

Prenatal & Infant/Toddler Resource Guide for Lane County



Many individuals and organizations provided assistance in the development of this resource guide, and I would like to express my gratitude to all of them. I would especially like to thank Jan Aho, Kevin Burns, Patricia Couch, Karen Lawrence, Sandy Moses, Judy Newman, Charlotte Peterson, Peter Schnabel, Alice Stroud, Aimee Taylor, Val Taylor-Close, Liz Twombly, and Vena Williams, for reviewing the guide and providing valuable feedback, and Carol Freitas and Rob Hoselton for their assistance in making this document accessible on the ONIMH website. I sincerely appreciate the work that has gone into the information and referral systems currently in place in Lane County, some of which is reprinted in this guide. In particular, 211Lane, Birth to Three, Mama Rose's Naturals and the Lane County Birth Network made hugely significant contributions of information to this resource guide. It has been a pleasure working with individuals representing these organizations, and I am grateful for their presence in our community and their continuous efforts to provide up-to-date information and referrals to pregnant women and families of young children.

Updated November, 2007

Dear Service Provider,

Lane County has a multitude of programs and services for pregnant women and parents of young children. However, it is not always easy for families to access these services. Some families experience barriers such as family stress, language or literacy issues and lack of internet access. Others are able to access the information but are more likely to follow up on a referral provided by a trusted individual, such as a service provider. This guide is meant to provide written information that you as service providers can share with pregnant women and parents of young children. My hope is that the guide will facilitate families accessing the services they need to promote the health and well-being of their young children.

We, in Lane County, are fortunate to have valuable information and referral systems, described in section 2 of this guide, which facilitate access to programs and services addressing the needs of young children and their families. These include, among others, 211Lane Online, The Help Book Human Services Directory, and the Parent Helpline. These systems are described within this guide to facilitate service providers and families use of them. This guide was designed to complement these systems by:

- Isolating and organizing information specific to prenatal and infant-toddler-related services and programs
- Consolidating information that currently must be accessed through multiple sources.
- Enabling service providers to print and keep with them relevant information to share with families (e.g., during home visits)
- Providing suggested web sites, videos and books for parents related to pregnancy, infancy and toddlerhood

In addition to referring families to the services listed and described in this guide, service providers are encouraged to assist families to access informal supports such as extended family, neighbors, and churches, synagogues and other places of worship.

This guide is currently available on the following website(s): www.onimh.org. You are encouraged to print off copies of the guide and/or individual entries as needed. You are also encouraged to direct families with internet access to the online guide. My intention is to update the guide annually. If you know of other programs/services you would like to see included in the guide, or to correct any inaccuracies or remove a listing, please contact me at betsylacroix@wingsspan.com.

Sincerely,

Betsy LaCroix

Dear Family Member,

Lane County has many programs and services for pregnant women and parents of young children. However, it is not always easy for families to locate these services and basic information about them. I developed this guide primarily to help service providers better assist families in locating services that meet their needs. Whether you have been directed to this guide by a service provider, or whether you have stumbled across it on your own, I am glad you found it!

In this guide you will find information about many agencies, programs and individual services providers who provide services to pregnant women and infants and toddlers and their families. You are encouraged to think about informal supports, in addition to the resources listed in this guide, such as extended family, neighbors, and churches, synagogues and other places of worship, which might provide assistance related to your family's needs. My hope is that this guide will help you "fill in the gaps" of any supports that are missing for you in preparing to parent, or parenting, your young child or children.

I hope to update the guide annually. If you know of other programs or services you would like to see included in the guide, or if you have suggestions for improving the guide, please contact me at betsylacroix@wingsspan.com.

All the best to you and your family,

Betsy LaCroix

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Introduction

Scientific research has greatly improved our understanding of the importance of early experiences and relationships in children's development. We understand, for example, that an infant's secure attachment with a primary caregiver is related to outcomes such as increased security about oneself and increased academic achievement (Jacobsen & Hoffmann, 1997). Insecure early attachments, on the other hand, predict subsequent disruptive, aggressive and criminal behavior (Shaw, Owens, Vondra, & Keenan, 1996; Allen, Hauser, & Borman-Spurell, 1996; Cutler & Gilkerson, 2002).

We know that a child's social-emotional functioning in infancy impacts his or her readiness to learn and succeed in school. According to Zero to Three, "A child who is not secure in relating to others, doesn't trust adults, is not motivated to learn, or who cannot calm themselves or be calmed enough to tune into teaching will not benefit from early educational experiences. In fact, more and more young children are being expelled from child care and preschool for behavior problems... Without intervention, these problems will escalate."

We know that while young children are, in many ways, resilient, there is a powerful relationship between the emotional experiences of children and their physical and mental health as adults. In fact traumatic experiences in childhood predict negative health outcomes even decades later (Felitti et al., 1998).

The good news is that by meeting the needs of young children and supporting their relationships with their caregivers, we can have a significant impact. In Neurons to Neighborhoods: The science of early childhood development, Shonkoff and Phillips state, "The course of development can be altered in early childhood by effective interventions that change the balance between risk and protection, thereby shifting the odds in favor of more adaptive outcomes."

The focus of this resource guide is on services specifically geared toward pregnant women and children birth to age three and their parents or caregivers. This is not to discount the importance of more general services that directly and indirectly impact infants and toddlers. The health and well-being of infants and toddlers certainly depends upon the health and well-being of their caregivers and communities. Thus, many community resources addressing basic needs such as housing, food and general healthcare, are highly relevant to infants and toddlers. The reader is referred to the Lane County 211 system (www.211lane.org) for information about these general resources. This guide is designed to introduce you specifically to programs and services available in Lane County that support parents in meeting the needs of their children during pregnancy and the first three years. The intent is to complement information and referral systems that are already in place and which are described on page 10.

Footnotes:

(1) Infant Mental Health. Zero to Three Fact Sheet, May, 2003, Washington, DC.

(2) Cutler, A. & Gilkerson, L. (2002). *Unmet needs project: a research, coalition building, and policy initiative on the unmet needs of infants, toddlers and families*. Chicago, IL: University of Illinois at Chicago and Erikson Institute.

(3) Shonkoff, J. P. & Phillips, D. A. (2000). From Neurons to Neighborhoods: The science of early childhood development

What Do Babies Need?

1. A healthy environment in which to grow and develop in utero.

This guide includes **prenatal and birth-related services**, as well as **drug and alcohol treatment** for pregnant women.

2. Safety and Security

This guide includes services for pregnant women and parents of young children who are impacted by **domestic violence** and **homelessness**.

3. Healthy, competent parents/caregivers

Numerous listings describe **parenting education programs** and **support groups** for pregnant women and parents of young children, including programs specifically for **teen parents**. Included are practitioners with expertise in **postpartum depression** and other perinatal mood disorders. **Respite care** programs are included for parents who need a break, as well as **nutrition and fitness** programs for new moms.

4. Adequate nutrition

This guide provides information on **nutrition services** for infants and **breastfeeding support**.

5. Health care that promotes growth and development

This guide includes a listing of **mental health providers, physicians and alternative health care providers** with specific interest and/or expertise in infants and toddlers. Also featured are programs for children with **special health care needs** such as prematurity or cerebral palsy.

6. Opportunities for learning

This guide provides information on **early intervention** services for children with developmental delays or disabilities, other **disability-related organizations, child care** resource and referral, and **recreational opportunities** designed specifically for infants and toddlers and their caregivers.

Information and Referral

A number of information and referral systems exist in Lane County, each with a unique focus, and all of which play an important role in assisting pregnant women and families of infants and toddlers connect to appropriate resources.

211Lane

211Lane provides online information about local social services and volunteer opportunities in Lane County. This comprehensive system includes listings on more than 2,000 agencies and support groups. The website is www.211Lane.org.

Autism Society of Oregon, Lane County

The Lane County chapter of the Autism Society of Oregon provides resources specific to individuals with autism spectrum disorders and their families. This information can be accessed on their website: www.asolanecounty.org. Click on “Resources.” Or contact Chapter Representatives: Mary-Minn Sirag at 541.689.2228 or Tim Mueller at 541.521.7208.

Birth To Three Resources for Families

Birth to Three publishes an annual resource poster called “Resources for Families.” The poster is available on the Birth to Three website: www.birthto3.org. Also available on the website are up to date listings of Activities for Parents and Activities for Children. The phone number for Birth to Three is 541.484.5316

Direction Service

Direction Service acts as an information clearinghouse on a broad range of disability related topics, which include legal issues, resources, parenting, barrier-free design, disabling conditions, and controversial treatments. Direction Service, in joining with other information and referral providers, is also a part of 211Lane (described above). Visitors to 211Lane will find information on a broad array of organizations that can meet the needs of persons with disabilities and their families. Direction Service uses this information to respond to many requests for information each year. A summer program directory is also produced and distributed annually. Call 686-5060 and/or visit their website: www.directionservice.org.

Family Support & Connections

Family Support & Connections (FSC) is a collaborative group of community agencies and individuals whose mission is to provide supportive information and services about resources for families living in Lane County.

- We can meet with you and find out what you need and answer any questions you might have.

- We can give you caring and confidential support.
- We can let you know about free and low-cost services available in your neighborhood.
- We can call you later and see how things are working.

For more information, please contact your FS/TANF worker, a child welfare worker, or Julie Harper, (541) 465-1334 or jharper@ccslc.org.

Help Book Human Services Directory

The White Bird Info Line annually publishes The Help Book, Lane County's Human Services Directory, a vital reference book for anyone who works with people with limited resources or special needs. Describing over 650 human service agencies, programs and support groups, the Help Book is annually updated, expanded and revised. The Help Book covers Lane County, including Eugene, Springfield, Florence, Cottage Grove, and outlying areas. You can order a Help Book online at <http://infoline.whitebirdclinic.org/help.html> or at the White Bird Clinic at 341 E. 12th Ave., Eugene, OR 97401.

Lane County Birth Network

The Lane County Birth Network is an action-based network of birth professionals and consumers who are advocating for best practices in maternity care, through consumer education and professional development, in order to optimize the health of mothers, babies, and families. They support parents in making informed decisions regarding pregnancy, birth, and parenting. They provide a free referral network to birth year providers and services in Lane County, Oregon, as well as monthly classes and special events that are open to the public. Local service providers are listed on their website: www.lanecountybirthnetwork.org. Click on “local service providers.” The Lane County Birth Network is also a proud sponsor of the Mother Baby Resource Center and Directory (see below).

Mother Baby Resource Center and Mother Baby Resource Directory

Mama Rose’s Naturals provides pregnancy and birth-related referrals, including prenatal massage, yoga, acupuncture, naturopaths, herbal practitioners, midwives, birth doulas, postpartum doulas, lactation consultants, and support groups. Mama Rose’s Naturals is at 383 W. 3rd Ave., Eugene, OR 97401. Phone: (541) 485-9430.

Sponsored by Mama Rose’s Naturals and the Lane County Birth Network, the Mother Baby Resource Directory was created by mothers to provide reliable information and holistic support for healthy and happy mamas, babies and families. The directory is available at Mama Rose’s Naturals (see address and phone number above).

Oregon SafeNet

As the state's Maternal & Child Health hotline, SafeNet is a free and confidential helpline providing statewide information and referral services for community health, social, and mental health services, immediate care health services, pregnancy and reproductive health services. Emphasis is on prevention-based reproductive health programs to reduce unintended pregnancies

and assist in planning for healthy pregnancies.

SafeNet targets women, children and teens as well as assisting Oregonians in finding health care, public services and provides information about eligibility to the Oregon Health Plan and other low-cost health insurance options.

Other services provided by SafeNet include:

- Flu Clinic Locations
- Routine and urgent medical care
- Immunizations and well-child care
- Pregnancy tests
- Prenatal care
- WIC nutrition programs
- Low-cost birth control
- Oregon Health Plan information
- Urgent and routine dental care
- Services for children with special health care needs
- Support services for teen parents
- Health Care Needs
- Mental health services
- Testing and treatment for STD and HIV
- Domestic violence services

SafeNet, now in its eighth year of operation, is accessed statewide by a toll-free number, 1-800-SafeNet (1-800-723-3638).

The programs operate from 8:00 am - 5:00 pm, Monday through Friday, providing on-site English and Spanish assistance. In addition, bilingual services in 144 languages are available through a contract with Tele Interpreters. SafeNet has conference calling capabilities which allow the program information and referral specialists to stay on the line when making a referral or providing information to assure the caller receives the requested assistance.

Parent Helpline

A collaboration between United Way and several partner agencies, the Parent HelpLine provides a free, confidential telephone resource for parents and caregivers of children up to 6 years old. The line is staffed Sunday-Friday from 9:00 a.m. to 4:00 p.m. Call 541-485-5211 or 888-485-5222.

The Parent HelpLine is staffed by professional Parent Educators who are there to:

- Talk about parenting, child development and behavior, family stress and more.
- Help parents find a playgroup or parent support group;
- Directly transfer concerned parents to local or issue-specific services, and;
- Schedule time to talk about the specific needs of individual families.

The Parent HelpLine is the place to call for all your early childhood connections.

Siuslaw Outreach Services Focus 4

Focus 4, a program of Siuslaw Outreach Services, is Western Lane County's resource, referral and crisis line. A Focus 4 operator can be reached 7 days a week, 24 hours a day. It provides an information and referral line for the general public and local agencies for emergencies as well as everyday problems/questions. It also maintains an up-to-date resource/referral handbook containing city, county, state, and national referrals, including a list of national and statewide hotlines. The main phone number is 541-997-2816. The Hotline Phone is 877-997-FOUR (3687).

White Bird Info Line

The White Bird Info Line provides comprehensive information and referral concerning human service resources in Lane County available to all, with a focus on assistance to people with low incomes or special needs. Phone and walk-in assistance is available. Adjunct services include message and mail drop services for homeless people, publication of the annual HELP Directory, screening for eye clinic and a quarterly newsletter, "In Formation". White Bird Info-Line is a partner in 211Lane. Walk-in assistance is provided at 341 E 12th Ave, Eugene. Telephone assistance is provided at 342-4357, TDD 342-8255, and 800-422-7558. Hours are Mon-Fri 8:00-5:00.

Community Services

Abuse/Neglect/Domestic Violence

Child Advocacy Center

Address: 2560 Frontier Dr., Eugene, OR 97401

Phone: (541) 682-3938

Website: www.co.lane.or.us/ChildAdvocacyCenter

Description: The Child Advocacy Center provides a warm environment where children can be interviewed in matters concerning child abuse. The Center will ensure the child's well being as its first priority, enable effective investigations and coordinate the child's legal and treatment needs through community resources.

Eligibility: open

Languages: Spanish, others by arrangement

Fees: None

Hours: M-F 8:00-12:00 and 1:00-5:00

DHS Child Welfare Program- Gateway office

Address: 1040 Harlow Rd, Springfield, OR 97477

Phone: (541) 726-6644

Description: Receive and assess complaints of child abuse and neglect. Referral to and utilization of community resources to assist children and families. Provides foster care services as component of protective services. Certifies foster homes. Adoption services. Provides in-home protective services. Contracts with local providers for sex abuse treatment, family and domestic violence counseling and parent training. A worker is stationed in Florence, 997-8251.

Eligibility: 0-18 years old, child abuse/neglect concerns

Languages: Spanish

Fees: none

Hours: M-F 8:00-5:00

DHS Child Welfare Program- West Eugene office

Address: 2101 W 11th Ave., Eugene, OR 97402

Phone: (541) 686-7722

Description: Provides protective services, foster care, adoptions and family treatment services.

Eligibility: 0-18 years old, child abuse/neglect concerns

Languages: Spanish, German

Fees: none

Hours: M-F 8:00-5:00

DHS Child Welfare Program- Willamette St. office

Address: 1899 Willamette St., Eugene, OR 97401

Phone: Hotline phone: 866-300-2782, (541) 686-7867

Description: Receive and assess complaints of child abuse and neglect. Referral to and utilization of community resources to assist children and families. Provides foster care services as component of protective services. Certifies foster homes. Adoption services. Provides in-home

protective services. Contracts with local providers for sex abuse treatment, family and domestic violence counseling and parent training. A worker is stationed in Florence, 997-8251.

Eligibility: 0-18 years old, child abuse/neglect concerns

Languages: Spanish

Fees: none

Hours: M-F 8:00-5:00

Relief Nursery Families Together Program

Address: 1720 W. 25th Ave., Eugene, OR 97405

Phone: (541) 343-9706

Description: FAMILIES TOGETHER is an intensive parent training program for parents who have lost their young children to foster care or are at imminent risk of losing their children.

Eligibility: At-risk families of children 7 years old and younger, DHS involvement

Languages: Spanish

Fees: None

Hours: M-Th 9:00-5:00, F 8:30-4:30, evening classes

Siuslaw Outreach Services - Siuslaw Area Women's Center

Address: 1576 W 12th St., Florence, OR 97439

Phone: 541-997-2816, Hotline phone: 877-997-FOUR, 24 hr crisis: 541-997-4444

Description: Provides comprehensive assistance to women, men and their children.

Shelter assistance includes emergency shelter, domestic violence shelter, rental assistance, and transitional housing. Domestic Violence assistance includes advocacy, short and longer term shelter, resource and referral, support groups, peer counseling, professional counseling. Rape and Sexual Assault help includes 24 hour crisis line, peer counseling, advocacy, support and referral. Emergency Services are limited but include gasoline, propane and prescription assistance, showers/laundry, bus tickets and taxi vouchers. Other Services include weekly women's support group, used clothing, and household goods, Elder help, low income energy assistance (LIEAP), and housing assistance with case management.

Eligibility: Open to women, men and families.

Languages: Spanish, German, Japanese by arrangement

Fees: None

Hours: M-F 10-4, 24hr crisis

Womenspace

Address: 1557 Pearl St., Suite 400, Eugene, OR 97401

Phone: (541) 485-6513, Hotline: 1-800-281-2800, TDD 485-7262

Description: Emergency and long-term support services for domestic violence survivors both adults and children. 24 hour help line--485-6513, (800) 281-2800. Basic Services include:

Advocacy by appointment; Safety planning; Shelter; Crisis intervention; youth programming; Assistance accessing resources; legal advocacy; Community support groups (adults and children); DV specialists at self-sufficiency, child welfare and child advocacy center; DV education and information; Emergency transportation Rural outreach; Community education presentations; and Transitional case management. Advocacy Center phone number: 484-6103.

Outreach programs in Cottage Grove (767-3879), Junction City (998-3799) and Oakridge (782-2877).

Eligibility: available to all survivors of domestic violence, their children and their support people
Languages: Spanish
Fees: None, donation
Hours: 24 hour crisis line, 9:00-3:00 drop-in at 1551 Oak St., 9:00-3:00 appointments at 1557 Pearl St.

Acupuncture and Chinese Medicine

Acupuncture for the People, Rob Singer, Licensed Acupuncturist

Address: 2833 Willamette St. Suite B, Eugene, OR 97405

Phone: (541) 521-6285

Website: www.AcupunctureForThePeople.org

Description: Rob Singer is a Licensed Acupuncturist practicing in Eugene, Oregon. He received his 4 year Master's degree in Traditional Chinese Medicine from the Northwest Institute of Acupuncture and Oriental Medicine in Seattle, WA. He has a wide range of clinical experience including geriatrics at Mt. St. Vincent retirement community, treating homeless youth at the 45th Street clinic, as well as specialty clinics with menopausal women and pediatrics. He is also certified in Acutonics, a type of sound healing that involves the application of tuning forks to the acupuncture points.

Fees: Sliding scale

Hours: M 1:30-5:00, T 9:30-1:00, W 1:30-5:00, Th 9:30-1:00, F 1:30-5:00

Breath of Life Acupuncture, Tracy Lomax, Licensed Acupuncturist

Address: 1524 Willamette St, #202, Eugene, OR 97401

Phone: (541) 510-3110

Description: Nurturing practice focusing on pregnancy, birth, and postpartum care.

Turning Point Center LLC, Tom Williams, Licensed Acupuncturist

Address: 670 E. 18th Ave, Eugene, OR 97401

Phone: (541) 686-9658

Website: www.turningpointcenter.net

Description: Tom specializes in the treatment of chronic pain and stress-related illnesses. He has studied extensively with acupuncture masters from Japan and Taiwan, including [Kiiko Matsumoto](#) and [Dr. Richard Tan](#).

Fees: private insurance accepted

Alcohol and Drug Treatment (See also Smoking Cessation)

Catholic Community Services Murnane Mutual Home

Address: 522 E. 13th Ave., Eugene, OR 97401

Phone: (541) 465-1334

Website: www.ccslc.org

Description: A residential program for families in outpatient substance-abuse treatment programs. Residents must be involved in Child Welfare Programs. Provides support services leading to drug-free, self-sufficient lifestyle.

Eligibility: Must be receiving services from child welfare program and have alcohol and drug issues

Languages: All by arrangement

Fees: Rent based on income, sliding scale

Hours: 24 hours

Relief Nursery Accessing Success Program

Address: 1720 W. 25th Ave., Eugene, OR 97405

Phone: (541) 485-0007 x101

Website: www.reliefnursery.org

Description: The ACCESSING SUCCESS program offers parents substance abuse education, assessment, and referral, post-treatment counseling, parent recovery support groups, peer support, social skills development activities, and anger management classes. Transportation, childcare, and food are available.

Eligibility: At-risk families of children 6 years old and younger

Languages: Spanish

Fees: None

Hours: M-Th 9-5, F 8:30-4:30, eve classes

Willamette Family Inc.- Women's Residential Programs

Address: 687 Cheshire Ave., Eugene, OR 97402

Phone: (541) 343-2993

Website: www.wfts.org

Description: Substance abuse treatment for adolescent girls and women with children under six years. Includes long term residential and outpatient services. Some transitional housing available. Program includes the Child Development Center where substance-affected infants, babies, toddlers, and preschoolers receive care and support while their mothers are receiving treatment for addiction.

Eligibility: Assessment indicating substance abuse/dependency

Languages: Spanish by arrangement

Fees: \$0-300/day, sliding scale, OHP, insurance

Hours: 24 hour program, M-F 8:00-5:00 office

Baby Items (clothing, diapers, formula, carriers, etc.)—free or low cost

Lane Pregnancy Support Center

Address: 134 E. 13th Ave., #5, Eugene, OR 97401

Phone: (541) 345-0400 (Eugene)

Description: Lane Pregnancy Support Center provides support to pregnant women in Lane County. Services offered are free pregnancy test, education, and emotional support throughout pregnancy, referrals for prenatal care, free maternity clothes, and baby clothes. A pre-natal class is available for first-time moms. Office hours are Monday-Thursday, 9:30am-5pm. Junction City

office: 245 W 6th, 998-7920. Cottage Grove office: 1238 S. 6th, 942-2333. Springfield office: 819 A St, 744-3303. Call for days and hours. Free diapers are available on Tuesday from 9:30pm - 4:00pm. Newborn-Size 2 (up to 12 diapers); Sizes 3, 4, 5 (up to 10 diapers). Call ahead for availability.

Eligibility: Open

Languages:

Fees: None

Hours: Mon-Thurs 9:30-5:00

Peace Harbor Hospital – Auxiliary

Address: 400 9th St., Florence, OR 97439

Phone: (541) 997-8412

Description: Provides layettes for babies of low-income families. Also serves as a primary support organization in the area of family support; provides support services for Friends of Florence cancer van; assists neurology and chemotherapy outpatients; ears, nose and throat doctor; community education service and hospice for terminally ill. Runs gift shop and supports all departments.

Eligibility: Open

Languages: Spanish by arrangement

Fees: None

Hours: Mon-Fri 8:00-5:00

Babywearing

Eugene Babywearers

Website: www.groups.yahoo.com/group/eugenebabywearers/

Description: Support group for parents/caregivers who come together to learn about babywearing. “Babywearing” is carrying your baby close to your body in a sling, pouch, wrap, or other baby carrier. Learn about the many physical, emotional, and developmental benefits for babies and toddlers who are carried often. Receive assistance selecting a carrier to best meet your child’s needs as well as your own. If you already have a carrier and don’t know how to use it, help is available.

Mama Rose’s Naturals

Address: 383 West 3rd Ave., Eugene, OR 97401

Phone: (541) 485-9430

Website: www.mamarosescenter.com

Description: Mama Rose’s Naturals is a natural family herbal shop and Mother Baby Resource Center. Natural Mama & Baby Boutique includes cloth diapers, baby carriers, nourishing skin and body care, natural remedies, birth and breastfeeding accessories, Blessingway items, books, videos, and beautiful gifts. Pregnancy and Birth Services & Referrals includes prenatal massage, yoga, acupuncture, naturopaths, herbal practitioners, midwives, birth doulas, postpartum doulas, lactation consultants, and support groups. Educational Classes & Workshops include childbirth education, cloth diapering, babywearing, community resources, yoga, massage, meditation, herbal and nutritional health.

Eligibility: None
Languages: English
Fees: None
Hours: Tues-Sat. 11-4

Nine In, Nine Out, Eugene NINO Group

Address: Eugene, OR

Phone: (541) 505-1239

Website: www.groups.yahoo.com/group/eugene-nino-group

Description: We provide information, education, resources, and support to parents and caregivers who wish to learn more about babywearing. We are a group of parents that love to wear our babies! This group is a place for all babywearers to come together to learn and talk about babywearing. Everyone who is interested in babywearing, or learning about babywearing is welcome to join. Parents, grandparents, other relatives/caregivers, or anyone who works with babies are welcome. We don't focus on one brand or type of baby carrier. This group does not focus on one particular parenting style.

Birthing (see also Midwives, Doulas and Childbirth Education)

Family Tides, LLC, Carolyn and Gary Jenkins

Address: 1890 Ridgley Blvd., Eugene, OR 97401

Phone: (541) 485-0614, or cell (541) 913-1626

Website: www.familytidesllc.com

Description: Providing labor and birth tubs to support your perfect birth

Eligibility: None

Languages: English, sign language

Fees: \$200 rental fee

Hours: daily by appointment

Lane County Birth Network

Address: P.O. Box 428, Eugene, OR 97440

Phone: (541) 485-9430

Website: www.lanecountybirthnetwork.org

Description: Birth support, networking and referrals

Eligibility: None

Fees: None

McKenzie-Willamette Medical Center Maternity Care Coordinators

Address: 1460 G St., Springfield, OR 97477

Phone: (541) 741-4649

Website: www.mckweb.com

Description: Provides support, education and referral information to pregnant women. Assists families in exploring various birth options to provide the best possible maternity experience. Service is available to all women delivering at McKenzie-Willamette Medical Center. Preregistration, childbirth, breastfeeding and infant care classes.

Eligibility: Delivery at McKenzie-Willamette Hospital
Languages: All by arrangement
Fees: None
Hours: M-F days, some evenings

McKenzie-Willamette Medical Center, Women's Health and Birth Center

Address: 1460 G St., Springfield, OR 97477
Phone: (541) 726-4471
Website: www.mckweb.com

Description: Attentive care and support of women before, during and immediately after childbirth or gynecological surgery. "Family Centered Maternity Care" of the newborn in mom's private room to enhance family involvement and education. The updated Women's Health and Birth Center opened in March 1997 complete with a Jacuzzi for mom and accommodation for her support person. Lactation consultants to support a successful breast-feeding experience. Specialized Level 2 care of infants requiring intensive monitoring and support.

Eligibility: Open
Languages: All by arrangement
Fees: OHP, medicate, private insurance
Hours: 24 hours

Peace Harbor Hospital

Address: 400 9th St., Florence, OR 97439
Phone: 541-997-8412
Website: www.peacehealth.org

Description: A full-service acute-care hospital serving western Lane County. Twenty four hour emergency services. Full-service medical, surgical, orthopedic, obstetric, pediatric, geriatric and critical care. Duplex carotid scanning, echocardiography, CT scanner, mammograms, ultrasound and nuclear medicine. Lab, physical therapy, home health, radiology and pastoral care services.

Eligibility: Open
Languages: Spanish
Fees: OHP, insurance, sliding scale

Sacred Heart Family Birth Center

Address: 1255 Hilyard St., Eugene, OR 97401
Phone: (541) 686-6904
Website: www.peacehealth.org

Description: Provides a full spectrum of obstetrical and neonatal services for mothers and newborns. Departments include Labor/Delivery/Recovery, Mother/Baby Unit and Neonatal Intensive Care. Sacred Heart Medical Center provides services to all patients in need, regardless of their ability to pay.

Eligibility: Pregnant women and their newborns
Languages: All
Fees: varies, medical card
Hours: 24 hours

Breastfeeding/Infant Nutrition (see also Midwifery)

The Breastfeeding Center, Karen Berg, M.S., Lactation Consultant

Address: 1630 Cameo Drive, Eugene, Oregon 97405

Phone: (541) 343-7341

Description: As a lactation consultant in private practice, I specialize in teaching the mother how to overcome her breastfeeding difficulties. These difficulties include sore nipples, and infants who suck incorrectly. Home visits are available in the Eugene area.

"Breastfeeding for the Employed Mother" classes. Breastfeeding products including "Pump In Style" breast pumps, and "My Breast Friend" nursing pillows. Breast pumps available to rent by the day or month.

Eligibility: none

Languages: English

Fees: Vary depending on the service or product provided. Do not take insurance or credit cards.

Hours: By appointment only.

Doulas Supporting Teens

Phone: (541) 344-1091

Website: www.doulassupportingteens.org/

Description: Doula Supporting Teens is a non-profit organization that pairs volunteer doulas (trained labor support professionals) with pregnant teens in the Eugene/Springfield area, as well as offering free childbirth education classes and parenting groups. Our doulas provide emotional, physical, and educational support during pregnancy, birth and early parenting. The mission of Doula Supporting Teens is to support and educate pregnant and parenting teens to bring healthy babies into healthy families to build healthy communities. Services include:

Pregnancy

Doula support for pregnant teen and her support person(s)

In-home prenatal visits

Preparation of a birth plan

Teen-centered childbirth education classes

Referrals to community resources

Labor and Birth

Continuous emotional, physical and informational support by a trained and experienced doula

Facilitate communication between laboring teens and care providers

Support to laboring teen's support person(s)

Early Parenting

Breastfeeding education and support

In-home postpartum visits

Education in newborn characteristics and care

Promotion of positive parenting

Parenting education groups

Eligibility: pregnant teens in the Eugene/Springfield area

Languages: Spanish

Fees: None

La Leche League of Eugene/Springfield

Address: Please call for location of meetings.

Phone: Eugene Help Line (541) 744-6055, Hotline: 1-800-LALECHE

Website: www.lalecheleague.org

Description: La Leche League is an international volunteer organization. It provides breastfeeding information and support through a telephone helpline, monthly meetings and a variety of written material, videotapes and books for sale or on loan. Please call the support line (744-6055) for a local leader's phone number to obtain more information. Children are welcome with mothers.

Eligibility: La Leche League meetings are open to anyone who is pregnant, nursing a baby, or interested in breastfeeding. Babies and young children are always welcome at LLL meetings.

Fathers are encouraged to attend the evening meetings.

Languages: Spanish phone help available Sat/Sun only (Joanna 914-6829)

Fees: optional \$40 membership, phone help and materials free

Hours: 24 hours, please call for meeting times

McKenzie-Willamette Lactation Consultation Services

Address: 1460 G. St., Springfield, OR

Phone: (541) 726-4471

Description: Phone consultation available. Breast-feeding classes offered monthly. Women come in for breast-feeding assistance as deemed necessary by the RN or lactation consultant who takes the initial phone consultation.

Eligibility: Open

Languages: All by arrangement

Fees: None, OHP, Medicare, Private insurance

Hours: 24 hours

Mindful Mothering, Robin Barbier, CD

Address: Eugene, OR 97405

Phone: (541) 221-9393

Website: www.mindfulmothering.com

Description: Breastfeeding and newborn care classes, childbirth preparation classes, labor support and birth doula services, breastfeeding support and home visits, parenting workshops and support.

Eligibility: None

Languages: English

Fees: All classes are offered on a sliding scale to low income families

OSU - Lane County Extension Service - Nutrition Education Program

Address: 950 W 13th Ave., Eugene, OR 97402

Phone: 541-682-4281, Hotline phone: 800-872-8980

Website: <http://extension.oregonstate.edu/lane/NEP/index.ph>

Description: This free program teaches limited-income people with or without children basic nutrition, food preparation, food safety and food shopping skills. Lessons are taught to individuals using hands-on cooking experiences, printed materials and a variety of visual aids.

The weekly, one-hour sessions are also presented to small groups in the home or at a central meeting site. Participants receive nutrition information, easy recipes and a certificate of completion.

Eligibility: Limited resource families

Languages: Spanish by arrangement

Fees: None

Hours: M-F 8:00-5:00

Peacehealth Medical Group Nurse Midwifery Birth Center Breastfeeding Support

Address: 511 E. 12th Ave., Eugene, OR 97401

Phone: (541) 484-5796

Website: www.peacehealth.org

Languages: All by arrangement

Fees: payments, OHP, insurance

Hours: M-Th 9:00-5:00

Sacred Heart Lactation Support Services

Address: 1255 Hilyard St., Eugene, OR 97401

Phone: (541) 686-6320

Website: www.peacehealth.org

Description: Lactation bedside support for in-hospital (Sacred Heart) patients. Classes for health care providers on lactation education and issues. Telephone consultation, outpatient lactation support by appointment.

Eligibility: Open

Languages: All by arrangement

Fees: \$40-118/visit

Hours: M-F, 8:00-3:00

Sacred Heart Pregnancy and Parenting Education

Address: 677 E. 12th Ave. Ste 530, Eugene, OR 97401

Phone: (541) 686-7074

www.peacehealth.org/ppedu

Description: Provides pregnancy and parenting education programs. Classes and workshops include pregnancy, parenting, childbirth, yoga for pregnancy, breastfeeding, family birth center tours and new infant care.

Eligibility: any community member or business with pregnancy and parenting education needs

Languages: ASL, others by arrangement

Fees: varies, \$0-60/class, some scholarships and reduced

Hours: M-Th 9:00-4:30, F 9:00-1:00

Women Infants and Children (WIC), Lane County

Address: 1900 W. 7th Ave., Eugene, OR 97402

Phone: (541) 682-4202, TDD 345-0891

Website: www.co.lane.or.us/HHS_PubHlth/LCPH_WIC.htm

Description: The Lane County Women, Infants and Children Nutrition Program provides food and nutrition information to help keep pregnant women, infants and children under five healthy

and strong. Provides nutrition education and food supplements to low-income pregnant and breast-feeding women, and to infants and children up to age 5 with medical/nutritional risk factors. Nutrition counseling, classes, and handouts; food vouchers for milk, eggs, cereal, juice, beans, cheese, peanut butter. Extra foods to support breastfeeding include tuna and carrots. Breast pumps available to eligible breastfeeding women. Infant formulas available when needed. Screens for dietary concerns, iron deficiency and growth concerns. This WIC program provides services in Eugene, Oakridge, Cottage Grove, and Florence. Call for an appointment.

Eligibility: Lane County low to moderately low-income pregnant, postpartum and nursing women; infants and children up to age 5 at medical/nutritional risk.

Languages: All by arrangement

Fees: None

Hours: Appts. M 8:00 am – 7:00 pm, Tu-F 8:00-5:00, Walk-in services M 8 – 6:30, Tu-F 8:00 – 4:00

For additional breastfeeding/infant nutrition referrals, please visit www.lanecountybirthnetwork.org/lactation-support/

Child Care/Respite Care

Autism Society of Oregon, Take a Break on ASO

Address:

Phone: 541 521 7208

Website: www.asolanecounty.org/takeabreak.htm

Description: ASO recognizes that caregivers of people living with autism don't have enough time for themselves and could use a much needed break. So we're launching a new program, "Take a Break on ASO" to provide caregivers with respite care and an outing for two! This is a statewide program running through 2007 as a trial. To access it, you must contact the ASO Chapter Representative for your region. For the ASO-LCC, that person is Tim Mueller: 541 521 7208 or tim@gwproj.com. ASO-LCC volunteers are soliciting local restaurants, hotels, etc to secure donated excursion packages, but for now this program will only pay for the respite care provider.

Caregiver Guidelines:

- First step: call or e-mail Tim Mueller to get in line.
- Caregivers are responsible for booking the respite care. You may hire your own respite provider, visit the [ARC of Lane County's](http://ARCofLaneCounty.org) website to find one of their trained providers.
- Caregivers will provide to ASO the name and contact information of the respite care provider as soon as they have it.
- Child care must be provided by a respite care provider. Family members are not eligible, unless the family member is part of a respite care provider network.
- ASO will pay for respite care at \$12/hour or a maximum of \$200 for one care session.
- ASO will pay the respite care provider directly. Respite care providers will be given a form to fill out and return to ASO-LCC. Upon approval, payments to respite care providers will expedited by ASO.
- Caregivers, if they desire, may chose amongst the excursion menus developed by ASO-LCC, as soon as we develop some.

- This program is on a first come, first serve basis, though if response is high we may draw names out of a hat.

Eligibility: caregivers of people with autism

Fees: None

Lane Family Connections

Address: 4000 E. 39th Ave., Bldg. 24, Eugene, OR 97405

Phone: 463-3954, Hotline: 1-800-222-3290

Website: www.laneccl.edu/lfc

Description: LFC bridges the gap between parents seeking child care and those who provide care to children. Parents are given referrals from a computer database of available child care providers. They receive consultation and materials about how to choose quality child care. LFC also coordinates and offers child care provider training and ongoing support to caregivers. A multicultural coordinator assists parents and providers of various ethnic groups. All services offered in Spanish. In addition, LFC works with local employers to help them with the child care needs of their employees. Services are available by phone, walk-in, fax and internet/e-mail. Parent intake form available on website. Preschool, afterschool, before school, child care, childcare, early childhood child advocacy, parent child caregiver, early childhood teacher, early childhood training, early childhood professional child care, early childhood care and education.

Eligibility: Open

Languages: Spanish

Fees: \$0-35/year sliding scale

Hours: M-F 9:00-3:00

Lifespan Respite

Address: 4181 E St., Springfield, OR 97478

Phone: (541) 343-5256

Website: www.arclane.org

Description: The Lifespan Respite Program provides families with a one stop respite referral contact so that they can easily receive information about respite care in the community, regardless of the age of the person needing the care, or their special care needs. A basic training is provided to all in-home providers.

Eligibility: Families who care for children and adults with special care needs

Languages: English

Fees: varies

Hours: M-F 9:00-5:00

Relief Nursery Outreach Program

Address: 1720 W. 25th Ave, Eugene, OR 97405

Phone: (541) 343-9706

Website: www.reliefnursery.org

Description: OUTREACH PROGRAM is for families needing immediate help and provides parent education and support through crisis response, respite care, home visits and resource/referral assistance. Outreach is also an entry point to other Relief Nursery services including parenting classes, support groups, anger management and counseling.

Eligibility: At-risk families of children 6 years old and younger

Languages: Spanish
Fees: None, OHP accepted
Hours: M-Th 9:00-5:00, F 8:30-4:30

U of O- EC-CARES/West Lane Program- Relief Child Care Program- Florence

Address: 1231 W 18th St., Florence, OR 97439

Phone: 541-997-1513

Website: www.psychweb.uoregon.edu

Description: The Relief Child Center offers free scheduled child-care for low-income at-risk families with children 6 weeks through 6 years old in West Lane County. Relief Child Care makes available regularly scheduled child care hours each week with an on call/waiting list maintained. Child care is provided in conjunction with the EC CARES, EI/ECSE Toddler and Preschool Programs. Relief Child Care also provides developmental screenings, resource referrals, and a book lending library to all participants. Other family related programs include the Parent/Child Play Group, Fridays 10-12, that is open to the general public, and access to a parent educator by appointment or by phone.

Eligibility: Call

Languages: Spanish by arrangement

Fees: None

Child Safety

American Red Cross Oregon Pacific Chapter, Infant/Child CPR and First Aid Classes

Address: 862 Bethel Dr., Eugene, OR 97402

Phone: (541) 344-5244

Website: www.oregonpacific.redcross.org

Description:

Community First Aid and Safety: This class teaches easy-to-learn emergency procedures to train individuals to overcome any reluctance to act in emergency situations. Content includes how to recognize and care for life-threatening respiratory, cardiac and first aid emergencies for adults, infants and children. Cost: \$45. The first six hours of this course is the CPR section. The cost for this section only is \$40.00. The cost for First Aid only is \$30. All students interested in first aid only must have a current CPR/AED certification.

Infant/Child CPR: This class teaches easy-to-learn emergency procedures that prepare individuals to overcome any reluctance to act in emergency situations. Participants will learn to recognize and provide basic care for breathing and cardiac emergencies in children and infants until advanced medical personnel take over. Cost: \$38.00 The first 4.5 hours of this course is the CPR section. The cost for this section only is \$32.00. The cost for First Aid only is \$30. All students interested in first aid only must have a current CPR certification

Eligibility: Open

Languages: classes offered in English and Spanish

Fees: \$32-\$45, depending on the class

Hours: Office M-F 8:30-4:30, classes offered days, evenings and weekends

Car Seat Safety Checks, Clint Foley, Relief Nursery

Address: 1720 W. 25th Ave, Eugene, OR 97405

Phone: (541) 343-9706, x 127

Description: Clint is available for car seat safety checks at the Relief Nursery.

Languages: Spanish

Fees: None

Hours: Contact Clint for appointment.

For information on car seat clinics, and other car seat safety resources, contact Parent Helpline at 541-485-5211 or 888-485-5222.

Childbirth Education

The Bradley Method of Natural Childbirth, Carolyn and Gary Jenkins, MS, AAHCC, instructor

Address: 1890 Ridgley Blvd., Eugene, OR 97401

Phone (541) 485-0614, or cell: (541) 913-1626

Website: www.familytidesllc.com

Description: Learn to give birth naturally, working together with your body and your partner.

The Bradley Method supports families in making informed decisions about their care, as well as experiencing labor and birth without unnecessary interventions or drugs.

Eligibility: None

Languages: English, sign language

Fees: \$210 class fee (includes materials)

Hours: Classes are held on Tuesdays or Wednesdays from 6-8:30 pm, or by special arrangement.

Cottage Grove Community Hospital

Address: 1515 Village Dr.

Phone: (541) 942-6795

Description: Six-week series provides comprehensive childbirth preparation, including films and handouts, with information on labor and delivery options, infant care and feeding, and postpartum care of mom.

Fees: classes for first-time parents \$48/series, refresher courses \$12/hr., private classes \$12/hr.

Hours: Call for dates and times

Doulas Supporting Teens

Phone: (541) 344-1091

Website: www.doulassupportingteens.org/

Description: Doula Supporting Teens is a non-profit organization that pairs volunteer doulas (trained labor support professionals) with pregnant teens in the Eugene/Springfield area, as well as offering free childbirth education classes and parenting groups. Our doulas provide emotional, physical, and educational support during pregnancy, birth and early parenting. The mission of Doula Supporting Teens is to support and educate pregnant and parenting teens to bring healthy babies into healthy families to build healthy communities. Services include:

Pregnancy

Doula support for pregnant teen and her support person(s)

In-home prenatal visits
Preparation of a birth plan
Teen-centered childbirth education classes
Referrals to community resources

Labor and Birth

Continuous emotional, physical and informational support by a trained and experienced doula

Facilitate communication between laboring teens and care providers

Support to laboring teen's support person(s)

Early Parenting

Breastfeeding education and support

In-home postpartum visits

Education in newborn characteristics and care

Promotion of positive parenting

Parenting education groups

Eligibility: pregnant teens in the Eugene/Springfield area

Languages: Spanish

Fees: None

Hypnobabies, Phyllis Linn, Certified Hypnobabies Instructor, Labor Support Doula, CD (DONA)

Address: 1850 W. 24th Ave., P.O. Box 5248, Eugene, OR 97405

Phone: (541) 514-3042

Website: www.hypnobabies-eugene.com

Description: Hypnobabies is a complete, 6-week childbirth education course that covers all aspects of labor and birth and teaches powerful techniques of self-hypnosis, enabling a woman to relax and enjoy her birth, free from tension, fear and pain. Hypnobabies teaches staying healthy and low risk, detailed birthing choices information for creating informed consent, an in-depth nutrition and exercise program, optimum fetal positioning, turning a posterior baby.

Hypnobabies uses real medical hypnosis techniques, the same ones used for non-anesthetic medical and dental surgical procedures, and has a very high success rate of unmedicated, comfortable births. Hypnobabies includes full training for Birth Partners, Quick Reference handouts for labor, and birthing rehearsals using Hypnobabies techniques learned in class.

Classes are small to allow for personal attention and support. Hypnobabies classes are all taught by Certified Hypnobabies Instructors who have at least 50 hours of hypnosis training as well as childbirth education backgrounds. Hypnobabies classes teach “Eyes Open Childbirth Hypnosis”, in which you can walk and talk and move around during your labor, allowing for more effective descent and positioning of your baby and still be completely comfortable.

Eligibility: Hypnobabies classes are open to pregnant women and their partners. Languages: English

Fees: \$360 includes 18-hours of instruction and all materials for a couple or mom.

Hours: Check www.hypnobabies-eugene.com for class schedules

Maia Healing Arts, Kara Maia Spencer, LMT, CD, CBE

Address: 2833 Willamette St, Suite B, Eugene, OR 97405

Phone: 541-520-0681

Website: www.maiiahealingarts.com

Description: Craniosacral Therapy for Infants, Children, Pregnancy, & Postpartum. Co-Creative Birthing Consultations, Doula Care, & Workshops. Birth Arts International Doula Workshops.

Mama Rose's Naturals

Address: 383 West 3rd Ave., Eugene, OR 97401

Phone: (541) 485-9430

Website: www.mamarosescenter.com

Description: Mama Rose's Naturals is a natural family herbal shop and Mother Baby Resource Center. Natural Mama & Baby Boutique includes cloth diapers, baby carriers, nourishing skin and body care, natural remedies, birth and breastfeeding accessories, Blessingway items, books, videos, and beautiful gifts. Pregnancy and Birth Services & Referrals includes prenatal massage, yoga, acupuncture, naturopaths, herbal practitioners, midwives, birth doulas, postpartum doulas, lactation consultants, and support groups. Educational Classes & Workshops include childbirth education, cloth diapering, babywearing, community resources, yoga, massage, meditation, herbal and nutritional health.

Eligibility: None

Languages: English

Fees: None

Hours: Tues-Sat. 11-4

McKenzie-Willamette Medical Center, Childbirth Education

Address: 1460 G St., Springfield, OR 97477

Phone: (541) 741-4649

Website: www.mckweb.com

Description: Comprehensive classes offered on childbirth preparation. Additional classes for sibling preparation, breast-feeding, new-baby care and childbirth refresher. Monthly tours of the Birth Center. Individual tours by arrangement. Preregistration required.

Eligibility: open

Languages: All by arrangement

Fees: \$0-65 sliding scale

Hours: M-Th 7-3 office, class hrs. vary

Mindful Mothering, Robin Barbier, CD

Address: Eugene, OR 97405

Phone: (541) 221-9393

Website: www.mindfulmothering.com

Description: Breastfeeding and newborn care classes, childbirth preparation classes, labor support and birth doula services, breastfeeding support and home visits, parenting workshops and support.

Eligibility: None

Languages: English

Fees: All classes are offered on a sliding scale to low income families

PattyCake Birthing Services, Patricia Couch

Address: P.O. Box 428, Eugene, OR 97440

Phone: (541) 556-8415

Website: www.PattyCakeBirthingServices.com

Description: Patricia M. Couch lives in Eugene and has been providing a variety of high-quality care to women during the childbearing cycle since 1997. Providing midwifery, doula services, and childbirth education, she is committed to empowering women and families by supporting them to have safe, gentle, and meaningful pregnancy and birth experiences.

Sacred Heart Pregnancy and Parenting Education

Address: 677 E. 12th Ave. Ste 530, Eugene, OR 97401

Phone: (541) 686-7074

Website: www.peacehealth.org/ppedu

Description: Provides pregnancy and parenting education programs. Classes and workshops include pregnancy, parenting, childbirth, yoga for pregnancy, breastfeeding, family birth center tours and new infant care.

Eligibility: any community member or business with pregnancy and parenting education needs

Languages: ASL, others by arrangement

Fees: varies, \$0-60/class, some scholarships and reduced

Hours: M-Th 9:00-4:30, F 9:00-1:00

Sacred Mother, Ann Magee

Address: PO Box 3877 Eugene, OR 97403

Phone: 541-344-1858

Website: www.sacredmother.com

Description: Ann Magee, a practicing birth doula, offers nurturing support to mothers and their families that complement the care of midwives and doctors in a warm, professional and non-judgmental manner. A BIRTHING FROM WITHIN Mentor, Ann also offers childbirth classes where practical information is exchanged through lively dialogues, creative exercises, and the practice of effective pain coping techniques. Working closely with partners, Ann provides informational, emotional, physical and spiritual comfort to pregnant and laboring women. Ann believes that birth is a profound rite of passage, honoring each mother's choice in how she brings her child into this world and assists families in their consideration of options and preparations for birth and parenthood. When working with Ann, a mother gains confidence in her ability to birth a baby by being encouraged to love her body, listen to her body and to trust her body. Ann tailors her care to what is needed in a specific moment and assists a mother to birth in-the-moment not toward an expected outcome. When needed, Ann gently guides mothers and their families through unexpected or unwelcome events that may occur in labor. As a mother, Ann has personally experienced the beauty of pregnancy and the wisdom and power that comes from childbirth and is honored to share in this transformational experience with other mothers.

Eligibility: none

Languages: English

Fees: TBD

Hours: TBD

Ten Moons Rising Midwifery Services, Elise Hansen, CPM, LDM

Address: 541 W. 21st Ave., Eugene OR 97405

Phone: 541-953-8673

Website: www.tenmoonsmidwifery.com

Description: Homebirth midwifery services, Complete in-home prenatal care, Newborn care through six weeks, Water labor and birth, Childbirth education classes, Breastfeeding support

Eligibility: None

Languages: Spanish, French

Fees: Oregon Health Plan and some insurance accepted

Hours: N/A

For additional childbirth education referrals, please visit www.lanecountybirthnetwork.org/childbirth-education/

Chiropractors

For chiropractor referrals, please visit www.lanecountybirthnetwork.org/chiropractics/

Counseling/Mental Health

Direction Service Counseling Center, Sharon Gizara Ph.D., Denise Sprengelmeyer LCSW, Jacqui Lichtenstein Ph.D., LCSW

Address: 576 Olive St. Suite 307, Eugene OR 97401

Phone: (541) 344 – 7303

Website: www.directionservice.org

Description: Counseling for emotional/psychological issues for pregnant women, parenting strategies for older siblings, support for women with pregnancy complications or disability issues, prenatal and postnatal depression, children with disabilities

Eligibility: accept OHP and Private Insurance, no referral required for services

Languages: English, some Spanish (Spanish speaking clients should call 686-5060 for information) interpreters available by arrangement

Fees: 100-\$125 some sliding scale appointments available

Hours: by appointment

Suma Elan, LCSW

Address: 2275 Columbia, Eugene, OR 97403

Phone: (541) 683-6377

Description: I provide client-centered supportive psychotherapy for pregnant women and through the entire postpartum period. I have been in private practice for 18 years and have always had a specialty in peri-natal issues. Before becoming a therapist I was a natural childbirth educator and doula.

Languages: English

Fees: \$50-90 per hour, most insurance accepted

Hours: M-F 9:00-7:00

Family Relief Nursery

Address: 720 N. 14th, P.O Box 1207, Cottage Grover, OR 97424

Phone: (541) 942-4835

Description: Family Relief Nursery strengthens families under stress. 1) Therapeutic classroom ages 6wks-4yrs. 2) Respite program-(scheduled) ages 6wks-6yrs Immediate need drop-in available. 3) Parent education and support. 4) Latino outreach. 5) Mental Health Services. 6)

Peer Support (assessing success) for clients with substance abuse issues.

Eligibility: Families at risk for child abuse and neglect

Languages:

Fees: None

Hours: 9:00- 4:00

Erica Freeman, MSW, LCSW

Address: Call for practice address, mailing address: 1885 Todd St., Eugene, OR 97405

Phone: (541) 345-7010

Description: Psychotherapy to pregnant women, children welcomed into therapy process if appropriate, but always welcome to session. Experience/training in perinatal mood disorders, mood, anxiety, bipolar, posttraumatic stress disorder. Have children of my own.

Eligibility:

Languages: English

Fees: sliding scale: \$40-90/hour, private insurance accepted

Hours: mostly days, occasional evenings

Gail Keller, LCSW

Address: 3003 Willamette St., Eugene, OR 97405

Phone: (541) 686-8899

Website:

Description: Counseling services to women and families, specializing in young children, age 3 and up. I do psychotherapy regarding trauma recovery, anxiety, depression, anger, etc. I have over 20 years of experience.

Eligibility: Open

Languages: English

Fees: All insurance accepted

Hours: 9:00-6:00 daily, Thursday and Friday evenings

Charlotte Peterson, Ph.D., Licensed Psychologist

Address: 2715 Emerald St, Eugene, OR 97403

Phone: (541) 484-9940

Description:

Main Areas of Expertise:

- Prenatal & Perinatal Psychology
- Maternal-infant Attachment
- Postpartum Mood Disorders
- Early Brain Development
- Positive Parenting Practices
- Child psychology: Normal and Abnormal Development
- Adult, Adolescent & Child Psychotherapy

For the past 30 years, I have spent extended periods of time studying parenting practices in over 60 countries. During the past 15 years I have focused my observations on the nonviolent cultures of Tibet, Bhutan and Bali. My comparative observations have been on mother-infant attachment, parent-child relationships and positive parenting practices that appear to result in more content and self-actualized adults.

Languages: Some basic Spanish and Indonesian

Fees: Can bill insurance companies, sliding scale: \$120-160/hr.

Hours: Wed-Fri 9:00 am – 6:00 pm

Relief Nursery

Address: 1720 W. 25th Ave., Eugene, OR 97405

Phone: 343-9706

Website: www.reliefnursery.org

Description: Outreach, crisis response and therapeutic early childhood program for high-risk families under stress. Early intervention program serves children ages birth-6 years. Group support, counseling with a specialty in attachment, education, services and home visits offered to families.

Eligibility: At risk families of children six years old and younger

Languages: Spanish

Fees: OHP

Hours: M-Th 9:00-5:00, F 8:30-4:30

Sally Snyder, MSW, LCSW, Options Counseling Services

Address: 1255 Pearl St., Suite 102, Eugene, OR 97402

Phone: (541) 687-6983

Website: www.options.org

Description: Mental health assessment and therapy services for pregnant women and new mothers experiencing significant depression or anxiety symptoms or other serious emotional distress, mental health services for infants and toddlers and their families, including addressing problems and distress occurring within the parent-child relationship.

Eligibility: Primarily OHP, some private insurance and private pay

Languages: English

Fees: \$91/hour for private pay

Hours: M-F 8:30-5:00 with later appts. possible

Alice Stroud, MA, Counselor, Licensed Massage Therapist

Address: 445 E. 32nd Ave., Eugene, OR 97405

Phone: (541) 431-1663

Description: Mindfulness-based, body-centered counseling services for parents and infants (preconception through toddler years), including preparation for birth and parenting, resolution of difficult or traumatic birth or prenatal experiences, help for infant issues (bonding, feeding, sleeping, crying), and enhancement of attachment and family enjoyment. Beginning in spring of 2008, I will also be offering massage and warm water therapies (prenatal, postpartum, infant), aquanatal holistic birth preparation classes, and infant swim/massage classes.

Languages: English

Fees: Sliding scale

Hours: Day and evening

Craniosacral Therapy

Maia Healing Arts, Kara Maia Spencer, LMT, CD, CBE

Address: 2833 Willamette St, Suite B, Eugene, OR 97405

Phone: 541-520-0681

Website: www.maiahealingarts.com

Description: Craniosacral Therapy for Infants, Children, Pregnancy, & Postpartum. Co-Creative Birthing Consultations, Doula Care, & Workshops. Birth Arts International Doula Workshops.

For additional craniosacral therapy referrals, please visit
www.lanecountybirthnetwork.org/craniosacral-therapy/

Disabilities/Developmental Delays

Bridgeway House

Address: 708 W. 10th Ave., Eugene, OR 97402

Phone: (541) 345-0805

Website: www.bridgewayhouse.org

Description: Bridgeway House offers treatment, developmental therapies, enrichment courses, support groups and advocacy to children and families of all income levels affected with autism and related disabilities. Bridgeway also offers counseling for individuals and families affected by autism and related disabilities. A Spanish-speaking Autism support group is available. Classes are offered for 6 weeks. A registration and materials fee of \$10 is required for each session, which includes Music Therapy, American Sign Language, Gluten and Casein Free Diet Support. Deadline for group registration is one week prior to the start of the class. Trainings are also available to professionals that are serving the needs of children and adults with AS/ASD.

Fees: varies, some scholarships are available

Hours: office hours: MWF 10:00-1:00, phone hrs MWF 11:00-1:00, messages are checked daily.

Child Development and Rehabilitation Center, OHSU

Address: 901 E. 18th, Eugene, OR 97403

Phone: (541)346-3575

Website: www.ohsu.edu/outreach/cdrc/

Description: CDRC provides interdisciplinary diagnostic and management services to children and youth with special health care needs and developmental disabilities. Individuals with known or suspected diagnoses of Asperger syndrome, Autism, Feeding Disorders, cleft lip and palate, cerebralpalsy, myelomeningole, learning disabilities and mental retardation are served.

Eligibility: children with physical or developmental problems

Languages: All by arrangement

Fees: OHP, private insurance, medicare

Hours: M-F 8:00-5:00

Direction Service Family Support and Service Coordination

Address: 3411 Willamette St. Suite A, P.O. Box 51360, Eugene, OR 97405

Phone: (541) 686-5060

Website: www.directionservice.org

Description: Direction Service Family Support and Service Coordination provides comprehensive case coordination services to families who have children and young adults who have been identified as having a disability or are suspected of having a disability. Families are assigned a case manager according to the school district they live in and the availability of the case manager. Families in Bethel, Eugene, Springfield, Crow Applegate, Fern Ridge, Lowell, Marcola, McKenzie, Blachly, Creswell, Cottage Grove, Junction City, Oakridge are eligible for case management services.

Eligibility: Disability or suspected disability, ages birth-22

Languages: Spanish

Fees: None

Hours: M-F 8:00-4:30

Early Childhood Coordinating Agency for Referrals, Evaluations and Services (EC CARES)

Address: 299 E. 18th Ave, Eugene, OR 97401

Phone: (541) 346-2578

Website: www.uoregon.edu/~ecweb/eccarescontact.html

Description: EC CARES is the publicly funded early intervention/early childhood special education program for infants, toddlers and preschool-age children in Lane County. It provides parent education and home visits, parent-toddler groups and preschool services to children experiencing delays in their development. Parents who have concerns about their child's development may call for a free developmental screening.

Eligibility: Must meet eligibility requirements for Early Intervention or Early Childhood Special Education

Languages: All by arrangement

Fees: None

Hours: M-F 8:00-5:00

Eugene Hearing and Speech Center

Address: 1500 W 12th Ave., Eugene, OR 97402

Phone: 541-485-8521, hotline: 877-347-9563, TDD: 541-485-8521

Description: General services include audiology, speech and language, cognitive, aphasia, stuttering, dysphagia (swallowing), preschool classes, nonverbal assisted communication, alaryngeal and voice services. Types of services provided include: screening and diagnostic evaluations, special diagnostic procedures, treatment of full range of communication disorders for every age, consultations/workshops/in-services, support groups for adults, hearing aid prescriptive, fitting and repair, and speech/voice assistive communication devices and supplies. Call for further information.

Eligibility: Physician's written orders usually required.

Languages: ASL, others by arrangement

Fees: varies, sliding scale, medical card, OHP

Hours: Mon- Fri, 8:00-5:00

Lane County Developmental Disabilities Services

Address: 125 E. 8th Ave., Eugene, OR 97401

Phone: (541) 682-3695

Website: www.co.lane.or.us/HHS_DevDis/default.htm

Description: Provides a system of specialized training, care and support services to children and adults with mental retardation and other developmental disabilities. Provides case management for eligible individuals and families including: needs assessment, service procurement, follow-along, monitoring and protective services. The program is the point of entry and exit to all Developmental Disabilities funded adult services, including: self-directed supports, residential training and care, specialized adult foster homes, outreach, transportation, work activity centers, supported employment and institutional diversion.

Eligibility: Lane County persons with IQ of 70 or below or documented developmental disability

Languages: Spanish by arrangement

Fees: None

Hours: M-F 8:00-5:00

Lane County Public Health, Community-Based Care Coordination (CaCoon)

Address: 135 E. 6th Ave., Eugene, OR 97401

Phone: (541) 682-4041

Website: www.lanecounty.org

Description: CaCoon is a public health nurse program for families who have children with special health needs. This program helps parents find resources and coordinate services. A local public health nurse can:

- Answer questions about your child's health needs and special care
- Help you find special services as close to your home as possible
- Help you prevent problems that could be related to your child's health condition
- Support you in times of stress and crisis
- Work with your primary care physician to coordinate health care and specialty services
- Help you identify specialty financial services for which your child may qualify.

The goal is to help you and your family learn new skills to become as independent as possible in caring for your child.

Eligibility: Families with children and young adults, from birth through age 20, who have complex conditions, which result in special medical, educational, vocational and social needs.

Languages: Spanish

Fees: none

Pearl Buck Center, Families with Special Needs Program

Address: 5100 W. Amazon Dr., Eugene, OR 97405

Phone: (541) 345-8506 x309

Website: www.pearlbuckcenter.com

Description: Preschool: Provides tuition free safe, nurturing and stimulating preschool services to children between the ages of two and five born with average to above-average intelligence whose parents have cognitive limitations, so children can enter the public school system without the need for special education intervention. Breakfast, lunch and transportation to and from school is provided through monthly home visits and regular contact. Provides support to parent. Case

Management: Provides resource identification, referral, support and advocacy services to individuals, including the parents of the children in our preschool, with borderline disabilities who are not eligible for state developmental disabilities services. Parent Mentor: Provides parent education in the home for parents with cognitive limitations and their babies. Healthy Start: A home visiting program for first-birth parents with cognitive limitations.

Eligibility: parents with cognitive limitations and their children

Languages: Spanish, ASL by arrangement

Fees: None

Hours: M-F 8:00-4:00, preschool hours M-Th 9:00-2:30

Therapy Solutions for Kids

Stephanie Wagers OTR/L Pediatric Occupational Therapist

Veda Reddy OTR/L

Renee Currier OTR/L

Address: 1142 Willagillespie Road Suite 12, Eugene, OR 97401

Phone: 541-255-2681

Website: www.therapysolutionsforkids.com

Description Occupational therapy for: Feeding issues, Developmental delay, Sensory integration, Autism, ADD/ADHD, CP, Birth Defects, Syndromes, Coordination disorders, Fine motor delays, Regulation issues

Eligibility: We bill most major insurance groups including OHP or patients can pay out of pocket. No sliding scale.

Languages: English, Indian.

Fees: Depends on co payment and insurance.

Hours: Monday-Friday 8-5pm

Doulas- Birth

The Doulas of the Lane County Birth Network

Phone: 461-1615

Website: www.birthcompanion.org

Description: The Doulas of the Lane County Birth Network is a group of professionally trained birth and postpartum doulas who practice in the Eugene/Springfield area. As doulas, we work within evidence-based standards of practice. Our mission is to enhance the physical, emotional, psychological, and spiritual health of mothers, babies, and families through education and loving support during pregnancy, childbirth, and early parenthood.

Fees: None

BirthJoy, Julie Zamost

Address: P.O. Box 50131, Eugene, OR 97405

Phone: (541) 434-2418

Website: www.BirthingJoy.com

Description: Julie is a certified doula with a background in psychology and nutrition. Passionate about birth and babies, she is deeply committed to helping every woman have a safe, gentle, and empowering birth experience. Julie offers prenatal and postpartum care and support through

labor and delivery at home, hospital, or birth center. She is experienced with, and enthusiastically supportive of hypnobirthing.

Doulas of Lane County

Phone: (541) 485-9430 (phone answered by Mama Rose's Naturals)

Website: www.birthcompanion.org

Description: Doulas of Lane County answers questions about doula care and directs families to currently practicing doulas. All doulas offer a free initial interview to get acquainted and discuss birth and postpartum support needs.

Hours: Tues-Sat 11:00-4:00

Doulas Supporting Teens

Phone: (541) 344-1091

Website: www.doulassupportingteens.org/

Description: Doulas Supporting Teens is a non-profit organization that pairs volunteer doulas (trained labor support professionals) with pregnant teens in the Eugene/Springfield area, as well as offering free childbirth education classes and parenting groups. Our doulas provide emotional, physical, and educational support during pregnancy, birth and early parenting. The mission of Doulas Supporting Teens is to support and educate pregnant and parenting teens to bring healthy babies into healthy families to build healthy communities. Services include:

Pregnancy

Doula support for pregnant teen and her support person(s)

In-home prenatal visits

Preparation of a birth plan

Teen-centered childbirth education classes

Referrals to community resources

Labor and Birth

Continuous emotional, physical and informational support by a trained and experienced doula

Facilitate communication between laboring teens and care providers

Support to laboring teen's support person(s)

Early Parenting

Breastfeeding education and support

In-home postpartum visits

Education in newborn characteristics and care

Promotion of positive parenting

Parenting education groups

Eligibility: pregnant teens in the Eugene/Springfield area

Languages: Spanish

Fees: None

Phyllis Linn, Labor Support Doula, CD (DONA)

Address: 1850 W. 24th Ave., P.O. Box 5248, Eugene, OR 97405

Phone: (541) 514-3042

Website: www.hypnobabies-eugene.com

Description: Hypno-Doula Service for women (and their partners) who are preparing for their baby's birth using self-hypnosis techniques.

Eligibility: Available to women who are learning and practicing childbirth hypnosis

Languages: English

Fees: \$500 with a discount to Hypnobabies students (see Childbirth Education section)

Hours:

Maia Healing Arts, Kara Maia Spencer, LMT, CD, CBE

Address: 2833 Willamette St, Suite B, Eugene, OR 97405

Phone: 541-520-0681

Website: www.maiahealingarts.com

Description: Craniosacral Therapy for Infants, Children, Pregnancy, & Postpartum. Co-Creative Birthing Consultations, Doula Care, & Workshops. Birth Arts International Doula Workshops.

Mindful Mothering, Robin Barbier, CD

Address: Eugene, OR 97405

Phone: (541) 221-9393

Website: www.mindfulmothering.com

Description: Breastfeeding and newborn care classes, childbirth preparation classes, labor support and birth doula services, breastfeeding support and home visits, parenting workshops and support.

Eligibility: None

Languages: English

Fees: All classes are offered on a sliding scale to low income families

PattyCake Birthing Services, Patricia Couch

Address: P.O. Box 428, Eugene, OR 97440

Phone: (541) 556-8415

Website: www.PattyCakeBirthingServices.com

Description: Patricia M. Couch lives in Eugene and has been providing a variety of high-quality care to women during the childbearing cycle since 1997. Providing midwifery, doula services, and childbirth education, she is committed to empowering women and families by supporting them to have safe, gentle, and meaningful pregnancy and birth experiences.

Evy Rich, CD (DONA), Certified Birth Doula

Address: 606 5th Ave SE, Albany, Or 973221

Phone: (H) 541 928 8752 (C) 510 685 7578

Website: birthdoulaevy.com

Description:

Experienced Certified Birth Doula (since 2003) offering loving, compassionate labor and delivery services for natural and medicated births in hospitals, birth centers and homes, from Eugene to Salem and surrounding communities. I provide 2 prenatal visits for education and planning with moms and dads, videos and books to loan, 24 hrs on call 2 weeks before baby is due, continuous support through labor including various comfort measures, therapies and positioning for optimal labor and birth, plus immediate post partum to assist with breastfeeding. I take pictures and write a baby's story, and visit at least once post partum to process the birth.

Eligibility: none
Languages: English
Fees: sliding scale-call for current rates
Hours: included in package

Sacred Mother, Ann Magee

Address: PO Box 3877 Eugene, OR 97403
Phone: 541-344-1858
Website: www.sacredmother.com

Description: Ann Magee, a practicing birth doula, offers nurturing support to mothers and their families that complement the care of midwives and doctors in a warm, professional and non-judgmental manner. A BIRTHING FROM WITHIN Mentor, Ann also offers childbirth classes where practical information is exchanged through lively dialogues, creative exercises, and the practice of effective pain coping techniques. Working closely with partners, Ann provides informational, emotional, physical and spiritual comfort to pregnant and laboring women. Ann believes that birth is a profound rite of passage, honoring each mother's choice in how she brings her child into this world and assists families in their consideration of options and preparations for birth and parenthood. When working with Ann, a mother gains confidence in her ability to birth a baby by being encouraged to love her body, listen to her body and to trust her body. Ann tailors her care to what is needed in a specific moment and assists a mother to birth in-the-moment not toward an expected outcome. When needed, Ann gently guides mothers and their families through unexpected or unwelcome events that may occur in labor. As a mother, Ann has personally experienced the beauty of pregnancy and the wisdom and power that comes from childbirth and is honored to share in this transformational experience with other mothers.

Eligibility: none
Languages: English
Fees: TBD
Hours: TBD

Rosetta Thuresson

Address: 383 W. 3rd Ave., Eugene, OR 97401
Phone: (541) 485-9430
Website: www.mamarosescenter.com

Description: Doula services, including prenatal and postpartum support and natural family health information

Eligibility: None
Languages: English
Fees: Dependent on services

Unfolding Lotus Birth Support, Darby Louise Partner

Address: 2475 Tyler St., Eugene, OR 97405
Phone: (541) 344-4174
Website: www.unfoldinglotus.com

Description: Professional, loving doula services, including pregnancy support, birth doula services and postpartum support, including handmade herbal products and massage.

Languages: English

Fees: Low income rates available, some pro bono work

For additional birth doula referrals, please visit www.lanecountybirthnetwork.org/doulas/

Doulas- Postpartum

Doulas of Lane County

Phone: (541) 485-9430 (phone answered by Mama Rose's Naturals)

Website: www.birthcompanion.org

Description: Doulas of Lane County answers questions about doula care and directs families to currently practicing doulas. All doulas offer a free initial interview to get acquainted and discuss birth and postpartum support needs.

Hours: Tues-Sat 11:00-4:00

Doulas Supporting Teens

Phone: (541) 344-1091

Website: www.doulassupportingteens.org/

Description: Doulas Supporting Teens is a non-profit organization that pairs volunteer doulas (trained labor support professionals) with pregnant teens in the Eugene/Springfield area, as well as offering free childbirth education classes and parenting groups. Our doulas provide emotional, physical, and educational support during pregnancy, birth and early parenting. The mission of Doulas Supporting Teens is to support and educate pregnant and parenting teens to bring healthy babies into healthy families to build healthy communities. Services include:

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Continuous emotional, physical and informational support by a trained and experienced doula

Facilitate communication between laboring teens and care providers

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Early Parenting

Breastfeeding education and support

In-home postpartum visits

Education in newborn characteristics and care

Promotion of positive parenting

Parenting education groups

Eligibility: pregnant teens in the Eugene/Springfield area

Languages: Spanish

Fees: None

Maia Healing Arts, Kara Maia Spencer, LMT, CD, CBE

Address: 2833 Willamette St, Suite B, Eugene, OR 97405

Phone: 541-520-0681

Website: www.maiahaalingarts.com

Description: Craniosacral Therapy for Infants, Children, Pregnancy, & Postpartum. Co-Creative Birthing Consultations, Doula Care, & Workshops. Birth Arts International Doula Workshops.

Unfolding Lotus Birth Support, Darby Louise Partner

Address: 2475 Tyler St., Eugene, OR 97405

Phone: (541) 344-4174

Website: www.unfoldinglotus.com

Description: Professional, loving doula services, including pregnancy support, birth doula services and postpartum support., including handmade herbal products and massage.

Languages: English

Fees: Low income rates available, some pro bono work

For additional postpartum doula referrals, please visit

www.lanecountybirthnetwork.org/doulas/

Fitness- Prenatal and Postpartum

Baby Boot Camp

Address:

Phone: (541) 285-7378

Website: www.babybootcamp.com

Description: Workouts focus on building core body strength for prenatal and postnatal fitness. Jump start weight loss, be with your child, combat baby blues, make new friends! All classes are drop in; first class is free. No membership fee. Saturdays are Family Day. Dads exercise for free with a paying mom.

Fees: single classes or various packages, prices vary

Belly Health, Angi McCutcheon

Phone: (541) 747-2279

Website: www.bellyhealth.com

Description: Tailored fitness and nutrition plans to meet your needs

Eligibility: Women of all ages and fitness levels

Languages: English

Fees: \$45/hr if you come to me, \$55/hr if I come to you, free consultation

Hours: flexible

Lifeforce Fitness Project, Mama and Baby Yoga and Prenatal Yoga

Address: 1615 Oak St., Eugene, OR

Phone: (541) 743-0778

Description: Mama and Baby Yoga: Bond with your new baby and other new moms as you get back into shape, have fun, and reduce stress. Prenatal yoga: Safe and gentle stretching, strengthening, breathing, and relaxation promote healthy pregnancy and childbirth.

Fees: \$28/4 weeks, \$8 drop-in.

Sacred Heart Pregnancy and Parenting Education

Address: 677 E. 12th Ave. Ste 530, Eugene, OR 97401

Phone: (541) 686-7074

www.peacehealth.org/ppedu

Description: Provides pregnancy and parenting education programs. Classes and workshops include pregnancy, parenting, childbirth, yoga for pregnancy, breastfeeding, family birth center tours and new infant care.

Eligibility: any community member or business with pregnancy and parenting education needs

Languages: ASL, others by arrangement

Fees: varies, \$0-60/class, some scholarships and reduced

Hours: M-Th 9:00-4:30, F 9:00-1:00

Tamarack Wellness Center

Address: 3575 Donald St., Eugene, OR 97405

Phone: (541) 683-7506

Website: www.tamarackwellness.com

Description: Postnatal yoga: Yoga for new moms (babies 4 weeks old - to crawling are welcome!). Includes a mix of Hatha yoga poses and abdominal work. A time for mothers to continue their yoga practice, in a relaxed, communal setting with babies present. Prenatal yoga: For pregnant women (spouses and partners are welcome, too). The class includes a mixture of balancing, strengthening and stretching poses that are appropriate during pregnancy, emphasizing breathing and relaxation. Give your baby the gift of yoga — a relaxed mom! No yoga experience is necessary.

For additional prenatal and postpartum fitness referrals, please visit www.lanecountybirthnetwork.org/fitness/

Health Care- Well Child

Lane County Public Health, Babies First!

Address: 135 E. 6th Ave., Eugene, OR 97401

Phone: (541) 682-4041

Website: www.lanecounty.org

Description: The Babies First! Program is designed to assist you in better understanding your baby and providing the learning experiences your baby needs. A public health nurse will visit your home. She'll talk to you about your baby, check growth, do developmental testing, and suggest ways you can encourage your baby's progress. Babies First! Also offers support and encouragement. Your public health nurse can teach you games and exercises specifically tailored to encourage your baby's development. She can answer your health questions or refer you to the appropriate agency for specialized attention. She will communicate and work with your doctor or clinic. Visits occur shortly after your baby's birth, at 4 months, 8 months, and 12 months. Additional visits can be made as you and the nurse feel is necessary.

Eligibility: Parents of children with the potential for developmental delays (for example, preemies)

Languages: Spanish

Fees: None

Peacehealth, Healthy Tomorrows Well Child Program

Address: 1162 Willamette St., Eugene, OR 97401

Phone: 687-6242

Description: Services available are: immunizations, well and sick child care, vision and hearing screenings, developmental screenings and dental referrals.

Eligibility: Ineligible for OHP, 200% of Federal Poverty Guidelines

Languages: Spanish, translators available for other languages

Fees: None

Hours: M, Tu, Th 1:00-4:40, W, F 9:00-12:00

Herbal Health

Mama Rose's Naturals

Address: 383 West 3rd Ave., Eugene, OR 97401

Phone: (541) 485-9430

Website: www.mamarosescenter.com

Description: Mama Rose's Naturals is a natural family herbal shop and Mother Baby Resource Center. Natural Mama & Baby Boutique includes cloth diapers, baby carriers, nourishing skin and body care, natural remedies, birth and breastfeeding accessories, Blessingway items, books, videos, and beautiful gifts. Pregnancy and Birth Services & Referrals includes prenatal massage, yoga, acupuncture, naturopaths, herbal practitioners, midwives, birth doulas, postpartum doulas, lactation consultants, and support groups. Educational Classes & Workshops include childbirth education, cloth diapering, babywearing, community resources, yoga, massage, meditation, herbal and nutritional health.

Eligibility: None

Languages: English

Fees: None

Hours: Tues-Sat. 11-4

Unfolding Lotus Birth Support, Darby Louise Partner

Address: 2475 Tyler St., Eugene, OR 97405

Phone: (541) 344-4174

Website: www.unfoldinglotus.com

Description: Professional, loving doula services, including pregnancy support, birth doula services and postpartum support., including handmade herbal products and massage.

Languages: English

Fees: Low income rates available, some pro bono work

Homeless Services

Catholic Worker - St. John Bosco House

Address: 4488 Knoop Avenue, Eugene, OR 97402

Phone: 541-683-7517

Website: www.efn.org/~lccatholicworker

Description: Long-term, structured transitional home for mothers ages 18-25 and their children. Live-in staff offer case management and supportive relationships. Residents participate in household and Catholic Worker community. Houses three families at capacity.

Eligibility: Homeless women 18-25 years old with children or pregnant.

Languages:

Fees: None

Hours: 24/7

First Place Family Center

Address: 1995 Amazon Parkway, Eugene, OR 97405

Phone: (541) 342-7728

Website: <http://svdp.us/mainsite/emergency/family.html>

Description: First Place Family Center, a St. Vincent de Paul program, provides services to the homeless population in Lane County. The First Place Family Child Development Center offers 24 child care spots. Half are offered free of charge to homeless clients while they search for work and housing; the other half are for working low-income families for \$250 a month, well below the average cost of \$550 to \$750, for children under age 6. To help retain quality providers, the center sets its teacher salaries at \$2 to \$3 more an hour than most centers.

Eligibility: homeless or working low-income families

The Eugene Mission, Mothers and Children Center

Address: 1470 W. 1st St., Eugene, OR 97440, mailing address: P.O. Box 1149 Eugene, OR 97440

Phone: (541) 344-3251

Description: Large open dorm for mothers with children including boys up to age 7. Two families with mothers and boys 8-10 can be accommodated. Men can stay in the men's building. Services include networking with community resources.

Eligibility: Homeless mothers with children (boys must be age 10 or younger)

Languages: English

Fees: First three nights are free, then \$2/night or chores in exchange for bed vouchers

Hours: 7 days/week, 24 hours/day

Shelter Care –Brethren Housing

Address: 1062 Main St., Springfield, OR 97477

Phone: (541) 726-8125

Website: www.sheltercare.org

Description: Brethren Housing serves both families and single adults. Operates utilizing a community-based model that draws upon the strengths of program participants to create a space of sanctuary. Provides a variety of services, including housing, counseling, case management, medication monitoring, & money management. Has onsite laundry facilities, LTD bus tokens

and food boxes available to program participants. Provides: 1) Short-term emergency housing for families. These apartments are available for up to 6 months. They require a \$50.00 apartment deposit. For more specifics, they will need to talk to the Family Resource Counselor. 2) Long-term housing for single adults who have been diagnosed with a psychiatric disability. There is a \$200 monthly program and facility fee/rent, \$50 deposit fee, and insurance coverage required. 3) Short-term transitional housing for single adults who have been diagnosed with a psychiatric disability. The length of stay is three months and there are no fee or insurance requirements. Single adult participants are considered on a referral basis from one of our many community partner agencies. For more specifics they will need to talk to the Program Manager.

Eligibility: Homeless, low income families or adults who have been referred by a QMHP and diagnosed with a severe and persistent mental illness.

Languages: All by arrangement

Fees: varies, \$0-200/month, OHP, private insurance

Hours: M-F 9-12, 1:30-5:00

Shelter Care –Family Housing

Address: 969 Hwy 99 N, Eugene, OR 97402

Phone: (541) 689-7156

Website: www.sheltercare.org

Description: ShelterCare Family Housing Program provides emergency shelter; advocacy; assistance to residents in finding income and housing; supportive services; and information and referral. Emergency housing is for families with children who are homeless. Transitional services available. Assist families to develop and address goals with focus on maintaining stable housing. Call for waiting list at 541-689-7156.

Eligibility: Homeless adults with children under 18.

Languages: Spanish, Japanese

Fees: \$50 refundable deposit

Hours: M-F 9-12, 1:30-5:00

Hypnotherapy

For hypnotherapy referrals, please visit www.lanecountybirthnetwork.org/hypnotherapy/

In-home Assistance

Mother’s Helper, At Ease Home Care, Inc.

Address: 1790 W. 11th Ave, Suite 250, Eugene, OR 97402

Phone: (541) 344-3273

Website: www.ateasehomecare.com

Description: Mother’s Helpers assist in prenatal care for mothers-to-be who are in the midst of a difficult pregnancy, or assist with postnatal care for new mothers. Mother’s Helper assists with the needs of family and home to support the family, including light housekeeping, straightening up, laundry, meal preparation, playing with and reading to siblings, running errands, answering

the phone, helping mom with her personal care during recovery, tending to the baby's personal care, and coordinating other homekeeping routines, as needed.

Fees: Free consultations, prices vary from \$18 to \$22 an hour, special rates available for overnight and 24-hour care.

Massage – Infant

Infant Massage Instruction for Parents, Asha Jenny, Krysi Flaherty, Certified Infant Massage Instructors

Address: 755 River Rd., Eugene, OR 97404

Phone: (541) 461-2238

Website: www.infantmassageeugene.com

Description: We offer classes to parents and babies in the art of infant massage.

Eligibility: Classes are offered for babies ages 3 weeks to pre-crawlers.

Language: English and Touch Communication

Fees: \$20 includes class and one time followup

Hours: First Saturday of every month

For additional infant massage referrals, please visit

www.lanecountybirthnetwork.org/massage/

Massage- Prenatal

For prenatal massage referrals, please visit www.lanecountybirthnetwork.org/massage/

Midwives

Peacehealth Medical Group Nurse Midwifery Birth Center

Address: 511 E. 11th Ave., Eugene, OR

Phone: (541) 484-5796

Website: www.peacehealth.org/phmg

Description: Provides comprehensive care for women of all ages, including Well Woman Care and Pregnancy and Childbirth services, guided by mother-friendly and baby-friendly philosophies. Delivery options are offered at Sacred Heart Medical Center or the Midwifery Birth Center.

Eligibility: Any pregnant woman, regardless of ability to pay, insurance or citizenship status

Languages: All by arrangement

Fees: payments, OHP, insurance

Hours: M-Th 9:00-5:00

Sacred Waters, Anita Rojas

Address: 2035 W. 12th Ave., Eugene, OR 97402

Phone: (541) 344-7974
Website: sacredwatersbirthingcenter.com
Languages: Spanish
Hours: M-F 9:00-5:00

Ten Moons Rising Midwifery Services, Elise Hansen, CPM, LDM

Address: 541 W. 21st Ave., Eugene OR 97405

Phone: 541-953-8673

Website: www.tenmoonsmidwifery.com

Description: Homebirth midwifery services, Complete in-home prenatal care, Newborn care through six weeks, Water labor and birth, Childbirth education classes, Breastfeeding support

Eligibility: None

Languages: Spanish, French

Fees: Oregon Health Plan and some insurances accepted

Hours: N/A

For additional midwife referrals, please visit www.lanecountybirthnetwork.org/midwifery/

Naturopathic Physicians

For naturopathic physician referrals, please visit
www.lanecountybirthnetwork.org/naturopathic-medicine/

Nutrition- Pregnancy

Belly Health, Angi McCutcheon

Phone: (541) 747-2279

Website: www.bellyhealth.com

Description: Tailored fitness and nutrition plans to meet your needs

Eligibility: Women of all ages and fitness levels

Languages: English

Fees: \$45/hr if you come to me, \$55/hr if I come to you, free consultation

Hours: flexible

For additional pregnancy nutrition referrals, please visit
www.lanecountybirthnetwork.org/nutrition/

Optometry

InfantSEE®

Website: www.infantsee.org

Description: InfantSEE® is a public health program designed to ensure that eye and vision care becomes an integral part of infant wellness care to improve a child's quality of life. Under this program, our member optometrists will provide a comprehensive infant eye assessment within the first year of life as a no cost public health service.

Eligibility: Infants under one year of age

Fees: None

Participating doctors in Lane County:

[DR TIMOTHY J ARBOW](#)

690 E 18TH
EUGENE, OR 97401
541-485-2020

[DR CLAUDE A BRIST JR](#)

1800 CENTENNIAL STE #2
SPRINGFIELD, OR 97477-4385
541-726-5055

[DR TREVOR J CLEVELAND](#)

COMPLETE VISION CENTER
1717 CENTENNIAL BLVD STE 2
SPRINGFIELD, OR 97477
541-747-0616

[DR NICOLE S CROSSLAND](#)

EYE CARE FOCUS
1800 CENTENNIAL BLVD STE 2
SPRINGFIELD, OR 97477
541-726-5055

[DR WILLIAM A DUNN JR](#)

EYEGLOSS WHOLESAL
5725 MAIN STREET
SPRINGFIELD, OR 97478-5426
541-726-6822

[DR DARRIN P FLEMING](#)

992 COUNTRY CLUB RD STE 101
EUGENE, OR 97401
541-687-1715

[DR MARGARET A FOLEY](#)

2260 OAKMONT WAY SUITE 1
EUGENE, OR 97401
541-342-4243

[DR MARK F GOTCHER](#)

P O BOX 626
COTTAGE GROVE, OR 97424
541-942-0176

[DR ROBERT A MANS](#)

535 9TH ST
P O BOX 277
FLORENCE, OR 97439
541-997-3331

[DR CAROL E MARUSICH](#)

LIFETIME EYE CARE
4765 VILLAGE PLAZA LOOP #100
EUGENE, OR 97401
541-342-3100

[DR JEFFREY A MOREY](#)

1740 W 18TH AVE
EUGENE, OR 97401-3778
541-343-5555

[DR WILLIAM DALE ROWE](#)

1800 VALLEY RIVER DR, STE 100
EUGENE, OR 97401
541-342-2201

Lifetime Eye Care, Dr. Carol Marusich OD, MS, FCOVD & Andrew Adamich, OD

Address: 4765 Village Plaza Loop, Ste 100, Eugene, OR 97401

Phone: 541-342-3100

Website: www.LifetimeEyeCare.net

Description: Lifetime Eye Care provides comprehensive vision and eye health care for all ages, infants to seniors. Our expanded services include developmental vision assessment and treatment (including patients with special needs) for vision development, vision perception and information processing, AD(H)D, Developmental Delay, Autism or related disorders; Strabismus; Amblyopia; Learning related vision problems; and Acquired brain injury rehabilitation. Vision therapy treatment is provided for these conditions as well as for improvement in visual comfort and performance, sports vision enhancement, and motion sickness. Glasses, contact lenses and low vision care are also provided.

Eligibility: none

Languages: Spanish, German

Fees: please call for specific services

Hours: M & W 8:30 – 6:00, T & Th 8:30 – 7:00, F 8:30 – 5:00

Parenting Education/Classes

Birth to Three- Make Parenting a Pleasure

Address: 86 Centennial Loop, Eugene, OR 97401

Phone: (541) 485-5211, 484-5316

Website:

Description: This program provides parent education and support for parents experiencing high levels of stress in their lives. Parents learn to: manage stress in healthy ways, develop realistic expectations about themselves and their children, and take care of themselves so they can take care of their children. Call to obtain dates of classes. Some groups receive phone calls and home visits as needed.

Eligibility: Low income parents with children aged 0-7

Languages: Spanish by arrangement

Fees: None

Hours: Varies

Center for Community Counseling Nurturing Parent Class

Address: 1465 Coburg Rd., Eugene, OR 97401

Phone: 344-0620

Website: www.cceugene.org

Description: A class to assist parents in learning the tools they need to raise healthy, successful children. Parents will have the opportunity to: develop an empathetic response to children's needs, learn appropriate expectations for children, develop positive skills to teach children responsibility, increase children's self-esteem, learn new communication skills, and learn to have fun as a family.

Eligibility: Classes are for clients who are not court mandated.

Languages: English

Fees: sliding fee scale

Hours: Office M-Th 9:00-3:00, class is offered three times/year (not in the summer)

Lane County Courts - Focus on Children

Address: 777 High St, Ste 100, Eugene, OR 97401

Phone: (541) 682-2070

Description: A 3-1/2 hour program conducted by qualified professionals employed by Lane County. Designed to help parents focus on and respond well to children's needs during divorce or separation. Pre-registration required. Call 682-2070 for a registration form.

Website: <http://lcweb/hhs/dds.htm>

Eligibility: Designed for divorcing and separating parents, but others may attend.

Languages: Spanish by arrangement

Fees: \$45, scholarships

Hours: Call for hours

Lane Community College Community Center for Family Counseling (Saturday Circus)

Address: 1059 Willamette St., Eugene, OR 97401

Phone: (541) 463-5234

Description: Parent education classes including parent education instruction, illustration of parenting principles and skills through family counseling sessions, and application of class content through exercises, discussion and practice. Focus on a consistent and considerate approach for improving relationships with (all ages) children. Emphasis on parenting skills and principles, particularly related to understanding misbehavior and what to do about it, encouragement, and alternatives to punishment. Parents view family counseling sessions on ways to handle parent-child situations and participate in exercises to practice skills. Advanced class for those who want to refine skills.

Eligibility: Open

Languages: Spanish by arrangement

Fees: \$15/child per term for supplies (if child uses childcare). Class is free.

Hours: Sat. 9:00-12:00 academic year, F 9:00-12:00 summer

Parenting Support (See also Teen Parents/Young Parents, Support Groups, Parenting Classes)

Birth to Three- Crecer

Address: 86 Centennial Loop, Eugene, OR 97401

Phone: (541) 484-5316, 349-7787

Website: www.birthto3.org

Description: Parent education and peer support for parents whose primary language is Spanish. Groups meet during weekdays and discuss parenting issues. Children's program and YMCA membership included.

Eligibility: Spanish-speaking parents with one child under the age of 7

Languages: Spanish

Fees: None

Hours: Varies

Birth to Three- Infant/Ones/Twos Programs

Address: 86 Centennial Loop, Eugene, OR 97401

Phone: (541) 485-5211, 484-5316

Website: www.birthto3.org

Description: Parent education and support groups are offered for families of children birth to three years days and evenings. Also provides informal telephone counseling, parent resource center, information and referral, newsletter, educational events and a community resource poster. Programs offered include Incredible Infants, Wonderful Ones, Terrific Twos; Teen Parent Program; Crecer for Spanish speaking parents; and Make Parenting A Pleasure for parents under stress. The purpose of Birth To Three is to strengthen families, promote good parenting skills and prevent child abuse.

Eligibility: Parents with children ages birth through three

Languages: Spanish by arrangement

Fees: \$25-195/year, scholarships

Hours: M-F 9:00-12:00

Birth to Three Parents Again

Address: 86 Centennial Loop, Eugene, OR 97401

Phone: (541) 485-5211, 484-5316

Website: www.birthto3.org

Description: Parenting groups for families with infants and one or more older children. Parents receive support and guidance regarding sibling relationships, health, safety, family life, childcare, adult relationships, time management, other topics. Group meets weekly for 10 sessions.

Eligibility: Parents with children ages birth through three

Languages:

Fees: based on family income

Hours:

Centro Latino Americano, Los Ninos (The Children Program)

Address: 944 W. 5th Ave., Eugene, OR 97402

Phone: (541) 687-2667

Website: www.cla1.org

Description: This program is at the core of all CLA's services to families with young children, and is active as a provider in United Way's "Success by Six" campaign. Los Ninos provides basic social services to families with children six years and under. Parents receive support, education and advocacy to access community resources.

Eligibility:

Languages: Spanish, English

Fees: varies

Hours: M-F 8:30-5:00

Centro Latino Americano, Familias Unidas (Multi-cultural parenting classes)

Address: 944 W. 5th Ave., Eugene, OR 97402

Phone: (541) 687-2666 ext. 121

Website: www.cla1.org

Description: Classes offer parents a comprehensive thirteen-week-curriculum addressing parent-child communication, child development, health and nutrition, anger management, discipline and other topics in a safe, culturally appropriate and culture affirming format. Childcare is provided.

Eligibility:

Languages: Spanish, English

Early Childhood Coordinating Agency for Referrals, Evaluations and Services (EC CARES)

Address: 299 E. 18th Ave, Eugene, OR 97401

Phone: (541) 346-2578

Website: www.uoregon.edu/~ecweb/eccarescontact.html

Description: EC CARES is the publicly funded early intervention/early childhood special education program for infants, toddlers and preschool-age children in Lane County. It provides parent education and home visits, parent-toddler groups and preschool services to children experiencing delays in their development. Parents who have concerns about their child's development may call for a free developmental screening.

Eligibility: Must meet eligibility requirements for Early Intervention or Early Childhood Special Education

Languages: All by arrangement

Fees: None

Hours: M-F 8:00-5:00

Family Resource Centers of Lane County

Phone: See phone numbers below

Description: Community-based family support system offers resources, referral, and family-focused activities to families with children ages 0-18. Contact center in your area for location, hours of operation, and specific services.

Eligibility: families with children ages 0-18

Fees: none

Bethel Village Family Center (541) 689-0642, ext. 3061

Cottage Grove/Creswell A Primary Connection (541) 942-4967

Eugene Family Resource Centers (541) 687-3875

Florence/Mapleton Family Resource Center (541) 902-0304

Junction City Family Resource Network (541) 998-9687

McKenzie River Family Resource Network (541) 822-3450

Oakridge/Westfir Family Center (541) 736-0409

Springfield/Marcola Family Resource Centers (541) 744-6769

Veneta Family Resource Connection (541) 935-4418

FEAT (Family Early Advocacy and Treatment)

Address: 1720 W. 25th Ave, Eugene, OR 97405

Phone: (541) 343-9706

Website: <http://eip.uoregon.edu/projects/feat/>

Project FEAT (Family Early Advocacy and Treatment) provides a full time Family Advocate to support and coordinate culturally-appropriate services for substance exposed newborns and their families. The advocate provides early intervention and advocacy for substance abusing moms and their babies to access services and treatment. Services include weekly check-ins, home visits, crisis support, transportation, support for recovery, respite, non-judgmental support with parenting and advocacy with DHS Child Welfare.

Eligibility: Pregnant women or mothers (of infants up to about 9 months) who have alcohol and/or drug issues.

Languages:

Fees: None

Hours: M-F 9:00-5:00

Family Relief Nursery

Address: 720 N. 14th, P.O. Box 1207 Cottage Grove, OR 97424

Phone: (541) 942-4835

Description: Family Relief Nursery strengthens families under stress. 1) Therapeutic classroom ages 6wks-4yrs. 2) Respite program-(scheduled) ages 6wks-6yrs Immediate need drop-in

available. 3) Parent education and support. 4) Latino outreach. 5) Mental Health Services. 6) Peer Support (assessing success) for clients with substance abuse issues.

Eligibility: Families at high risk for child abuse and neglect

Languages:

Fees: None

Hours: 9:00-4:00

Family Support & Connections

Phone: Julie Harper, (541) 465-1334

Description: Family Support & Connections (FSC) is a collaborative group of community agencies and individuals whose mission is to provide supportive information and services about resources for families living in Lane County.

- We can meet with you and find out what you need and answer any questions you might have.
- We can give you caring and confidential support.
- We can let you know about free and low-cost services available in your neighborhood.
- We can call you later and see how things are working.

Family Support and Connections, formerly Safety Net, is a collaborative partnership of community agencies and schools, working together to reduce child abuse and neglect in Lane County. Catholic Community Services coordinates this collaborative program and serves as fiscal agent. Teams at nine sites, both rural and local, meet monthly or weekly to "triage" families referred by Child Welfare. The teams review referrals and determine a plan of action for serving the family. A Family support worker coordinates each site and serves as a short term family advocate to identify needs and remove possible barriers that may keep families from needed services.

Fees: None

Healthy Start

Address: 135 E. 6th Ave., Eugene, OR 97401

Phone: (541) 682-7425

Website: www.lanecounty.org/HHS_PubHlth/healthystart.htm

Description: Healthy Start is a county-wide, voluntary program offering education and support to first-birth parents. Healthy Start promotes healthy childhood growth and development and strengthens families. Services include: referrals to community services for new families; help with infant feeding and health; parenting education and support through Home Visiting for eligible first time parents. Services are provided by a network of local community agencies and groups that work together, with the family, to establish and develop the family's goals. Every first-birth family is able to receive a free bag full of useful parenting information including, a toy, CD, and book.

Eligibility: First-time parents and first-time families (blended families) in Land County

Languages: Spanish, interpreters available

Fees: None

Hours: home visits

Mama Rose's Naturals

Address: 383 West 3rd Ave., Eugene, OR 97401

Phone: (541) 485-9430

Website: www.mamarosescenter.com

Description: Mama Rose's Naturals is a natural family herbal shop and Mother Baby Resource Center. Natural Mama & Baby Boutique includes cloth diapers, baby carriers, nourishing skin and body care, natural remedies, birth and breastfeeding accessories, Blessingway items, books, videos, and beautiful gifts. Pregnancy and Birth Services & Referrals includes prenatal massage, yoga, acupuncture, naturopaths, herbal practitioners, midwives, birth doulas, postpartum doulas, lactation consultants, and support groups. Educational Classes & Workshops include childbirth education, cloth diapering, babywearing, community resources, yoga, massage, meditation, herbal and nutritional health.

Eligibility: None

Languages: English

Fees: None

Hours: Tues-Sat. 11:00-4:00

Mindful Mothering, Robin Barbier, CD

Address: Eugene, OR 97405

Phone: (541) 221-9393

Website: www.mindfulmothering.com

Description: Breastfeeding and newborn care classes, childbirth preparation classes, labor support and birth doula services, breastfeeding support and home visits, parenting workshops and support.

Eligibility: None

Languages: English

Fees: All classes are offered on a sliding scale to low income families

Hours:

Parent Helpline

Address: 3171 Gateway Lp, Springfield, OR 97477

Phone: (541)485-5211

Website:

Description: The Parent HelpLine is a FREE, CONFIDENTIAL telephone resource in Lane County for parents and caregivers of children ages 0 to 6.

Callers can:

- Talk about parenting, child development and behavior, family stress, and more
- Find out how to join a playgroup or parent support group
- Be directly transferred to available services in the community
- Receive information and referral to other agencies
- Schedule a time to talk about the specific needs of YOUR family. Appointments may be at your home, a park or other setting.

Parents should contact their children's physician for medically related questions.

Eligibility: Parents/caregivers of children 0-6

Languages: Spanish

Fees: None

Hours: Su-F 9:00-4:00

Relief Nursery Home Base Program

Address: 1720 W. 25th Ave, Eugene, OR 97405

Phone: (541) 343-9706

www.reliefnursery.org

Description: The HOME BASE Program is for isolated parents to assist them in becoming the primary educators of their own children.

Eligibility: At-risk families of children 6 years old and younger

Languages: Spanish

Fees: None, OHP accepted

Hours: M-Th 9:00-5:00, F 8:30-4:30, eve classes

Relief Nursery Outreach Program

Address: 1720 W. 25th Ave, Eugene, OR 97405

Phone: (541) 343-9706

www.reliefnursery.org

Description: OUTREACH PROGRAM is for families needing immediate help and provides parent education and support through crisis response, respite care, home visits and resource/referral assistance. Outreach is also an entry point to other Relief Nursery services including parenting classes, support groups, anger management and counseling.

Eligibility: At-risk families of children 6 years old and younger

Languages: Spanish

Fees: None, OHP accepted

Hours: M-Th 9:00-5:00, F 8:30-4:30

Relief Nursery Therapeutic Early Childhood Program

Address: 1720 W. 25th Ave, Eugene, OR 97405

Phone: (541) 343-9706

www.reliefnursery.org

Description: THERAPEUTIC EARLY CHILDHOOD PROGRAM is for children 0-6 years: Therapeutic early childhood program for high-risk families under stress. Early intervention program serves children ages 6 weeks to 6 years old. Support, counseling, education, services and home visits offered to families. Works towards the prevention and alleviation of child abuse and neglect by providing family support and early intervention services. For Cottage Grove branch, contact Colleen Stewart at South Lane Family Nursery (942-4835).

Eligibility: At-risk families of children 6 years old and younger

Languages: Spanish

Fees: None, OHP for counseling

Hours: M-Th 9:00-5:00, F 8:30-4:30, eve classes

Sacred Heart Pregnancy and Parenting Education

Address: 677 E. 12th Ave. Ste 530, Eugene, OR 97401

Phone: (541) 686-7074

www.peacehealth.org/ppedu

Description: Provides pregnancy and parenting education programs. Classes and workshops include pregnancy, parenting, childbirth, yoga for pregnancy, breastfeeding, family birth center tours and new infant care.

Eligibility: any community member or business with pregnancy and parenting education needs

Languages: ASL, others by arrangement

Fees: varies, \$0-60/class, some scholarships and reduced

Hours: M-Th 9:00-4:30, F 9:00-1:00

Prenatal Care (See also Midwifery)

Lane County Prenatal Clinic

Address: 135 E. 6th Ave., Eugene, OR 97401

Phone: (541) 682-3926

Description: The central number to call for Lane County prenatal information and accessing prenatal care. Gives help with obtaining the Oregon Health Plan and does screening for PeaceHealth Midwifery Obstetrical services. Gives free prenatal vitamins. Information and referral for other needs as appropriate.

Eligibility: Open

Languages: All by arrangement

Fees: none

Hours: M-Th 8:00-5:00, closed 12:00-1:00 for lunch

Lane County Public Health, Maternity Case Management

Address: 135 E. 6th Ave., Eugene, OR 97401

Phone: (541) 682-4013

Description: Maternity Case Management Services are preventative health services that supplement medical care visits and include:

- Face to face nursing contacts throughout the pregnancy and postpartum period
- Visits in-home or other settings if requested (school, health department, etc.)
- Personal support
- Individualized education
- Partner and extended family involvement as desired
- Referral to prenatal care
- Assistance in birth and postpartum support plans
- Community resource referral for social/economic needs

Education includes:

- Pregnancy self-care
- Fetal growth and development
- Nutrition
- Newborn care
- Breast and/or formula feeding
- Labor and delivery
- Family planning

A variety of teaching tools are used, including videos, written materials, and practice dolls.

Eligibility: Any pregnant woman whose social and/or health situation is of concern
Languages: Spanish
Fees: None

Lane Pregnancy Support Center

Address: 142 E. 13th Ave., Eugene, OR 97401

Phone: (541) 345-0400

Description: Lane Pregnancy Support Center provides support to pregnant women in Lane County. Services offered are free pregnancy test, education, and emotional support throughout pregnancy, referrals for prenatal care, free maternity clothes, and baby clothes. A pre-natal class is available for first-time moms. Office hours are Monday-Thursday, 9:30am-5pm. Junction City office: 245 W 6th, 998-7920. Cottage Grove office: 1238 S. 6th, 942-2333. Springfield office: 819 A St, 744-3303. Call for days and hours. Free diapers are available on Tuesday from 9:30pm - 4:00pm. Newborn-Size 2 (up to 12 diapers); Sizes 3, 4, 5 (up to 10 diapers). Call ahead for availability.

Eligibility: Open

Languages:

Fees: None

Hours: M-Th 9:30-5:00

Lane Pregnancy Support Center, Care Net Moms

Address: 142 E. 13th Ave., Eugene, OR 97401

Phone: (541) 345-0400

Description: Free weekly afternoon classes: support for expecting moms, how to care for newborns, parent interaction, nutritional education and coping skills for moms. Classes offered four times a year.

Eligibility: First time mothers only

Languages:

Fees: None

Hours: Tu 3:00-4:00, call for info

Lane Pregnancy Support Center- Cottage Grove

Address: 1238 S. 6th Ave., Cottage Grove, Or 97424

Phone: (541) 942-2333

Description: Provides free pregnancy tests, maternity clothes and baby clothes. Community referrals and on-going support. Offers Safe Place, an abortion support group for women and their families.

Eligibility: Open

Languages: Spanish by arrangement

Fees: None

Hours: M-W 9:30-5:00

Lane Pregnancy Support Center- Junction City

Address: 245 W. 6th Ave., Junction City, OR 97448

Phone: (541) 998-7920

Description: Provides free pregnancy tests as well as free maternity and baby clothes. Ongoing support service, post-abortion support and abstinence information and support.

Eligibility: Open

Languages: Spanish by arrangement

Fees: None

Hours: M-W 9:30-5:00

Peacehealth Medical Group Prenatal Clinic

Address: 1162 Willamette St., Area OB3, Eugene, OR 97410

Phone: (541) 687-6238

Website: www.peacehealth.org

Description: The PeaceHealth Prenatal Clinic services are provided by certified midwives. Services are prenatal care, births, lactation, postpartum care, well-women visits and women's health problem visits including birth control. Births are conducted at Sacred Heart Hospital. We care for women regardless of their ability to pay; if they have no insurance, we will assist them in finding coverage or make financial arrangements with them. Se habla espanol and have interpreters.

Eligibility: any pregnant woman regardless of ability to pay, insurance or citizenship status

Languages: All

Fees: varies, OHP, insurance, medicare, sliding scale

Hours: Tu-F 9:00-5:00

Sacred Heart Pregnancy and Parenting Education

Address: 677 E. 12th Ave. Ste 530, Eugene, OR 97401

Phone: (541) 686-7074

Website: www.peacehealth.org/ppedu

Description: Provides pregnancy and parenting education programs. Classes and workshops include pregnancy, parenting, childbirth, yoga for pregnancy, breastfeeding, family birth center tours and new infant care.

Eligibility: any community member or business with pregnancy and parenting education needs

Languages: ASL, others by arrangement

Fees: varies, \$0-60/class, some scholarships and reduced

Hours: M-Th 9:00-4:30, F 9:00-1:00

Recreational Activities/Play Groups

Birth to Three maintains a comprehensive and up-to-date calendar of events and list of ongoing activities for children. For specific information on the following activities, go to www.birthto3.org/parenting_resources.html and click on "Activities for Children."

Ongoing activities geared towards infants/toddlers that are listed on this website include:

Barnes and Noble Weekly Story Time

Bethel Village Family Resource Center, Malabon Elementary School

Birth to Three’s Playtime for Birth to Three and Healthy Start at Birth to Three Parents and Children

Borders Books and Music Story Time

Bounce Gymnastics Open Gym

Bounce Gymnastics Friday Parents Night Out!

Cottage Grove/Creswell Family Resource Center: A Primary Connection

Drop-In Saturday Play, Community Recreation Center, Springfield

Earlyyears, musical and language experience

EC-CARES Parent/Child Play Group

Eugene Family YMCA Family Recreation Swims

Eugene Family YMCA Playcare

Eugene Public Library Family Music Time

Eugene Public Library Bilingual Family Music Tim

Eugene Public Library Story Times

Fantastic Fridays, Gymnastics Northwest

Giggles and Wiggles Playtime—Sheldon Community Center

Gymboree

Junction City Family Resource Center, Laurel Elementary School

Kindermusik

Little Eagles Story Hour, McKenzie Family Resource Center

Marcola Play Group, Marcola Elementary Family Resource Center

Moms Club of Eugene

Moms Club of Springfield

MOPS (Mothers of Preschoolers)

Music Lab, University of Oregon, School of Music and Dance

Oakridge/Westfir Playgroup, Oakridge Family Resource Center

Pinecone Playgroup, for adoptive families

Pleasant Hill/Dexter/Lowell Play Group, Trent Primary School

Rainbow Play Systems

River Road Park Child Care

River Road Park and Recreation District Pool Family Swims and Outdoor Wading Pool

The Science Factory, Toddler Room

Sparkplug Dance, Neuro-Nurture and Moving Together classes

Splash! Lively Park Swim Center Kiddie Pool Play Swims

Springfield Public Library Weekly Lap Sit

Springfield Terrific Toddler Play Group, Springfield/Marcola Family Resource Centers

Stewart Aquatic Center, Family and Baby Swims

Tiny Tots Co-op

Westside Indoor Playground Co-op

Additional recreation information:

City of Eugene Recreation Services

Phone: (541) 682-5333

Website: www.eugene-or.gov (Go to “City Quick Links” and click on “Recreation Services.”)

River Road Park and Recreation District

Phone: (541) 688-4052

Website: www.rrpark.org (Click on “Youth Programs”)

Willamalane Park and Recreation District

Phone: (541) 736-4544

Website: www.willamalane.org (Click on “For Youth”)

Smoking Cessation**Oregon Tobacco Quit Line**

Phone: 1-800-QUIT-NOW, Spanish: 1-877-2NO-FUME, TTY: 1-877-777-6534.

Website: www.oregonquitline.org

Description: The Oregon Tobacco Quit Line is a free telephone service available to all Oregon residents who want to stop using tobacco. The Quit Line offers you free quitting information, one-on-one telephone counseling, and referrals for you or a loved one.

Eligibility: Oregon residents

Languages: Spanish

Fees: None

Hours: Monday-Sunday 5:00 am – 9:00 pm (PST)

Support Groups**Adoption Connections of Oregon (ACO)**

Address: P.O Box 10581, Eugene, OR 97440

Phone: (541) 654-0568

Description: A group of adoptive families and others touched by or interested in adoption, offering support, education, multicultural activities, networking, friendship and fun to parents and children of adoptive families.

ACO Parent Salon

Phone: 342-1134

Description: Meets on a bi-monthly basis at a rotating home for a potluck followed by a discussion on adoption-specific topics.

Families Learning about Adopting Inter-racially (FLAIR)

Phone: 345-3944

Description: For inter-racial families. Meets once per month, usually at the Friends Meeting Hall on Onyx St. and for activities such as skating and picnics.

Families With Children From China

Phone: 344-0062

Description: Meets for Chinese New Year and a summer outing.

Florence Support Group for Foster Care and Adoptive Families

Phone: 902-0817

Description: Meets the last Wed. of the month from 6-7 pm

India Sub Continent Adoptive Families

Phone: 342-1953

Description: Consists of families with adopted children from India and Srilanka as well as Indian families with birth children. Meets occasionally.

Junction City Support Group for Foster Care and Adoptive Families

Phone: 520-4521

Description: Meets the 2nd Tuesday morning of the month.

Lane County Foster and Adoptive Parent Association

Phone: 946-1826

Description: Meets on the 3rd Tuesday of every month from 7-8:30 pm to hear a speaker.

Moms Club of Eugene/Springfield

Phone: (541) 684-4406 (Eugene), (541) 912-9716

Website: www.eugeneareamomsclub.com

Description: The MOMS Club® of Eugene, Oregon is a local chapter of the [International MOMS Club](#) organization. We are a non-profit group designed to support moms who chose to be at home with their children either full-time or part-time. Through our activities we offer an atmosphere where moms and children can make friends, find fun activities and participate in community service projects. A member meeting is held monthly and many other activities are planned continuously for children of all ages.

Oregon Family Support Network

Address: 2411 Martin Luther King Jr. Blvd #274, Eugene, OR 97401

Phone: (541) 342-2876, 800-323-8521

Website: www.ofsn.org

Description: OFSN is a parent-run, state-wide organization with professional involvement that provides support for families of children and adolescents who have emotional, mental, behavioral or related disorders. OFSN provides emotional support and technical assistance to families, facilitates family-to-family links, networks with other child-serving agencies, shares information about the nature of emotional disorders and mental illness, supports improved community understanding of the service needs for children and adolescents with emotional and behavioral disorders and promotes parent and professional partnerships. Support groups are available in Cottage Gove, Pleasant Hill, McKenzie River, Springfield and Eugene. Support groups include groups for parents, youth, Spanish speakers and a multi-ethnic support group. Free Family Fun nights for registered families are held once a month. State Office: (503) 656-5440.

Eligibility: Parents who have children under the age of 25 with emotional, behavioral or mental disorders

Languages: Spanish by arrangement

Fees: None

Hours: M-F 8:00-5:00, 24 hour message

Oregon Family Support Network, Multi-ethnic Connections Support Group

Phone: 1-800-323-8521

Website: www.ofsn.org

Description: Innovative support group for families in rural Oregon who have members of ethnic minorities. Meetings held by telephone conference. Takes place monthly.

Parents Without Partners

Phone: 342-4090

Description: A non-profit, international, non-sectarian, educational organization devoted to the welfare and interest of single parents and their children. Offers fun, friendship, support, and a variety of family and single parent activities monthly.

Pregnancy and Infant Loss Support Group

Phone: (541) 556-2773

Address: The group will meet at 2235 Monroe St., Eugene (Look for Tutoring Tree sign, please walk downstairs to enter.)

Description: This group is being facilitated by Deena Crandall, who has facilitated several support groups in the past around issues of pregnancy and infant death, and is a nationally requested workshop educator on how to respond to those facing the death of a child. The group meets monthly on the first Thursday of each month from 7:00-8:30 pm. To pre-register (not required but suggested), please email circleofgoldintl@yahoo.com or call Deena Crandall at the number above.

Fees: \$5 per group session to cover the cost of materials

Pregnancy and Postpartum Stress Support

Phone: Csilla Andor, (541) 231-4343, Birth to Three (541) 484-5316

Website: www.wellmama.net/4.html

Description: This group is for pregnant and postpartum women who believe they may be suffering from depression, anxiety or other emotional, mental or behavioral difficulties. Fathers and adoptive parents may also develop one of these conditions. They are welcome in our group as well. We will provide them with resources specific to their circumstances. Phone/Email support is also provided for those who cannot make it to a support group in Eugene. Call (541) 231-4343 or email to Csilla@fourth-trimester.com. You will get in touch with one of our volunteers, who had postpartum depression, anxiety or another perinatal mood disorder in the past. We can also direct you to other resources in your community.

Hours and location:

Daytime group: Tuesdays 12:30 pm – 2:00 pm. Meets at Birth to Three, 86 Centennial Loop, Eugene

Evening group: First and third Thursdays of the month, 6:30 pm – 8:00 pm. Group meets at 1034 Lawrence St., Eugene.

Fees: None

Twins and Beyond

Address: 2910 Garfield St., Eugene, OR 97405

Phone: (541) 234-6299

Website: www.twinsandbeyond.org

Description: Moral support to/from other parents of multiples, monthly support meetings, club library material, family social events, and monthly newsletter.

Teen Parents/Young Parents

Birth to Three- Program for Young Parents

Address: 86 Centennial Loop, Eugene, OR 97401

Phone: (541) 485-5211

Website: www.birthto3.org

Description: Parent education and peer support groups for any pregnant or parenting person age 12-21. Meeting days/times of groups vary year to year. Groups talk about parenting and relationship issues, child development and school and job planning. Program includes Children's Program, social activities, home visits and YMCA membership.

Eligibility: Pregnant or parenting ages 12-21

Catholic Community Services: Young Fathers Program

Address: 1025 G St., Springfield, OR 97477

Phone: (541) 345-3628 x308

Website: www.ccslc.org

Description: Provides case management, weekly support and education group on fathering, occasional large group activities with fathers and families, and education. Helps people meet basic needs. As mentors are available, offers a mentor-father relationship. While child care is not provided, children are included in groups as often as possible.

Eligibility: Biological father or a young man who has taken on father role, under 30 years old

Languages: Spanish by arrangement

Fees: None

Hours: M-F 9:00-12:00, 1:00-4:00, W 6:00 – 8:00 pm

Catholic Community Services: Young Parents Program

Address: 1025 G St., Springfield, OR 97477

Phone: (541) 345-3628

Website: www.ccslc.org

Description: Provides outreach, intensive case management, crisis intervention, parenting education, counseling, housing information, and resource linkage and referral to pregnant and parenting teens. Staff and volunteers provide services before and after delivery, at Young Fathers Group, at home, at school sites and by phone. Young Parents Program welcomes whole family participation. Service to all rural areas except Creswell/Cottage Grove area and Florence.

Eligibility: Lane County pregnant teens 21 years or under, fathers 24 years or under, babies and children of teen parents

Languages: All by arrangement

Fees: None

Hours: M-F 9:00-12:00, 1:00-4:00

Doulas Supporting Teens

Phone: (541) 344-1091

Website: www.doulassupportingteens.org/

Description: Doula Supporting Teens is a non-profit organization that pairs volunteer doulas (trained labor support professionals) with pregnant teens in the Eugene/Springfield area, as well as offering free childbirth education classes and parenting groups. Our doulas provide emotional, physical, and educational support during pregnancy, birth and early parenting. The mission of Doula Supporting Teens is to support and educate pregnant and parenting teens to bring healthy babies into healthy families to build healthy communities. Services include:

Pregnancy

Doula support for pregnant teen and her support person(s)

In-home prenatal visits

Preparation of a birth plan

Teen-centered childbirth education classes

Referrals to community resources

Labor and Birth

Continuous emotional, physical and informational support by a trained and experienced doula

Facilitate communication between laboring teens and care providers

Support to laboring teen's support person(s)

Early Parenting

Breastfeeding education and support

In-home postpartum visits

Education in newborn characteristics and care

Promotion of positive parenting

Parenting education groups

Eligibility: pregnant teens in the Eugene/Springfield area

Languages: Spanish

Fees: None

Websites

Pregnancy/Birth

Birthing the Future	www.birthingthefuture.com
Birthing Naturally	www.birthingnaturally.net
Birth Psychology	www.birthpsychology.com
Centers for Disease Control and Prevention	www.cdc.gov/ncbddd/pregnancy_gateway/default.htm
Childbirth Connection	www.childbirthconnection.org
Childbirth.org	www.childbirth.org
Citizens for Midwifery	www.cfmidwifery.org
DONA International	www.dona.org
Family Early Advocacy and Treatment (FEAT)	http://eip.uoregon.edu/projects/feat/index.html
International Cesarean Awareness Network	www.ican-online.org
March of Dimes	www.marchofdimes.com/pnhec/pnhec.asp
MidwifeInfo	www.midwifeinfo.com
Midwifery Today	www.midwiferytoday.com
Waterbirth International	www.waterbirth.org

Child Development/Parenting/Postpartum Health

Ages & Stages Questionnaires	http://asq.uoregon.edu
American Academy of Pediatrics	www.brightfutures.aap.org/web
At Home Dad	www.athomedad.com
Attachment Parenting International	www.attachmentparenting.org
Breastfeeding.com	www.breastfeeding.com
Centers for Disease Control and Prevention	www.cdc.gov/LifeStages/infants_toddlers.html
Child Welfare Information Gateway	http://childwelfare.gov/preventing
Dads Adventure	www.newdads.com
The Fathers Network	www.fathersnetwork.org
The Global Early Intervention Network	www.atsweb.neu.edu/cp/ei/index.html
Hand in Hand	www.handinhandparenting.org
Holistic Moms Network	www.holisticmoms.org
The Incredible Years	www.incredibleyears.com
Keep Kids Healthy	www.keepkidshealthy.com
KidsHealth	www.kidshealth.org
KidSource OnLine	www.kidsource.com
La Leche League	www.LLLusa.org
Mothering Magazine	www.mothering.com
Nat'l Assoc. for the Education of Young Children	www.naeyc.org
National Childcare Information Center	www.nccic.org/poptopics/ecmhealth.html
Nat'l Scientific Council on the Developing Child	www.developingchild.net
The Natural Child Project	www.naturalchild.org
Oregon's Child Everyone's Business	www.oceb.org
Parents as Teachers	www.parentsasteachers.org
PBS Parents	www.pbs.org/parents
Speak Up When You're Down	www.wcpcan.wa.gov/ppd/home.htm
Talaris Research Institute	www.talaris.org

Well Mama
The Whole Child
Zero To Three

www.wellmama.net
www.pbs.org/wholechild
www.zerotothree.org