

# *Community Resource Guide Florence, Oregon*



This resource guide has been developed by Siuslaw Valley Fire and Rescue and Western Lane Ambulance District, to assist community members in obtaining needed resources after a crisis or critical event. Please feel free to contact a member of our Community Support Team with any questions you may have or if you need further support.

This is a list of community resources in the Florence area. SVFR and WLAD do not directly endorse or recommend any of the individuals or agencies listed within.



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## Counseling Resources

**Reconnections Counseling (541) 997-1697:** Drug and alcohol counseling services. Group and individual counseling available. OHP accepted and sliding fee.

**NAMI (National Alliance on Mental Illness) (541) 902-8308 (Contact Monica Kosman):** A support group for families and caregivers of mental health consumers. Meets the last Thursday of every month, 6:00-8:00pm at 1720 34th Street. Also a free, drop in, peer led support group for adults living with mental illness meets every Wednesday, 6:30-8:00pm at the New Winds Apartments Community Room at 750 Laurel Street.

**Options Counseling Services (541) 997-6261:** Offers counseling services to children, families and adults. Counseling for the chronically mentally ill population as well. OHP, private pay and some insurance programs accepted.

**PeaceHealth Counseling Services (541) 902-6085:** Serving people with severe and persistent mental illness. 24 hour mental health crisis response, medication monitoring, medical services coordination, parent and mood swing problems. Payment methods: Medicaid, Medicare, insurance.

**Jennifer Rossi, Ph.D Clinical Psychologist (541) 662-0527:** Counseling available for adolescents and adults, individuals and couples. Specialties include depression, anxiety, bereavement/loss, relationship issues, physical/sexual abuse and stress management.

**Mina Dickson, MS, LPC Professional Counseling (541) 999-6809:** Child, individual, family and group therapy. Chronic pain and disease, art therapy, crime victims assistance. Flexible hours, some insurance billing available, sliding fee. Call for appointment.

## Support Groups

**Grief and Loss Support Group (541) 997-3418 (Call Norma Wood, Clinical Social Worker):** No fee. Meets every Wednesday 3:00-4:00 at St. Andrews Episcopal Church at 2135 19th Street. Transportation to meetings available upon request.

**GriefShare (541) 997-8913 (Steve Fonda):** Faith based grief support group held at Florence Christian Church. Some classes are educational in nature with a featured speaker, other meetings are support group style.

**Bereaved Parents Support Group (541) 243-0164 (Sarah Kaufman, LMFT):** Six week support group for parents or guardians who have lost a child. Located in Eugene. \$20/session.

**Coping with Suicide Loss (541) 243-0164 (Sarah Kaufman, LMFT):** Twelve week support group for family “survivors” of suicide, located in Eugene. \$40/session. Call to register.

**American Cancer Society (541) 484-2211 or (800) 227-2345 (24 hour line):** “Reach to Recovery”. Support efforts of the National Cancer Society. Provides a variety of patient services.

**Alzheimers Family Support Group (541) 997-8436 (talk to Tessa Taylor):** Meets at Regency of Florence on 1st and 3rd Wed of the month from 1:00-2:30PM. Provides support to families and friends of people with Alzheimers and/or related diseases. Offered by Peace-Health. Open to the public.

**Memory Loss Respite Center of Florence (541) 902-8539:** Provides respite program for people with dementia. Offers lunch and activities. Open Mon and Thurs 10:00am—2:00pm.

**Dual Diagnosis Anonymous of Oregon (DDA) (877) 222-1332:** DDA is a peer support program based on a version of the 12 Steps of AA with an additional 5 Steps that focus on Dual Diagnosis (mental illness and substance abuse). Call for meeting times and locations in Florence.

**Living Well with Chronic Conditions (541) 682-4103:** Free weekly workshops for six weeks, offering support and practical ways to deal with pain and fatigue, information about nutrition and exercise, new treatment choices and better ways to talk with your doctor about your health.

## Crisis Hotlines

**Focus 4 Hotline (541) 997-4444:** 24 hour support and advocacy for anyone experiencing domestic violence or sexual assault. This confidential support line is also available to anyone in crisis or just needing someone to talk to. Also provides emergency assistance and resource and referral information.

**White Bird Crisis Intervention Line (800) 422-7558 or (541) 687-4000:** 24 hour crisis line, particularly for anyone experiencing a mental health or addiction crisis. Crisis staff assist with referrals for further treatment.

**Alcoholics Anonymous Hotline (888) 203-1432:** Multiple meetings every day in Florence. Call for meeting times and locations.

**Veterans Crisis Line (800) 273-8255:** Connects vets in crisis and their families with qualified, caring VA responders. On-line chat and texting also available.

**The Friendship Line (800) 971-0016:** An accredited crisis intervention program for the elderly. Confidential telephone conversations with people 60+ who may be lonely, isolated, grieving or depressed. Also provides a “call out” service where trained volunteers/Friendship Line staff will make calls to older adults to provide emotional support and well-being checks.

**Lane County Child and Adolescent Crisis Line (888) 989-9990:** Will work to deescalate crisis situations in the home by phone, or will respond in person if necessary.

## Drug and Alcohol Resources

**ReConnections Counseling (541) 997-1697 (Bianca Deris):** Addiction and mental health counseling. Private setting. Insurance or sliding fee available.

**Narcotics Anonymous (541) 268-4769 (ask for Carol) or (541) 999-1068 (ask for George):** Information regarding local NA meetings. Call for times and locations.

**Alano Club Hope (541) 991-9588 or (612) 462-1481 (local):** A social club for individuals and their families in recovery. Meeting site for ad-

dictions, mental health, trauma and youth support groups, AA and Dual Diagnosis Anonymous. The club offers community education, 12 step spirituality. 1525 12th Street, Suite 25 in Florence.

**Emergence (541) 997-8509:** Intensive, comprehensive counseling programs for adults and adolescents struggling with chemical dependence/gambling addictions. Affordable treatment. Accepts OHP, sliding fee and payment plans.

**Another Chance at Life Ministries (541) 997-3567:** We offer an Alcohol/Substance Abuse Recovery program and support group. Call if you are in need of transportation or for more information about this program. Temporary homeless shelter for Christian women.

### Emergency Services

**Mapleton Area Family Services (541) 268-1075:** Information, referrals, free clothing and household goods, propane, gas, LIHEAP energy assistance, laundry and shower vouchers. Advocacy, domestic violence and sexual assault services. Women's Empowerment and cooking classes. Florence Food Share drop off for food boxes.

**American Red Cross Emergency Disaster/Aid of Lane County (541)344-5244 (emergency/24 hour service):** Emergency services, financial aid and case management for disaster victims.

**Department of Human Services Self-Sufficiency Program (541) 997-8251:** Provides needed support services to attain self sufficiency, food assistance, and domestic violence assistance, medical and/or cash assistance to those who are eligible. Employment related day care.

### Parenting Resources

**Oregon Family Support Network (541) 901-1175 (talk to Jodie Perrera):** OFSN is a family run organization. We are Oregon families supporting Oregon families that have children and adolescents with special needs due to emotional, behavioral, mental, or physical challenges. Monthly support groups include dinner and child care, and provide information, training, support and resources. They also offer free scheduled trainings about their wrap-around program of services for families/children.

**Options Counseling and Family Services (541) 997-6261:** Parenting classes, counseling for children, adolescents and families, domestic violence, individual and family support, and parent-child interaction therapy.

**Early Childhood Cares (EC Cares) (541) 997-1513:** Early intervention/childhood special education (EI/ECSE) that provides service to developmentally delayed/disabled children from birth to school age. Services are determined by the needs of the child and may include preschool, speech, occupational/physical therapy, autism, hearing, vision or home consultations. EC CARES is a U of O affiliated program.

**Healthy Start, West Lane County (541) 997-3101:** Healthy Start is a voluntary program designed to support first time parents through information and referrals. The goal of Healthy Start is to promote healthy childhood growth and development. Referrals are received through medical professionals and/or first time parents prenatal or within the first three months of birth.

**Parent/Child Play Group (541) 997-1513:** Parent/Child Play Group (PAP) is open to the community every Friday from 10 to Noon. Parents with children 0-5 years are welcome to attend. There is no registration for PAP and families may attend on a drop-in basis. A variety of toys and crafts are made available each week. Funded through a grant from the Western Lane Community Foundation and local donations.

### **Food Resources**

**Florence Food Share (541) 997-9110:** Provides food boxes to low income people. No appointment needed. Hours: 9:30 am - 1:00 pm Monday - Friday; 4:00 pm - 6:00 pm Monday & Wednesday.

**Free Lunch at Methodist Church (541) 997-6025:** Free lunch on Tuesdays & Thursdays from 11:30 am to 12:00 pm. Everyone Welcome! Methodist Church at 333 Kingwood in Florence.

**Senior Meals Programs: Meals on Wheels and “Café 60” (541) 997-5673:** Meals on Wheels program. Also at “Café 60”: hot mid-day meals served to individuals 60 and over regardless of income on Mon/Wed/Fri at 11:30. Donations encouraged. Please call to make a reservation. Located at the Senior Booster Center, 1570 Kingwood, Florence.

**Food Backpack for Kids (541) 997-24976 (Marilyn) or (541) 999-5885 (Deb):** They provide weekend meals for hungry children in Florence and Mapleton. Together, no child will go hungry.

**Helping Hands Coalition Day Center (541) 991-7193:** Free meals on Mon/Wed/Fri from 11:00am-2:00pm

### **Senior Services**

**Senior and Disabled Services Program (541) 902-9430:** Provides information and referrals regarding programs and services available to senior and disabled adults. Protective services, financial assistance, case management, home & community long-term care. Relocation services & adult foster home licensing. Assist with Medicaid/Medicare applications.

**Senior Connections (541) 902-9430 x 7830:** Senior Connections is staffed with caring area coordinators & volunteers who provide a variety of services to seniors & family caregivers--helping seniors to continue to live independently in their own homes.

**Family Caregiver Support Program (800) 441-4038:** Respite and support services for unpaid caregivers caring for a person over the age of 60. Up to 8 hours of care per month or up to 16 hours of paid respite at the Alzheimer's Respite Center. No financial eligibility requirements.

**Elder Help Volunteer Program (800) 441-4038:** Volunteer program for seniors 60 and over who need assistance with shopping and errands, companionship, simple household tasks and short term relief to primary caregivers.

**The Friendship Line (800) 971-0016:** An accredited crisis intervention program for the elderly. Confidential telephone conversations with people 60+ who may be lonely, isolated, grieving or depressed. Also has a "call out" service where trained volunteers/Friendship Line staff will make calls to older adults to provide emotional support and well-being checks.

**Respite Center of Florence (541) 902-8539:** Provides respite program for people with dementia. Offers lunch and activities. Open Mon and Thurs 10:00am—2:00pm.



## Transportation

**The Rhody Express (541) 997-2067:** Serves all of Florence business area. 10 am - 6 pm.

**Veterans Transportation (541) 997-4094 (Jerry Blackburn):** Transportation to VA Medical appointments (541) 682-5566 or (877) 800-9899: Provides vets in Lane County a free ride to VA medical appointments.

**Medical Escort Transportation Program (541) 902-9430 (Kristine):** Transportation available Mon-Fri before 5pm for seniors to medical appointments in Florence, Coos Bay, North Bend, Springfield and Eugene. Call one week in advance to schedule. Low cost/by donation. No financial eligibility requirements.

**Senior Connections (541) 902-9430:** Free medical rides by volunteer drivers for people 60 and over.

## Veterans Services

**Disabled American Veterans (541) 997-8060 (Call Ivar Nelson):** Provides help for veterans and their families. Works for hospitals for disabled veterans. Transportation program. Meets the third Tuesday of the month.

**Pointman International Ministries (800) 877-8387:** Vets helping vets. International agency net-working for veterans of all wars in all countries. Reaching out to vets & their families with moral & spiritual support with wartime stress issues. Advocacy provided for both veterans & their families.

**VFW – Veterans of Foreign Wars (541) 997-9058:** VFW supports veterans of all wars. Financially supports the Veterans Home for Children. Conducts funerals for all veterans.

**Florence Area Veterans Relief Agency (FAVRA) (541) 590-0395:** Financial assistance for veterans to obtain home repairs, equipment, etc.

## Housing

**Habitat for Humanity, Florence (541) 902-9227:** Florence Habitat for Humanity works in partnership with low income families & individuals to build decent, affordable housing in the Florence area. Families or individuals are selected on the basis of need for housing, ability to pay, and willingness to contribute “sweat equity”. Families work with Habitat volunteers to build their home. New home-owner repays Habitat with a no interest, no-profit loan with affordable payments. Anyone may apply.

**Housing and Community Services Agency of Lane County (HAC-SA) (541) 682-3755:** Opportunities for safe, affordable housing for low income families, elderly or disabled persons.

**Low income/Affordable Housing Options:** Laurelwood Homes (800) 427-6659 Munsel Park Apts. (541) 997-2661 Oak Terrace (541) 997-4575 Siuslaw Dunes (541) 997-6036 The Pines (541) 997-2022.

## Homeless Resources

**Florence Emergency Cold Weather Shelter (541) 997-7136:** Offers a warm and dry place to sleep on nights when the temperature is expected to be below 32 degrees. Supper and breakfast are provided along with a comfortable place to sleep with clean linens and blankets. Information about openings can be found on the “Florence Emergency Cold Weather” Facebook page or through the local radio station.

**Helping Hands Coalition Day Center (541) 991-7193:** Free meals on Mon/Wed/Fri from 11:00am-2:00pm.

**Free Lunch at Methodist Church (541) 997-6025:** Free lunch on Tuesdays & Thursdays from 11:30 am to 12:00 pm. Everyone welcome! Methodist Church at 333 Kingwood in Florence.

**Siuslaw Outreach Services- SOS (541) 997-2816:** Emergency housing assistance, motel vouchers, gas/propane vouchers, prescription assistance, free clothing/coats, bus, taxi, shower and laundry vouchers.

**Helping Hands (541) 997-5057:** A community outreach program that serves the homeless and others with unmet needs. Lunch is provid-

ed three times a week and vouchers are given out for such needs as propane, laundry and showers. Some food, clothes and toiletries are also available. They coordinate their offerings with Siuslaw Outreach Services. Cold weather shelter. A place to rest, relax, get clothing, a meal and supplies. Drop in.



**People helping people.**



"Working Together For Our Community"