

## Meals and Resources in Ashland

### Meals:

**Tuesday:** Uncle Foods Diner at the United Methodist Church (corner of Laurel & North Main Street) 541-482-3647. This meal is available every Tuesday, all year long from 4:30pm-5:30pm.

**Once-a-month Wednesday:** Community Dinner at the Presbyterian Church (Siskiyou and Walker) 541-482-3536. This meal will be held September 2015 – May 2016. The meals will be held at 5:30pm on the last Wednesday of every month, except for November and December. The meals during these months will be held on November 18, 2015 and December 23, 2015.

### Health:

**Medical and Dental:** Low or no cost – Tuesdays 1:00-4:30pm at the La Clinica Van parked by the United Methodist Church (Corner of Laurel & North Main Street).

**Medical Help:** Low cost – Rogue Community Health (accepts OHP) located at 99 Central Ave. in Ashland. Open Monday–Friday 8am-5pm. CALL FIRST: 541-482-9741.

**Helpline/Crisis Prevention:** 541-779-4357. Toll Free: 1-888-609-4357

### Youth Services:

**Maslow Project** – This is school-based outreach that offers case management and referrals. It is in the Ashland High School; 541-200-9995.

### Goods & Services:

**Ashland Community Resource Center:** Offers assistance in locating necessary resources for a variety of needs. Located at 572 Clover Lane, 541-631-2235. Open Monday-Friday from 9am-2pm.

**Ashland Emergency Food Bank:** Offers limited food assistance to individuals in need. Open Monday-Friday and the first Saturday of each month from 9:30am-12:30pm. Also open the 4<sup>th</sup> Wednesday of every month from 5pm-7pm. 560 Clover Lane, 541-488-9544.

**St. Vincent de Paul:** Offers advocacy, resource referral, emergency rent and utility assistance, etc. Call 541-708-5650.

**Department of Human Services:** (Food Stamps) 541-482-2041, they are located at 1658 Ashland St. in the Ashland Shopping Center.

**Free Clothing:** The Recycling Center located at Water Street by the railroad tracks. Open from 10am-5pm Monday through Saturday.

**Street Dogs:** Offers limited dog food, collars, and low cost or free spay/neutering services. Call 541-816-6374 or 541-816-6035.

**Resource and Referral:** Dial 2-1-1 or go to [www.211info.org](http://www.211info.org) for information regarding all available services.

# Winter Shelters

## Monday

- First Presbyterian Church, Calvin Hall, corner of Siskiyou and Walker.

## Tuesday

- Pioneer Hall, 73 Winburn Way, across the street from Lithia Park.
- United Methodist Church, **FOR EMERGENCY ONLY for families with children only**, 175 North Main Street. Must call Ken Gudger. (Ask an ACRC volunteer to call Ken). This is the same location where hot dinner will be provided at 4:30pm.

## Wednesday

- Trinity Episcopal Church, 44 N. Second Street between Main St and Lithia Way.

## Thursday

- Pioneer Hall, 73 Winburn Way, across the street from Lithia Park.

### **Shelters begin November 15, 2015.**

Doors open at 7:30pm and are locked at 9:00pm.

**Emergency Shelters will be available (during non-shelter days) when the temperature is below 20 degrees.**

*<http://homelessoptions.org/projects/winter-shelters/>*

# ASHLAND COMMUNITY RESOURCE CENTER

572 CLOVER LANE, ASHLAND OR

The Ashland Community Resource Center (ACRC) offers food and companionship, access to telephones and on-line computers as well as a mail drop, message center services, clothing and toiletries. More in-depth services, such as aid in completing applications for low income housing, help with replacements of personal Identification documents and case management are also available but generally require more than one day.

## **There are additional services offered on a weekly schedule;**

### **Monday**

At this time only the general services noted above are available on Monday.

### **Tuesday**

- Listening Post - Volunteers are available to listen without judgment, providing no feedback, no recommendations and not advice.
- Career Assistance
  - Resume Building – 9am – 1pm. Services are offered to create a new resume or update an existing resume.
  - Dress for Success – 9am -12nn. Job interview clothing and advice is available for the people in the process of finding employment.
- Drug, Alcohol and Crisis Counseling – 9am – 1pm. Offers counseling to individuals who are facing drug or alcohol abuse and individuals who are in crisis.
- Showers and Laundry (at the United Methodist Church) – 1pm – 4pm. Showers and laundry services are provided, with pre-signup Available on the Monday before at the ACRC.
- Also available at the United Methodist Church from 1pm – 4pm is the La Clinica mobile medical van.
- Uncle Foods provides a meal at the Methodist Church starting at 4:30pm.

### **Wednesday**

-Legal Services – 10am – 12pm. Dennis Goldstein, a volunteer attorney, assists with legal issues. It is necessary to make an appointment in advance.

### **Thursday**

- Listening Post - 11am – 1pm. Volunteers are available to listen without judgment, providing no feedback, no recommendations and not advice.
- Veteran Services – 9am – 1pm.
  - Chuck Hanger deals with anything that hinders employment for Vets.
  - Jeff Nichols/James Raison deal with housing and homeless and at-risk vets.
  - Frederic Berger, a clinical social worker, advocates for vets seeking benefits, identifies vets seeking employment through Easter Seals, handles hardship cases for St. Vincent de Paul. Offers assistance for Social Security applications and questions. Call to set up a meeting time with Frederic.
- Showers and Laundry (outside the Food Bank, by the ACRC) – 1pm – 4pm. Showers and laundry services are provided, with pre-signup available on the Wednesday before at the ACRC.

### **Friday**

At this time only the general services noted above are available on Friday.