl.com)

## Community Center

**Cottage Grove Community Center: 541-942-1185**

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Note: The Cottage Grove Community Center is closed until further notice due to the COVID-19 pandemic. Staff is available by phone Monday-Friday, 8:00 a.m. - 5:00 p.m. to answer questions or help connect you to local resources. [www.cottagegroveor.gov/community/page/community-center](http://www.cottagegroveor.gov/community/page/community-center)

## Cottage Grove Parks

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

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



## Fitness

**Anytime Fitness:** 541-649-1830

1600 E. Main Street, Cottage Grove, OR 97424  
24-hour fitness club. [www.anytimefitness.com](http://www.anytimefitness.com)

**Emerald Fitness Club:** 541-942-5612

120 East Palmer Avenue, Cottage Grove, OR 97424  
600 Dale Kuni Rd #110, Creswell, OR 97426; 541-895-2148  
<https://emeraldfitnessclub-cottagegrove.business.site/>

[www.emeraldfitness.club](http://www.emeraldfitness.club)

**The Health Hub:** 541-915-6349

1133 E. Main Street, Cottage Grove, OR 97424  
General fitness and fitness classes for all ages and abilities. [www.healthhubcg.com](http://www.healthhubcg.com)

**Yoga and Meditation:**

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

**Mindful Movement Yoga:** Call Jane Guerber at 541-654-5087

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

**Yoga Schmoga:**

Yoga with Patrick. All levels are welcome. Check Facebook page for current locations and times. [www.facebook.com/yogaschmoga108](http://www.facebook.com/yogaschmoga108)

## Golf

**Cottage Grove Disc Golf Course:** 541-942-5501

1400 N. Douglas Avenue, Cottage Grove, OR 97424  
[www.cottagegroveor.gov/community/page/cottage-grove-disc-golf-course](http://www.cottagegroveor.gov/community/page/cottage-grove-disc-golf-course)

**Emerald Valley Golf and Resort:** 541-895-2174

83301 Dale Kuni Road, Creswell, OR 97426  
[www.emeraldvalleygolf.com](http://www.emeraldvalleygolf.com)

**Hidden Valley Golf Course:** 541-942-3046  
775 N. River Road, Cottage Grove, OR 97424  
[www.playhiddenvalleygolf.com](http://www.playhiddenvalleygolf.com)

**Middlefield Golf Course:** 541-942-8730  
91 Village Drive, Cottage Grove, OR 97424  
[www.cottagegroveor.gov/golf](http://www.cottagegroveor.gov/golf)

## Horse Riding

### **Cottage Grove Riding Club:**

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

### **Etzel Equestrian Center:** 541-942-5851

Western and English riding lessons, ages 4 years and up, beginner and intermediate, schooling horses, outdoor arena, and trails.

### **High School Equestrian Programs:**

Cottage Grove High School: 541-942-3391

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

### **Lorane Unicorns Program and Community Outreach:** 541-359-8040

Dr. Katrina Cernozubov-Digman; 27706 Lorane Orchard Road, Lorane, OR 97451

Program for pre-teens and children who want to know more about horses and for seniors and persons hospitalized or in a nursing home.

## Martial Arts

### **Rogers Family ATA Martial Arts:** 541-942-0215

802 E. Main Street, Cottage Grove, OR 97424

Taekwondo for personal development and self-defense. Age-appropriate classes for 3 years-adult. Adaptive training for all abilities. Teen and adult classes. Virtual Classes. [www.rogersata.com](http://www.rogersata.com)

## Museums

### **Bohemia Gold Mining Museum and Cottage Grove Historical Society:**

541-942-5022; 308 S. 10th Street, Cottage Grove, OR 97424

Gold mining history of the Bohemia Mountains. Note: By appointment only due to COVID-19. [www.bohemiagoldminingmuseum.com](http://www.bohemiagoldminingmuseum.com)

**Cottage Grove Museum:** 541-942-4296

147 N. H Street, Cottage Grove, OR 97424

Explore Cottage Grove history. Call to arrange a private tour. [www.cottagegrovemuseum.com](http://www.cottagegrovemuseum.com)

## Specialized Recreation

**Special Olympics:** 541-942-4269

Services: Sports training in Cottage Grove for people with developmental disabilities (all ages). Bocce, track and field, basketball, swimming, and bowling. [www.soor.org](http://www.soor.org)

## Speedway

**Cottage Grove Speedway:** 541-942-7561

Visit [www.cottagegrovespeedway.com](http://www.cottagegrovespeedway.com) for the current 2021 schedule.

## Swimming

**Emerald Fitness Club:** 541-895-2148

600 Dale Kuni Road, #110, Creswell, OR 97426

Services: Pool, day-use fee or memberships, open-swim and classes. <https://emeraldfitnessclub-creswell.business.site/>

**Warren Daugherty Aquatic Center:** 541-942-5533

1440 S. 8th Street, Cottage Grove, OR 97424

Services: Public pool, swim programs for all ages, toddler, family, recreational and lap swims, lessons and fitness classes, warm water therapy pool, and Aqua Lions Swim Team. [www.cottagegrovepool.com](http://www.cottagegrovepool.com)

## Tennis/Pickle Ball

**Coiner Park Tennis Courts:** 541-942-5501

Services: Free tennis courts open to the public. Call 541-942-0688 for Pickle Ball.

**Tennis Instruction:** 541-543-4245, Bob Reed

USPTA: Tennis Hotline: 541-683-1843

Services: Tennis lessons May-September for players all ages/levels and Tennis Camps. Email: [reedrobert77@gmail.com](mailto:reedrobert77@gmail.com)

## Youth Sports Leagues

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

**Creswell Babe Ruth:** [creswellbaberuthbaseball@gmail.com](mailto:creswellbaberuthbaseball@gmail.com)

Services: Youth baseball program. Cal Ripken Division ages 5-12; Babe Ruth Division Prep ages 13-15. [www.creswellbaberuthbaseball.com](http://www.creswellbaberuthbaseball.com)

**South Valley Athletics:** 541-942-3079

700 E. Gibbs Avenue, Cottage Grove, OR 97424

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

**South Valley Little League:** 541-946-3301

Email: [southvalleylittleleague@gmail.com](mailto:southvalleylittleleague@gmail.com)

P.O. Box 1468, Cottage Grove, OR 97424

Services: Baseball, T-Ball and Softball for youth. [www.southvalleylittleleague.com](http://www.southvalleylittleleague.com)

**Willamette Valley Football/South Lane Youth Football:**

Services: Cottage Grove K-5 and Creswell K-6 youth football program. Register at [www.southlaneyouthfootball.com](http://www.southlaneyouthfootball.com).

**YMCA Youth Sports, Creswell:** 541-686-9622

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

## Youth Troops and Summer Camps

**Boy Scouts of America:** 541-485-4433

2525 Martin Luther King Blvd., Eugene, OR 97402

Services: Packs and Troops in Cottage Grove. [www.otcbsa.org](http://www.otcbsa.org)

**Girl Scouts:** 800-338-5248

Services: Super Troop located in Cottage Grove. [www.girlscoutsosw.org](http://www.girlscoutsosw.org)

**Singing Creek Education Center:** 541 968-1986  
360 S. River Road, Cottage Grove, Oregon 97424  
Services: History Based Summer Camps in Cottage  
Grove. [www.singingcreekcenter.org](http://www.singingcreekcenter.org)

## SENIOR AND AGING SERVICES

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

**Aging and Disability Resource:** 855-673-2372  
Services: Information and resources for seniors. [www.adrcoforegon.org](http://www.adrcoforegon.org)

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

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

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

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

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

**Senior and Disability Services:** 700 E. Gibbs Avenue, Cottage Grove, OR  
97424

Services: Provides services, information, and assistance to seniors (age  
65+), adults with physical disabilities, and their caregivers. Call, 541-682-  
4038 if you have a current worker or 541-682-3353 if you need information  
or to apply. [www.sdslane.org](http://www.sdslane.org)

**Senior Law Services: 541-485-1017**

376 E. 11th Avenue, Eugene, OR 97401

Services: A program of Lane County Legal Aid/Oregon Law Center for ages 60 and over. Call for an appointment.

**SHIBA: 541-736-4421**

Volunteer Site: Willamalane Adult Activity Center

Services: Senior Health Insurance Benefits Assistance State of Oregon: Free help with Medicare information and prescription drug plans. [www.oregonshiba.org](http://www.oregonshiba.org)

**Senior Companion Program: 541-463-6260**

Services: Supportive services and companionship to disabled and isolated adults. [www.lanecc.edu/scp/about-program](http://www.lanecc.edu/scp/about-program)

**The Lane Senior Grocery Program, FOOD for Lane County: 541-343-2822 ext. 115**

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

**The Lane Senior Guide: 541-302-9508**

Services: Complete guide to senior programs and services. [www.laneseniorservices.org](http://www.laneseniorservices.org)

**Senior Living/Nursing Facilities and Rehabilitation Centers**

**Cherished Moments Adult Foster Home LLC: 541-942-9195**

242 S. 22nd Street, Cottage Grove, OR 97424

Services: Adult Foster Care.

**Coast Fork Nursing Center: 541-942-5528**

515 Grant Avenue, Cottage Grove, OR 97424

Services: Skilled nursing, rehab, wound care, and long term care services. [www.prestigecare.com](http://www.prestigecare.com)

**Cottage Grove Housing: 541-942-3643**

900 N. Douglas Avenue, Cottage Grove, OR 97424

Services: 62+ disabled/1 bedroom units.

**Grandma's House of Cottage Grove: 541-942-8308**

927 S. 6th Street, Cottage Grove, OR 97424

Services: Adult Foster Care.

**Crestview Villa: 541-682-4090**

350 S. 2nd Street, Cottage Grove, OR 97424

Services: Senior and disabled housing.

**Creswell Health and Rehabilitation Center:** 541-895-3333

735 S. 2nd Street, Creswell, OR 97426

Services: Nursing care in a home-like country setting. [www.prestigecare.com](http://www.prestigecare.com)

**Guardian Angel Elder Care:** 541-942-5172

33883 Row River Road, Cottage Grove, OR 97424

Services: Adult Foster Care.

**Jefferson Park Apartments:** 541-942-4808

325 S. 5th Street, Cottage Grove, OR 97424

Services: Low cost. Rent is 30% of income.

**Magnolia Gardens:** 541-942-0054

1425 Daugherty Avenue, Cottage Grove, OR 97424

Services: Senior Living. Apartments in independent living, assisted living, and memory care for dementia residents. [www.MagnoliaGardensSL.com](http://www.MagnoliaGardensSL.com)

**Middlefield Oaks Assisted Living and Memory Care:** 541-623-0032

1500 Village Dr., Cottage Grove, OR 97424

Services: RN & LPN on call 24/7 and full time Residential Care Coordinator. [www.middlefieldoaks.com](http://www.middlefieldoaks.com)

**Pendleton Cottage Adult Foster Care LLC:** 541-767-0016

850 S. 3rd Street, Cottage Grove, OR 97424

Services: Adult Foster Care.

**Riverstone Mobile Home Park:** 541-942-4147

Services: 55+ Mobile home park.

**Riverview Terrace:** 541-682-4090

925 W. Main Street, Cottage Grove, OR 97424

Services: One-bedroom units for seniors and persons with disabilities.

**Witherspoon Court:** 541-767-0732

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

## Senior Loneliness Hotline

**Senior Loneliness Hotline:** 800-282-7035

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

## Senior Meal Programs

### **Café 60 Senior Meals, Cottage Grove:**

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

### **Café 60 Senior Meals, Creswell:**

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

### **Meals On Wheels: 541-682-7804**

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

### **Soups On:**

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

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

## Senior Recreation

### **Cottage Grove Senior Center: 541-942-8751**

700 E. Gibbs Avenue, Cottage Grove, OR 97424

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

### **Magnolia Gardens: 541-942-0054**

1425 Daugherty Avenue, Cottage Grove, OR 97424

Services: Currently closed until further notice due to COVID-19 restrictions. [www.MagnoliaGardenssl.com](http://www.MagnoliaGardenssl.com)

## Senior Shopping Transportation

### **South Lane Wheels: 541-942-0456**

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Senior shopping transportation. [www.southlanetransit.com](http://www.southlanetransit.com)



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

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

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

## Therapy Pool

**Warren Daugherty Aquatic Center:** 541-942-5533

1440 S. 8th Street, Cottage Grove, OR 97424

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

## VETERANS

*Veterans Service Organizations and Supportive Services*

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

**American Legion:** 541-942-5991

826 W. Main Street, Cottage Grove, OR 97424

Services: Veterans service organization. [www.legion.org](http://www.legion.org)

**Elks Lodge:** 541-942-3554

755 N. River Road, Cottage Grove, OR 97424

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

**Eugene Vet Center:** 541-465-6918

190 East 11th Avenue, Eugene, OR 97401

Services: Medical care.

**Lane County Veterans Service: 541-682-4191**

Services: Veteran Service Officers, who are accredited VA representatives, help advocate for veterans and their families to ensure they receive all entitlements provided by Federal and State law. Note: Due to COVID-19, In-Person Services are suspended.

<https://www.lanecounty.org/cms/one.aspx?pageId=4133203>

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

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

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

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

**Roseburg Medical VA Center: 541-440-1000**

913 NW Garden Valley Blvd., Roseburg, OR 97471

Services: Medical and mental healthcare for Veterans. [www.roseburg.va.gov](http://www.roseburg.va.gov)

**Supportive Services for Veteran Families (SSVF): 541-687-5820**

2890 Chad Drive, Eugene, OR 97408

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

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

Services: Veterans healthcare and benefits. [www.va.gov](http://www.va.gov)

**VA Eugene Downtown Clinic: 541-242-0445**

211 E. 7th Street, Eugene, OR 97401

Services: Homeless, substance abuse, vocational rehabilitation services, OEF, and OIF for Iraq Veterans. [www.roseburg.va.gov](http://www.roseburg.va.gov)

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

Services: Confidential help for veterans and their families. [VeteransCrisisLine.net](http://VeteransCrisisLine.net)

**Veterans Legacy, Camp Alma: 541-914-0885**

Services: Veterans Legacy's provides a safe, secure place in a rural setting for local veterans encountering homelessness, post-traumatic stress disorder, and substance abuse disorders to live and work as they begin the journey back to successfully reintegrate into the community. <https://veteranslegacyoregon.org/>

**Veterans of Foreign Wars, VFW Post # 3473: 541-942-7099**

3160 Hillside Drive, Cottage Grove, OR 97424

Services: The Veterans of Foreign Wars is a nonprofit veteran's service organization comprised of eligible veterans and military service members from the active, guard, and reserve forces.

## OTHER

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

### Ballot Drop Box

**Cottage Grove Community Center: 541-942-1185**

700 E. Gibbs Avenue, Cottage Grove OR 97424

Services: Ballot Drop Box located in the parking lot. Ballots must be received at a county elections office or official drop site in Oregon by 8:00 p.m. on Election night.

### Clubs and Service Organizations

**American Legion: 541-942-5991**

826 W. Main Street, Cottage Grove, OR 97424

**Bohemia Sunrisers Kiwanis: 541-942-0046**

P.O. Box 183, Cottage Grove, OR 97424

**Cottage Grove Lions Club: 541-942-3395**

P.O. Box 754, Cottage Grove, OR 97424

**Elks Lodge: 541-942-3554**

755 N. River Road, Cottage Grove, OR 97424

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

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

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

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

## Equity, Diversity, and Social Justice

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

Services: Organization of locally-based groups that work to create communities accountable to a standard of human dignity. [www.rop.org](http://www.rop.org)

## Farmers Markets/Farm Stands

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

**South Valley Farmers Market:** 541-731-9347  
7th/Main Street, Cottage Grove, OR 97424

Services: Farmers Market every Saturday, 11:00 a.m. – 3:00 p.m. (May-October). Email: [svfarmersonmain@gmail.com](mailto:svfarmersonmain@gmail.com)

## Helpful Telephone Numbers **FOR ALL EMERGENCIES CALL: 911**

- Burning Information/LRAPA Daily Burning Advisory: 541-726-3976 (#3)
- Cottage Grove City Hall: 541-942-5501
- Cottage Grove Police Non-Emergency: 541-942-9145
- Cottage Grove Municipal Court: 541-942-3346
- Cottage Grove Public Library: 541-942-3828
- Cottage Grove Ranger Station: 541-767-5000
- Creswell City Hall: 541-895-2531
- Lane County Sheriff's Office: 541-682-4150 or 541-682-4141
- Military Help Hotline: 877-247-4645
- National Runaway Safeline: 800-786-2929
- National Suicide Prevention Lifeline: 800-273-8255
- Oregon State Police: 503-378-3720
- Poison Control: 800-222-1222

- Post Office: 800-275-8777
- South Lane County Fire and Rescue Business: 541-942-4493 (Call 911 for all Emergencies)
- South Lane School District: 541-942-3381
- Warren Daugherty Aquatic Center: 541-942-5533

## Meeting Space/Event Room Rentals

**Cottage Grove Community Center:** 541-942-1185

700 E. Gibbs Street, Cottage Grove, OR 97424

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

[www.cottagegroveor.gov/community/page/community-center](http://www.cottagegroveor.gov/community/page/community-center)

**Cottage Grove Armory:** 541-942-5501

628 E .Washington Avenue, Cottage Grove, OR 97424

Services: Venue available to rent for special events. Contact the City Manager's office for reservations. Note: Due to COVID-19 the Cottage Grove Armory is closed until further

notice. [www.cottagegroveor.gov/community/page/armory](http://www.cottagegroveor.gov/community/page/armory)

**Rural Organizing Project:** 541-649-1169

632 E. Main Street, Cottage Grove, OR 97424

Services: Meeting Space for non-profit. Kitchen space available. [www.rop.org](http://www.rop.org)

**The Cottage Events Venue:** 541-942-6888

2915 Row River Road, Cottage Grove, OR 97424

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

**The Village Green:** 541-767-4027

725 Row River Road, Cottage Grove, OR 97424

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

## News and Information

**Around the Grove:**

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

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

### **Be Your Best:**

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

**Cottage Grove Area Chamber of Commerce:** 541-942-2411  
836 E. Main Street, Cottage Grove, OR 97424  
Services: Visitor Information Center. [www.cgchamber.com](http://www.cgchamber.com)

**Cottage Grove Sentinel:** 541-942-3325  
116 N. 6th Street, Cottage Grove, OR 97424  
Services: Newspaper publisher in Cottage Grove. [www.cgsentinel.com](http://www.cgsentinel.com)

**KNND:** 541-942-2468  
717 E. Main Street, Cottage Grove, OR 97424  
Services: Radio broadcaster in Cottage Grove. [www.knnd.com](http://www.knnd.com)

### **Sustainable Cottage Grove:**

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

**The Chronicle:** 541-895-2197  
Services: Newspaper publisher in Creswell. [www.chronicle1909.com](http://www.chronicle1909.com)

## Pet Assistance and Wildlife

**Cascades Raptor Center:** 541-485-1320  
32275 Fox Hollow Road, Eugene, OR 97405  
Services: Nature center and wildlife hospital for wildlife emergencies. Call for injured, sick or orphaned birds. [www.cascadesraptorcenter.org](http://www.cascadesraptorcenter.org)

**Cottage Grove Police Department:** 541-942-9145  
400 E. Main Street, Cottage Grove, OR 97424  
Services: Help with reuniting lost and found pets. [www.cottagegroveor.gov/police/page/found-dogs](http://www.cottagegroveor.gov/police/page/found-dogs)

**Fish and Wildlife Department:** 541-726-3515

3150 Main Street, # B, Springfield, OR 97478

Services: Note: Due to COVID-19, the office is closed. Staff is available by phone. [www.fws.gov](http://www.fws.gov)

**Greenhill Humane Society:** 541-689-1503, ext. 140

88530 Greenhill Road, Eugene, OR 97402

Services: Adoptions, receiving owned pets by appointment only, and free spay/neuter of stray, feral, outside cats by appointment. [www.green-hill.org](http://www.green-hill.org)

**Humane Society Cottage Grove:** 541-942-3130

33 N. 8th Street, Cottage Grove, OR 97424 (Thrift store: "This 'n That")

Services: Spay/neuter assistance.

**S.P.O.T. (Stop Pet Overpopulation Today):** 541-607-4900

Services: SPOT provides vouchers to low/no-income dog owners who need financial help getting their dogs spayed or neutered. All breeds are eligible. [www.spotspayneuter.org](http://www.spotspayneuter.org)

**Tucker's Cupboard:** 541-942-9211

Services: Nonprofit organization that provides some financial assistance to K-9 owners living in the South Lane School District.

## Recycling

**EcoGeneration:** <https://www.ecogeneration.org/>

Services: Recycling Take-Back at the Cottage Grove Community Center parking lot, 700 East Gibbs Avenue, second Saturday of the Month from 10:00 a.m. – 12:00 p.m.

## **RELIGIOUS ORGANIZATIONS**

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**6th & Gibbs Church of Christ:** 541-942-3822

195 N. 6th Street, CG, OR 97424

**Calvary Baptist Church:** 541-942-4290

77873 S. 6th Street, CG, OR 97424

**Calvary Chapel Cottage Grove:** 541-942-6842

1447 N. Pacific Hwy, CG, 97424

**Chagdud Gonpa Foundation:** 541-942-8619

198 N. River Road, CG, OR 97424

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

## Volunteer Opportunities

**City of Cottage Grove:** To volunteer with the City of Cottage Grove visit: <https://www.cottagegroveor.gov/community/page/volunteer-opportunities> or contact Teresa Cowan at 541-942-1185.

**Community Sharing:** 541-942-2176  
1440 Birch Avenue, Cottage Grove, OR 97424  
Volunteers needed for the following:

Pantry

Front Counter: Greet and direct clients

Stockers: Organize food and pantry items. May involve lifting up to 35 lbs.

Garden

Gardeners: Attend regularly scheduled work parties in the garden. May involve working outdoors and lifting up to 35 lbs.

**Community Sharing's Warming Shelter:** 541-942-2176  
1440 Birch Avenue, Cottage Grove, OR 97424  
Interested in volunteering at the Warming Shelter? Fill out our volunteer application here: <https://tinyurl.com/yd79rt5u>

**Cottage Grove Area Chamber of Commerce:** 541-942-2411

**Just Serve:** <https://www.justserve.org/>  
Services: Website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community.

**South Valley Resource Alliance:**

South Valley Resource Alliance needs truck drivers, webmaster, fundraiser, bookkeeper & food distributors on the first & third Fridays. Send email to [svra4cg@gmail.com](mailto:svra4cg@gmail.com) for more info. Send email to [svra4cg@gmail.com](mailto:svra4cg@gmail.com) for more info.

**Soup's On Weekly Community Meal:**

Volunteers needed to help prepare and serve the Sunday evening free community meal. For more information, please contact Karen at: 541-501-3647.

# ALCANCE DE LA FAMILIA HISPANA/HISPANIC FAMILY OUTREACH

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**Servicios de la comunidad católica/Catholic Community Services:** 541-747-0221 ext. #303

Eugene: 1464 6th Street, Eugene, OR 97402

Springfield: 1025 G Street, Springfield, OR 97427

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

**Servicios en Español para la Comunidad/Community Sharing:** 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

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

**Línea directa de ayuda mutua de Cottage Grove/Cottage Grove Mutual Aid Hotline:**

541-649-2460

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

**Despensa de alimentos Creswell/Creswell Food Pantry:** 541-246-9117

364 Cobalt Lane Creswell, OR 97426

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

**Departament de Servicios Humanos/DHS:** 541-942-9186

305 Coop Ct., CG, OR 97424

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

**Vivero de ayuda familiar:/Family Relief Nursery:** 541-942-4835

720 N 14th Street, Cottage Grove, OR 97424

996 A Street, Modular 3. Creswell, OR 97426

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

**Head Start del Condado de Lane:/Head Start of Lane County:** 541-942-5565

1310 S. 8th Street, Cottage Grove, OR 97424

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

**Centros de Salud del Condado de Lane/Lane County Community Health Centers:**

541-682-3550

151 W. 7th Street, Eugene, OR 97401

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

**Departamento de Salud Pública del Condado de Lane/Lane County Public Health:**

541-682-4041

151 W 7th Avenue, # 310, Eugene, OR 97401

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

**WIC del condado de Lane/Lane County WIC: 541-682-4202**

305 Coop Ct., CG, OR 97424

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

**Peacehealth Cottage Grove: 541-767-5200**

1515 Village Dr., Cottage Grove, OR 97424

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

**Peacehealth Medical Group Creswell Clinic: 541-222-7700**

180 Melton Road, Creswell, OR 97426

Servicios médicos para toda la familia.

**Planificación Familiar/Planned Parenthood: 541-344-9411**

3579 Franklin Blvd., Eugene, OR 97403

793 N. Danebo Avenue, Eugene, OR 97402

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

**Clinica Prenatal/Prenatal Clinic, Lane County: 541-682-8777**

151 W. 7th Street, Eugene, OR 97401

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

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

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

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

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

**Conexion Primaria del Centro de Peggy/Peggy's Primary**

**Connection:** 541-942-4967

1310 S. 8th Street, Cottage Grove, OR 97424

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

**Organización Rural (ROP)/Rural Organizing Project (ROP)**

**Distribution:** 541-649-1169

632 E. Main Street, Cottage Grove, OR 97424

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

**Clinica Dental de/Dental Clinic, Lane Community College:** 541-463-5206

2460 Willamette Street, Eugene, OR 97405

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

**Voluntarios de Medicina/Volunteers in Medicine:** 541-685-1800

2260 Marcola Rd. Springfield, OR 97477.

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

**White Bird Clinica Medica y Dental/White Bird Medical and Dental Clinic:**

541-344-8302

1400 Mill Street, Eugene, OR 97401

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

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

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

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

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

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

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