

Food Banks

ASHLAND AREA

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| Ashland Community Services Seventh Day Adventist Church | 1650 CLARK ST ASHLAND, OR. | WEDNESDAY (CLIENT SIGN-UP) 9:30-1:30 |
| Greensprings Community Food Pantry | 16151 HWY 66 ASHLAND, OR. | SATURDAY 8:30- 11:30 |
| Buen Provecho Church | 206 W. WAGNER ST. TALENT, OR. | TUESDAY (CLIENT SIGN-UP) 4:00 – 6:00 |
| Talent Food Pantry Historical Society | 105 N MARKET ST TALENT, OR. | THURSDAY (CLIENT SIGN-UP) 1:30 – 4:30 |

MEDFORD AREA

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| First Christian Church | 1900 CRATER LAKE AVE (EAST)MEDFORD, OR | MONDAY 12:00-2:00 |
| First Presbyterian Church | CORNER OF 8 TH AND GRAPE ST. (DOWNTOWN) MEDFORD, OR | WEDNESDAY (CLIENT SIGN-UP) 2:00-3:30 |
| God's Food Pantry | 1032 W MAIN ST (WEST) MEDFORD, OR | TUESDAY (CLIENT SIGN-UP) 12:00-3:00 |
| Medford Community Services Seventh Day Adventist Church | 1900 GREENWOOD (EAST) MEDFORD, OR | TUESDAY 12:00-3:00 |
| Rogue Valley Christian Church | 1440 S. OAKDALE AVE. (SOUTH) MEDFORD, OR | THURSDAY 4:30-6:00 |
| Salvation Army | 922 N. CENTRAL AVE. (North Central) MEDFORD, OR | MONDAY 1:00-3:00 TUESDAY – FRIDAY 9:00-12:00 |
| St. Vincent de Paul | 2424 N PACIFIC HWY (NORTH) MEDFORD, OR | Last 2 Fridays Of Each Month 10:30-1:00PM |
| West Medford Pantry Santos Center | JACKSON AND MCANDREWS (NW) MEDFORD, OR | WEDNESDAY 2:00-5:30 |

OTHER LOCATIONS

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| Calvary Neighborhood Outreach | 513 E PINE ST CENTRAL POINT, OR | SATURDAY (CLIENT SIGN-UP) 11:00-1:00 |
| Gloria Dei Lutheran Church | 745 N 10 TH ST CENTRAL POINT, OR | THURSDAY (CLIENT SIGN-UP) 12:30-2:30 |
| Rogue Family Center | 3131 AVE C WHITE CITY, OR | TUESDAY 1:00-4:00 |
| Eagle Point Food Pantry St. John's Lutheran Church | 42 ALTA VISTA RD EAGLE POINT, OR | MONDAY 4:00-6:00 |
| Shady Cove Upper Rogue Food Pantry | 21850 HWY 62 SUITE 1 SHADY COVE, OR | THURSDAY (CLIENT SIGN-UP) 12:00-2:00 |

Hot Meals

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| <p>Gospel Mission 125 W Jackson Street Medford, OR (541)-779-1597</p> | <p><u>Monday – Saturday</u> 8:00 am Chapel Services (must attend) 8:30 am Breakfast 12:30 pm Lunch 4:00 pm Evening meal sign-up 5:00 pm Dinner 7:00 pm chapel services (must attend)</p> <p><u>Saturday</u> 8:30 am Breakfast 10.00-11:00 am chapel services (must attend) Remaining schedule is the same</p> |
| <p>St. Vincent de Paul 2424 N Pacific Hwy Medford, OR (541)-779-0308</p> | <p>Monday – Friday <i>Hours: 11:00 am – 1:00 pm</i></p> |
| <p>New Song Church 520 Holly Street Medford, OR (541)-858-4085</p> | <p>Monday – Friday <i>Hours: 6:00 am – 8:00 am (open)</i> Breakfast served on Tuesdays and Thursdays ONLY At 7:00 am</p> |
| <p>Uncle Foods Diner- Family Meal Only 175 N Main Street Wesley Hall United Methodist Church Ashland, OR (541)482-9625 or 499-8547</p> | <p>1st and Third Tuesdays from 4:30 to 5:30 Must have at least 1 child under 15 to be served</p> |
| <p>Ashland Community Potluck Lithia Park Gazebo (near Band Shell) (541)-499-9294</p> | <p>Sundays- Summer 4:00pm Winter 3:00pm</p> |
| <p>Upper Rogue Community Center 22465 Highway 62 Shady Cove, OR (541)-878-2702</p> | <p>Wednesday <i>Hours: 12:00 pm – 1:00 pm</i></p> |
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COMMUNITY RESOURCES

Food Stamps/ Medical

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| <p>Department of Human Services Supplemental Nutrition Assistance Program (SNAP) -Medford (541) 776-6172 -Ashland (541) 482-2041</p> | <p>Adults and Families Division helps with applying for food, cash and medical benefits through Oregon's self-sufficiency programs</p> |
| <p>Jackson County Public Health Services 1005 E Main St (541) 774-8209</p> | <p>Public Health Services provide a variety of services, including family planning, immunizations and maternal/child health</p> |
| <p>WIC - Women, Infants and Children (541) 774-8203</p> | <p>Nutrition program for young children and expecting mothers</p> |
| <p>Community Health Center -Medford (541) 773-3863 -Ashland (541) 482-9741 -White City (541) 826-5853 -Butte Falls (541) 842-7799</p> | <p>Offers a full range of affordable medical services for low-income and uninsured adults and children.</p> |
| <p>La Clinica Medical appointments (541) 618-1300 Dental appointments (541) 512-3900 General information (541) 535-6239</p> | <p>Full service medical and dental clinic with locations in Medford and Phoenix as well as school-based health centers</p> |

Counseling / Mental Health / Drug & Alcohol

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| <p>Community Works 201 West Main St Suite 3D Medford, OR (541)-779-2393</p> | <p>Youth and family counseling for youth ages 2 to 17 and their families.</p> |
| <p>Community Counseling Center of Ashland 600 Siskiyou Blvd Ashland, OR (541)-708-5436</p> | <p>Affordable counseling for adults, couples, families and children.</p> |
| <p>Jackson County Mental Health 140 S Holly St Medford, OR (541)-774-8201</p> | <p>-Crisis services available 24 hours a day -On-going mental health services for those with Oregon Health Plan</p> |

COMMUNITY RESOURCES

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| Addictions Recovery Center - ARC 1003 West Main St Medford, OR (541) 779-1282 | ARC offers a variety of addiction recovery programs, many which are offered for low cost |
| Phoenix Counseling Center 149 S Main Street Phoenix, OR (541)535-4133 | Outpatient counseling and addiction services for youth, couples, adults and families |
| OnTrack 221 W Main St Medford, OR (541) 772-1777 | Inpatient and outpatient addictions recovery services |
| Kolpia 611 Siskiyou Blvd Ashland, OR (541) 482-1718 | Private, full service outpatient counseling facility based on alcohol and drug treatment |

Misc. Resources

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| Help Now! Advocacy 33 N Central Ave Suite 211 Medford, OR (541)-732-1911 | Help Now! Assists people struggling with: -Eviction processes -Power shut-offs -Social Security Disability benefits issues -Landlord/Tenant disputes -Patient Assistance Programs -Ongoing therapy |
| College Dreams / Dream Savers Program KHarris@collegedreams.org (541) 476-8146 in Grants Pass (541) 774-4305 through ACCESS in Medford | Dream Savers helps people save money for things like higher education, home ownership and small businesses |
| Family Nurturing Center 212 N Oakdale Medford, OR (541) 779-5254 | A variety of family support programs, including educational, groups, supervised visitation and respite |

COMMUNITY RESOURCES

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| <p>Job Council – Rogue Valley Youthbuild 35 S Bartlett St Medford, OR (541) 842-2548</p> | <p>A 9 month construction training program in Jackson County, which can include GED and other educational services, earn while you learn and other work life opportunities</p> |
| <p>Maslow Project 500 Monroe St Medford, OR (541)608-6868</p> | <p>Services and resources for homeless youth and their families</p> |
| <p>ACCESS Energy Program (541) 779-6691</p> | <p>Energy assistance to low-income households</p> |
| <p>Southern Oregon Head Start PO Box 3697 Central Point, OR (541) 734-5150</p> | <p>Prepares children and their families for success in school and throughout life through a variety of services, including high-quality pre-schools located throughout Jackson County</p> |

Housing / Homelessness

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| <p>Rogue Retreats 529 N Riverside Ave Medford (541) 499-0880</p> | <p>Permanent supportive housing for homeless individuals and families.</p> |
| <p>St. Vincent de Paul 2424 N Pacific Hwy Medford (541) 772-3828</p> | <p>St. Vincent de Paul is a homeless shelter in Medford that provides shelter for up to a 30-day period.</p> |
| <p>Maslow Project 209 W Main St Medford (541) 608-6868</p> | <p>This organization serves homeless or at-risk youth in Jackson County. School age to 21 years old.</p> |
| <p>Medford Gospel Mission <i>Women & Children's Shelter</i> 534 N Bartlett Rd - Medford (541) 772-2931 <i>Men's Shelter</i> 125 West Jackson Street - Medford (541) 779-1597</p> | <p>Shelter services for 10 consecutive days, and 30 days total.</p> |

COMMUNITY RESOURCES

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| <p>Salvation Army Hope House 1065 Crews Rd Medford (541) 773-7005</p> | <p>Hope House offers housing as well as job hunting skills and financial assistance. Individuals are allowed to stay for up to 2 years.</p> |
| <p>ACCESS Inc. Emergency Homeless Prevention Program 3630 Aviation Way (541) 779-6691</p> | <p>Affordable housing and rental assistance as well as programs, resources and services that offer low to moderate income people the opportunity to live in decent, safe housing.</p> |
| <p>Hearts With a Mission 521 Edwards St (541) 646-7385</p> | <p>Temporary youth shelter for up to 120 days. Ages 10-17</p> |
| <p>Community Works / Dunn House Jackson County (541) 779-HELP</p> | <p>Domestic violence and other services to women and children. Shelter can provide housing for abuse victims for up to 30 days.</p> |
| <p>Community Works / Street Outreach 900 E Main St Medford (541) 779-4357</p> | <p>Program for at-risk teens or homeless runaways ages 16-21. Program is for Medford and Ashland.</p> |
| <p>Community Works / Transitional Living Program 900 E Main St (541) 779-4357</p> | <p>Services for homeless youth or youth working to live independently in the community. Ages 16-21</p> |
| <p>Community Works / Home Run 900 E Main St (541) 779-4357</p> | <p>Emergency shelter and intensive services for up to three months.</p> |