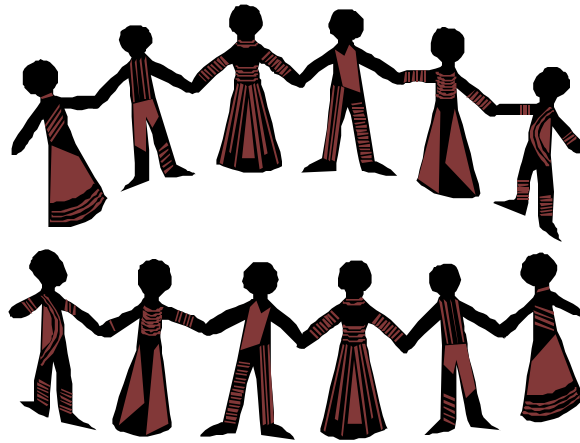


# RESOURCE DIRECTORY



Union County  
2002

Family Resource Centers  
Health Network for Rural Schools/Oregon Health & Science University

**Thank you to the following contributors:**

**Union Baker Education Service District**

**Union County Family Law Advisory committee**

**Union County Commission on Children and Families**

**And all who contributed their valuable time and effort**

**The Resource Directory can also be found on the following websites:**

**[www.communityofcare.org/counties/union.htm](http://www.communityofcare.org/counties/union.htm)**

**[www.eou.edu/hnrs/resourcedirectory](http://www.eou.edu/hnrs/resourcedirectory)**

**Designed and compiled by Melissa Over, with research assistance from Family Resource Coordinators, part of the Health Network for Rural Schools/Oregon Health & Science University and funded by the Union County Commission on Children and Families**

**Revised 01/03**

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## **AIDS EDUCATION and COUNSELNG**

### **CENTER FOR HUMAN DEVELOPMENT**

Public Health  
1104 K Ave  
La Grande, OR 97850

AIDS testing and counseling available:

Union County 541-962-8800  
Baker County 541-523-8211  
Wallowa County 541-416-4848

### **NATIONAL PREVENTION NETWORK**

1-800-458-5231  
Phone hours: Monday–Friday 6am-3pm

- HIV and AIDS, STD, and TB information, publication and technical assistance
- STD treatment information packets, counseling, reference and referral information available

### **NORTHEAST OREGON AIDS EDUCATION COUNCIL**

Phone: 541-962-7048  
Toll free: 1-800-883-5423  
[www.oregonaidsed.org](http://www.oregonaidsed.org)

- Provides education and information for HIV/AIDS prevention and outreach

## **ANIMAL SHELTER/ABUSE**

### **BLUE MOUNTAIN HUMANE ASSOCIATION**

3212 Hwy 30  
La Grande, OR 97850  
Phone: 541-963-0807  
Hours: Tuesday-Saturday 10am-5pm

- Take in unwanted and homeless animals, evaluate them for adoptability and place in permanent homes

- Low-income spay/neuter program

### **UNION COUNTY SHERIFF OFFICE**

1109 K Ave  
La Grande, OR 97850  
Phone: 541-963-1017

- To report animal abuse contact: Becky Maddock

## **CHEMICAL DEPENDENCY**

### **ALCOHOL AND DRUG HELPLINE/YOUTH LINE**

1-800-621-1646

### **ALANON**

Phone: 541-562-5772

### **ALCOHOLICS ANONYMOUS**

Phone: 541-786-3244

- Phone contact only
- Provides schedule for Alcoholics Anonymous meetings, advocacy referrals

Note: Free service

### **BLUE MOUNTAIN BEHAVIORAL HEALTH**

1501 6<sup>th</sup> Ave  
La Grande, OR 97850  
Phone: 541-963-6715  
Hours: Call for appointment

- Psychiatrist and counselors available for treatment

Note: Will bill private insurance  
Do not accept Medicaid/Oregon Health Plan

### **CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.  
La Grande, OR 97850  
Phone: 541-962-8800

Fax: 541-963-5272

Hours: Monday-Friday 8am-7pm

- Alcohol and Drug treatment (Adult and Adolescent)
- Education and prevention, school peer counseling, outpatient treatment, DUII education and treatment, aftercare support, counseling

Note: Fees vary according to income

Other programs: See General Agency Information

### **COUNSELING SERVICES**

Aylee Welch, MSW, LCSW

P.O. Box 101

La Grande, Or 97850

Phone: 541-963-3227

Hours: Call for appointment

- Substance abuse assessment and referral
- Treatment of underlying disorders
- Individually tailored tobacco cessation programs available
- Individual, family and group treatment available for:
  - Mood and anxiety disorders
  - Trauma recovery
  - Relationship or behavioral problems
  - Development of personal growth and creativity
  - Hypnosis and relaxation/meditation available upon request

### **ELGIN FAMILY HEALTH CENTER**

Sharon Schmidt, PMHNP, CRADC, Psy.D

1400 Division

Elgin, OR 97827

541-437-6321

Hours: Call clinic for Dr. Schmidt's hours

- Family, child, individual and couples counseling
- ADD evaluation
- Selected medication management
- Treatment of anxiety, depression
- Relaxation, hypnotherapy
- Assertiveness, wellness coaching
- Health behavior change counseling

### **HEART STEPS COUNSELING SERVICE**

105 Fir, Suite 331  
La Grande, OR 97850  
Phone: 541-963-4005

- State licensed Alcohol and Drug treatment; DUII classes
- Service for Spanish speakers

Note: Serves adolescent and adult

### **NARCOTICS ANONYMOUS**

24-hour hot line: 541-962-2610

- Phone contact only
- Provide schedule for Narcotics Anonymous meetings, advocacy referrals

Note: Free service

### **Call above number for gambling addiction**

### **NEW DIRECTIONS NORTHWEST INC.**

#### **Blue Mountain Addictions Program**

Jerry Schacher, M.A., NCAN/CDAC II  
2610 Grove Street  
Baker City, OR 97814  
541-523-8364  
email: [jschacher@newdirectionsnw.org](mailto:jschacher@newdirectionsnw.org)  
Website: [www.newdirectionsnw.org](http://www.newdirectionsnw.org)

### **UNION FAMILY HEALTH CENTER**

Sharon Schmidt, PMHNP, CRADC, Psy.D  
142 Dearborn  
Union OR 97883  
Phone: 541-562-6062  
Hours: Call clinic for Dr. Schmidt's hours

- Family, child, individual and couples counseling
- ADD evaluation
- Selected medication management
- Treatment of anxiety, depression
- Relaxation, hypnotherapy
- Assertiveness, wellness coaching
- Health behavior change counseling

## **US DEPARTMENT OF HUMAN SERVICES**

1-800-662-HELP (4357)

- Substance abuse and mental health referral
- Routing services for information and referral to treatment resources in your area

## **CHILD CARE**

### **CHILD CARE RESOURCE AND REFFERAL**

Training and Employment Consortium

1916 Island Avenue

La Grande, OR 97850

Phone: 541-963-7942

Out of the area call toll free 1-800-956-0324

Hours: Monday-Friday 8am–5pm

- Childcare resource and referral, information, education.
- Respite childcare funds available for short-term respite care for families with special needs children, ages' birth –18. Agency referral required.

### **COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

Administrative Office

104 Elm St. La Grande, OR. 97850

Phone: 541-963-3186

Hours: Monday-Friday 8am–5pm

Website: [www.ccno.org](http://www.ccno.org)

Union County Office

1504 Albany

La Grande, OR. 97850

Phone: 541-963-7532

1-800-838-3186

Fax: 541-963-3187

Hours: Monday-Friday 8am–5pm

- Kids' Club, a state certified after school childcare program including snacks, structured play, learning centers, outdoor activities, transportation, summer program.

- Hours: 2pm– 6pm School Year, 7am– 6pm Summer & Holidays
- \$15.00 registration fee, \$50.00 deposit fee, \$1.50-\$1.75 per hour, depending on income.
- Assistance is offered through Self-Sufficiency and Employment (see General Agency Information)

Other programs: See General Agency Information

Note: Childcare is available for children with special needs over 12 years of age. Please call and speak to a representative, each case may vary.

## **SELF-SUFFICIENCY AND EMPLOYMENT SERVICES**

### **Community Human Services**

1607 Gekeler

La Grande, OR. 97850

Phone: 541-963-4113

- Child care subsidy
- Child care subsidy for high needs children

Note: Eligibility Varies; call for income and resource guidelines

Other programs: See General Agency Information

## **SHELTER FROM THE STORM**

PO Box 173

La Grande, OR 97850

Phone: 541-963-7226

24-hour crisis line: 541-963-9261

Hours: Monday-Friday 8am-5pm

- Emergency childcare for clients of domestic violence and sexual assault
- Offers temporary shelter and counseling for victims of domestic violence and sexual assault

Other programs: See General Agency Information

## **CHILD CUSTODY**

### **CHILD CUSTODY**

Union County Circuit Court  
1008 K Avenue  
La Grande, OR 97850  
Phone: 541-962-9500 ext 247

#### **Parenting Time Mediation**

- Court-sponsored, free service to assist parents in resolving child custody and parenting time issues
- Available upon request, may be used prior to filing a court proceeding

#### **Parenting Time Evaluation Service**

- Affordable professional assistance to families having difficulty resolving custody or parenting time issues

### **FAMILY LAW NETWORK**

105 Fir Street, Room 339  
La Grande, OR 97850  
Phone: 541-963-8812  
Toll free: 1-800-773-0886  
Hours: Call for appointment

- Legal information and counseling
- Mediation
- Forms and paperwork
- Low to moderate income services
- Family law attorney

### **FAMILY LAW WORKSHOP**

1008 k Avenue  
La Grande, OR 97850  
Phone: 541-962-9500 ext 247

- Free workshop provided by local family attorney volunteers
- Information, referrals, answers to procedural questions
- May review documents if time permits

## **LEGAL AID SOCIETY OF OREGON**

Pendleton Office  
POB 1327  
Pendleton, OR 97801-1115  
Phone: 1-800-843-1115

- Legal help for low-income parents

## **OREGON STATE BAR REFERRAL SERVICE**

Toll free: 1-800-452-7636  
Website: [www.osbar.org](http://www.osbar.org)

- Referral to attorney for full-service or limited service legal assistance
- Modest Means (middle income) referrals available
- Problem Solvers (free ½ hour consultation for teens)

## **CHILD SUPPORT**

### **CHILD SUPPORT CALCULATOR**

Division of Child support  
Website: <http://www.dcs.state.or.us/calculator/regular/109b.htm>

### **FAMILY LAW NETWORK**

105 Fir Street, Room 339  
La Grande, OR 97850  
Phone: 541-963-8812  
Toll free: 1-800-773-0886  
Hours: By appointment only

- Legal information and counseling, mediation
- Forms and paperwork
- Low to moderate income services
- Family law attorney

### **FAMILY LAW WORKSHOP**

1008 k Avenue  
La Grande, OR 97850  
Phone: 541-962-9500 ext 247

- Free workshop provided by local family attorney volunteers
- Information, referrals, answers to procedural questions
- May review documents if time permits

### **OREGON STATE BAR REFERRAL SERVICE**

Toll free: 1-800-452-7636

Website: [www.osbar.org](http://www.osbar.org)

- Referral to attorney for full-service or limited service legal assistance
- Modest Means (middle income) referrals available
- Problem Solvers (free ½ hour consultation for teens)

### **STATE OF OREGON DIVISION OF CHILD SUPPORT**

Pendleton Office

700 SE Emigrant, Suite 100

Pendleton, OR 97801

Phone: 541-276-6932

- Establishment and enforcement of child support
- Modification of child support
- Enforcement of out-of-state child support orders
- Assistance to lo-income parents only

### **UNION COUNTY DISTRICT ATTORNEY**

Family Support Enforcement

1007 4<sup>th</sup> Street

La Grande, OR 97850

Phone: 541-963-1028

- Establishment and enforcement of child support
- Modification of child support
- Enforcement of out-of-state child support orders
- Assistance to parents regardless of income

## **CHILD WELFARE**

### **CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.

La Grande, OR 97850

Phone: 541-962-8800

Fax: 541-963-5272

Hours: Monday-Friday 8am-5:30pm

- Evaluation and treatment of child sexual abuse
- Treatment for anxiety, depression and behavioral problems

Other programs: See General Agency Information

### **CHILD WELFARE**

Community Human Services

1607 Gekeler Lane

La Grande, OR 97850

Phone: 541-963-8571

Hours: Monday-Friday 8am-5pm

- Receives and investigates reports of child abuse and neglect
- Provides the following services:
  - Support services for child protection
  - Foster care, adoption, residential treatment
  - Family counseling, victims sex abuse treatment
  - Intensive home-based services, parent training program, mediation services

Note: Free service

### **COUNSELING SERVICES**

Aylee Welch, MSW, LCSW

P.O. Box 101

La Grande, OR 97850

Phone: 541-963-3227

Hours: Call for appointment

- Provides assessment and counseling for victims, non-offending spouse and others affected by emotional, physical or sexual abuse

Note: See Counseling and Mental Health for additional treatment options

### **KINDRED SUPPORT SERVICES**

105 Fir

La Grande, OR 97850

Phone: 541-963-7796

Hours: Call for appointment

- Provides family treatment for child victims of incest
- Private counseling for children and adults

Note: Need referral from Child Welfare for child victim therapy

**MT. EMILY SAFE CENTER**

PO Box 1014  
 Union, OR 97883  
 Phone: 541-562-8039  
 Hours: Monday-Thursday 8am-5pm  
 Friday 8am-noon

- Medical and forensic interviews for children who are abused
- Provides non-threatening environment to minimize trauma during interviews

Note: Will bill insurance, no cost if client cannot pay  
 Serve ages 0-18

**DR. DAVID STARR, Ph. D**

1613 5<sup>th</sup>  
 La Grande, OR 97850  
 Phone: 541-963-3613

- Psychological assessment

**UNION COUNTY CASA**

Court Appointed Special Advocate  
 1100 K Ave  
 La Grande, OR 97850  
 Phone: 541-963-2993

- Court Appointed Special Advocate
- Speak for best interest of the child
- Serve children who are victims of child abuse or neglect and are wards of the court

## **CLOTHING**

### **BIRTHRIGHT**

1401 4<sup>th</sup>

La Grande, OR

Phone: 541-963-6918

Hours: Tuesday, Thursday and Friday 11am-5pm.

- Helps with clothing needs for the expectant mother and infants
- Provides social service information and referrals

### **CLOTHES CLOSET**

1431 Adams Ave.

La Grande, OR 97850

No Phone

Hours: Monday–Saturday 9:30am–5:30pm

Sunday 12pm–4pm

- Low Cost Clothing

### **CLOTHING CONNECTIONS**

#### **Training and Employment Consortium**

1916 Island Ave.

PO Box 2979

La Grande, OR. 97850

Phone: 541-963-7942

Fax: 541-963-8458

Hours: Monday -Friday 8am–5pm

- Clothes for business and interview attire

Other Programs: See general agency information

### **COATS FOR KIDS - LIONS**

Phone: 541-963-0321

### **COMMUNITY SERVICES (TABITHA'S)**

10103 Fruitdale Lane

La Grande, OR 97850

No Phone

Hours: Tuesdays 10am-12pm and 1:30-3pm

- Clothing for low income families

Note: Thirty cents an item

### **ELGIN SEVENTH DAY ADVENTIST CHURCH**

Dorcas Society

141 N 15<sup>th</sup> Ave.

Elgin, OR 97827

Phone: 541-437-5454

Hours: Tuesdays 9am–12pm

- Free Clothing for those in need

### **MAYDAY, INC.**

1820 First Street

Baker city, OR 97814

Hours: 9am to 5pm

Office phone: 541-523-9472

24-Hour Crisis Line: 541-523-4143

Toll Free 1-800-213-4143

- Shelter for women and their children
- Help with clothing needs for clients

Other programs: See general Agency information

### **SECOND BEST**

1409 Adams Ave.

La Grande, OR 97850

541-963-6502

Hours: Monday–Saturday 10am–5pm

- Low cost clothing and household items

### **SALVATION ARMY**

Union County

1114 Y Ave

La Grande, OR 97850

Phone: 541-963-4829

- Provides emergency food boxes, clothing, temporary shelter, seasonal assistance as available, and emergency transportation
- Service depends on availability of funds

Note: Social service hours are between 1pm and 4pm; low-income eligibility requirement

Other programs: See General Agency Information

### **SHELTER FROM THE STORM**

PO Box 173

La Grande, OR 97850

Phone: 541-963-7226

24-hour crisis line: 541-963-9261

- Domestic Violence shelter for women and their children
- Help with clothing needs for clients

Other programs: See General Agency information

### **Churches in the area – Please consult your phone book**

Individual churches may have items for members of their community

## **COUNSELING AND MENTAL HEALTH**

### **BLUE MOUNTAIN BEHAVIORAL HEALTH**

1501 6<sup>th</sup> Ave

La Grande, OR 97850

Phone: 541-963-6715

Hours: Call for appointment

- Psychiatrist and counselors available for treatment

Note: Will bill private insurance

Do not accept Medicaid/Oregon Health Plan

### **DR. THACHER CARTER, LCSW, PSY.D.**

Phone: 541-962-7491

Hours: Call for appointment

- Adult psychotherapy/General practice
- Specializing in trauma, abuse issues, EMDR hypnosis

## **CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.

La Grande, OR 97850

Phone: 541-962-8800

Fax: 541-963-5272

24-hour crisis intervention

962-8800 weekdays

962-8421 after hours

Hours: Monday-Friday 8am-7pm

- Individual, family or group counseling
- Evaluation and treatment of sexual abuse
- Treatment for anxiety, depression, and behavioral problems

Other programs: See General Agency Information

## **COUNSELING SERVICES**

Aylee Welch, LCSW

P.O. Box 101

La Grande, Or 97850

Phone: 541-963-3227

Hours: Call for appointment

- Assessment and treatment for children, adolescents and adults
- Individual, family and group treatment available for:
  - Mood and anxiety disorders
  - Trauma recovery
  - Relationship or behavioral problems
  - Development of personal growth and creativity
- Hypnosis and relaxation/meditation available upon request
- Substance abuse assessment and referral
- Treatment of underlying disorders
- Individually tailored tobacco cessation programs available

## **ELGIN FAMILY HEALTH CENTER**

Sharon Schmidt, PMHNP, CRADC, Psy.D

1400 Division

Elgin, OR 97827

541-437-6321

Hours: Call clinic for Dr. Schmidt's hours

- Family, child, individual and couples counseling
- ADD evaluation
- Selected medication management
- Treatment of anxiety, depression
- Relaxation, hypnotherapy
- Assertiveness, wellness coaching
- Health behavior change counseling

### **GRANDE RONDE CHILD CENTER**

902 D

La Grande, OR 97850

Phone: 541-963-8666

- Psychiatric treatment center for children 3-13 years of age
- Entrance contingent on GRCC's assessment of child

### **HEART STEPS COUNSELING SERVICE**

105 Fir Suite 331

La Grande, OR 97850

Phone: 541-963-4005

Hours: Call for appointment

- State licensed Alcohol and Drug treatment; DUII classes
- Service for Spanish speakers

Note: Serves adolescent and adult

### **HEARTSONG MINISTRIES**

1707 Adams Ave.

La Grande, OR 97850

541-963-5483

Hours: vary; call anytime

- Individual and marriage counseling
- Family, art therapy, group, and anger management therapy
- Financial counseling
- Treatment for sexual offenders, alcohol and drug and gambling addiction
- Fellowship programs
- Heartsong Kids – music, community service, playgroup, art

### **JANE KUSAKA, MSW, LCSW**

Sensei Associates

487 Hawthorne Dr.

La Grande, OR 97850  
Phone: 541-963-7330

- Individual counseling
- Family and marriage counseling

### **KINDRED SUPPORT SERVICES**

105 Fir  
La Grande, OR 97850  
Phone: 541-963-7796  
Hours: Call for appointment

- Provides family treatment for child victims of incest
- Private counseling for children and adults

Note: Need referral from Child Welfare for child victim therapy

### **NATIONAL FOUNDATION FOR DEPRESSION ILLNESS**

Phone: 1-800-248-4344

- Identification of depression through depression symptom phone survey
- Provides information packet and local referrals

### **SHELTER FROM THE STORM**

PO Box 173  
La Grande, OR 97850  
Phone: 541-963-7226  
24-hour hot line: 541-963-9261  
Hours: Monday-Friday 8:00 to 5:00pm

- Offers temporary shelter and counseling for victims of domestic violence and sexual assault
- Support groups, children's programs, young parent program, women's group
- Information and referrals
- Assistance filing restraining and stalking orders

Other programs: See General Agency Information

### **DR. DAVID STARR, Ph. D**

1613 5<sup>th</sup>  
La Grande, OR 97850  
Phone: 541-963-3613

Hours: Call for appointment

- Psychological assessment
- Consultation
- Psychotherapy

### **UNION FAMILY HEALTH CENTER**

Sharon Schmidt, PMHNP, CRADC, Psy.D

142 Dearborn

Union OR 97883

Phone: 541-562-6062

Hours: Call clinic for Dr. Schmidt's hours

- Family, child, individual and couples counseling
- ADD evaluation
- Selected medication management
- Treatment of anxiety, depression
- Relaxation, hypnotherapy
- Assertiveness, wellness coaching
- Health behavior change counseling

## **DISABLED AND SPECIAL NEEDS**

### **CDRC-OHSU CHILD DEVELOPMENT REHABILITATION CENTER**

707 SW Gaines Road

Portland, OR. 97201

Phone: 1-800-452-3563

- Outpatient clinic for children with developmentally or physically disabling conditions
- Diagnoses and evaluation of children with developmentally or physical disabling conditions
- Serves people up to age 21 in most programs

### **CENTER FOR HUMAN DEVELOPMENT**

1100 K Avenue

La Grande, OR. 97850

Phone: 541-962-8800

24-hour crisis line: 541-962-7126

Hours: Monday-Friday 8am-5pm

- Coordination and support for residential and independent living
- Vocational training and placement
- Developmentally disabled case management

Other programs: See General Agency Information

## **COALITION IN OREGON FOR PARENT EDUCATION**

### **COPE**

Region 1

PO Box 68

Wallowa, OR. 97885

Phone: 541-886-9235 (24 Hour)

999 Locust St. NE

Salem, OR. 97303

Phone: 503-581-8156

Toll free: 1-888-505-2673

Fax: 503-391-0429

- Helps parents better understand their role in planning and guiding the educational programming of their children with disabilities
- Offers workshops, information and referral, technical assistance, support groups, and a newsletter
- Regional 1 serves of all of Eastern Oregon

## **COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

Union County Office/Senior Center

1504 Albany

La Grande, OR. 97850

Phone: 541-963-7532

Fax: 541-963-3187

Website: [www.ccno.org](http://www.ccno.org)

Hours: Monday-Friday 8am-5pm

Baker County Office

2810 ½ Cedar Street

Baker City, OR 97814

Phone: 541-523-6591

Toll free: 1-800-823-6591

Wallowa County Office  
702 NW 1<sup>st</sup> Street  
Enterprise, OR 97828  
Phone: 541-426-3848  
Toll free: 1-800-772-3840

- Provides food services to seniors, homeless, disabled and low income people in ten meal sites
- Meals-on-wheels, In-home care for people over 60 years of age Senior, disabled, and low-income transportation
- Energy assistance, emergency utility shut-offs, weatherization
- Childcare program, food bank, legal assistance

Other programs: See General Agency Information

### **EARLY INTERVENTION/EARLY CHILDHOOD SPECIAL EDUCATION**

Wallowa County  
107 SW 1<sup>st</sup> #105  
Enterprise, OR. 97828  
Phone: 541-426-4225  
Hours: Tuesday, Wednesday, Thursday 8:00am–3:30pm

- Free assistance for special needs children ages 0-5, and their parents
- Preschool classes on Tuesday 8:30am–11:45am and Thursday 1:00pm–3:45 pm

### **EASTERN OREGON REGIONAL PROGRAMS**

2100 Main  
Baker City, OR. 97814  
Phone: 541-523-5801

- Special education provides public schools with evaluation, consultation, and instructional services for students 0-21, with vision, hearing, and severe orthopedic impairments
- Consultation for students who are autistic, have chronic/severe health impaired issues and augmentive communication needs

### **LINCARE**

1112 Adams Avenue  
PO Box 1651  
La Grande, OR. 97850  
Phone: 541-963-3118 (24 Hours)  
Hours: Monday–Friday 8am–5pm

- A Home Oxygen Company that provides home medical supplies such as beds and wheelchairs
- Medical assignment on covered products, unit dose program for medications used in Nebulizer, Nocturnal Ventilatory Support program for moderate to severe COPD patients, Physician Oximeter rental, Physician Unit Dose, Pneumocardigrams and Apnea monitoring, Photo therapy for the newborn, Obstructive Sleep Apnea equipment and supplies, durable medical equipment
- 24 hour- 7 days a week service and Oxygen travel program.

### **LIONS SIGHT AND HEARING FOUNDATION**

Phone: 503-827-6952

- Assist with obtaining eyeglasses, eye examinations, hearing aids, and hearing screenings

Note: There is no local phone number for the Lion's. As of 2001 there are six Lion's Clubs throughout Union County, based in La Grande, Island City, North Powder, Union, and Elgin

### **NEIGHBOR TO NEIGHBOR MINISTRIES**

PO Box 1135

La Grande, OR 97850

Phone: 541-963-9126 (24 hour emergency)

- Assistance for those who can't be helped by other agencies (those "who fall through the cracks")
- Service depends on volunteers, cost involved and funding available

Other services: See General Agency Information

### **NEW DAY ENTERPRISES, INC.**

2107 N. Depot

PO Box 3296

La Grande, OR. 97850

Phone: 541-963-2348

- Community mental health facility for disabled adults.
- Programs include: Vocational services, residential programs and semi-independent living programs

**IMPORTANT – Contact and referrals are to be made through**

**CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.  
La Grande, OR 97850  
Phone: 541-962-8800

**SELF-SUFFICIENCY AND EMPLOYMENT SERVICES**

**Community Human Services**

1607 Gekeler Lane  
La Grande, OR. 97850  
Phone: 541-963-4113  
Hours: Monday-Friday 7:30am-5pm

- Provides for TANF (Temporary Assistance For Needy Families) recipients, a childcare funding program for special needs children with physical, emotional and developmental disabilities
- Oregon Health Plan and other medical programs

Other services: See General agency Information

**SENIORS AND PEOPLE WITH DISABILITIES**

**Community Human Services**

1607 Gekeler Lane  
La Grande, OR 97850  
Phone: 541-963-7276  
Hours: Monday-Friday 8am-12pm, 1pm-5pm

- Provides medical assistance and food stamps for elderly and/or disabled persons who have limited income and resources
- Information on services for persons needing long-term care, such as In-Home care, Adult Foster Care, Home Assisted Living, Residential Care Facilities and Nursing Home Care
- Investigates elder abuse and provides protective services for elders and people with disabilities, regardless of economic status

**SHRINER'S HOSPITAL**

3101 SW Sam Jackson Park Road  
Portland, OR. 97201  
Phone: 503-241-5090 ext 3458

- Children's orthopedic outreach clinics come to the Grande Ronde Hospital in La Grande and St. Elizabeth Hospital in Baker City 3 to 4 times a year to treat established patients
- Screenings are also done for new patients
- Ages include 0–18 years

Community Affairs Department 503-221-3458

Call for local contacts: Jim Voelz 963-3881, Bob Gedlick 568-4728, and Al Laird 437-4000

### **SOCIAL SECURITY ADMINISTRATION**

Supplemental Security Income (SSI)

2205 Cove Avenue

La Grande, OR. 97850

Phone: 541-963-0105

Toll free; 1-800-772-1213 (7am–7pm)

Hours: Monday–Friday 9am–4pm

Website [www.ssa.gov](http://www.ssa.gov)

- Offers social security benefits to qualified persons in Baker, Grant, Union and Wallowa Counties

### **TRAINING AND EMPLOYMENT CONSORTIUM**

1916 Island Ave.

PO Box 2979

La Grande, OR. 97850

Phone: 541-963-7942

Fax: 541-963-8458

Hours: Monday -Friday 8am–5pm

- Offers vocational assessment, individualized career planning and counseling, job readiness classes, life skills, basic skill upgrade and GED preparation, vocational training and job search assistance
- Services are available to economically disadvantaged adults and youth who have barriers to employment, and to dislocated workers
- The 55 and Up Program places older people in the work force

### **UNION BAKER EDUCATION SERVICE DISTRICT**

Union County

10100 N. McAlister Rd

Island City, OR 97850

Hours: Monday-Friday 8am–4:30pm

Phone: 541-963-4106

Baker County  
2100 Main St.  
Baker City, OR 97814  
Hours: Monday –Friday 8am-4:30pm  
Phone: 541-523-5801

- Early intervention and early childhood special education to children 0-5 of age and support for their parents
- Free assistance for special needs children ages 0-21 and support for their parent
- Specialized services include:
  - Family Consultant
  - Physical and Occupational Therapy
  - Speech/language Therapy
  - Audiology
  - Vision or Hearing Training
  - Preschool Classrooms

**For students with severe or multiple disabilities:**

Regional Education Consultant for Deaf/Blind Students in the Union-Baker Education Service District call 541-963-4106

**VOCATIONAL REHABILITATION DIVISION**

2008 Third St., Suite A  
La Grande, OR. 97850  
Phone: 541-963-2151  
Hours: Monday-Friday 8am–5pm

- Assists Oregonians with disabilities to achieve and maintain employment and independence
- Evaluation, eligibility determination, counseling, guidance, job training, post high school training, and rehabilitation

**DOMESTIC VIOLENCE/SEXUAL ASSAULT**

**COUNSELING SERVICES**

Aylee Welch, LCSW  
P.O. Box 101  
La Grande, Or 97850  
541-963-3227

By appointment only

- Provides education and treatment for victims of domestic violence
- Assessment and anger management programs available
- Provides assessment and counseling for victims, non-offending spouse and others affected by emotional, physical or sexual abuse

Note: See Counseling and Mental Health for additional treatment services

### **ELGIN FAMILY HEALTH CENTER**

Sharon Schmidt, PMHNP, CRADC, Psy.D  
1400 Division  
Elgin, OR 97827  
541-437-6321

Hours: Call clinic for Dr. Schmidt's hours

- Family, child, individual and couples counseling

Note: See Counseling and Mental Health for additional treatment services

### **FAMILY LAW NETWORK**

105 Fir Street, Room 339  
La Grande, OR 97850  
Phone: 541-963-8812  
Toll free: 1-800-773-0886  
Hours: By appointment only

- Legal information and counseling, mediation
- Forms and paperwork
- Low to moderate income services
- Family law attorney

### **LEGAL AID SOCIETY OF OREGON**

Pendleton Office  
POB 1327  
Pendleton, OR 97801-1115  
Phone: 1-800-843-1115

- Legal help for low income parents, senior citizens

### **MAYDAY, INC.**

1820 First Street

Baker City, OR 97814  
Hours: 9am to 5pm  
Office phone: 541-523-9472  
24-Hour Crisis Line: 541-523-4143  
Toll Free 1-800-213-4143

- Shelter for women and their children
- 24-hour Crisis line; trained advocates to discuss options
- Information & referral
- Escort to the hospital, police station or courts

Note: Women and their children who are in a current crisis situation and have nowhere else to go will have the highest priority for shelter admittance. Shelter is for short-term emergency use for a maximum of 30 days. No income eligibility requirements; serves women over 18 years or fully emancipated females. All females that have been sexually assaulted may be served. No males over the age of 12 allowed in the shelter

#### **OREGON STATE BAR REFERRAL SERVICE**

Toll free: 1-800-452-7636  
Website: [www.osbar.org](http://www.osbar.org)

- Modest Means Program
- Lawyer Referral Service
- Problem Solvers (free ½ hour consultation for teens)

#### **POLICE CALL 911 EMERGENCY HELP**

#### **SELF-SUFFICIENCY AND EMPLOYMENT SERVICES**

##### **Community Human Services**

1607 Gekeler Lane  
La Grande, OR 97850  
Phone: 541-963-4113  
Hours: Monday-Friday 7:30am-5pm

- Temporary financial assistance and support services to families impacted by domestic violence during crisis emergent situations, i.e. housing (rent); household goods; safety (locks, etc.); personal items

Note: Eligibility requirements may be waived if requirements put a person at risk of harm by domestic violence. Includes citizenship requirements for battered immigrant women

Other program: See general agency information

### **SHELTER FROM THE STORM**

PO Box 173

La Grande, OR 97850

Office phone: 541-963-7226

24-hour crisis line: 541-963-9261

Hours: Monday-Friday 9am-5pm

- Offers temporary shelter and counseling for victims of domestic violence and sexual assault
- Support groups, children's programs, young parent program
- Information and referrals
- Assistance filing restraining and stalking orders
- Provides escort to hospital, courts

Other programs: See General Agency Information

### **UNION COUNTY VICTIM ASSISTANCE**

1007 4<sup>TH</sup> Street

La Grande, OR 97850

Phone: 541-963-1007 ext 1 or 4

- Provide victim services including court advocacy and community referrals
- Assistance with Crime Victims Compensation
- Help victims navigate the criminal justice system

### **UNION FAMILY HEALTH CENTER**

Sharon Schmidt, PMHNP, CRADC, Psy.D

142 Dearborn

Union OR 97883

Phone: 541-562-6062

Hours: Call clinic for Dr. Schmidt's hours

- Family, child, individual and couples counseling

Note: See Counseling and Mental Health for additional treatment services

## **EDUCATION SERVICES**

### **ADULT AND FAMILY LITERACY PROGRAM**

1006 Penn

La Grande, OR 97850

Phone: 541-962-1339

Hours: Wednesday and Thursday 10:30-3:30pm

- Provides materials and tutoring to develop and improve reading skills
- GED preparation and readiness
- Games and family activities available for checkout
- Transportation vouchers available to low-income families

### **OREGON LITERACY HOTLINE**

Toll free: 1-800-322-8715

- Personal one-on-one GED assistance, educational counseling and referral
- Networking information for adult education programs in Oregon

### **BLUE MOUNTAIN MONTESSORI**

Po Box 3004

La Grande, OR 97850

Phone: 541-963-6908

### **CAREER ENHANCMENT CENTER**

1916 Island Avenue

La Grande, OR 97850

Phone: 541-963-9213

Hours: Monday-Friday 8am-5pm

- GED and SAT test preparation; adult basic education
- Clerical courses; typing, word processing, database, spreadsheets, bookkeeping
- Pre license for life, health, property, casualty and Oregon code insurance

### **EASTERN OREGON UNIVERSITY**

Distance Education Program

One University Blvd.

La Grande, OR 97850

Phone: 541-962-3186

Fax: 541-962-367

Hours: Monday–Friday 8am–5pm

- Distance Education is a means of obtaining a degree by taking classes that do not require on campus attendance.

**EXTENSION SERVICE – OREGON STATE UNIVERSITY**

10507 N. McAlister Rd  
Island City, OR 97850  
Phone: 541-963-1010

- Provides education in agriculture, home horticulture, home economics, forestry, and community development
- Energy advisory and 4-H youth programs are offered

Note: Cost varies depending on program  
Programs available for adults and children

**HEAD START**

Eastern Oregon Head Start  
One University Blvd  
La Grande, OR 97850  
Phone: 541-962-3506

Centers:	Baker City	541-523-2696
	Elgin	541-437-5757
	Halfway	541-742-5437
	La Grande	541-963-4611
	Union	541-562-6057

- Offers a comprehensive preschool program including: education, health, nutrition, social services, parent involvement and special needs/disabilities services
- Child must be 3 or 4 years of age on or before September 1<sup>st</sup>

Note: Must meet federal income guidelines

**HEIDI HO PRESCHOOL**

1702 6<sup>th</sup> St  
La Grande, OR 97850  
Phone: 541-963-8795

- Ages three, four and Kindergarten

### **THINK LINK**

906 Washington Street

La Grande, OR 97850

Phone: 541-975-2040

Fax: 541-975-2042

Hours: Monday-Thursday 3pm-5:30pm

Friday 2pm-5:30pm

Saturday 10am-1:30pm

- Think Link is a children's (and adult) museum providing a variety of educational experiences through fun and creative hands-on activities

Note: Membership cost

### **TRAINING AND EMPLOYMENT CONSORTIUM**

1916 Island Ave.

PO Box 2979

La Grande, OR. 97850

Phone: 541-963-7942

Fax: 541-963-8458

Hours: Monday-Friday 8am–5pm

- Offers vocational assessment, individualized career planning and counseling, job readiness classes, life skills, basic skill upgrade and GED preparation, vocational training and job search assistance
- Services are available to economically disadvantaged adults and youth who have barriers to employment, and to dislocated workers
- The 55 and Up Program places older people in the work force
- Job training for unemployed adults and youth, assessment of skills and interests, classroom and on the job training

Other programs: See General Agency Information

### **UNION BAKER EDUCATION SERVICE DISTRICT**

Union County

10100 N. McAlister Rd

Island City, OR 97850

Hours: Monday-Friday 8am–4:30pm

Phone: 541-963-4106

Baker County

2100 Main St.

Baker City, OR 97814

Hours: Monday –Friday 8am-4:30pm

Phone: 541-523-5801

- Early intervention and early childhood special education to children 0-5 of age and support for their parents
- Free assistance for special needs children ages 0-21 and support for their parents

Union Baker ESD Alternative Education

Education Services Building

10214 Wallowa Lake Hwy

Phone: 541-963-0920

Hours: Monday–Friday 7:30am–7pm

- Offer General Education Diploma (GED) and high school completion courses for adults 18 and over (see note)
- English as a Second Language (ESL) to non-English speaking persons
- Self-improvement classes

Note: Release form required from school district and parent or guardian for teens 17 and younger

Other Programs: See General Agency Information

## **EMERGENCY /CRISIS SERVICES**

### **AMBULANCE, POLICE, OR FIRE DEPARTMENT**

#### **DIAL 911**

### **CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.

La Grande, OR 97850

Phone: 541-962-8800

Fax: 541-963-5272

Hours: Monday-Friday 8:00am-5:30pm

#### **24-hour crisis intervention**

962-8800 weekdays; 962-8421 after hours

### **COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

Union County Office  
1504 Albany  
La Grande, OR. 97850  
Phone: 541-963-7532  
Toll free: 1-800-963-7532  
Fax: 541-963-3187  
Website: www.ccno.org  
Hours: Monday- Friday 8am–5pm

Baker County:  
2810 ½ Cedar Street  
Baker city, OR 97814  
Phone: 541-523-6591  
Toll free: 1-800-823-6591

Wallowa County Office  
702NW 1<sup>st</sup> Street Enterprise, OR 97828  
Phone: 541-426-3848  
Toll free: 1-800-772-3840  
Fax: 541-426-6260

- Provides food services to seniors, homeless, disabled and low income people in ten meal sites
- Meals-on-wheels, In-home care for people over 60 years of age, senior, disabled, and low-income transportation
- Energy assistance, emergency utility shut-offs, weatherization
- Childcare program, food bank, legal assistance
- Information and referrals, and affordable housing development

### **GRANDE RONDE HOSPITAL**

900 Sunset Dr.  
La Grande, OR 97850  
Emergency Room: 541-963-1442

- 24 hour emergency room services

### **MAYDAY, INC.**

1820 First Street  
Baker City, OR 97814  
Hours: 9am to 5pm  
Office phone: 541-523-9472  
24-Hour Crisis Line: 541-523-4143

Toll Free 1-800-213-4143

- Shelter for women and their children
- 24-hour Crisis line; trained advocates to discuss options
- Information & referral
- Escort to the hospital, police station or courts

Note: Women and their children who are in a current crisis situation and have nowhere else to go will have the highest priority for shelter admittance. Shelter is for short-term emergency use for a maximum of 30 days.

No income eligibility requirements; serves women over 18 years or fully emancipated females. All females that have been sexually assaulted may be served. No males over the age of 12 allowed in the shelter.

### **NEIGHBOR TO NEIGHBOR MINISTRIES**

PO Box 1135

La Grande, OR 97850

Phone: 541-963-9126

- Assistance for those who can't be helped by other agencies (those "who fall through the cracks")
- Service depends on volunteers, cost involved and funding available

#### **Services offered:**

- Food Bank
- Assistance for the elderly and disabled to help keep them in their homes as long as possible
- Provide advocacy for the poor and lonely
- Referrals to other agencies
- Yard work, snow removal
- Respite care
- Visitation
- Assist transients and stranded motorists
- Provide wood for senior and disabled persons
- Clothing
- Furniture and household goods

Note: Must meet Oregon Food Bank Guidelines and live in Union County. Need to provide physical address and Social Security numbers for all family members

Free service

**POLICE**

La Grande Police Department  
1109 K Avenue  
La Grande, OR 97850  
Phone: 541-963-1017

- Assist with auto related emergency fuel needs

**RAPE HOTLINE**

1-800-237-6946

**SAFETY NET**

Community Resource Services  
PO Box 2945  
La Grande, OR 97850  
Phone: 541-962-9045

- Assists with emergent needs
- Safety Net Family Advocate helps guide families to resources and services available in Union County

Note: Free service

**SALVATION ARMY**

Union County  
1114 Y Ave  
La Grande, OR 97850  
Phone: 541-963-4829

- Provides emergency food boxes, clothing, temporary shelter, seasonal assistance as available, and emergency transportation
- Service depends on availability of funds

Note: Social service hours are from 1pm-4pm; low-income eligibility

Other programs: See General Agency Information

**SELF-SUFFICIENCY AND EMPLOYMENT SERVICES****Community Human Services**

1607 Gekeler Lane  
La Grande, OR. 97850  
Phone: 541-963-4113

Hours: Monday-Friday 7:30-5:30pm

- Resources and services to meet basic needs and promote independence and self-sufficiency to families.
- Temporary Assistance for Needy Families (emergency cash)
- Food stamps (Oregon Trail Card)
- Oregon Health Plan (free or low cost health insurance)

Note: Eligibility varies; call for income guidelines

### **SHELTER FROM THE STORM**

PO Box 173

La Grande, OR 97850

Phone: 541-963-7226

24 hour Hot Line: 541-963-9261

Hours: Monday-Friday 9am-5pm

- Crisis response to sexual assault and domestic violence victims
- Assistance filing restraining and stalking orders

Note: No income eligibility requirement; free service

## **EMPLOYMENT SERVICES/JOB TRAINING**

### **CAREER ENHANCMENT CENTER**

1916 Island Avenue

La Grande, OR 97850

Phone: 541-963-9213

Hours: Monday-Friday 8am-5pm

- GED and SAT test preparation; adult basic education
- Clerical courses; typing, word processing, database, spreadsheets, bookkeeping
- Pre license for life, health, property, casualty and Oregon code insurance

### **CERTIFIED PERSONEL SERVICE AGENCY, INC.**

10101 N. McAlister Rd.

La Grande, OR 97850

Phone: 541-963-6678

## **OREGON EMPLOYMENT DIVISION**

1901 Adams Ave.  
La Grande, OR 97850  
Phone: 541-963-7111  
Website: [www.emp.state.or.us](http://www.emp.state.or.us)

## **TRAINING AND EMPLOYMENT CONSORTIUM**

1916 Island Ave.  
PO Box 2979  
La Grande, OR. 97850  
Phone: 541-963-7942  
Fax: 541-963-8458  
Hours: Monday -Friday 8am–5pm

- Offers vocational assessment, individualized career planning and counseling, job readiness classes, life skills, basic skill upgrade and GED preparation, vocational training and job search assistance
- Services are available to economically disadvantaged adults and youth who have barriers to employment, and to dislocated workers
- The 55 and Up Program places older people in the work force

## **VOCATIONAL REHABILITATION DIVISION**

2008 Third St., Suite A  
La Grande, OR. 97850  
Phone: 541-963-2151  
Hours: Monday-Friday 8am–5pm

- Assists Oregonians with disabilities to achieve and maintain employment and independence
- Evaluation, eligibility determination, counseling, guidance, job training, post high school training, and rehabilitation

## **WORKZONE**

Phone: 541-963-7111  
541-523-9127  
541-523-6331

Website: [www.workzone.org](http://www.workzone.org)

- One-stop resource for work-related services in Baker, Union and Wallowa Counties

## **FAMILY PLANNING/PREGNANCY/NEW BORN**

### **BABIES FIRST**

Center for Human Development  
1100 K. Ave.  
La Grande, OR 97850  
Phone: 541-962-8826

- Free home visiting services by nurses and family advocate, to families in Union County who are:
  - Pregnant
  - Have a child or children ages 0-3
  - Have a child or children with special healthcare needs ages 0-21

### **BIRTHRIGHT**

1404 4<sup>TH</sup> Street  
La Grande, OR 97850  
Phone: 541-963-6918

- Provides free pregnancy testing, information, referrals, and support for pregnant women

### **BOYS AND GIRLS AID SOCIETY OF OREGON**

Toll free: 1-800-342-6688

- This is a free 24-hour Pregnancy Talkline, dealing with pregnant teens
- Provide information on pregnancy prevention

### **CENTER FOR HUMAN DEVELOPMENT**

Public Health  
1100 K. Ave.  
La Grande, OR 97850  
Phone: 541-962-8801  
Hours: Monday-Friday 8am-5pm  
Call for appointment

- WIC services
- Provides annual check-ups by Nurse Practitioner, birth control supplies, pregnancy testing, information and referrals to other programs
- Maternity Case Management, Babies First

- Immunizations

Note: Fee for service depends on income; no one can be turned away

Other programs: See General Agency information

### **ELGIN FAMILY HEALTH CENTER**

1400 Division

Elgin, OR 97827

Phone: 541-437-6321

Hours: Monday 9am-4pm, Tuesday 1pm-5pm

Thursday 9am-12pm, Friday 9am-4pm

- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Note: Elgin Clinic also provides primary health care and mental health services

### **HEALTHY START**

Oregon Health & Science University

School of Nursing @ Eastern Oregon University

One University Blvd.

La Grande, OR 97850

Phone: 541-962-3645

541-962-3620

- Prenatal home-visiting program for first-time mothers
- Assist with accessing community resources
- Monitor baby's growth and development
- Support parenting knowledge and skill development
- Provide information on baby care services and activities

### **RACHEL PREGNANCY CENTER**

2194 Court Ave,

Baker, OR 97814

Phone: 541-523-5357

### **UNION FAMILY HEALTH CENTER**

142 Dearborn

Union OR 97883

Phone: 541-562-6062

Hours: Monday, Tuesday and Thursday 9am-5pm  
Wednesday 2pm-6pm  
Friday 8am-4pm

- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Note: Union Clinic also provides primary health care and mental health services

## **FAMILY & YOUTH SUPPORT**

### **CHAMELEONS**

Contact: Corrie Hopper  
Phone: 541-786-0118

- Free class for children experiencing separation or divorce

### **COMMUNITY RESOURCE SERVICES**

Jim Mollerstrom  
POB 2945  
La Grande, OR 97850  
Phone: 541-963-9045

- Access to Youth Investment Services; youth activities funding and program costs
- Community Resource Team meetings (agency collaboration and coordination serving youth and families)
- Mentor programming, Cultural Competency planning

### **FAMILY LAW FACILITATION PROGRAM**

1008 K Ave. 3<sup>rd</sup> Floor  
La Grande, OR 97850  
Phone: 541-962-9500 Ext. 247  
Website: [www.unioncountycourt.org](http://www.unioncountycourt.org)  
Hours: Monday-Friday 8am-12pm and 1pm-5pm

- Serves the community by helping people help themselves in the family law process
- Assistance in completing legal forms

- Information about court procedures
- Referrals to agencies and resources that provide legal and other services to parents or children
- Mediation: domestic; small claims; volunteer mediators
- Programs to help children cope with divorce
- Non-adversarial custody evaluations

### **FAMILY LAW WORKSHOP**

1008 k Avenue  
 La Grande, OR 97850  
 Phone: 541-962-9500 x247

- Free workshop provided by local family attorney volunteers
- Information, referrals, answers to procedural questions
- May review documents if time permits

### **FAMILY RESOURCES CENTERS**

#### **Health Network for Rural Schools**

Family Resource Center Coordinators:  
 Cove School: 541-568-4424 ext 221  
 North Powder: 541-898-2244  
 Elgin: 541-437-2321  
 Union: 541-562-5278  
 Imbler: 541-534-2311

- Family Resource Center Coordinators “link” students, families and community members with services available in Union County

Note: Free service  
 Call schools for FRC hours

Other programs offered by Health Network for Rural Schools:  
 See General Agency Information

### **HEALTHY START**

Oregon Health & Science University  
 School of Nursing @ Eastern Oregon University  
 One University Blvd.  
 La Grande, OR 97850  
 Phone: 541-962-3645  
 541-962-3620

- Prenatal home-visiting program for first-time mothers
- Assist with accessing community resources
- Monitor baby's growth and development
- Support parenting knowledge and skill development
- Provide information on baby care services and activities

### **HELPING CHILDREN COPE WITH DIVORCE**

Phone: 541-962-9500 ext. 247

- Free class for parents and others experiencing separation or Divorce

### **PARENTS BEYOND CONFLICT**

Contact: Dr. Sharon Schmidt

OHSU Union Family Health Center

Phone: 541-562-6062

- Helps parents learn effective ways to solve problems, acquire skills in resolving conflict and communicate with kids
- Parents attend six weekly meetings
- Class is scheduled as need and parents are admitted on self-referral, referral by the courts, or by their attorney
- Goals are to reduce the negative effects of divorce on children, reduce costly conflicts between parents and to give parents skills to solve problems
- Fees include text books

### **SAFETY NET**

Community Resource Services

POB 2945

La Grande, OR 97850

Phone: 541-963-9045

- Assists with emergent needs
- Safety Net Family Advocate helps guide families to resources and services available in Union County

Note: Free service

### **SHELTER FROM THE STORM**

PO Box 173

La Grande, OR 97850

Office phone: 541-963-7226

24-hour Hot Line: 541-963-9261

Hours: Monday-Friday 8am-5pm

- Offers temporary shelter and counseling for victims of domestic violence and sexual assault
- Support groups, children's programs, young parent program
- Information and referrals
- Assistance filing restraining and stalking orders

Other programs: See General agency Information

### **TEMPERAMENT TALK**

#### **Center for Human Development**

1100 K Avenue

La Grande, OR 97850

541-962-8800

- Describes and helps assess temperament types in children and adults
- Offers tools to understand and work with different temperaments

### **UNION COUNTY COMMISSION ON CHILDREN AND FAMILIES**

1108 K Ave

La Grande, OR 97850

Phone: 541-963-1034

Website: [www.unioncountykids.org](http://www.unioncountykids.org)

- Website for early childhood resources  
Planning and support for children and families

## **FINANCIAL SERVICES**

### **CONSUMER CREDIT COUNSELING**

PO Box 234

1002 Spring

La Grande, OR 97850

Phone: 541-962-6205

Hours: Monday & Wednesday 2pm-6pm  
Tuesday & Thursday 10am-2pm  
Or by appointment

- Provides debt repayment plans; setting up budgets; counsel on money management

**COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

Union County Office/Senior Center  
 1504 Albany  
 La Grande, OR. 97850  
 Phone: 541-963-7532  
 Fax: 541-963-3187  
 Website: www.ccno.org  
 Hours: Monday-Friday 8am–5pm

Baker County Office  
 2810 ½ Cedar Street  
 Baker City, OR 97814  
 Phone: 541-523-6591  
 1-800-823-6591 (toll free)

Wallowa County Office  
 702 NW 1<sup>st</sup> Street  
 Enterprise, OR 97828  
 Phone: 541-426-3848  
 Toll Free: 1-800-772-3840  
 Fax: 541-426-6260

- Provides programs for tax and legal assistance to seniors
- Other programs: See general agency information

<b>FOOD</b>
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**CARING HELPERS**

Methodist Church  
 Corner of Main and Delta, PO Box 476  
 Union, OR 97883  
 Phone: 541-562-5856

- Emergency food baskets and Thanksgiving food baskets for Union families.
- Assists transients and stranded motorists.

Note: For low income families living in Union

## **CENTER FOR HUMAN DEVELOPMENT**

PUBLIC HEALTH

1100 K Ave

La Grande, OR 97850

Phone: 541-962-8801

Hours: Monday-Friday 8am-7pm

- WIC (Mothers, infants and children).
- Pregnant woman and breast-feeding women (up to a year), formula, nutrition education, and food vouchers.

Note: Mothers need to meet income guidelines; serves children 0-5, pregnant woman, breastfeeding women (up to one year); free service

Other related programs: Maternity home care, Babies First, Cacoon Family planning, Parenting Program

## **COMMUNITY CONNECTIONS OF NORTHEAST OREGON, INC.**

Union County Office/Senior Center

1504 Albany

La Grande, OR. 97850

Phone: 541-963-7532

Fax: 541-963-3187

Website: [www.ccno.org](http://www.ccno.org)

Hours: Monday-Friday 8am–5pm

Baker County Office

2810 ½ Cedar Street

Baker City, OR 97814

Phone: 541-523-6591

1-800-823-6591 (toll free)

Wallowa County Office

702 NW 1<sup>st</sup> Street

Enterprise, OR 97828

Phone: 541-426-3848

Toll Free: 1-800-772-3840

Fax: 541-426-6260

- Senior meals and Meals–on–Wheels program
- Neighbor to Neighbor food Bank (need to meet income guidelines)

### **ELGIN FOOD BANK**

703 Division

Elgin, OR 97827

Phone: 541-437-3045, 1918

- Provide emergency food baskets to low-income people
- Distribute food baskets every third Saturday of the month, from 8am-11am

Note: For low income families; free service

### **ELKS CLUB #433**

1124 Washington Ave.

La Grande, OR 97850

Phone: 541-963-2023

- Provides Christmas food baskets for those who do not receive a basket from other organizations

Note: For low income families

Free service

Other programs: Youth programs, Scholarships, Speech Camp, Eye Clinic in Portland

### **FOOD STAMP HOTLINE**

1-888-447-9997 (toll free)

### **NEIGHBOR TO NEIGHBOR MINISTRIES**

PO Box 1135

La Grande, OR 97850

Phone: 541-963-9126

- Provide food bank the last Saturday of the month from 1-3pm
- Assistance for those who can't be helped by other agencies (those "who fall through the cracks")
- Service depends on volunteers, cost involved and funding available

Note: Must meet Oregon Food Bank Guidelines and live in Union County. Will need to provide physical address and Social Security numbers for all family members.

### **NORTH POWDER FOOD BANK**

205 E Street

North Powder, OR 97867  
Phone: 541-898-4521

Note: For low income families

### **SALVATION ARMY**

Union County  
1114 Y Ave  
La Grande, OR 97850  
Phone: 541-963-4829

- Provides emergency food boxes, clothing, temporary shelter, seasonal assistance as available, and emergency transportation
- Service depends on availability of funds

Note: Social service hours are between 1pm and 4pm; low-income eligibility requirement

Other programs: See General Agency Information

### **SELF-SUFFICIENCY AND EMPLOYMENT SERVICES**

#### **Community Human Services**

1607 Gekeler Lane  
La Grande, OR. 97850  
Phone: 541-963-4113  
Hours: Monday-Friday 7:30am-5:30pm

- Resources and services to meet basic needs and promote independence and self-sufficiency to families.
- Temporary Assistance for Needy Families (emergency cash)
- Food stamps (Oregon Trail Card)
- Oregon Health Plan (free or low cost health insurance)
- Child care costs

Note: Eligibility Varies; call for income guidelines

Other services: See General Agency Information

### **SHELTER FROM THE STORM**

PO Box 173  
La Grande, OR 97850  
Phone: 541-963-7226  
24-hour hot line: 541-963-9261

Hours: Monday-Friday 9:00 to 5:00pm

- Provides food boxes
- Offers temporary shelter and counseling for victims of domestic violence and sexual assault
- Support groups, children's programs, young parent program, women's group
- Information and referrals
- Assistance filing restraining and stalking orders
- Provides escort to hospital, courts

Other programs: See General Agency information

## **HEALTH AND MEDICAL ASSISTANCE**

### **ALZHEIMER'S ASSOCIATION**

1-800-733-0402

### **AMERICAN CANCER SOCIETY**

1-800-227-2345

### **AMERICAN DIABETES ASSOCIATION**

1-800-232-3472

### **AMERICAN RED CROSS**

Eastern Oregon Chapter

EOU Pierce Library

One University Boulevard

La Grande, OR. 97850

24 hour hotline: 541-963-2711

- Provides relief to victims of disasters
- Armed Forces emergency services; classes in first aid, CPR, water safety, and disaster preparedness
- International tracing services
- Coordinates blood donor program

### **ARTHRITIS FOUNDATION**

1-800-283-3000

### **CENTER FOR HUMAN DEVELOPMENT**

Union County Public Health  
1100 K. Avenue  
La Grande, OR. 97850  
Phone: 541-962-8801  
Crisis: 541-963-8421  
Hours: Monday-Friday 8am-5pm  
Call for appointment

- Union County Public Health Agency
- Immunizations, family planning, women's health exams, sexually transmitted disease exams and treatment, HIV testing and counseling
- WIC (Women, Infants and Children): supplementary foods and nutrition program. Provides public health services, alcohol and drug services, veteran's services, mental health services, rehabilitation services, developmentally disabled services,
- Center for Parenting Excellence program
- Breast and cervical cancer (BCC) program (Need to meet income eligibility guidelines)

### **CDRC-OHSU CHILD DEVELOPMENT AND REHABILITATION**

PO Box 574  
Portland, OR. 97207-0574  
Phone: 541-494-8095  
707 SW Gaines Road  
Portland. OR. 97201  
Toll free: 1-800-452-3563  
Hours: Monday–Friday 8am–5pm

- Outpatient clinic that diagnoses and evaluates children with developmentally or physically handicapped conditions
- Several health issues apply: Hemophilia, genetic, metabolic, food production for PKU, dental, cranial facial disorder clinic, cleft palate, Retts Syndrome, ADHD, autism, behavior issues, spina bifida, physical occupation, speech, hearing, etc.

### **DEVERS MEMORIAL EYE CLINIC**

Phone: 503-413-7022

- Medical eye care for all ages
- Evaluation, diagnostic eye exam, surgery

- Accepts the Oregon Health Plan

### **DORNBECKERS CHILDRENS HOSPITAL**

3181 SW Sam Jackson Park Road  
Portland, OR. 97201  
Phone: 503-494-8811

- General hospital services for children

### **EASTERN OREGON NURSING SERVICES (EONS)**

P.O. Box 976  
La Grande, OR 97850  
Phone: 541-562-5281

- Private In Home Care & Support Services

### **ELGIN FAMILY HEALTH CLINIC**

1400 Division  
Elgin, OR. 97827  
Phone: 541-437-6321  
Hours: Monday and Tuesday 9am-4pm, closed Wednesday  
Thursday 9am-5pm, Friday 8:30am-4pm

- Family Practice Clinic
- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Sharon Schmidt, PMHNP, CRADC, Psy.D

Hours: Call Elgin clinic for hours

- Family, child, individual and couples counseling
- ADD evaluation
- Selected medication management
- Treatment of anxiety, depression
- Relaxation, hypnotherapy
- Assertiveness, wellness coaching
- Health behavior change counseling

### **GRANDE RONDE HOSPITAL**

900 Sunset Dr.  
P.O. Box 3290  
La Grande, OR 97850  
Phone: 541-963-8421

[www.grh.org](http://www.grh.org)

24-Hour Care

Visiting Hours: Monday-Sunday 11:30am-8:30pm

- Emergent, acute and transitional care unit (skilled care)

### **GRAND RONDE HOSPITAL HOME CARE SERVICES**

900 Sunset Dr.

La Grande, OR 97850

Phone: 541-963-1453

Hours: Monday–Friday 8am–5pm

- Physician ordered skilled in home services
- Hospice

### **HEALTH NETWORK FOR RURAL SCHOOLS**

Oregon Health Sciences University-School of Nursing

Eastern Oregon University

One University Boulevard

La Grande, OR 97850

Nancy Findholt – Director

541-962-3648

- School-community linked program providing health and mental health services to North Powder, Union, Cove, Imbler, and Elgin
- Services include: Nurse  
Nurse Practitioner  
Mental health  
Family Resource Centers

Note: Call selected Union County School (listed in General Agency Information) for service hours provided

### **LINCARE**

1112 Adams Avenue

PO Box 1651

La Grande, OR. 97850

(541) 963-3118 (24 Hours)

Hours: Monday–Friday 8am–5pm

- A Home Oxygen Company that provides home medical supplies such as beds and wheelchairs

- Medical assignment on covered products, unit dose program for medications used in Nebulizer, Nocturnal Ventilatory Support program for moderate to severe COPD patients, Physician Oximeter rental, Physician Unit Dose, Pneumocardigrams and Apnea monitoring, Photo therapy for the newborn, Obstructive Sleep Apnea equipment and supplies, durable medical equipment
- 24 hour- 7 days a week service and Oxygen travel program

### **LIONS SIGHT AND HEARING FOUNDATION**

503-827-6952

- Assists with obtaining eye glasses, eye examinations, hearing aids, hearing screening
- Ask for the current local contact person

### **MEDICARE HOTLINE**

1-800-452-0125

### **NATIONAL PREVENTION NETWORK**

1-800-458-5231

Phone hours: Monday–Friday 6am-3pm

- HIV and AIDS, STD, and TB information, publication and technical assistance
- STD treatment information packets, counseling, reference and referral information available

### **NURSING HOME OMBUDSMAN**

1-800-522-2602

### **OREGON HEALTH PLAN/CHILDREN'S HEALTH INSURANCE PROGRAM**

1-800-359-9517

### **OREGON OPTOMETRIC ASSOCIATION**

6901 SE Lake Road #26

Milwaukee, OR. 97267

Phone: 503-654-5036

Toll free (in Oregon): 1-800-922-2045

- Referrals for vision care

### **PARENTS ANONYMOUS HOTLINE**

1-800-345-5044 (24 Hour)

### **PINE EAGLE CLINIC**

Center Street  
Halfway, OR. 97834  
Phone: 541-742-5023

- Family Practice Clinic

### **SELF-SUFFICIENCY AND EMPLOYMENT SERVICES**

#### **Community Human Services**

1607 Gekeler Lane  
La Grande, OR. 97850  
Phone: 541- 963-4113  
Hours: Monday-Friday 7:30am-5:30pm

- Resources and services to meet basic needs and promote independence and self-sufficiency to families
- Temporary Assistance for Needy Families (emergency cash)
- Food stamps (Oregon Trail Card)
- Oregon Health Plan (free or low cost health insurance)
- Child care costs

Note: Eligibility Varies; call for income guidelines

### **SENIORS AND PEOPLE WITH DISABILITIES**

#### **Community Human Services**

1607 Gekeler Lane  
La Grande, OR 97850  
Phone: 541-963-7276  
Hours: 8am-12pm, 1-5pm

- Provides medical assistance and food stamps for seniors age 60 or older, and/or disabled persons who have limited income and resources
- Information on services for persons needing long-term care, such as In-Home care, Adult Foster Care, Home Assisted Living, Residential Care Facilities and Nursing Home Care
- Investigates elder abuse and provides protective services for elders and people with disabilities, regardless of economic status

### **ST. ELIZABETH'S HOSPITAL**

3325 Pocahontas Road  
Baker City, OR. 97814  
Phone: 541-523-6461

- Health Services Center

### **SHRINER'S HOSPITAL**

3101 SW Sam Jackson Park Road  
Portland, OR. 97201  
Phone: 503-241-5090 ext.3458

- Children's orthopedic outreach clinics come to the Grande Ronde Hospital in La Grande and St. Elizabeth Hospital in Baker City 3 to 4 times a year to treat established patients
- Screenings are also done for new patients
- Ages include 0–18 years

Community Affairs Department 503-221-3458

Call for local contacts: Jim Voelz 963-3881, Bob Gedlick 568-4728, and Al Laird 437-4000

### **SOCIAL SECURITY ADMINISTRATION**

Supplemental Security Income (SSI)  
2205 Cove Avenue  
La Grande, OR. 97850  
Phone: 541-963-0105  
Toll free: 1-800-772-1213 (7am–7pm)  
Hours: Monday–Friday 9am-4pm  
Website [www.ssa.gov](http://www.ssa.gov)

- Offers social security benefits to qualified persons in Baker, Grant, Union and Wallowa Counties

### **STOP SMOKING**

1-800-877-7867

### **UNION COUNTY TOBACCO PREVENTION PROGRAM**

Union-Baker County Education District  
Phone: 541-963-1406

- Tobacco Prevention program is provided for kids in Union County Schools
- Adult and adolescent cessation programs

### **UNION FAMILY HEALTH CENTER**

142 Dearborn  
Union OR 97883

Phone: 541-562-6062

Hours: Monday, Tuesday, Thursday 9am-5pm  
Wednesday 2pm-6pm  
Friday 8am-4pm

- Family Practice Clinic
- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Sharon Schmidt, PMHNP, CRADC, Psy.D

Hours: Call Union Clinic for hours

- Family, child, individual and couples counseling
- ADD evaluation
- Selected medication management
- Treatment of anxiety, depression
- Relaxation, hypnotherapy
- Assertiveness, wellness coaching
- Health behavior change counseling

### **VENEREAL DISEASE HOTLINE**

Toll free: 1-800-227-8922

### **VETERANS SERVICES**

Center for Human Development

1100 K Avenue

La Grande, OR. 97850

Phone: 541-963-8800

Hours: Monday-Friday 8am-5pm

- Federal and State veteran's benefits
- Transportation to VA hospitals (Boise only)
- State and Federal VA home loans

## **HOUSING**

### **AARP (AMERICAN ASSOCIATION OF RETIRED PERSONS)**

601 E Street NW

Washington, DC 20049

1-800-424-3410

www.aarp.org

- Housing options for individuals 50 and over

Note: Serves age 50 and over; located nationwide

### **COMMUNITY CONNECTIONS OF NORTHEAST OREGON, INC.**

Union County Office

1504 Albany St.

La Grande, OR 97850

Office hours: 8–3 M-F, closed from 12-1

Phone: 541-963-3186

Fax: 541-963-5932

Website: [www.ccho.org](http://www.ccho.org)

Hours: 8am-5pm

- TENANT BASED ASSISTANCE PROGRAM - Temporary rent subsidy based on income
- EMERGENCY SHELTER GRANT - One time grant for evicted tenants
- MOTEL ASSISTANCE - Emergency displacement vouchers
- FEMA (Federal Emergency Management Assistance)
- Emergency grants and low interest loans for damage caused by natural disasters

### **NEIGHBOR TO NEIGHBOR MINISTRIES**

PO Box 1135

La Grande, OR 97850

541-963-9126 (24 hour emergency)

- Emergency assistance for the elderly, disabled, homeless, transients, and stranded motorists
- Assistance for those who can't be helped by other agencies (those "who fall through the cracks")
- Service depends on volunteers, cost involved and funding available

Other assistance: See General Agency Information

### **NORTHEAST OREGON HOUSING AUTHORITY**

2608 May Lane

PO Box 3357

La Grande, OR 97850

Phone: 541-963-5360

541-963-2465 (TDD)

541-963-3682 (FAX)

Toll free: 1-800-452-8638

[neoha@eoni.com](mailto:neoha@eoni.com)

Hours: 8am-3pm

Closed for lunch from 12pm-1pm

- PUBLIC HOUSING PROGRAM Provides public housing for senior citizens, disabled, and others with low income  
Homes and apartments are owned and managed by NOHA in La Grande, Union, and Elgin
- REASONABLE ACCOMMODATION Giving priority to the disabled or homeless who have been evicted or asked to leave their homes
- TRANSITIONAL HOUSING PROGRAM Temporary housing for those identified as homeless by local agencies  
Must agree to work with agencies to become self-sufficient
- SECTION 8 RENTAL ASSISTANCE PROGRAM Program based on income eligibility. Find housing that meets approval of Housing Authority and can pass an inspection

Note: Call for income eligibility guidelines

### **SHELTER FROM THE STORM**

1111 Fifth St.

P.O. Box 173

La Grande, OR 97850

Phone: 541-963-7226

Office Hours: 8am-5pm

24 Hour Crisis Line: 541-963-9261

- Safe, clean, temporary shelter for women and their children

Other services: See General agency Information

## **IMMUNIZATIONS**

### **CENTER FOR HUMAN DEVELOPMENT**

Union County Public Health

1100 K Ave.

La Grande, OR 97850

Phone: 541-962-8801  
Fax: 541-963-5272  
Hours: Monday-Friday 8am-5pm  
Call for appointment

- Immunizations, family planning, women's health exams, sexually transmitted disease exams and treatment, HIV testing and counseling
- WIC (Women, Infants, and Children) nutrition program with supplementary foods

Note: Income eligibility required

### **ELGIN FAMILY HEALTH CENTER**

1400 Division  
Elgin, OR 97827  
(541) 437-6321  
Hours: Monday 9am-4pm, Tuesday 1pm-5pm  
Thursday 9am-12pm, Friday 9am-4pm

- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Note: Elgin Clinic also provides for primary health care and mental health needs.

### **UNION FAMILY HEALTH CENTER**

142 Dearborn  
Union OR 97883  
(541) 562-6062  
Hours: Monday, Tuesday, Thursday 9am-5pm  
Wednesday 2pm-6pm  
Friday 8am-4pm

- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Note: Union Clinic also provides for primary health care and mental health needs

**IMMUNIZATIONS ARE AVAILABLE AT ALL FAMILY AND/OR PEDIATRIC OFFICES. CALL YOUR FAMILY PHYSICIAN FOR MORE INFORMATION**

## **INTERPRETER AND NON-ENGLISH SERVICES**

### **COMMUNITY RESOURCE SERVICES**

Jim Mollerstrom  
POB 2945  
La Grande, OR  
Phone: 541-963-9045

- Cultural competency training and consultation

Other services: See general agency information

### **DYNAMIC LANGUAGE CENTER**

Toll Free: 1-800-682-8242

- Provide interpreter service by phone
- Charge by the hour – minimum ½ hour

### **FAMILY LAW FACILITATION PROGRAM**

1008 K Ave. 3<sup>rd</sup> Floor  
La Grande, OR 97850  
Phone: 541-962-9500 Ext. 247  
Website: [www.unioncountycourt.org](http://www.unioncountycourt.org)  
Hours: Monday-Friday 8am-12pm and 1pm-5pm

- Interpreters available for court services and proceedings
- Serves the community by helping people help themselves in the family law process
- Assistance in completing legal forms
- Information about court procedures
- Referrals to agencies and resources that provide legal and other services to parents or children
- Mediation: domestic; small claims; volunteer mediators
- Programs to help children cope with divorce
- Non-adversarial custody evaluations

### **FOREIGN LANGUAGE SPECIALISTS**

Toll free: 1-800-567-0314  
Website: [www.flsincorp.net](http://www.flsincorp.net)

- Website provides information about interpreter services

### **HISPANIC MINISTRIES**

Phone: 541-663-8035

- Provides English language classes
- Hispanic outreach

### **LANGUAGE LINE SERVICES**

Toll free: 1-800-752-6096

- Provide interpreter services
- Charge for services: Need established account or can pay by credit card

### **POLYLANG TRANSLATION SERVICES**

Toll free: 1-800-715-7293

- Provide interpreter service by phone
- Charge by the hour – minimum ½ hour

## **LEGAL AID**

### **FAMILY LAW FACILITATION PROGRAM**

1008 K Ave. 3<sup>rd</sup> Floor

La Grande, OR 97850

Phone: 541-962-9500 Ext. 247

Website: [www.unioncountycourt.org](http://www.unioncountycourt.org)

Hours: Monday-Friday 8am-12pm and 1pm-5pm

- Serves the community by helping people help themselves in the family law process
- Assistance in completing legal forms
- Information about court procedures
- Referrals to agencies and resources that provide legal and other services to parents or children
- Mediation: domestic; small claims; volunteer mediators
- Programs to help children cope with divorce
- Non-adversarial custody evaluations

### **FAMILY LAW NETWORK**

105 Fir Street, Room 339

La Grande, OR 97850  
Phone: 541-963-8812  
Toll free: 1-800-773-0886  
Hours: By appointment only

- Legal information and counseling, mediation
- Forms and paperwork
- Low to moderate income services
- Family law attorney

### **FAMILY LAW WORKSHOP**

1008 k Avenue  
La Grande, OR 97850  
Phone: 541-962-9500 x247

- Free workshop provided by local family attorney volunteers
- Information, referrals, answers to procedural questions

May review documents if time permits

### **LEGAL AID SOCIETY OF OREGON**

Pendleton Office  
POB 1327  
Pendleton, OR 97801-1115  
Toll free: 1-800-843-1115

- Legal help for low income parents, senior citizens

### **OREGON STATE BAR REFERRAL SERVICE**

Toll free: 1-800-452-7636  
Website: [www.osbar.org](http://www.osbar.org)

- Modest Means Program
- Lawyer Referral Service
- Problem Solvers (free ½ hour consultation for teens)

### **TEL-LAW**

Toll free: 1-800-452-4776

## LITERACY

### ADULT AND FAMILY LITERACY PROGRAM

1006 Penn

La Grande, OR 97850

Phone: 541-962-1339

Hours: Wednesday and Thursday 10:30-3:30pm

- Provides materials and tutoring to develop and improve reading skills
- GED preparation and readiness
- Games and family activities available for checkout
- Transportation vouchers available to low-income families

### OREGON LITERACY HOTLINE

Toll free: 1-800-322-8715

- Personal one-on-one GED assistance, educational counseling and referral
- Networking information for adult education programs in Oregon

## RESPIRE CARE

### CHILD CARE RESOURCE AND REFFERAL

Training and Employment Consortium

1916 Island Avenue

La Grande, OR 97850

Phone: 541-963-7942

Out of the area call toll free 1-800-956-0324

Hours: Monday-Friday 8am-5pm

- Lists providers available for respite care

### GRAND RONDE HOSPITAL HOME CARE SERVICES

900 Sunset Dr.

La Grande, OR 97850

Phone: 541-963-1453

Hours: Monday-Friday 8am-5pm

- Hospice

### **LIFESPAN of Union County**

Community Connection of Northeast Oregon, Inc.  
1607 Gekeler Lane  
La Grande, OR 97850  
Phone: 541-963-7276 ext. 261  
Fax: 541-963-2906  
Website: [www.communityofcare.com/respite.htm](http://www.communityofcare.com/respite.htm)

- Respite care network connecting families and providers
- Links families with respite care payment resources
- Recruitment and training for respite providers

## **SENIOR CITIZENS SERVICES**

### **AMBULANCE, POLICE, OR FIRE DEPARTMENT**

#### **DIAL 911**

### **AARP (AMERICAN ASSOCIATION OF RETIRED PERSONS)**

601 E Street NW  
Washington, DC 20049  
Toll free: 1-800-424-3410  
[www.aarp.org](http://www.aarp.org)

- Consumer information
- Serves people 50 years of age and older
- Housing options for individuals 50 and over
- Nationwide locations

### **CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.  
La Grande, OR 97850  
Phone: 541-962-8800  
Fax: 541-963-5272  
Hours: Monday-Friday 8am-7pm  
24 hour crisis intervention:  
Weekdays: 541-962-8800  
After hours: 541-962-8421

- Caregiver Support Services and Education (962-8873)
- Provides public health services, alcohol and drug services, veteran's services
- Mental health services

**COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

Administrative Office  
 104 Elm St. La Grande, OR. 97850  
 Phone: 541-963-3186  
 Hours: Monday-Friday 8:00am–5:00pm

Union County Office/Senior Center  
 1504 Albany  
 La Grande, OR. 97850  
 Phone: 541-963-7532  
 Fax: 541-963-3187  
 Hours: Monday-Friday 8am-5pm

Baker County Office  
 2810 ½ Cedar Street  
 Baker City, OR 97814  
 Phone: 541-523-6591  
 Toll free: 1-800-823-6591

Wallowa County Office  
 702 NW 1<sup>st</sup> Street  
 Enterprise, OR 97828  
 Phone: 541-426-3848  
 Toll free: 1-800-772-3840  
 Fax: 541-426-6260

- Provides food services to seniors, homeless, disabled and low income people in ten meal sites
- Meals-on-wheels, In-home care for people over 60 years of age, senior, disabled, and low-income, OMAP and public transportation (request transportation in advance)
- Energy assistance, emergency utility shut-offs, weatherization
- Childcare program, food bank, legal assistance
- Information and referrals, and affordable housing development

**GRANDE RONDE HOSPITAL**

900 Sunset Dr.  
 La Grande, OR 97850

Emergency Room: 541-963-1442  
Open 24 Hours

### **GRAND RONDE HOSPITAL HOME CARE SERVICES**

900 Sunset Dr.  
La Grande, OR 97850  
(541) 963-1453  
Hours: Monday–Friday 8am–5pm

- Home Health/Hospice

### **LEGAL AID SOCIETY OF OREGON**

Pendleton Office  
POB 1327  
Pendleton, OR 97801-1115  
Phone: 1-800-843-1115

- Legal help for senior citizens

### **OREGON STATE BAR REFERRAL SERVICE**

Toll free: 1-800-452-7636  
Website: [www.osbar.org](http://www.osbar.org)

- Referral to attorney for full-service or limited service legal assistance
- Modest Means (middle income) referrals available

### **SENIORS AND PEOPLE WITH DISABILITIES**

#### **Community Human Services**

1607 Gekeler Lane  
La Grande, OR 97850  
541-963-7276  
Hours: Monday-Friday, 8am-12pm, 1pm-5pm

- Investigates elder abuse and provides protective services for elders and people with disabilities, regardless of economic status
- Provides medical assistance and food stamps for elderly and/or disabled persons who have limited income and resources.
- Information on services for persons needing long-term care, such as In-Home care, Adult Foster Care, Home Assisted Living, Residential Care Facilities and Nursing Home Care.
- Investigates elder abuse and provides protective services for elders and people with disabilities, regardless of economic status

## **SOCIAL SECURITY ADMINISTRATION**

Supplemental Security Income (SSI)

2205 Cove Avenue

La Grande, OR. 97850

Phone: 541-963-0105

1-800-772-1213 (7am–7pm)

Hours: Monday–Friday 9am–4pm

Website [www.ssa.gov](http://www.ssa.gov)

- Offers social security benefits to qualified persons in Baker, Grant, Union and Wallowa Counties.

## **FUNERAL SERVICES**

### **DANIELS CHAPEL OF THE VALLEY**

1502 Seventh St

La Grande, Or 97850

Phone: 541-963-5332

### **Loveland Funeral chapel**

1508 Fourth St

La Grande, Or 97850

Phone: 541-963-5022

## **RESIDENTIAL/RETIREMENT/LONG TERM CARE FACILITIES**

### **Americare**

501 3<sup>rd</sup>

La Grande, OR 97850

Phone: 541-975-2418

### **Evergreen Health and Rehabilitation**

91 Aries Ln.

La Grande, OR 97850

Phone: 963-8678

### **Evergreen Vista**

103 Adams Ave.

La Grande, Or 97850

Phone: 541-963-4184

Alzheimer's ward on site

**GRANDE RONDE RETIREMENT RESIDENCE**

1809 Gekeler Ln.  
La Grande, Or 97850  
Phone: 541-963-4700

**La Grande Retirement Center**

1612 Seventh St.  
La Grande, Or 97850  
Phone: 541-963-7015

**Twin Firs Retirement Center**

2109 Third St.  
La Grande, OR 97850  
Phone: 541-963-6457

**Wildflower Lodge**

508 Sixteenth St.  
La Grande, Or 97850  
Phone: 541-663-1200

**TEEN SERVICES****BOYS AND GIRLS AID SOCIETY OF OREGON**

1-800-342-6688

- Free 24-hour Pregnancy Talkline, dealing with pregnant teens
- Provide information on pregnancy prevention

**CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.  
La Grande, OR 97850  
Phone: 541-962-8800  
Fax: 541-963-5272

24 hour crisis intervention:  
962-8800 weekdays  
962-8421 after hours

Hours: Monday-Friday 8am-7pm

- Union County Public Health Agency
- Provides public health services, alcohol and drug services, veteran's services, mental health services, rehabilitation services, developmentally disabled services
- Center for Parenting Excellence program (La Grande, only)

Note: Fees vary according to income  
 Most services require an appointment  
 Public Health clinic has scheduled walk in hours – call for  
 Schedule

### **OREGON STATE BAR REFERRAL SERVICE**

Toll free: 1-800-452-7636

Website: [www.osbar.org](http://www.osbar.org)

- Referral to attorney for full-service or limited service legal assistance
- Modest Means (middle income) referrals available
- Problem Solvers (free ½ hour consultation for teens)

### **UNION COUNTY TEEN PREGNANCY COALITION**

Brenda Leavitt

541-963-4113 ext 240

Kathleen Cathey

541-963-1034

- Support for pregnant and parent students
- Community planning on teen pregnancy

## **TRANSPORTATION**

### **COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

Union County Office/Senior Center

1504 Albany

La Grande, OR. 97850

Phone: 541-963-7532

Toll free: 1-800-331-7532

Fax: 541-963-3187

Website: [www.ccno.org](http://www.ccno.org)

Hours: Monday-Friday 8am–5pm

Baker County Office  
 2810 ½ Cedar Street  
 Baker City, OR 97814  
 Phone: 541-523-6591  
 Toll free: 1-800-823-6591

Wallowa County Office  
 702 NW 1<sup>st</sup> Street  
 Enterprise, OR 97828  
 Phone: 541-426-3848  
 Toll Free: 1-800-772-3840  
 Fax: 541-426-6260

- Provides senior citizens, disabled persons, and general public access to local services and meal sites
- Public bus transportation for La Grande and rural communities (call for schedule)
- Transportation for those with medical needs who hold an OMAP card (Medicaid, Oregon Health Plan)
- 

Other programs: Please see General Agency Information

**NEIGHBOR TO NEIGHBOR MINISTRIES**

PO Box 1135  
 La Grande, OR 97850  
 541-963-9126 (24 hour emergency)

- Emergency long distance transportation

<b>UNION COUNTY PUBLIC SCHOOLS</b>
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<b>Cove</b>	806 Main PO Box 68	568-4424
<b>Elgin</b>		
High School	1400 Birch	437-2021
Elementary	111 Division	437-2321
<b>Imbler</b>		
High School	6 <sup>th</sup> and Esther	534-5331
Elementary	PO Box 164	534-2311

<b>North Powder</b>	333 G Avenue PO Box 10	898-2244
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**Union**

High School	540 S. Main	562-5166
Elementary	166 W. Dearborn	562-5278

**La Grande**

High School	708 K Ave	663-3300
Middle School	1108 4 <sup>th</sup>	663-3420

Elementary

Central	402 K Ave	663-3500
Greenwood	2300 N. Spruce	663-3580
Island City	10201 W 4 <sup>th</sup>	663-3270
Riveria	2609 N 2 <sup>nd</sup>	663-3245
Willow	1305 Willow	663-3555

Zip codes

Cove	97824
Elgin	97827
Imbler	97841
N. Powder	97867
Union	97883
La Grande	97850

<b>UTILITY ASSISTANCE</b>
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**AVISTA UTILITIES**

10201 F St.  
Island City, OR 97850  
1-800-659-4427  
www.avistautilities.com  
Hours: 6:00 a.m.-7:00 p.m.

- Energy conservation tips
- Payment arrangements

Other programs: A self-guided energy audit and internet payment options are available at the website

**COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

104 Elm St.  
LaGrande, OR 97850  
Phone: 541-963-3186  
Website: [www.ccno.org](http://www.ccno.org)  
Hours: 8am-5pm

**Senior Center:**

1504 Albany St  
LaGrande, OR 97850  
541-963-7532  
Hours: 8am-5pm

ENERGY ASSISTANCE  
LIEP Program

- Funding availability: Senior and disabled individuals can apply for funds in October
- Households with children under 5 may apply from the end of November through December
- All others may apply for funds after December-this funding is on a first come first serve basis

Income eligibility: call for guidelines

**OREGON TRAIL ELECTRIC CO-OP**

107 Elm St  
LaGrande, OR 97850  
Phone: 541-963-3155  
Hours: 8am-5pm

- Energy conservation tips
- Payment arrangements-contact Credit Department

**CENEX PROPANE**

2203 Watson St.  
La Grande, OR 97850  
Phone: 541-963-8711  
1-800-582-3639  
Hours: 7am-4pm

- Energy conservation

- Payment arrangements

## YOUTH ACTIVITIES

Eastern Oregon Regional Arts Council  
541-962-3624

Elgin Community Center  
541-437-5931

Grande Ronde Youth Choir  
Contact La Grande High School  
Michael Frasier – Choir teacher  
541-663-3300

Grande Ronde Youth Orchestra  
Contact Eastern Oregon University  
541-962-3234

La Grande Parks and Recreation  
541-962-1352

Little League  
(Contact community rep through your school)

OSU Extension Service (4-H programs)  
541-963-1010

Salvation Army Youth Center  
541-963-4829

Summer Youth Theater  
Contact Eastern Oregon Arts Council  
541-962-3624

Takemusukai  
Aikido instruction, conflict resolution skills, positive parenting  
541-963-2365

Think Link Discovery Museum for Children & Adults  
541-975-2040

Union County Youth Soccer Association  
(Contact community rep through your school)

Veteran's Memorial Swimming Pool  
541-962-1347

## **GENERAL AGENCY INFORMATION**

### **CHILD WELFARE**

#### **Community Human Services**

1607 Gekeler Lane

La Grande, OR 97850

Phone: 541-963-8571

Hours: Monday-Friday 7:30am-5:30pm

- Provides support services for child protection
- Foster care, adoption, parent training
- Referrals for drug and alcohol treatment, family counseling, sex abuse treatment  
Intensive home-based service

Note: Free service

Category: Child Welfare

### **CENTER FOR HUMAN DEVELOPMENT**

1100 K Ave.

La Grande, OR 97850

Phone: 541-962-8800

Fax: 541-963-5272

24 hour crisis intervention

962-880 weekdays

962-8421 after hours

Hours: Monday-Friday 8am-7pm

Monday-Friday 8am-5pm (Public Health)

- Union County Public Health Agency

- Provides public health services, alcohol and drug services, veteran's services, mental health services, rehabilitation services, developmentally disabled services
- Center for Parenting Excellence program (La Grande only)

Note: Fees vary according to income

Most services require an appointment

Public Health clinic has scheduled walk in hours – call for schedule

Category: Child Welfare; Aids Education & Counseling; Chemical Dependency; Counseling & Mental Health; Disabled & Special Needs; Emergency/Crisis Services; Family Planning/Pregnancy/New Born; Food; Health & Medical Assistance; Immunizations; Teen Services; Senior Citizens

**COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.**

Administrative Office

104 Elm St. La Grande, OR. 97850

Phone: 541-963-3186

Hours: Monday-Friday 8am–5pm

Union County Office/Senior Center

1504 Albany

La Grande, OR. 97850

Phone: 541-963-7532

Fax: 541-963-3187

Website: [www.ccno.org](http://www.ccno.org)

Hours: Monday-Friday 8am-5pm

Baker County Office

2810 ½ Cedar Street

Baker City, OR 97814

Phone: 541-523-6591

Toll free: 1-800-823-6591

Wallowa County Office

702 NW 1<sup>st</sup> Street

Enterprise, OR 97828

Phone: 541-426-3848

Toll free: 1-800-772-3840

Fax: 541-426-6260

- Provides food services to seniors, homeless, disabled and low income people in ten meal sites
- Meals-on-wheels, In-home care for people over 60 years of age, senior, disabled, and low-income, OMAP and public transportation (request transportation in advance)
- Energy assistance, emergency utility shut-offs, weatherization
- Childcare program, food bank, legal assistance
- Information and referrals, and affordable housing development

Category: Child Care; Disabled, Handicapped, Special Needs; Emergency/Crisis Services; Financial Services; Food; Housing; Senior Citizens; Transportation

### **COMMUNITY RESOURCE SERVICES**

Jim Mollerstrom

Community Resource Services

Phone: 541-963-9045

- Access to Youth Investment Services; youth activities funding and program costs
- Community Resource Team meetings (agency collaboration and coordination serving youth and families)
- Mentor programming, Cultural Competency planning

Category: Emergency/Crisis; Family & Youth Support; Interpretive and Non-English Services

### **ELGIN FAMILY HEALTH CENTER**

1400 Division

Elgin, OR 97827

(541) 437-6321

Hours: Monday 9:00-4:00pm, Tuesday 1:00-5:00pm

Thursday 9:00-12:00pm, Friday 9:00-4:00pm

- Family Practice
- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Category: Chemical Dependency; Counseling and Mental Health; Family Planning/Pregnancy/New Born; Health and Medical Assistance; Immunizations

**Sharon Schmidt, PMHNP, CRADC, Psy.D**

Category: Chemical Dependency; Counseling and Mental Health; Family and Youth Support; Health and Medical Assistance

### **FAMILY LAW FACILITATION PROGRAM**

Union County Circuit Court

1008 K Ave. 3<sup>rd</sup> Floor

La Grande, OR 97850

Phone: 541-962-9500 Ext. 247

Website: [www.unioncountycourt.org](http://www.unioncountycourt.org)

Hours: Monday-Friday 8am-12pm and 1pm-5pm

- Serves the community by helping people help themselves in the family law process
- Assistance in completing legal forms
- Information about court procedures
- Referrals to agencies and resources that provide legal and other services to parents or children
- Mediation: domestic; small claims; volunteer mediators
- Programs to help children cope with divorce
- Non-adversarial custody evaluations

Note: Free service

Category: Legal Aid; Interpreter and Non-English Services

### **FAMILY RESOURCE CENTERS Health Network for Rural Schools**

Family Resource Center Coordinators:

Cove School: 541-568-4424 ext 221

North Powder: 541-898-2244

Elgin: 541-437-2321

Union: 541-562-5278

Imbler: 541-534-2311

- Family Resource Center Coordinators “link” students, families and community members with services available in Union County

Note: Free service; Call schools for FRC hours

Note: Free service

Other programs: See Health Network for Rural Schools

### **GRANDE RONDE HOSPITAL**

900 Sunset Dr.

P.O. Box 3290

La Grande, OR 97850

Phone: 541-963-8421

[www.grh.org](http://www.grh.org)

24-Hour Care

Visiting Hours: Monday-Sunday 11:30am-8:30pm

### **HEALTH NETWORK FOR RURAL SCHOOLS**

Oregon Health Sciences University-School of Nursing

Eastern Oregon University

One University Boulevard

La Grande, OR 97850

Nancy Findholt – Director

Phone: 541-962-3648

- School-community linked program providing health and mental health services to North Powder, Union, Cove, Imbler, and Elgin
- Services include: Nurse
  - Nurse Practitioner
  - Mental health
  - Family Resource Centers

Note: Call selected Union County School (listed in General Agency Information) for service hours provided

### **MAYDAY, INC.**

1820 First Street

Baker City, OR 97814

Hours: 9am to 5pm

Office phone: 541-523-9472

24-Hour Crisis Line 541-523-4143

Toll Free: 1-800-213-4143

- Shelter for women and their children
- 24-hour Crisis line; trained advocates to discuss options
- Information & referral
- Escort to the hospital, police station or courts

Note: Women and their children who are in a current crisis situation and have nowhere else to go have the highest priority for shelter admittance. Shelter is for short-term emergency use for a maximum of 30 days.

No income eligibility requirements; serves women over 18 years or fully emancipated females. All females that have been sexually assaulted may be served. No males over the age of 12 allowed in the shelter.

### **NEIGHBOR TO NEIGHBOR MINISTRIES**

PO Box 1135

La Grande, OR 97850

541-963-9126 (24 hour emergency)

- Assistance for those who can't be helped by other agencies (those "who fall through the cracks")
- Service depends on volunteers, cost involved and funding available

Services offered:

- Food Bank
- Assistance for the elderly and disabled to help keep in their homes as long as possible
- Provide advocacy for the poor and lonely
- Referrals to other agencies
- Yard work, snow removal
- Respite care
- Visitation
- Assist transients and stranded motorists
- Provide wood for senior and disabled persons
- Clothing
- Furniture and household goods

Note: Must meet Oregon Food Bank Guidelines and live in Union County. Need to provide physical address and Social Security numbers for all family members; Free service

### **POLICE**

La Grande Police Department

1109 K Avenue

La Grande, OR 97850

Phone: 541-963-1017

## **SELF-SUFFICIENCY AND EMPLOYMENT SERVICES**

### **Community Human Services**

1607 Gekeler Lane

La Grande, OR. 97850

Phone: 541-963-4113

Hours: 7:30am-5:30pm

- Resources and services to meet basic needs and promote independence and self-sufficiency to families.
- Temporary Assistance for Needy Families (emergency cash)
- Food stamps (Oregon Trail Card)
- Oregon Health Plan (free or low cost health insurance)
- Child care subsidy
- Child care subsidy for high needs children

Note: Eligibility Varies; call for income and resource guidelines.

Category: Domestic Violence/Sexual Assault; Disabled & Special Needs; Emergency/Crisis; Food; Health & Medical Assistance

## **SENIORS AND PEOPLE WITH DISABILITIES**

### **Community Human Services**

1607 Gekeler Lane

La Grande, OR 97850

541-963-7276

Hours: 8am-12pm, 1-5pm

- Provides medical assistance and food stamps for seniors age 60 or older, and/or disabled persons who have limited income and resources.
- Information on services for persons needing long-term care, such as In-Home care, Adult Foster Care, Home Assisted Living, Residential Care Facilities and Nursing Home Care.
- Investigates elder abuse and provides protective services for elders and people with disabilities, regardless of economic status

Category: Abuse-Elders; Disabled, Handicapped & Special Needs; Senior Citizens

## **SHELTER FROM THE STORM**

PO Box 173

La Grande, OR 97850

Phone: 541-963-7226

24-hour hot line: 541-963-9261

Hours: Monday-Friday 9am-5pm

- Offers temporary shelter and counseling for victims of domestic violence and sexual assault
- Support groups, children's programs, young parent program, women's group
- Information and referrals
- Assistance filing restraining and stalking orders
- Provides escort to hospital, courts

Other programs: Emergency childcare for clients, crisis response to sexual assault victims, respite care, individual counseling, criminal justice system advocacy, volunteer opportunities, community education training on domestic violence, sexual assault .

Note: No income eligibility requirement; free service

Category: Abuse-Domestic Violence/Sexual Assault; Child Care; Clothing; Counseling & Mental Health; Emergency/Crisis Services; Family & Youth Support; Housing;

### **SOCIAL SECURITY ADMINISTRATION**

2205 Cove Avenue  
 La Grande, OR. 97850  
 Phone: 541-963-0105  
 1-800-772-1213 (7am–7pm)  
 Hours: Monday–Friday 9am–4pm  
 Website [www.ssa.gov](http://www.ssa.gov)

- Offers social security benefits to qualified persons in Baker, Grant, Union and Wallowa Counties.

### **TRAINING AND EMPLOYMENT CONSORTIUM**

1916 Island Ave.  
 PO Box 2979  
 La Grande, OR. 97850  
 Phone: 541-963-7942  
 Fax: 541-963-8458  
 Hours: Monday -Friday 8am–5pm

- Offers vocational assessment, individualized career planning and counseling, job readiness classes, life skills, basic skill upgrade and GED preparation, vocational training and job search assistance

- Services are available to economically disadvantaged adults and youth who have barriers to employment, and to dislocated workers
- The 55 and Up Program places older people in the work force.

Category: Clothing; Disabled and Special Needs; Education Services; Employment /Job Training

### **UNION BAKER EDUCATION SERVICE DISTRICT**

Union County

10100 N. McAlister Rd

Island City, OR 97850

Hours: Monday-Friday 8am–4:30pm

Phone: 541-963-4106

Baker County

2100 Main St.

Baker City, OR 97814

Hours: Monday –Friday 8am-4:30pm

Phone: 541-523-5801

- Early intervention and early childhood special education to children 0-5 of age and support for their parents
- Free assistance for special needs children ages 0-21 and support for their parents

Union Baker ESD Alternative Education

Education Services Building

10214 Wallowa Lake Hwy

Phone: 541-963-0920

Hours: Monday–Friday 7:30am–7pm

- Offer General Education Diploma (GED) and high school completion courses for adults 18 and over (see note)
- English as a Second Language (ESL) to non-English speaking persons
- Self-improvement classes

Note: Release form required from school district and parent or guardian for teens 17 and younger

Other programs:

Youth Transition Program

Tobacco cessation

Students with severe or multiple disabilities

Category: Disabled, Handicapped & Special Needs; Education Services

### **UNION COUNTY COMMISSION ON CHILDREN AND FAMILIES**

1108 K Ave

La Grande, OR 97850

Phone: 541-963-1034

Website: [www.unioncountykids.org](http://www.unioncountykids.org)

- Website for early childhood resources
- Planning and support for children and families

### **UNION FAMILY HEALTH CENTER**

142 Dearborn

Union OR 97883

(541) 562-6062

Hours: Monday, Tuesday, Thursday 9am-5pm

Wednesday 2pm-6pm

Friday 8am-4pm

- Family Practice
- Provide annual check-ups by Nurse Practitioner, birth control supplies, Family Planning Expansion Project (FPEP), pregnancy testing, information and referrals to other programs

Category: Chemical Dependency; Counseling and Mental Health; Family Planning/Pregnancy/New Born; Health and Medical Assistance; Immunizations

### **Sharon Schmidt, PMHNP, CRADC, Psy.D**

Category: Chemical Dependency; Counseling and Mental Health; Family and Youth Support; Health and Medical Assistance

**NOTE: This Resource Manual was not able to include every Physician, Dentist, Nurse Practitioner, etc. available to Union County. Our apologies go out to them. We do encourage you to refer to your local phone book (yellow pages) for further references.**

## NOTES