

Lane County Resources

Treatment resources:

- Alcohol and Drug Help Line
1-800-923-4357
- Emergence Treatment Center
687-9141
- Interventions Northwest 344-0074
- Serenity Lane 687-1110
- White Bird Crisis Hotline 687-4000
- Willamette Family Treatment 343-2993

General Resources:

- Center for Community Counseling
344-0620
- Center for Family Development
342-8437 www.c-f-d.org
- Lane County Prenatal Clinic 682-3926
- Parent Helpline 485-5211
- Peacehealth Prenatal Clinic 687-6238
- Planned Parenthood 344-9411
- Relief Nursery Inc. 343-9706
- Riverstone Clinic (Springfield) 682-4361
- Willamette Family Treatment 343-2993
- Womenspace 485-6513
- Young Parents Program 345-3628

Hospitals:

- Cottage Grove Community Hospital
942-0511
- McKenzie Willamette Medical Center
Women's Health 741-4649
- Peace Harbor Hospital, Florence
997-8412
- Sacred Heart Medical Center
686-7300

Dental Resources:

- LCC Dental Clinic 463-5206
- Lane County Dental Society 686-1175
- White Bird Dental Clinic 344-8302

Oregon Health Plan (OHP):

- A resource for low-income, pregnant women.
- To apply, call 1-800-359-9517 or go to a local DHS office.

Sponsored by
Project FEAT

(Family Early Advocacy & Treatment)

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

Project funded by: Children's Bureau of Health and Human Services. Grant # 90-CB-0154

Healthy Moms, Healthy Babies, Healthy Families



Free, Non-judgmental
Parenting & Recovery Support

Call Heather
at the Relief Nursery
541-485-0007 ext. 204

*A guide to pregnancy and recovery
resources in Lane County*

Here's how some drugs can impact your baby:



Alcohol: Fetal Alcohol Syndrome: physical and mental birth defects, behavioral problems, short attention span, poor coordination, small brains.

Heroin: Miscarriage, premature delivery, low birth weight and developmental delays. Exposure increases a baby's risk of SIDS (sudden infant death syndrome).

Marijuana: Reduces oxygen supply to baby. Can increase chance of miscarriage, low birth weight, premature birth, developmental delays, behavioral and learning problems.

Methamphetamines and Cocaine: Prenatal complications, increased rate of premature births, birth defects and changes in baby's behavior such as abnormal reflexes or increased irritability.

Tobacco/Smoking: Reduces oxygen supply to baby. Slows fetal growth, low birth weight, premature delivery, Increased risk of SIDS. Chronic respiratory problems for child (e.g. asthma).

Every mom wants a healthy baby!

Help is available
to stop using alcohol or drugs
during pregnancy.

You are not alone.
Let's talk or get together.
For free, safe, nonjudgmental and
friendly family support,

Please call Heather
485-0007, ext 204



Prenatal Care

Taking care of yourself is the most important thing you can do to have a healthy pregnancy.



Corbis

- Get prenatal care as soon as possible.
- Get needed dental care early in your pregnancy.
- Get plenty of rest.
- Eat a healthy diet.
- Exercise regularly.
- Avoid smoking and secondhand smoke.
- Avoid alcohol and drugs.