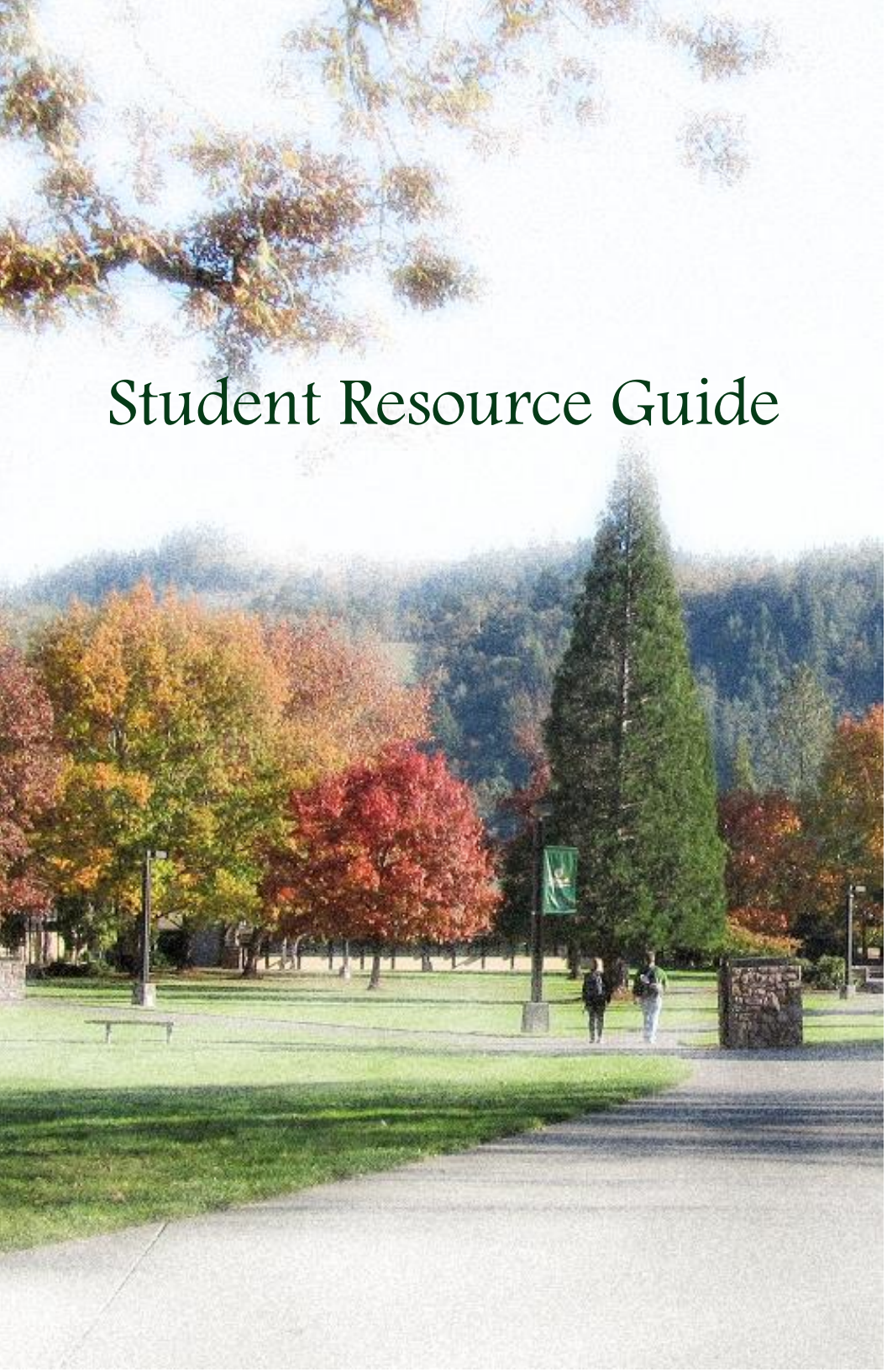


Student Resource Guide



Maslow's Hierarchy of Needs can be the cornerstone for the greatest building the world has ever seen. . . YOU. Maslow lists the foundation in which one can blossom to their fullest potential. The five basic needs listed are physiological, safety, social, esteem, and self-actualization. Meeting these five basic needs are the driving force that motivates people to be successful. This booklet has the necessary tools one can use in times of need. It is a never ending process that future RiverHawk students can build upon to create up-and-coming peers who are motivated. Motivated for a change and to change those around them, creating a better tomorrow. After all Maslow himself, said “If you deliberately plan on being less than you are capable of being, then I warn you that you’ll be unhappy for the rest of your life.” *Written by: Ricardo Cervantes*

This project was researched and information gathered from agencies within Douglas County; some information was obtained with permission from already existing lists of services. Written by: Byronna Thomas, UCC Human Services Student. Supported by ASUCC Leadership Board, UCC Peer Mentors, UCC Human Services Program students and faculty, and UCC Information Technology Department. Special thanks to Roy Fenn, UCC Peer Mentor and Brittany Cherry for their layout and editing assistance and to Lesa Wolf, Humans Services Program student for her research and editing assistance.

Printed April 2017

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ON CAMPUS RESOURCES

ACADEMIC SERVICES

- Academic Advising/Testing Center
- Adult Basic Skills Development
- English as a Second Language
- GED (classes, guidance, testing)
- Student Success Center (tutoring, laptops, text book reserve, quiet study area.)

STUDENT SERVICES

ACCESSIBILITY SERVICES

(541) 440-7900

Services provided for students with ADD/ADHD, chronic depression, anxiety, autism, Asperger's, memory issues, vision impairments, disabled veterans, high school IEP students, reading or writing and math disabilities, medical conditions, head injury, stroke, mobility and arthritis, blind or low vision, deaf or hard of hearing, mental health issues, depression, post-traumatic stress disorder.

- Alternate text or note takers
- Coaching/counseling and support
- Echo pens and other adaptive learning equipment
- Individual learning strategies.
- Resources for students faculty, and staff
- Scooters and transportation to and from classes
- Student advocacy and problem solving
- Testing in private rooms where it is quiet
- Located in Educational Skills Building (ESB) 15/8
- WEB: www.umpqua.edu/accessibility-services

ASUCC STUDENT SERVICES

(541) 440-7849

- Backpack Program, Project C.A.N.S. Food Pantry
- Emergency Gas Voucher, Subsidized Bus Pass
- Textbook Reserve
- Located in RiverHawk Central in the Student Center
- WEB: www.umpqua.edu/student-services

CAMPUS MENTAL HEALTH, RECOVERY AND WELLNESS (541) 440-7900

Counseling services and specialty advising for students enrolled at UCC.

- Counseling services, recovery/specialty academic advising (10/1 related, Veterans, and students receiving accommodations)
- Career exploration, planning and counseling
- Test anxiety or other anxiety issues
- Referrals to campus and community resources
- Weekly wellness workshops
- Located in ESB 10
- WEB: www.umpqua.edu/campus-mental-health-recovery-wellness

CODE OF CONDUCT (541) 440-4631

- Student Rights and Responsibilities
- Student Misconduct, Academic Integrity
- Student Discipline, Student Grievance
- WEB: www.umpqua.edu/resources-and-services/academic/student-code-of-conduct

FINANCIAL AID (541) 440-4602

- FASFA
- Federal grants, State grants, Work-study, Student loans
- SALT – Money knowledge for college
- Located in the Student Center
- WEB: www.umpqua.edu/financial-aid

FORD CHILDHOOD ENRICHMENT CENTER (541) 440-4650

- Safe and nurturing environment for children 6 weeks through 5 years of age
- Located in the Ford Childhood Enrichment Center
- WEB: www.umpqua.edu/ford-childhood-enrichment-center

INFORMATION DESK (541) 440-4600

- General information
- General resource directory
- Student ID cards
- Located in the Student Center

JOB PLACEMENT

(541) 440-7797

- Assists current students with job placement while attending college and after graduation
- Job posting and placement service
- Cover letter, resume review, job application assistance
- Located in the Student Center with Financial Aid
- WEB: www.umpqua.edu/student-job-placement

PEER MENTORS

(541) 440-7949

- Help navigating the college and its processes
- Assistance with filling out FASFA and applying for scholarships
- Help with improving study and communication skills
- Help with strengthening time management skills
- LGBTQ resources and advocacy
- Located in RiverHawk Central in the Student Center
- WEB: www.umpqua.edu/peer-mentor-program

SECURITY & SAFETY

(541) 440-7777

- Campus Security on duty 24/7
- Lost and Found
- Located in the Warehouse
- WEB: www.umpqua.edu/security

STUDENT AMBASSADORS

(541) 440-7873

- Assistance with connecting to various campus resources and services
- Banner Student Self Service Help
- Canvas help
- FASFA help
- Student Email help
- Printing of student forms
- Located at the Information Desk in the Student Center

T.O.P. (TRANSFER OPPORTUNITY PROGRAM)

(541) 440-4712

- Services for transfer students
- Pending eligibility requirements
- Located in the Student Center
- WEB: www.umpqua.edu/student-support-services

- Veterans Services
 - Assists veterans with Veterans Benefits
 - Located in the Student Center
 - WEB: www.umpqua.edu/financial-aid-veterans
- Veterans Student Center
 - A place for veterans students to study, recreate and relax
 - Located in Educational Skills Building (ESB) 31
 - Access for veteran students only
 - Contact 541-440-4600

OFF CAMPUS RESOURCES

EDUCATION

WOLF CREEK JOB CORPS (541) 496-3507

2010 OPPORTUNITY LANE
GLIDE, OR 97443-9733

Wolf Creek Job Corps is committed to serving youth in need of guidance and support in becoming active members in society. At Job Corps youth will gain skills in their chosen career while embracing opportunities to learn and grow in a positive environment.

EMPLOYMENT

BARRETT BUSINESS SERVICES (541) 440-3076

2198 NE STEPHENS ST # 100
ROSEBURG, OR 97470

Referral service to connect people to employment opportunities.

CARDINAL EMPLOYMENT SERVICES (541) 672-8466

250 NE GARDEN VALLEY BLVD #17
ROSEBURG, OR 97470

Referral service to connect people to employment opportunities and employees to effective, qualified staff.

EMPLOYMENT DEPARTMENT (WORK SOURCE) (541) 440-3344

846 SE PINE STREET
ROSEBURG, OR. 97470

The Employment Department (Work Source) will help you get a job, increase your skills, and explore training opportunities to advance your career and educational training. They can help you increase your job seeking skills and assist you with creating an effective resume.

EXPRESS EMPLOYMENT PROFESSIONALS (541) 673-3332

3019 NW STEWART PKWY #305
ROSEBURG, OR 97471

Referral service to connect people to employment opportunities and employers to effective, qualified staff.

FLEX FORCE (541) 440-4844

250 NE GARDEN VALLEY BLVD # 15
ROSEBURG, OR 97470

Referral service to connect people to employment opportunities and employers to effective and qualified staff.

SELECTEMP EMPLOYMENT SERVICES (541) 440-4844

250 NE GARDEN VALLEY BLVD
ROSEBURG, OR 97470

Assistance in connecting you with employers around the community. They make a point to find the job that matches your skills.

UMPQUA TRAINING AND EMPLOYMENT (541) 672-7761

760 NW HILL
ROSEBURG, OR 97471

Help with extra challenges, veterans & military, individuals with disabilities. Opportunities for you to sharpen your skills for obtaining gainful employment. Help with a variety of needs; preparing for interviews, clothing vouchers for interview needs, practice interviews, resume building.

CHILDREN AND YOUTH

BOYS AND GIRLS CLUB

(541) 440-9505

1141 NE CEDAR ST
ROSEBURG OREGON 97470

www.bgcuv.org

Nonprofit agency focused on childhood education, early successes and achievements, college entrance, athletics, and health and wellbeing of youth and families. This program is financially supported by donations, grants, and community. Small membership fees, but very inexpensive. Focus is keeping children safe, off the streets, and busy while parents are working. Transportation from Roseburg schools is provided.

DOUGLAS C.A.R.E.S

(541) 957-5646

256 SE STEPHENS
ROSEBURG, OR 97470

www.douglascares.org

Child abuse response and evaluation services. Crisis intervention counseling, treatment for children and families of victimized youth.

ELKTON COMMUNITY EDUCATION CENTER (ECEC)

(541) 584-2692

15850 STATE HIGHWAY 38 W
ELKTON, OR 97436

www.elktonbutterflies.com

www.facebook.com/pages/Elkton-Community-Education-Center/

Provides enriching activities increasing awareness with social interaction within community.

FAMILY CONNECTIONS OF LANE & DOUGLAS COUNTIES

(541) 440-7705

1140 UMPQUA COLLEGE RD
ROSEBURG, OR 97470
TECHNOLOGY CENTER ROOM 102

www.facebook.com/pages/family-connections-of-lane-douglas-counties/237916762921227

Childcare resource and referral, parent referral service, information for choosing a quality childcare as well as information for childcare providers.

FAMILY DEVELOPMENT CENTER

(541) 673-4354

300 JERRY DRIVE
ROSEBURG, OR 97470

www.fdcroseburg.org

www.facebook.com/pages/Family-Development-Center/229448637180624

Free services to families for children 6 weeks thru 5 years of age for those that qualify. Focus is on case management, early childhood, and abuse prevention. Many families experience stress in their lives. Family Development Center focuses on reducing the stress on parents and families by helping anyway they can. Clients receive case management, parent classes, support groups, in-home support, crisis intervention, play therapy for children, therapeutic early childhood classes, parent-child therapy, emergency food pantry, clothes closet, and referrals to other agencies.

FAMILY RELIEF NURSERY

(541) 942-4835

100 ANNA DRAIN PARK RD
DRAIN, OR 97435

www.frncg.org

Relief nurseries provide skills and services for parents under stress to help relieve numerous stresses linked to abuse and neglect.

HEALTHY FAMILIES OF DOUGLAS COUNTY

(541) 672-5392 EXT 4501

308 SE JACKSON ST
ROSEBURG, OR 97470

www.healthyfamiliesamerica.org

MERCY FOUNDATION WINGS OF THE HOPE

mercygive.org/wingsofhope.html

Established to help children coping with grief. Child centered and individualized.

NUTRITION SERVICES

(541) 440-4023

This is a program focused on children and nutrition, free lunch is provided for 18 and under at various parks and schools throughout Douglas County.

THE PHOENIX CHARTER SCHOOL

(541) 673-3036

3131 NE DIAMOND LAKE BLVD
ROSEBURG, OR 97470

www.roseburgphoenix.com

A nonprofit charter high school. Alternate opportunity for our community youth to be successful in education, as well as life skills.

YMCA, ROSEBURG

(541) 440-9622

YMCA, CANYONVILLE

(541) 839-6117

1151 NW STEWART PKWY
ROSEBURG, OR 97470

330 SABBATH WAY
CANYONVILLE, OR 97417

www.ymcaofdouglascounty.org

www.facebook.com/roseburg.ymca

The YMCA offers a before and after school program for grade school children, as well as a summer daycare and activity program. They focus on families and healthy living.

CLOTHES AND BASIC HOUSEHOLD NEEDS

FAMILY DEVELOPMENT CENTER

(541) 673-4354

300 JERRYS DR
ROSEBURG, OR 97470

Clothes provided for families currently obtaining assistance.

GLIDE HELPING HANDS

(541) 496-3956

174 ABBOTT ST
GLIDE, OR 97443

MYRTLE CREEK ST. VINCENT DEPAUL FOOD PANTRY

(541) 863-3310

116 N MAIN ST
MYRTLE CREEK, OR 97457

ROSEBURG DREAM CENTER

(541) 673-5918

1900 SE STEPHENS ST
ROSEBURG, OR 97470

ROSEBURG SALVATION ARMY

(541) 672-6581

3130 NE STEPHENS
ROSEBURG, OR 97470

School clothes program for single parents. Vouchers for used clothing. DHS will provide Salvation Army voucher for professional clothes for interview and work. UCC will provide voucher for professional clothing for work or CWE student needs.

SOCIETY OF ST VINCENT DE PAUL

(541) 459-3394

(541) 459-6435

112 E CENTRAL AVE
SUTHERLIN, OR 97479

WHS TROJAN CLOSET

(541) 679-3001

1381 NW DOUGLAS BLVD
WINSTON, OR 97496

Clothes closet for Winston High School students.

UMPQUA TRAINING AND EMPLOYMENT

(541) 672-7761

760 NW HILL
ROSEBURG, OR 97471

Professional clothes vouchers available on request for St. Vincent De Paul for work related needs.

COMMUNITY KITCHENS - ROSEBURG LOCATIONS

FIRST BAPTIST CHURCH MISSION OUTREACH

813 SE LANE AVE
ROSEBURG, OR 97470

Sundays from 4:30 to 5:30 PM

FRIENDLY KITCHEN

(541) 673-5929

1033 NE POST ST
ROSEBURG, OR 97470

ROSEBURG-FOUNDATION FELLOWSHIP

813 SE LANE AVE
ROSEBURG, OR 97470

Monday through Friday from 11:30 AM to 12:30 PM
Sunday from 4:30 to 5:30 PM -- Closed 2nd Sunday of each month

ROSEBURG-SAINT JOSEPH COMMUNITY KITCHEN

800 W STANTON ST
ROSEBURG, OR 97471

September through May
Tuesday and Thursday from 4:30 to 5:30 PM

ROSEBURG RESCUE MISSION KITCHEN (541) 673-3004

513 SE LANE AVE
ROSEBURG, OR 97470

Monday through Friday -
Breakfast at 6:30 AM -- Lunch at 12:00 PM -- Dinner at 7:00 PM
Saturday and Sunday
Breakfast at 7:30 AM -- Lunch at 1:00 PM -- Dinner at 7:00 PM

SUMMER LUNCH PROGRAM NUTRITION SERVICES (541) 440-4023

This is a program focused on children and nutrition, free lunch is provided for 18 and under at various parks and schools throughout Douglas County.

COMMUNITY KITCHENS - RURAL LOCATIONS

GLIDE HELPING HANDS (541) 496-3956

19085 N UMPQUA HWY
GLIDE, OR 97443

First Wednesday of every month from 4:00 PM to 6:00 PM

MYRTLE CREEK-TABLE OF PLENTY (541) 863-3271

1242 NE SPRUCE AVE
MYRTLE CREEK, OR 97457

Saturday from 1:00 PM to 3:00 PM

SUTHERLIN-SAINT FRANCIS COMMUNITY KITCHEN (541) 459-8807
323 N COMSTOCK AVE
SUTHERLIN, OR 97479
Monday & Wednesday from 4:30 PM to 5:30 PM

DENTAL SERVICES

UMPQUA COMMUNITY HEALTH CLINIC (541) 672-9596
(541) 440-3512

Umpqua Community Health Center provides dental service for all ages on sliding scale discounts based on income and household size.

ROSEBURG (541) 672-9596
150 KENNETH FORD DR
ROSEBURG, OR 97470

SUTHERLIN (541) 459-3788
123 PONDEROSA DR
SUTHERLIN, OR 97479

EMERGENCY HOUSING AND SHELTERS

BATTERED PERSONS ADVOCACY (541) 673-7867
1202 SE DOUGLAS AVE
ROSEBURG, OR 97470

CASA DE BELEN, (TEENS AND FAMILIES) (541) 677-0073
1199 NE GRANDVIEW DR
ROSEBURG, OR 97470

ROSEBURG RESCUE MISSION (MEN) (541) 673 3004
752 SE PINE ST
ROSEBURG, OR 97470

SAMARITAN INN (WOMAN AND CHILDREN) (541) 672-5387
544 W UMPQUA ST
ROSEBURG, OR 97471

EMERGENCY SERVICES

SALVATION ARMY EMERGENCY SERVICES

(541) 672-6581

3130 NORTH EAST STEVENS RD

ROSEBURG, OR 97470

CONTACT: GRACE VANGELISTI, FAMILY SERVICE DIRECTOR

E-mail: gracevangelisti@usw.salvationarmy.org

**Grace requests phone call to establish appointment before services can be provided.

- Blankets, bedding, available upon request (bedding can be requested without ID for homeless)
- Dishes and household items available upon request.
- Clothing vouchers available for professional clothes for job search, and college CWE.
- Clothing vouchers available for adults and children in need.
- Financial Assistance for medications such as; antibiotics, diabetes medication, cholesterol medication, etc. *Note: no pain medication, anxiety medication, or mental health medication.
- Some funding available for bills such as electric, gas, propane.

SOCIETY OF ST VINCENT DEPAUL

(541) 459-3394

(541) 459-6435

MYRTLE CREEK ST VINCENT DEPAUL

(541) 863-3310

112 E CENTRAL AVE

116 NE MAIN

SUTHERLIN, OR 97479

MYRTLE CREEK, OR 97457

Please call for services, or visit office on Tuesday or Wednesday around 12:00 PM to 3:00 PM.

- Maximum amount per visit for emergency financial aid of any kind is \$150
- Vouchers are \$20.00 for adults or teens, \$15.00 for children, and \$10.00 for infants
- Clothing vouchers will be processed from noon to 2:00 PM
- Emergency clothing vouchers are of limited to every six months, maximum of five visits; no exceptions
- Emergency food baskets are available upon request

- Blankets and sleeping bags available upon request as long as supplies last
- Local bus passes are available for doctors' appointments and job interviews.
- Rental assistance (requires an eviction notice)
- Utilities assistance (bill must be in the name or names of the client)

EYE GLASSES AND HEARING AIDS

LIONS CLUB

Furnishes eyeglasses and hearing aids for individuals or families in need.
Applications available at www.umpqualions.com.

FOOD BOXES AND PANTRIES

CANYONVILLE SEVENTH DAY ADVENTIST COMMUNITY (541) 839-4051

714 FRONTAGE RD
CANYONVILLE, OR 97417

Wednesday from 9:30AM to 11:30AM and 1:00PM to 2:30PM

CARE AND SHARE PANTRY (541) 849-2800

1008 HAYHURST RD
YONCALLA, OR 97499

Last Monday of the month from 9:00AM to Noon

COMMUNITY CARE FOOD PANTRY (541) 761-5967

PACIFIC AVE & 3RD ST
GLENDALE, OR 97442

Thursday from 1:00PM to 3:00PM

DILLARD/WINSTON FOOD PANTRY (541) 679-7651

131 4TH ST
WINSTON, OR 97496

1st and 3rd Wednesday of the month from 4:30PM to 5:30PM

DRAIN FISH FOOD PANTRY

239 E B AVE
DRAIN, OR 97435

Tuesday from 9:00AM to 1:00PM

GLIDE HELPING HANDS SEVENTH DAY ADVENTIST (541) 496-3956

174 ABBOTT ST
GLIDE, OR 97443

Wednesday from 10:00AM to 2:00PM AND
1st Wednesday from 4:00PM to 6:00PM

MYRTLE CREEK ST. VINCENT DEPAUL FOOD PANTRY (541) 863-3310

116 N MAIN
MYRTLE CREEK, OR 97457
(BASEMENT)

Monday and Wednesday from 9:00AM to 1:00PM

ROSEBURG DREAM CENTER (541) 673-5918

1900 SE STEPHENS ST
ROSEBURG, OR 97470

Monday and Thursday from 10:00AM to 2:00PM

ROSEBURG FISH PANTRY (541) 672-5242

405 JERRYS DR
ROSEBURG, OR 97470

Monday and Wednesday from 1:30PM to 3:30PM

Thursday and Friday from 9:30AM to 11:30AM

ROSEBURG SALVATION ARMY (541) 672-6581

3130 NE STEPHENS ST
ROSEBURG, OR 97470

Monday, Tuesday, Thursday, and Friday from 1:00PM to 4:00PM

ROSEBURG SEVENTH DAY ADVENTIST COMMUNITY (541) 672-1542

1129 NW GARDEN VALLEY BLVD
ROSEBURG, OR 97471

Tuesday from 10:00AM to 2:45PM (closed from Noon to 1:00PM)

SOUTH COUNTY FOOD BANK

(541) 643-3831

5TH AVE & E ST
RIDDLE, OR 97469

Thursday from 9:00AM to Noon
3rd, 4th, 5th Saturday of the month from 10:00AM to Noon

SUTHERLIN/OAKLAND EMERGENCY PANTRY

(541) 459-4082

183 E 1ST AVE
SUTHERLIN, OR 97479

Monday, Tuesday, and Wednesday from 9:00AM to 11:00AM

HEALTH AND WELLNESS

COMPASS BEHAVIORAL HEALTH (FORMERLY CHA)

(541) 440-3532

ADULT, MEDICAL, AND CRISIS UNITS
2700 NW STEWART PKWY
ROSEBURG, OR 97471

YOUTH AND FAMILY TEAM
272 MEDICAL LOOP SUITE C & SUITE E
ROSEBURG, OR 97471

SOLUTION CENTER
337 SE FOWLER ST
ROSEBURG, OR 97470

OUTPATIENT SUPPORT:

- Crisis and evaluation: Emergency response and assessment
- Adult treatment: Short-term psychotherapy in individual and group sessions
- Youth and family: Focus on the needs of our community

COMMUNITY SUPPORT:

- Early assessment and support alliance program
- Individual placement/support supported employment
- Assertive Community Treatment (ACT) Program
- Mercy Foundation Wings of the Hope: Established to help children coping with grief. Child centered and individualized.

MERCY MEDICAL

(541) 677-4818

2700 NW STEWART PKWY
ROSEBURG, OR 97471

Mercy offers sliding scale financing, some fees can be waived for financial burden on low income individuals and families.

- Emergency Services
- Mercy Foundation Children’s Healthcare (financial assistance of four low income families’ needing special equipment medication or transportation.)
- Mercy Medical Center Prenatal Classes (36 weeks class including breastfeeding and childbirth preparation)
- Mercy Foundation Wings of Hope and Equine Assisted Learning
- Community Health Classes

UMPQUA COMMUNITY HEALTH CLINIC

(541) 672-9596

(541) 440-3512

150 KENNETH FORD DR
ROSEBURG, OR 97470

- Sliding scale fee
- Medical care
- Dental care
- Mental health assessments and therapist available on site
- Patient advocacy (a caring staff member will assist you in obtaining and meeting needs that seem unobtainable).
- Immunizations
- Reproductive Health (Family planning which consists of birth control, emergency contraception, pap tests, yearly exams, STD checks and treatment, pregnancy testing, HIV testing); fees are based on a sliding scale
- Sexually Transmitted Infections (STI) testing and treatment
- Community classes offered at various times throughout the year introducing topics such as: nutrition, cooking classes, and health and wellness.

CLINIC LOCATIONS

MYRTLE CREEK (541) 860-4070
790 S MAIN ST
MYRTLE CREEK, OR 97457

ROSEBURG (541) 672-9596
150 KENNETH FORD DR
ROSEBURG, OR 97470

SUTHERLIN (541) 459-3788
123 PONDEROSA DR
SUTHERLIN, OR 97479

HEALTH INSURANCE

OREGON HEALTH PLAN (800) 699-9075

www.oregonhealthcare.gov
Medical insurance based on income.

HOUSING

HUD HOUSING

www.hud.gov/offices/pih/pha/contacts/states/or.cfm

The Oregon Section 8 (Housing Choice Voucher) Program is a federally sponsored program that helps low-income households in the state of Oregon to find and pay for affordable housing. The Oregon Section 8 (Housing Choice Voucher) program is funded by the U.S Department of Housing and Urban Development (HUD) and is locally administered by the Oregon Public Housing Authority (PHA) which has offices spread across the state of Oregon. If you meet the basic eligibility requirements for the Oregon Section 8 (Housing Choice Voucher) program and are in need of housing assistance, you should go ahead and apply for participation in the program.

*Oregon Section 8 Important Contact information. By contacting the local PHA you will be guided through the application process which entails filling an application form and submitting the required verification documents.
webmaster@hadcor.org

UCAN HOUSING

(541) 492-3510
(800) 301-8226 EXT 3510

92 units of affordable housing in Douglas County. UCAN has transitional housing for people currently in drug and alcohol counseling and working on recovery, as well as people transitioning from incarceration. Current housing in Drain, Sutherlin, Roseburg, Green, Winston and Canyonville. Rent on these properties is typically far below what you would pay for rent elsewhere. There are some with waiting lists but do not let that discourage you; please call.

INCOME BASED HOUSING

BLUERIDGE 1 & 2

(541) 679-9505

317 HART ST
WINSTON, OR 97496

CHRISTY COURT APARTMENTS

(541) 679-8819

189 NW GLENHART AVE
WINSTON, OR 97496

MILL CREEK APARTMENTS

(541) 832-2444

182 MOLLY ST
GLENDALE, OR 97442

NORTH SLOPE VILLAGE

(541) 459-5504

1007 W 6TH AVE
SUTHERLIN, OR 97479

PARKSIDE VILLAGE

(503) 802-3600

2794 NE DOUGLAS AVE

PINE TREE APARTMENTS

(503) 802-3600
(541) 673-6548

209 NW GLENHART AVE
WINSTON, OR 97496

ROSE APARTMENTS

(541) 673-5588

805 SE STEPHENS ST
ROSEBURG, OR 97470

UMPQUA COMMUNITY PROPERTY MANAGEMENT (541) 673-4909

Umpqua Community Property Management manages Brookside Court Apartments, Brooklyn Apartments, California Crossing Apartments, Chadwick Apartments, Grand Apartments, Landing Place Apartments, Myrtle Terrace Apartments, New Place Apartments, Princeton Apartments, Stagecoach Apartments, and Sunset Apartments.

DREAM\$AVER PROGRAM (541) 673-4909

605 SE KANE ST
ROSEBURG, OR 97470

If you meet the income limits and can commit to saving money for one to three years, you can qualify for the opportunity to get help with the down payment, closing costs, and repairs for your house, saving for education, starting a small business, equipment technology and special training.

NEIGHBORWORKS UMPQUA (541) 673-4909

605 SE KANE ST
ROSEBURG, OR 97470

Help with down payments and closing costs for first time home buyers in Douglas, Coos, and Curry counties.

- Consumer credit counseling
- Foreclosure prevention counseling
- Home repair and rehab program
- Reverse mortgage counseling

PARENT AND COMMUNITY EDUCATION

DOUGLAS ESD PARENTING EDUCATION (541) 817-3119

www.douglasd.k12.or.us/parents/parent-education/home
www.facebook.com/DCEPC

Community parenting classes are scheduled in Roseburg, Winston, Sutherlin, Tri-City, Riddle, Reedsport, Yoncalla, Elkton and Drain.

OSU EXTENSION SERVICE

(541) 672-4461

1134 SE DOUGLAS AVE
ROSEBURG, OR 97470
<https://extension.oregonstate.edu/>
www.facebook.com/OregonStateExt

Educational outreach offering skills for success and improving lives of community members.

SMALL BUSINESS DOUGLAS COUNTY

SMALL BUSINESS DEVELOPMENT CENTER (SBDC)

(541) 440-7824

522 SE WASHINGTON AVE
ROSEBURG, OR 97470

- Assists with all aspects of development of small business ideas
- Roseburg Start-Up weekend

SUPPORT GROUPS AND TREATMENT

ADAPT

(541) 672-2691

548 SE JACKSON ST
ROSEBURG, OR
www.adaptoregon.org

ADAPT – THE CROSSROADS

(541) 492-0206

www.adaptoregon.org/locations/crossroads-adult-residential/

AL-ANON/ALATEEN

(888) 214-3388

ALCOHOL AND DRUG HOTLINE

(800) 234-0420

ALCOHOLICS ANONYMOUS

(541) 673-7552

COMPASSIONATE FRIENDS

(541) 672-1890

(541) 643-0959

www.compassionatefriends.org

- Suicide survivors
- Lose of a child

SERENITY LANE

(541) 673-3504

SUICIDE PREVENTION HOTLINE

(800) 273-TALK
(800) SUICIDE

24 hour crisis help: 541-440-3532 or 800-866-9780

DOUGLAS PUBLIC HEALTH NETWORK

DOUGLAS PUBLIC HEALTH NETWORK

(541) 440-3571

621 W MADRONE ST

ROSEBURG, OR 97470

www.douglaspublichealthnetwork.org

UCAN: UMPQUA COMMUNITY ACTION NETWORK

UCAN: UMPQUA COMMUNITY ACTION NETWORK

(541) 492-3510

280 KENNETH FORD DR

ROSEBURG, OR 97470

www.ucancap.org/services

- Advocacy for disability
- Affordable housing, transitional housing
- Aging and Disability Resource Connection
- Case management
- Clothing
- Emergency dental
- Energy/heat assistance
- FISH pantry/Food warehouse/Community kitchens
- Head Start/Early Head Start
- RSVP and AARP tax aid program - free income tax assistance
- Health insurance and prescription (Rx) assistance
- Homeless services (showers, food, clothing, affordable housing programs)
- Housing for veterans
- Information and referral for community partners
- Money management
- National service programs (opportunities to volunteer)
- Partners with United Way

- Senior Companions
- Transportation services
- UTRANS (public transportation)
- Weatherization
- WIC Nutrition Program

UCAN PROGRAM PHONE NUMBERS AND CONTACT INFORMATION

UCAN AFFORDABLE HOUSING (541) 496-3510
(800) 301-8226 EXT 3510

www.ucancap.org/our-programs/housing-assistance/

UCAN FOOD BANK

www.ucancap.org/our-programs/food/

UCAN HEADSTART AND EARLYSTART

www.ucancap.org/our-programs/head-start-and-early-head-start/

UCAN HEALTH INSURANCE AND RX

www.ucancap.org/our-programs/health/

UCAN HEALTHY FAMILIES (541) 440-3586

www.ucancap.org/our-programs/healthy-families/

UCAN HEAT ASSISTANCE (541) 672-3421
(800) 301-8226

www.ucancap.org/our-programs/heat-assistance/

UCAN & HOUSING AND HOMELESS SERVICE (541) 492-3926
(800) 301-8226 EXT 3926

www.ucancap.org/our-programs/case-management/

UCAN MONEY MANAGEMENT (541) 492-3926

www.ucancap.org/our-programs/money-management/

UCAN NURSING HOME VISITING SERVICES (541) 440-3622

www.ucancap.org/our-programs/nurse-home-visiting/

UCAN TAX ASSISTANCE

www.ucancap.org/our-programs/tax-assistance/

UCAN UTRANS (541)-440-6500

www.umpquatransit.com

UCAN WEATHERIZATION PROGRAM (541) 492-3932
(800) 301-8226 EXT 3932

UCAN: WIC NUTRITION PROGRAM (541) 440-3516

WIC (Women, Infant, Children)

- Health screenings and nutritional counseling to help you, your baby, and your children stay healthy
- Food packages to help you purchase healthy, nutritious food
- Free lactation services to help you with your breastfed baby
- Maternal, Child, and Adolescent Health (babies first, case management)

Eligibility Criteria:

- Pregnant women
- Women who are breastfeeding an infant (under one year of age)
- Postpartum women to the sixth month after delivery
- Children birth to five years of age

Income Eligibility

- Requires that a household have gross income at or below 185% of the Federal Poverty Level
- Nutrition Risk: any medical or health problem which can be corrected or lessened by proper amounts and types of food intake. Examples of nutrition risk are: low iron level, insufficient growth (i.e. low weight for age, low weight for height, premature delivery, inadequate dietary intakes (types or amounts of food))

COMMUNITY DISCOUNTS FOR UCC STUDENTS

Disclaimer: Discounts are from businesses throughout Douglas County. Discounts can be obtained by presenting a current UCC Student ID card. Current term sticker available from the UCC Information Desk. UCC does not control, monitor, or guarantee these discounts, nor take responsibility for services rendered by business owners. Discounts will be honored at the discretion of the community business owners and will expire June 2018.

BUDGET 16 MOTEL (541) 673-5556

1067 NE STEPHENS ST
ROSEBURG, OR 97470

***Students please ask to speak with Joyce.** These rates are for students only at owner's discretion. Rents based on one person

- Basic room
 - Weekly rate \$135.08 plus \$25.00 key fee
 - Monthly rate \$450.00 plus \$250.00 deposit (first month)
- Kitchenette
 - Monthly rate \$500.00 plus \$200.00 deposit

IDLEYLD LODGE AND RESTAURANT AND SNACK SHACK (541) 496-0088

23834 N UMPQUA HWY
IDLEYLD PARK, OR 97447

10% Student Discount (Student ID is required)

LOG CABIN GROCERY (541) 673-6502

4751 NE STEPHENS ST
ROSEBURG, OR 97470

10% Student Discount (Student ID is required)

PITA PIT (541) 672-4810

1122 NW GARDEN VALLEY BLVD STE 202
ROSEBURG, OR 97471

Free Delivery to UCC when ordering a total of 3 Pitas. (Student ID required)

RIVERBEND AUTOMOTIVE, LLC (541) 863-9501

105 NW OAK ST
MYRTLE CREEK, OR 97457

10% off any job (Student ID is required)



Umpqua Community College is an equal opportunity educator and employer.

