

## Food Banks

## ASHLAND AREA

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

## MEDFORD AREA

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

## OTHER LOCATIONS

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

## Hot Meals

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

## Food Stamps/ Medical

<p><a href="#">Department of Human Services Supplemental Nutrition Assistance Program (SNAP)</a> -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><a href="#">Jackson County Public Health Services</a> 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><a href="#">WIC - Women, Infants and Children</a> (541) 774-8203</p>	<p>Nutrition program for young children and expecting mothers</p>
<p><a href="#">Community Health Center</a> -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><a href="#">La Clinica</a> 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

<p><a href="#">Community Works</a> <a href="#">201 West Main St</a> Suite 3D Medford, OR (541)-779-2393</p>	<p>Youth and family counseling for youth ages 2 to 17 and their families.</p>
<p><a href="#">Community Counseling Center of Ashland</a> 600 Siskiyou Blvd Ashland, OR (541)-708-5436</p>	<p>Affordable counseling for adults, couples, families and children.</p>
<p><a href="#">Jackson County Mental Health</a> 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

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

## Misc. Resources

<p><a href="#">Help Now! Advocacy</a> 33 N Central Ave Suite 211 Medford, OR (541)-732-1911</p>	<p>Help Now! Assists people struggling with:</p> <ul style="list-style-type: none"> <li>-Eviction processes</li> <li>-Power shut-offs</li> <li>-Social Security Disability benefits issues</li> <li>-Landlord/Tenant disputes</li> <li>-Patient Assistance Programs</li> <li>-Ongoing therapy</li> </ul>
<p><a href="#">College Dreams / Dream Savers Program</a> <a href="mailto:KHarris@collegedreams.org">KHarris@collegedreams.org</a> (541) 476-8146 in Grants Pass (541) 774-4305 through ACCESS in Medford</p>	<p>Dream Savers helps people save money for things like higher education, home ownership and small businesses</p>
<p><a href="#">Family Nurturing Center</a> 212 N Oakdale Medford, OR (541) 779-5254</p>	<p>A variety of family support programs, including educational, groups, supervised visitation and respite</p>

# COMMUNITY RESOURCES

<p><a href="#">Job Council – Rogue Valley Youth build</a> 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><a href="#">Maslow Project</a> 500 Monroe St Medford, OR (541)608-6868</p>	<p>Services and resources for homeless youth and their families</p>
<p><a href="#">ACCESS Energy Program</a> (541) 779-6691</p>	<p>Energy assistance to low-income households</p>
<p><a href="#">Southern Oregon Head Start</a> 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

<p><a href="#">Rogue Retreats</a> 529 N Riverside Ave Medford (541) 499-0880</p>	<p>Permanent supportive housing for homeless individuals and families.</p>
<p><a href="#">St. Vincent de Paul</a> 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><a href="#">Maslow Project</a> 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><a href="#">Medford Gospel Mission</a> <i>Women &amp; 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

<p><a href="#">Salvation Army Hope House</a> 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><a href="#">ACCESS Inc. Emergency Homeless Prevention Program</a> 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><a href="#">Hearts With a Mission</a> 521 Edwards St (541) 646-7385</p>	<p>Temporary youth shelter for up to 120 days. Ages 10-17</p>
<p><a href="#">Community Works / Dunn House</a> 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><a href="#">Community Works / Street Outreach</a> 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><a href="#">Community Works / Transitional Living Program</a> 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><a href="#">Community Works / Home Run</a> 900 E Main St (541) 779-4357</p>	<p>Emergency shelter and intensive services for up to three months.</p>