

## **RESOURCE PAGE**

### **Child Care**

1. Dept. of Human Services: 541-942-9186
2. First Steps Child Care Center: 541-942-391
3. Great Days Early Education Center: 541-942-7460
4. Head Start of Lane County: 541-942-5565
5. Preschool Promise: 541-741-6000

### **After School Programs**

1. Cottage Grove Kids Club: 541-359-6794
2. Teen Connections: Al Kennedy Alt. H.S. 541-942-1962

### **Education**

1. Cottage Grove Public Library: 541-942-3828
2. South Lane School Dist.: 541-942-3381
3. Lane Community College: 541-463-4202
4. Early Childhood Cares (free dev. Screening/services): 541-346-2578

### **Help Lines**

1. Beds for Freezing Nights: 541-968-3357
2. Parent Helpline @ Parenting Now: 541-485-5211
3. Suicide Help: 1-800-273-8255
4. Military Help: 1-888-437-4838
5. Women's Space: 541-485-6513
6. WhiteBird Crisis Intervention: 541-687-4000
7. Child Welfare Services: 541-686-7555

### **Family Support**

1. Primary Connections (Parenting Classes/Support): 541-942-4967
2. Family Relief Nursery (Family under Stress): 541-942-4835
3. Head Start/Healthy Families (First time Parents): 541-682-7425
4. MOPS (Mothers of Pre-Schoolers): 541-942-6089
5. Parent Partnership (Programs to support Parents): 541-942-2104
6. Veterans Services: 541-682-4191

### **Basic Needs (Food, Clothes, Shelter, Health Care, Transportation)**

1. Dept. of Human Services: 541-942-9186
2. Community Sharing: 541-942-2176
3. Church of Nazarene: 541-942-4422
4. Church of Christ: 541-942-3822
5. St. Vincent de Paul Society/CG: 541-689-6747
6. Seventh Day Adventist: 541-942-5213
7. WIC (Women, Infants, Children): 541-682-4202
8. Peace Health CG Medical Clinic: 541-942-0511
9. Planned Parenthood, CG: 541-767-0566
10. Volunteers in Medicine: 541-685-1800

11. WhiteBird Clinic: 541-342-4357

**Mental Health & Counseling**

1. Alcoholics Anonymous: 541-342-4113
2. South Lane Mental Health: 541-942-3939
3. The Child Center: 541-726-1465
4. Emergence Counseling: 541-767-3057
5. Gateway Counseling Center: 541-942-0040
6. NAMI Connections: 541-343-7688
7. Willamette Family: 541-767-9956
8. Womenspace: 541-767-3879

**Weekly Community Meals (Scheduling might change. Check Local Newspaper for updates)**

- Mon.* 12 pm                  Soup @ CG Community Center \$3.00  
5:30-6:30 pm          Dinner @ Methodist Church, 334 Washington CG, \$3.00
- Tue.* 5:15-6:15 pm          Dinner @ Trinity Lutheran Church, 675 S. 7<sup>th</sup> CG, FREE
- Wed.* 5:00 pm                  Dinner @ CG Church of Nazarene, 152 So. M St. CG, FREE
- Thurs.* 5:15-6:15 pm          Dinner @ Trinity Lutheran Church, 675 S. 7<sup>th</sup> CG, FREE
- Fri.* 6:30 pm                  ‘Celebrate Recovery’ Dinner @ Calvary Chapel Church, Hwy 99 CG, FREE  
5:00-7:00 pm          Dinner (meals vary weekly) @ CG Elks Lodge, 755 N. River Rd.
- Sun.* 5:00-6:00 pm          Supper & Bag To-Go, CG Community Center, FREE

**Weekly Sobriety Meetings (Scheduling might change. Check Local Newspaper for updates)**

|               |       |                           |                                  |              |                      |
|---------------|-------|---------------------------|----------------------------------|--------------|----------------------|
| <b>Mon.</b>   | 7 am  | AA Open Meeting           | 700 Gibb Ave. CG                 | 541-510-4228 | call for info        |
|               | 6 pm  | AA Open Meeting           | 159 N. 6 <sup>th</sup> St CG     |              |                      |
|               | 7 pm  | AA Open Meeting           | 1255 S. River Rd. CG             |              |                      |
|               | 7 pm  | NAR-ANON Family           | 522 E. Whiteaker Ave. CG         |              |                      |
| <b>Tues.</b>  | 12 pm | AA Open Meeting           | 1255 S. River Rd. CG             |              |                      |
|               | 7 pm  | NA Open Meeting           | 700 Gibb Ave. CG                 | 541-603-8162 | call for info        |
| <b>Wed.</b>   | 7 am  | AA Open Meeting           | 700 Gibb Ave. CG                 | 541-510-4228 | call for info        |
|               | 6 pm  | AA Open Meeting           | 597 S. Front St Creswell         |              |                      |
|               | 7pm   | AA Open Beginners         | 700 Gibb Ave. CG                 |              |                      |
| <b>Thurs.</b> | 7 am  | AA Open Meeting           | 700 Gibb Ave. CG                 | 541-510-4228 | call for info        |
|               | 6:30p | AA Open Meeting           | 700 Gibb Ave. CG                 |              |                      |
|               | 6:30p | AL-ANON Meeting           | 700 Gibb Ave. CG                 |              |                      |
|               | 7:30p | NA Open Meeting           | 826 W. Main St. CG               |              |                      |
| <b>Fri.</b>   | 6:30p | Celebrate Recovery        | 1447 Pacific HWY 99              | 541-520-8071 | call for info/church |
|               | 7 pm  | AA Open Meeting           | 700 Gibb Ave. CG                 | 541-513-5126 | call for info        |
|               | 8 pm  | AA Open Meeting           | 1025 N. 19 <sup>th</sup> St. CG  |              |                      |
|               | 8 pm  | AA Open Meeting           | 195 N. 6 <sup>th</sup> St. CG    |              |                      |
| <b>Sat.</b>   | 7 am  | AA Open Meeting           | 700 Gibb Ave. CG                 | 541-510-4228 | call for info        |
|               | 12 pm | AA Women's Closed Meeting | 1255 River Rd. CG                |              |                      |
|               | 7 pm  | AA Women's Open Meeting   | 700 Gibb Ave. CG                 |              |                      |
|               | 7 pm  | AL-ANON Meeting           | 700 Gibb Ave. CG                 |              |                      |
| <b>Sun.</b>   | 12pm  | AA Open Meeting           | 7 <sup>th</sup> Adventist Church |              |                      |
|               | 6pm   | AA Open Meeting           | 700 Gibb Ave.                    |              |                      |

\*\* Check out this website for updated and current meetings where ever you are!

<https://www.recoveryresourcehub.org>

