

Tri-County Perinatal Resource List

Central Oregon Help Line 211	https://www.211info.org/	1 866-442-0954
211- United Way of Central Oregon	unitedwaycentraloregon.org/get-help/	(541) 389-6507
OHP/OHA	OHP.Oregon.gov	1 800-699-9075
Oregon Health Insurance Marketplace	https://healthcare.oregon.gov/	1 855-268-3767
Latino Community Association	https://latinocommunityassociation.org/	(541) 382-4366
		info@latca.org

Breastfeeding Support

Crook County

Women, Infants & Children (WIC)	co.crook.or.us/health/page/women-infants-children-wic	(541) 447-5165
Lactation consultant		
Alyssa Colby - Crook County Health Department		(541) 447-5165
St. Charles Breastfeeding classes	https://www.stcharleshealthcare.org/breastfeeding-education	
online: akwalker@stcharleshealthcare.org		

Deschutes County

Central Oregon Breastfeeding Coalition	https://centraloregonbf.wixsite.com/cobc	
COPA Lactation Support	copakids.com/baby-doctor/breastfeeding-lactation/	(541) 389-6313
La Leche League of Central Oregon	https://www.facebook.com/lalecheleaguebend	
Kelli Fornow	lalecheleagueofbend.org@gmail.com	(626) 592-0311
<i>Meets on the last Monday of the month, 9:30 am and 4:30 pm</i>		
<i>at East Bend Library, 62080 Dean Swift Rd., Bend, Oregon 97701.</i>		
Nourish Lactation	www.bendbreastfeeding.com	(541) 306-4299
<i>Provides prenatal and postpartum classes, support groups, and home visits with Brooke Borgognoni IBCLC</i>		
Nourish Breastfeeding support group - Bend		(541) 954-5941
<i>Meets the 2nd Tuesday of each month from 5-7 at the Bend Birth Center</i>		
Nurturing Mama (Drop in breastfeeding support group) - Redmond		
<i>(Tuesday's between 1-3pm) 340 NW5th St., Suite #101, Redmond OR</i>		
Mommy & Me Breastfeeding Support Group - Free		(541) 706-5924
https://www.stcharleshealthcare.org/event/2024/01/mommy-and-me-breastfeeding-support-group-bend-2024-1		
<i>Meets on Thursdays 1-3pm at The Bend Heart & Lung Center at St. Charles Bend</i>		
St. Charles Medical Center - Lactation		Bend: (541) 706-2900 ext 5670 Redmond: (541) 516-3819
St. Charles Breastfeeding classes		
https://www.stcharleshealthcare.org/breastfeeding-education		(541) 706-4924
online: akwalker@stcharleshealthcare.org		

Women, Infants & Children (WIC)

<https://www.deschutes.org/health/page/women-infants-and-children-wic>

(541) 322-7435

WIC breastfeeding specialist direct line, call or text - Shannon

(541) 408-0705

Jefferson County

St. Charles Breastfeeding classes - online: akwalker@stcharleshealthcare.org

Women, Infants & Children (WIC) <https://www.jeffco.net/publichealth/page/wic>

(541) 475-4456

Childbirth Classes

Crook County

St. Charles - Online Course

<https://www.stcharleshealthcare.org/childbirth-education>

Deschutes County

Central Oregon Doula's

<https://centraloregonbirth.com/>

Providing prenatal and postpartum support – covered by OHP

St. Charles - Online Course

<https://www.stcharleshealthcare.org/childbirth-education>

Family Birthing Center Tours

<https://www.stcharleshealthcare.org/fbctour>

(541) 706-4984

Jefferson County

St. Charles - Online Course

<https://www.stcharleshealthcare.org/childbirth-education>

Family Birthing Center Tours

<https://www.stcharleshealthcare.org/fbctour>

(541) 475-3882

Childcare Resources and Referral

Crook County

NeighborImpact

www.neighborimpact.org/get-help/head-start/

(541) 548-2380

Head Start and Early Head Start

Provider complaints

1 800 556-6616

Mountain Star Relief Nursery

<https://mtstar.org/>

(541) 416-0146

Grow! Central Oregon

growcentraloregonkids.org/free-preschool-programs/

(541) 316-0864

Deschutes County

Neighbor Impact

www.neighborimpact.org/get-help/head-start/

(541) 548-2380

Head Start and Early Head Start

Provider complaints

1 800 556-6616

Mountain Star Relief Nursery

<https://mtstar.org/>

Bend: (541) 322-6820

La Pine: (541) 213-6502

Redmond: (541) 527-1025

Grow! Central Oregon

growcentraloregonkids.org/free-preschool-programs/

(541) 316-0864

Jefferson County

The Children's Learning Center

www.madrastclc.org

(541) 475-3628

Child care, Head Start and Early Head Start

Mountain Star Relief Nursery	https://mtstar.org/	(541) 475-2537
Grow! Central Oregon	growcentraloregonkids.org/free-preschool-programs/	(541) 316-0864

Child and Teen Health

Crook County

Car Seat Clinics – Crook County Sheriff's office		(541) 447-6398
Crook Kids Clinic School Based Health Clinic		(541) 383-3005
<i>Full service pediatric clinic operated by Mosaic Medical; children 0 through 18</i>		
Mosaic Medical Health Center and Pharmacy	mosaicch.org/locations/	(541) 383-3005
24-Hour Nurse Line		(541) 684-5582

Deschutes County

Car Seat Clinics		
Bend	bendoregon.gov/government/departments/fire-rescue/community-resources-programs/programs	
<i>Third Friday every two months from 10am - 1pm at the North Fire Station - 63377 Jamison St.</i>		(541) 322-6300
Caldera Family Medicine	http://calderafamilymedicine.com/	(541) 678-5277
Deschutes County Behavioral Health		(541) 322-7500
Healthy Beginnings	https://www.facebook.com/myhbco/	(541) 383-6357
<i>Health and Development Screenings age 0-5</i>		
Mosaic Medical School Based Health Centers (ages 0-18)		
	http://mosaicch.org/locations/sbhcs/	(541) 383-3005
Bend: Bend High School, Mountain View High School		(541) 383-3005
Redmond: Lynch Elementary, Redmond High School		(541) 383-3005
LaPine: LaPine Community Campus		(541) 536-3435
Sisters: Sisters High School		(541) 383-3005

Teen Parent Programs

Redmond Teen Parent Program at Ridgeview High		(541) 504-3600 ext 6012
Bend Teen Parent Program at Bend High		
Mary Evers	mary.evers@bend.k12.or.us	(541) 355-3823 ext. 3823
24-Hour Nurse Line		(541) 684-5582

Jefferson County

Mosaic Medical School Based Health Clinic at Madras High School		(541) 383-3005
<i>Full service pediatric clinic serving children from 0 through 18</i>		
Warm Springs Health and Wellness Center		(541) 553-1196
<i>Serving American Indians or Alaskan Natives enrolled in a federally recognized tribe</i>		
24-Hour Nurse Line		(541) 684-5582

Counseling Resources

Crisis line		1-866 638-7103
<i>This is a tri county line that routes the call to the appropriate county crisis line</i>		
Perinatal Depression/Anxiety Helpline		1-800-944-4773
Saving Grace 24-hour hotline		(541) 389-7021

Crook County

Best Care Treatment Services	https://www.bestcaretreatment.org/	(541) 323-5330
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Mosaic Medical

mosaicch.org/locations/

(541) 383-3005

Deschutes County

Deschutes County Health Dept.

deschutes.org/health/page/behavioral-health

(541) 322-7500

Best Care Treatment Services

<https://www.bestcaretreatment.org/>

(541) 550-1068

Mosaic Medical

mosaicch.org/locations/

(541) 383-3005

Jefferson County

Best Care Treatment Services

<https://www.bestcaretreatment.org/>

(541) 475-6575

Mosaic Medical

mosaicch.org/locations/

(541) 383-3005

Warm Springs Health and Wellness Center

(541) 553-1196

Serving American Indians or Alaskan Natives enrolled in a federally recognized tribe

Dental Providers

Crook County

Advantage Dental

1 888 468-0022 X61841

Mosaic Medical

(541) 383-3005

Deschutes County

Advantage Dental

1 866 268-9631

COCC Dental Screenings

(541) 322-7400

Call Deschutes County Health Services to add name to call list, Adults over 18 only

Mosaic Medical

(541) 383-3005

Willamette Dental

1 800 460-7544

Jefferson County

Advantage Dental

1 888 468-0022

Warm Springs Health and Wellness Center

(541) 553-1196

Serving American Indians or Alaskan Natives enrolled in a federally recognized tribe

Education and Employment

Crook County

COCC

www.cocc.edu

Bend Admissions

(541) 383-7500

Redmond Admissions

(541) 504-2950

COIC/WorkSource

www.coic.org

(541) 477-3119

Deschutes County

COCC

www.cocc.edu

Bend Admissions

(541) 383-7500

Redmond Admissions

(541) 504-2950

Anyone over 16 years old

COIC/WorkSource

www.coic.org

Bend

(541) 771-2229

LaPine		(541) 536-5380 X 217
Redmond		(541) 504-8196
<i>Offers employment training and placement</i>		
Employment Department		
Bend		(541) 388-6070
Redmond		(541) 548-8196
Goodwill Job Connect		(541) 312-9070
<i>Offering employment training and placement</i>		
Grow! Central Oregon	growcentraloregonkids.org/free-preschool-programs/	(541) 316-0864
Neighbor Impact	www.neighborimpact.org/get-help/head-start/	(541) 548-2380
<i>Head Start and Early Head Start in Bend and Redmond</i>		
OSU Cascades	https://osucascades.edu/	(541) 322-3100

Jefferson County

COIC/WorkSource	www.coic.org	(541) 475-7118
Oregon Child Development Coalition		(541) 475-6232
<i>(Early Head Start and Head Start Center Based-Migrant/Seasonal/Agriculture)</i>		
The Children's Learning Center		(541) 475-3628
<i>(Early Head Start and Head Start Center Based)</i>		
Mid-Columbia Head Start		(541) 475-4870
<i>(Early Head Start Home Based and Head Start Center Based)</i>		
Warm Springs Early Childhood Education		(541) 553-3240

-Financial Resources

Crook County

NeighborImpact		(541) 548-2380
<i>Offers free financial counseling and workshops</i>		
Self Sufficiency Program		(541) 447-3851
Family Access Network (FAN)	familyaccessnetwork.org/project/advocates/#crook	
<i>Provides assistance to families with school age children</i>		Middle/High School: (541) 416-4212
		Elementary School: (541) 408-4368

Deschutes County

NeighborImpact		(541) 548-2380
Self Sufficiency Program		
Bend		(541) 388-6010
La Pine		(541) 536-5380
Redmond		(541) 548-5547
<i>Providing SNAP, TANF, child care assistance, and refugee services</i>		
New Hope Church	www.newhopebend.com	(541) 389-3436
<i>Assistance with bills or rent</i>		
Westside Church		(541) 382-7504
<i>Assistance for bills and rent, Free food market, 4th Monday 1:30-2:30pm</i>		

Jefferson County

Family Access Network (FAN)	familyaccessnetwork.org/project/advocates/#crook	
<i>Provides assistance to families with school age children</i>		
Self Sufficiency Program		
Madras		(541) 475-6131

Family Care Health Clinics

Crook County

Crook County Health Department www.co.crook.or.us (541) 447-5165
 Mosaic Medical <https://mosaicch.org/> (541) 447-0707

Deschutes County

Deschutes Public Health Department
 Bend (541) 322-7400
 Redmond (541) 617-4775
 Volunteers in Medicine www.vim-cascades.org (541) 330-9001

Mosaic Medical mosaicch.org/locations/ (541) 383-3005
 La Pine Community Health Center www.lapinecc.com (541) 536-3435
 St. Charles Family Care
 Bend East (541) 706-4800
 Bend South (541) 706-5935
 Sisters (541) 549-1318
 Redmond (541) 548-2164
 Summit Health <https://www.smgoregon.com/> Bend, Redmond: (541) 382-2811
 Sisters: (541) 706-5440

Caldera Family Medicine <https://calderafamilymedicine.com/> (541) 678-5277

Jefferson County

Mosaic Medical mosaicch.org/locations/ (541) 383-3005
 St. Charles Family Care (541) 475-4800
 Madras Medical Group stcharleshealthcare.org/locations/madras-medical-group (541) 475-3874
 Warm Springs Health and Wellness Center (541) 553-1196
Serving American Indians or Alaskan Natives enrolled in a federally recognized tribe

Food/Clothing/ Utility Assistance

Crook County

Family Access Network (FAN) familyaccessnetwork.org/project/advocates/#crook
Provides assistance to families with school age children Middle/High School: (541) 416-4212
 Elementary School: (541) 408-4368
 St. Vincent DePaul Food Bank 541 447-7662
Provides food, prescriptions, clothing, and utility assistance
 First Baptist Church Food Pantry 541 447-7717
 Neighbor Impact www.neighborimpact.org 541 416-0107
Assistance with food, utilities, clothing and transitional housing
 Craig's Compassion Café 541 362-5642

Serving hot lunch M-F from 11:30 to 12:30

Deschutes County

Thrive Central Oregon

(541) 728-1022

Information on housing, food, resources and advocacy

Redmond

- Mountain View Fellowship <https://www.mvfredmond.org/> (541) 923-4979
RV Parking, showers, laundry
- Redmond Community Church (541) 923-3023
Food pantry every Thursday 1-3 and the last Tuesday of the month 1-3
- Neighbor Impact www.neighborimpact.org (541) 548-2380
Assistance with food, utilities, clothing and transitional housing
- St. Vincent De Paul (541) 923-5264
Food pantry Monday to Thursday 10am to 2pm
- Seventh Day Adventist Center (541) 923-0301
Food pantry Tuesdays 10am to 2pm
- FISH (541) 350-2871
Food pantry Monday, Tuesday, Thursday Call Between 8:30am to 11:30am
- Smith Rock Community Church (541) 548-1315
Food pantry Tuesdays 9am to noon

Bend

- St. Vincent De Paul (541) 389-6643
Food Pantry Monday to Thursday 10am to 2pm
- The Salvation Army (541) 389-8888
Food Pantry Monday to Friday 1pm to 3pm
- The Giving Plate (541) 797-6883
Food Pantry Thursday and Friday 10am to 4pm and Saturday 10am to 2pm
- Nativity Lutheran (541) 388-0765
Food Pantry Tuesday 1pm to 3pm
- Neighbor Impact www.neighborimpact.org (541) 548-2380
Assistance with food, utilities, clothing and transitional housing
- New Hope Church www.newhopebend.com (541) 389-3436
Assistance with bills or rent
- Westside Church (541) 382-7504
Assistance for bills and rent, Free food market, 4th Monday 1:30-2:30pm

Sisters

- Sisters Kiwanis (541) 632-3663
Food pantry Thursday 9am to 2pm

La Pine/Sunriver

- St. Vincent De Paul (541) 536-1956
Food pantry Monday –Thursday 1-am to 3pm
- Holy Trinity Catholic Church Sunriver (541) 593-5990
Food pantry Last Friday of the month 2:45pm to 5:45pm
- La Pine community Kitchen (541) 536-1312
Provides free food, clothing, job assistance, hygiene and camp gear

Jefferson County

Warm Springs Presbyterian Church

(541) 553-1237

Food pantry Sunday 11:30 to 1:30pm

United Methodist Church	(541) 475-2150
<i>Food pantry Monday to Thursday 10am to 12noon</i>	
Seventh Day Adventist Center	(541) 475-3344
<i>Food pantry Tuesday 1:30 to 5pm</i>	

Housing: Low Income and Shelters

Housing Authority HUD	https://housing-works.org/	(541) 923-1018
Epic Property Management	www.epicpropertymgmt.com	(541) 788-3742
<i>Low Income Apartment listings for all three counties</i>		
Viridian Property Management	www.viridianmgt.com	
<i>Low Income Apartment listings for Deschutes and Jefferson Counties</i>		
Renters Rights Hotline		(503) 288-0130

Crook County

Low Income Housing

Grasshopper Village	(541) 382-9046
Ridgeview Commons	(541) 416-1515

Emergency Shelters

Redemption House (women and children)	(541) 362-5642
Regeneration House (men)	(541) 362-5642

Deschutes County

Low Income Housing

Apply through Epic Property Management	www.epicpropertymgmt.com	(541) 788-3742
Bend		

Ariel Glen	541 383-2556
Bear Creek Village	541 647-6057
Eastlake Village	541 383-0555
Healy Heights	541 383-1874
Moonlight and Daggett Townhomes	541 639-5954
Putnam Point	541 312-0046
Stone Creek	541 312-4222
Summit Park	541 382-2705
The Parks at Eastlake	541 350-5605

Redmond

Aspen Villas	541 548-6326
The Bluffs	541 548-8735
Obsidian	541 923-1907
Fairhaven Vista	541 548-6326
Reindeer Meadows	541 548-2660

La Pine

Little Deschutes Lodge	503 682-7788
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Sisters

Tamarack Village	541 549-0143
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Emergency Shelters and Transitional Housing

Bethlehem Inn	541 389-2820
Kindred Connections, Bend and Redmond	541 316-0890
Shepherds House	541 388-2096
Nancy's Home Neighbor Impact	541 385-0301
Saving Grace	541 389-7021

Emergency shelter for women facing domestic violence or sexual assault
Jericho Road
Provides emergency financial housing assistance

541 548-3367

Grandma's House
Transitional housing for pregnant and parenting young mothers
Cascade Youth and Family Center The loft
Transitional housing for teens in crisis

(541) 383-3515

1-800-660-0934

(541) 389-1409

Jefferson County

Low Income Housing

Apply through Epic Property Management www.epicpropertymgmt.com

(541) 788-3742

Canyon East agricultural workers

541 420-7765

Canyon Villa

541 475-3202

Chennai Landing

541 475-5743

Jefferson Court

541 475-7554

Madison

541 682-7788

Menta Park

541 420-7765

Willow Creek

541 475-2028

Parenting Classes & Support

Parent Anonymous <https://parentsanonymous.org/>

1-855 427-2736

National helpline English and Spanish M-F 10am to 7pm

Family Resource Center www.frconline.org

(541) 389-5468

Provides parenting classes and resources in all three counties

Healthy Families of the High Desert www.hdesd.org

(541) 749-2133

Crook County

Neighbor Impact www.neighborimpact.org

(541) 548-2380

Central Oregon Disability Support Network

(541) 548-8559

Provides support and connections to resources for parents of children with disabilities

MountainStar Prineville Relief Nursery

(541) 416-0146

Pregnancy Resource Center <https://www.prcco.org/>

(541) 447-2420

Pregnancy testing, ultrasounds, education classes and parenting classes

Deschutes County

KIDS Center <https://www.kidscenter.org/>

(541) 383-5958

MountainStar Bend Relief Nursery www.mtstar.org

(541) 322-6820

MountainStar La Pine Relief Nursery

(541) 907-1987

Together for Children www.together-for-children.org

(541) 410-0135

Parent groups and education. Serving Bend, Sisters, and Redmond

Bend Parks and Recreation www.bendparksandrec.org

(541) 389-7275

Mary's Place www.maryspl.org

(541) 322-7460

A place for supervised visitation and meeting place for divorced parents and children

Deschutes County Early Intervention- Alyce Hatch Center

(541) 389-5437

Cascade Youth and Family Services

(541) 382-0937

Hotline

1-800 660-0934

Alders Voice <https://www.adlersvoice.org/>

(541) 408-1092

Provides support for parents and children with Autism

Pregnancy Resource Center <https://www.prcco.org/>
Pregnancy testing, ultrasounds, education classes and parenting classes

Bend: (541) 385-5334
Redmond: (541) 504-8919

Jefferson County

Pregnancy Resource Center <https://www.prcco.org/>
Pregnancy testing, ultrasounds, education classes and parenting classes
MountainStar Madras Relief Nursery <https://mtstar.org/>

(541) 475-5338

(541) 475-2537

Pregnancy Testing

Crook County

Crook County Health Department
Pregnancy Resource Center <https://www.prcco.org/>
Pregnancy testing, ultrasounds, education classes and parenting classes

(541) 447-5165

(541) 447-2420

Deschutes County

Deschutes County Health Services
Pregnancy Resource Center <https://www.prcco.org/>
Pregnancy testing, ultrasounds, education classes and parenting classes
Planned Parenthood

(541) 322-7400

Bend: (541) 385-5334

Redmond: (541) 504-8919

1-888-875-7820

Jefferson County

Jefferson County Health Department
Pregnancy Resource Center <https://www.prcco.org/>
Pregnancy testing, ultrasounds, education classes and parenting classes

(541) 475-4456

(541) 475-5338

Prenatal Care and Support Services

Oregon Mothers Care Oregon.MOTHERSCARE@odhsoha.oregon.gov
Central Oregon Doulas <https://centraloregonbirth.com/>
Oregon Health Plan
Healthy Families of the High Desert www.hdesd.org

(971) 673-0252

1-800 723-3638

(541) 948-2862

1-800-699-9072

(541) 749-2133

Crook County

Pregnancy Resource Center <https://www.prcco.org/>
Pregnancy testing, ultrasounds, education classes and parenting classes
Women, Infants & Children (WIC) co.crook.or.us/health/page/women-infants-children-wic
Crook County Health Department
Mosaic Medical mosaicch.org/locations/

(541) 447-2420

(541) 447-5165

(541) 447-5165

(541) 383-3005

Deschutes County

Pregnancy Resource Center <https://www.prcco.org/>
Pregnancy testing, ultrasounds, education classes and parenting classes
Deschutes County Health Services
Women, Infants & Children (WIC) <https://www.deschutes.org/health/page/women-infants-and-children-wic>
East Cascade Women's Group
St. Charles Family Care Redmond

Bend: (541) 385-5334

Redmond: (541) 504-8919

(541) 322-7400

(541) 322-7435

(541) 389-3300

(541) 548-2164

Grandma's House <i>Teen shelter for ages 12-19</i>	(541) 383-3515
Nurse Family Partnerships For first time parents	(541) 322-7400
Text 4 Baby Free text throughout pregnancy and baby's first year	www.text4baby.org

Jefferson County

Women, Infants & Children (WIC)	https://www.jeffco.net/publichealth/page/wic	(541) 475-4456
Jefferson County Health Department		(541) 475-4456
Pregnancy Resource Center <i>Pregnancy testing, ultrasounds, education classes and parenting classes</i>	https://www.prcco.org/	(541) 475-5338
St Charles Family Care		(541) 475-4800

Safety

KIDS Center <i>Advocates and educates for healing and safety for kids facing abuse</i>	https://www.kidscenter.org/	(541) 383-5958
Poison Control Center		1-800 222-1222
Saving Grace hotline		(541) 389-7021
Food Preservation & Safety hotline		1-800 354-7319
National Domestic Violence hotline		1-800 799-7233
Teen Dating Abuse hotline		1-800 331-9474
Safe Surrender		1-800 723-3638
Crisis line <i>This is a tri county line that routes the call to the appropriate county crisis line</i>		1-866 638-7103
Warmline counseling (postpartum depression)		1-800 944-4773
Suicide Prevention hotline		1-800 273-TALK

Smoking, Drug & Alcohol Treatment Programs

Crook County

Best Care Treatment Services	https://www.bestcaretreatment.org/	(541) 323-5330
Mosaic Medical	mosaicch.org/locations/	(541) 383-3005

Deschutes County

Best Care Treatment Services	https://www.bestcaretreatment.org/	(541) 550-1068
Deschutes County	deschutes.org/health/page/alcohol-and-drug-treatment-services	(541) 322-7500
Pacific Ridge	https://alcoholismtreatment.com/bend-or/	(503) 550-3479
Mosaic Medical	mosaicch.org/locations/	(541) 383-3005

Jefferson County

Best Care Treatment Services	https://www.bestcaretreatment.org/	(541) 475-6575
Mosaic Medical	mosaicch.org/locations/	(541) 383-3005

Transportation

Cascade East Transit (CET)

<https://cascadeseasttransit.com/>

(541) 385-8680

Provides transportation within Bend and between cities in Deschutes, Crook and Jefferson counties

Also provides Dial-A-Ride:

<https://cascadeseasttransit.com/guide/policies/ride-assist/>