This resource guide is a very useful way to find phone numbers and addresses for many of your community resources.
Table of contents

Baker County          2-9
Grant County         10-15
Union County      16-25
Wallowa County      26-31
800 numbers          32
Notes Page          33

Each county’s section has the following service categories: Health and Mental Health, Food Assistance, Homeless Services, Housing, and Multi-Service Agencies.

PLEASE NOTE
This guide is a listing of community resources current as of January 2019. Services and programs do change over time. Please use this guide as a starting point in finding the help you need. Here are some steps you can take to ensure your time and energy will be used efficiently.

1. Find services or programs in this resource guide.
2. Call before visiting.
3. Ask what you need to bring with you (ID and/or proof of income, etc.).
4. Find out hours, directions, bus routes, etc. before you go.

In accordance with Federal Law and the U.S. Department of Agriculture policy, Community Connection is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.
**EMERGENCY**
- Baker City Police: Non-Emergency 541-523-3644
- Baker County Sheriff’s Office: Non-Emergency 541-523-6415
- Baker City: Fire Non-Emergency 541-523-3711
- Haines: Fire Non-Emergency 541-856-3366

**AMERICAN RED CROSS**
1655 1st Street
Baker City, OR 97814
Red Cross provides relief to victims of disasters, Armed Forces emergency services, classes in First Aid, CPR, water safety, and disaster preparedness, international tracing services, and coordinates Blood Donor programs.

**BAKER COUNTY HEAD START**
1927 16th Street
Baker City, OR 97814
The Oregon Head Start, Pre-kindergarten, and Early Head Start programs serve the families of young children who face significant risk factors affecting school success. Enrollment priority goes to children most in need, including: children living in poverty (100% of Federal Poverty Level); children with disabilities or serious health/mental health concerns; and children from families affected by mental health issues, child abuse or neglect, incarceration, parent illness/disability, domestic violence, substance abuse, homelessness, foster care, and other serious concerns.

**BAKER FAMILY YMCA**
- 2020 Church Avenue (GYM) 541-523-4050
- 580 Baker Avenue (POOL) 541-523-9622
- 3715 Pocahontas Road (FITNESS CENTER) 541-523-9622
Baker City, OR 97814
Baker YMCA provides youth and adult sports and aquatic programs. Day camps, gym, and exercise programs.

**CASA**
1937 Washington Ave.
Baker City, OR 97814
Court Appointed Special Advocates is a national association in the United States that supports and promotes court-appointed advocates for abused or neglected children in order to provide children with a safe and healthy environment in permanent homes.
CHILD CARE RESOURCE & REFERRAL
2527 7th Street
Baker City, OR 97814
Child Care Resource & Referral gives free referrals to parents seeking childcare. Licensed and exempt childcare providers receive training, technical assistance, and support from CCR&R. Childcare data and information is also available.

COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.
Baker County Programs
2810 Cedar Street
Baker City, OR 97814

Administration Office/ Housing Resource Center/ Weatherization/Rehab
Community Connection provides transportation, energy assistance, food bank referrals, emergency assistance (rent, lodging, and utilities), self-sufficiency programs (help with security deposit, utilities and rent), legal aid information, housing rehabilitation, weatherization, and homeownership programs. Additional services are available for Veterans and their families. Our senior center also provides lunch, Meals-on-Wheels, Tai Chi, Stretch and Flex exercise classes, cards, bingo, health promotion/disease prevention workshops, short and long-term care planning, caregiver support, and in-home care.

DEPARTMENT OF HUMAN SERVICES (DHS)
3165 10th Street, Suite 400
Baker City, OR 97814
Aging and People with Disabilities (APD)
Aging & People with Disabilities provides medical assistance and food stamps for the elderly, and/or disabled persons who have limited income and resources. Services for seniors needing long term care, such as in home care, adult foster care, assisted living, residential care facility, and nursing home care. They also investigate elder abuse, and disabilities regardless of economic status.

Child Welfare

Self Sufficiency
Department of Human services provides medical assistance, cash assistance, SNAP (formerly known as food stamps) for families, the elderly, and/or disabled persons who have limited income and resources.
Vocational Rehabilitation Division 541-523-8444
Assists individuals with disabilities to get and keep a job that matches their skills, interest, and abilities. Vocational Rehab works in partnership with the community and businesses to provide services that are individualized to help each eligible person receive services that are essential to their employment success.

DISTRICT ATTORNEY 541-523-8205
1995 3rd Street #320
Baker City, OR 97814

District Attorney Office offers child support services including enforcing child support orders, modifying existing orders, and establishing child support orders and paternity.

EASTERN OREGON CENTER FOR INDEPENDENT LIVING (EOCIL) 866-248-8369
1021 SW 5th Avenue
Ontario, OR 97914
A disability resource and advocacy center for people with disabilities and seniors.

FOOD BANKS
Bread of Life of Baker County 541-519-2258
3453 H Ave, Baker City - Distribution times 9am-12pm, 2nd and last Tuesday of each month.
Catholic Church Food Bank 541-523-4521
2235 1st Street, Baker City – Distribution times 10am-12pm, Monday, Wednesday & Friday
Halfway Lions Club Food Bank 541-742-7892
Corner of Lion St & Pine, Halfway - Distribution is 12-2pm, the 3rd Monday of every month.
Huntington Christian Center
447 Lincoln St, Huntington - Distribution is 9am-11am, the 3rd Saturday of every month.
Salvation Army 541-523-5853
2505 Broadway, Baker City - Distribution is 1:30pm-4pm, Monday, Wednesday and Friday of every week.
May Day Shelter 541-523-9472
1834 Main Street Baker City - Distribution is 1-4pm, Monday – Friday, call for appointment.

HEALTH DEPARTMENT 541-523-8211
3330 Pocahontas Road
Baker City, OR 97814
Baker County Health Department provides immunizations, childhood vaccines, vital records, certified copies of birth/death certificates available up to 6 months after event. Exams are conducted for Sexually Transmitted Infection, HIV testing, case management, diabetes information, family planning, and home visits by a nurse for high risk pregnancies and young children.
Women, Infants, and Children (WIC)  541-523-8211
Nutrition Program for Women, Infants, and Children, (WIC), focuses on the needs of pregnant and breast feeding low-income women and children. Benefits provided to women for nutritional needs during pregnancy, and benefits can be retained until six months after the birth of a child if the woman is breast-feeding. Children can receive help from birth to the age of 5 years old.

HOSPICE/HOME HEALTH
Encompass Home Care  541-523-3335
1515 Campbell Street
Baker City, OR 97814
Encompass including financial, emotional, death/dying, and rehabilitation counseling. Other programs include medication management, skilled nursing, setting goals to keep people in their home, speech, occupational and medical social workers, and Hospice care.

Heart ‘N Home Hospice & Palliative Care, LLC  541-523-9430
3370 10th St., Suite E
Baker City, OR 97814
Heart ‘n Home Hospice & Palliative Care affirms life by providing emotional, physical, and spiritual support to our patients and to those who love and care for them.

MAYDAY, INC.  541-523-9472
1834 Main Street
Baker City, OR 97814
Mayday provides support services to victims of domestic and/or sexual violence. Services include shelter, 24-hour crisis line, victim advocacy, peer counseling, court support, transportation, information and referral, education on domestic violence, and an education lending library.

MEDICAL PROVIDERS
St. Alphonsus Medical Center  514-523-6461
3325 Pocahontas Rd.
Baker City, OR 97814

Specialty Clinic  541-523-4415
3175 Pocahontas Rd.
Baker City, OR 97814

3950 17th, Suite A
Baker City, OR 97814
Baker Valley Physical Therapy
3950 17th Street
Baker City, OR 97814
Baker Valley Physical Therapy has been serving the rehabilitation needs of Baker County and Eastern Oregon since 1996. Our office was relocated to its current location in the Medical Arts Center in 2007, offering a state of the art facility.

MEDICAL SUPPLIES
NORCO
2250 15th Street, Suite F
Baker City, OR 97814

NEW DIRECTIONS NORTHWEST, INC.
(Powder River Alcohol & Drug Program)
2100 Main Street (Administrative) 541-523-7400
3610 Midway (Adult Residential Treatment) 541-523-6581
1840 Resort Street (Recovery Village for Women & Children) 541-523-8329
3700 Midway Drive (Elkhorn Adolescent Treatment Center) 541-523-8320
Baker City, OR 97883
New Directions, provides, education, prevention, counseling, treatment programs, and aftercare support for adults, youth, and families.

NORTHEAST OREGON COMPASSION CENTER 541-523-9845
1200 Hughes Lane
Baker City, OR 97814
Northeast Oregon Compassion Center provides free personal one-on-one mentoring, group care giving, support groups, outreach, depression counseling, grief recovery, sexual abuse, and diabetes support classes. Food and clothing are also available at the center.

NORTHEAST OREGON HOUSING AUTHORITY (NEOHA) 541-963-5360
2608 May Lane
La Grande, OR 97850
Northeast Oregon Housing Authority provides quality and affordable housing programs to low income persons. Programs include Voucher Housing Program, Low rent public housing, family self-sufficiency program, homeownership program, transitional housing program, housing for seriously mentally ill, rent to own homeownership program, and property management.
Northeast Oregon Network (NEON) 541-403-4421
2725 7th Street
Baker, OR 97814
Northeast Oregon Network is a non-profit community health organization serving Baker, Union, and Wallowa counties. Services include education, insurance enrollment questions including Oregon Health Plan.

Administration Office 541-624-5101

RACHEL PREGNANCY CENTER 541-523-5357
2192 Court Avenue
Baker City, OR 97814
Rachel Pregnancy Center offers pregnancy tests and peer counseling, abortion alternatives, pre and post abortion counseling, referral services, maternity clothes, baby clothes and items, infant care and parenting education, library of videos and books on related subjects. Bible studies and prayer are offered freely and confidentially to anyone experiencing difficult circumstances.

SALVATION ARMY 541-523-5853
2505 Broadway
Baker City, OR 97814
Salvation Army offers emergency food, clothing, temporary shelter, seasonal assistance (as available), emergency transportation, and Idaho Power electric assistance.

SHOWER FACILITIES AT THE BAKER TRUCK CORRAL 541-523-3952
515 Campbell Street
Baker City, OR 97814
Baker Truck Corral offers shower facilities for a minimal cost.

SOCIAL SECURITY OFFICE 888-810-7611
2205 Cove Avenue
La Grande, OR 97850
Social Security provides retirement, disability, survivors, and SSI benefits to all qualified individuals. They provide services in Baker, Grant, Union, and Wallowa counties.

Disabilities Commission 503-947-1136
TTY 800-325-0778
TRANSPORTATION
Blue Mt Cab 541-519-5859

NE Oregon Public Transit 541-523-7433
2810 Cedar St
Baker City, OR 97814
Providing senior citizens, persons with disabilities, and the general public rides to their employment, job training, schools, grocery stores, banks, doctor offices, etc. Also, out-of-town medical appointments to those who qualify. Bus from Halfway/Richland one day a week to Baker City for shopping and appointments. The Baker City/La Grande bus runs Monday through Friday. Call for more information or visit our web page neotransit.org.

Greyhound 800-231-2222
515 Campbell St.
Baker City, OR 97814
Greyhound is the largest provider of intercity bus service, serving 3,800 destinations in the United States and Canada.

Tweety Taxi 541-249-5028

VETERANS SERVICES Officer 541-523-8223
1995 Third Street
Baker City, OR 97814
Baker County Veterans office provides assistance, advice and counseling to veterans, their dependents and survivors with State and Federal veterans benefit programs.

Veterans of Foreign Wars 541-523-4988
2005 Valley Avenue
Baker City, OR 97814
Veterans of Foreign Wars provides medical equipment lending and veterans emergency relief funds.

VITAL RECORDS 971-673-1190
Marriage certificates, death certificates and birth certificates.

WORK SOURCE OREGON
1575 Dewey Avenue
Baker City, OR 97814
Employment Department

The Employment Department provides local, regional and national job listing, unemployment insurance claim filing, Veterans placement assistance, career development, and classes to help with job placement.

Training & Employment Consortium (TEC)

Training and Employment Consortium administers the Workforce Investment Act fund. Those that qualify for this program may receive assistance with job search, vocational assessment, academic and vocational skills, and career counseling.
EMERGENCY

Canyon City: Police Non-Emergency 541-575-1131
Dayville: Fire Non-Emergency 541-987-2188
John Day: Police Non-Emergency 541-575-0030
John Day: Fire Non-Emergency 541-575-1855
Mt. Vernon: Fire Non-Emergency 541-932-4688

AMERICAN RED CROSS 541-382-2142
815 SW Bond Street
Bend, OR 97701
Red Cross provides relief to victims of disasters health and safety training, emergency services, classes in First Aid, CPR, water safety, and disaster preparedness, international humanitarian services, coordinates Blood Donor programs, and helps military families.

BLUE MOUNTAIN HOME HEALTH & HOSPICE 541-575-1648
422 West Main Street
John Day, OR 97845
Hospice is available for those persons with a terminal illness to residents of Grant County. RN services include visits, specialized care by nurse aides, volunteer support, grief counseling, medical equipment and supplies, prescribed medications, pain management, and respite care.

BLUE MOUNTAIN HEALTH CARE FOUNDATION 541-575-1311
170 Ford Road
John Day, OR 97845

Blue Mountain Hospital has been designated a critical access hospital and is licensed for 25 beds. The Medical Center Clinics are housed within the facility and consist of a Family Practice Rural Health Clinic and a General Surgery Clinic. Blue Mountain Care Center is a 40-bed intermediate care facility located in Prairie City. The Care Center provides several options for senior living in Grant County, including 24-hour nursing care, restorative care with rehabilitative services, respite care, and adult day care.

CHILD CARE RESOURCE & REFERRAL (CCR&R) 541-575-0251
530 E Main Street Suite #6
John Day, OR 97845
Child Care Resource & Referral gives free referrals to parents seeking childcare. Licensed and exempt childcare providers receive training, technical assistance, and support from CCR&R. Childcare data and information is also available.
GRANT COUNTY CHILD CARE CENTER
P.O. BOX 338
Canyon City, OR 97820
This child care center helps with children in the age range of 3 years to 11 years 11 months. The provider does not participate in a subsidized child care program.

COMMUNITY COUNSELING SOLUTIONS
528 E Main Suite W
John Day, OR 97845
Community Counseling Solutions is a treatment center in John Day, Oregon that focuses on treatment services for mental health and substance abuse related issues. The programs offered are designed for adolescents, women, and DUI/DWI offenders.

COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.
GRANT COUNTY PROGRAMS
142 NE Dayton
John Day, OR 97845
Administration/Housing Resource Center/Weatherization/Rehab
Community Connection provides energy assistance, food bank referrals, emergency funding (rent, lodging, and utilities), self-sufficiency programs (help with security deposit and rent), legal aid information, housing rehabilitation, weatherization, and homeownership programs. Additional services are available for Veterans and their families. Our senior centers provide lunch, Meals-on-Wheels, bingo, Living Well with Chronic Conditions workshops, short and long-term care planning, caregiver support, and in-home care.

DEPARTMENT OF HUMAN SERVICES (DHS)
725 W Main Street #B
John Day, OR 97845
Aging and People with Disabilities (APD)
Aging & People with Disabilities provides medical assistance and food stamps for the elderly, and/or disabled persons who have limited income and resources. Services for seniors needing long term care, such as in home care, adult foster care, assisted living, residential care facility, and nursing home care. They also investigate elder abuse, and disabilities regardless of economic status.

Child Welfare
**Self Sufficiency**
Department of Human services provides medical assistance, cash assistance, SNAP (formerly food stamps) for families, elderly and or disabled persons who have limited income and resources.

**Vocational Rehabilitation**
Assists individuals with disabilities to accept and keep a job that matches their skills, interest and abilities. Vocational Rehab works in partnership with the community and businesses to provide services that are individualized to help each eligible person receive services that are essential to their employment success.

**DISTRICT ATTORNEY**
201 S Humbolt
Canyon City, OR 97820
District Attorney Office offers child support services including enforcing child support orders, modifying existing orders, and establishing child support orders and paternity.

**EASTERN OREGON CENTER FOR INDEPENDENT LIVING (EOCIL)**
1021 SW 5th Avenue
Ontario, OR 97914
A disability resource and advocacy center for people with disabilities or seniors.

**FAMILIES FIRST PARENT RESOURCE**
401 South Canyon Blvd.
John Day, OR 97845
Offers car seats, education programs for divorcing parents, effective parenting tools, home visits, and other community resources you may need.

**FOOD BANKS**
Prairie Food Bank
145 W Front Street, Prairie City; Distribution is 5pm-7pm the 3rd Tuesday of each month.

Monument Food Bank
269 Main Street, Monument; Distribution is 10am-1pm, every 3rd Thursday of each month.

John Day Helping Hands Pantry
126 NW Canton St, John Day; Distribution is 3pm-5pm every Friday.

Grant County Food Bank
530 E Main, Suite #9
John Day, OR 97845
Distribution is 9am-1pm every 4th Wednesday of each month.
HEAD START, INC  
702 Overholt  
Prairie City, OR 97869  
401 S Canyon Blvd.  
John Day, OR 97845  
541-820-3314  
541-575-1429

Head Start promotes school readiness by enhancing the social and cognitive development of children ages 3 to 5 through the provision of educational, health, nutritional, social and other services for low-income families and children with disabilities.

Women, Infants, and Children (WIC)  
Nutrition Program for Women, Infants, and Children, (WIC), focuses on the needs of pregnant and breast feeding low-income women and children. Benefits provided to women for nutritional needs during pregnancy, and benefits can be retained until six months after the birth of a child if the woman is breast-feeding. Children can receive help from birth to the age of 5 years old.

HEART OF GRANT COUNTY  
Heart of Grant County provides comprehensive family violence and sexual assault services, crisis counseling, and referrals to other available services and support groups for adults and children. 
Heart of Grant County 24 Hour Crisis line  
541-575-4335  
541-620-1342

NORTHEAST OREGON HOUSING AUTHORITY (NEOHA)  
2608 May Lane  
La Grande, OR 97850  
541-963-5360  
800-452-8638

Northeast Oregon Housing Authority provides quality and affordable housing to low income persons. Programs include Voucher Housing Program, Low Rent Public Housing, Family Self-Sufficiency Program, Homeownership Program, Transitional Housing Program, housing for seriously mentally ill individuals, rent to own homeownership program, and property management.

GRANT COUNTY SENIOR CITIZENS ASSOCIATION  
142 NE Dayton ST.  
John Day, OR 97845  
541-575-5574

A venue for many activities and provides lunch at the site for seniors on a regular basis.
SENIOR CENTERS

John Day Senior Center  541-575-1825
142 NE Dayton
John Day, Oregon 97845
The Senior Center provides food services to seniors. The center also houses Community Connection programs like energy assistance, emergency utility shut offs, weatherization applications, legal assistance, options counseling, rental assistance, and information and referrals.

Prairie City Senior Center  541-820-4100
204 N McHaley
Prairie City, Oregon 97869
The Senior Center provides food services to seniors at this site and delivers meals on wheels.

Monument Senior Center  541-934-2700
269 Main Street
Monument, Oregon 97864
The senior center is open Tuesdays 9am–3pm, except for major holidays.

SOCIAL SECURITY OFFICE  888-810-7611
2205 Cove Avenue
La Grande, Oregon 97850
Social Security provides retirement, disability, survivors, and SSI benefits to all qualified individuals. They provide services in Baker, Grant, Union, and Wallowa counties.

Disabilities Commission  503-947-1136
TTY  800-325-0778

TRANSPORTATION

THE PEOPLE MOVER  541-575-2370
229 NE Dayton Street
John Day, Oregon 97845
The People Mover is a curb-to-curb transportation service available to anyone. Curb-to-curb means that we will pick you up from and drop you off at the curb of your choice. Our drivers are not allowed to enter your home.

VETERANS SERVICES OFFICER  541-575-1631
201 S Humboldt
John Day, OR 97845
County Veterans Service Officers are individuals who know their way around the VA system. They can assist veterans and their families with compensation/pensions, medical care, military records, grave markers, and veteran home loans.
VITAL RECORDS
Grant County
971-673-1190
Marriage certificates, death certificates, and birth certificates.

WORK SOURCE OREGON
Employment Department
541-575-0744
1205 Washington Street
Canyon City, Oregon 97820
The Employment Department provides local, regional, and national job listings. Help is provided for unemployment insurance claim filing, Veterans placement assistance, career development, resume assistance, as well as labor market information, and civil service job listings.

Training & Employment Consortium (TEC)
541-575-0251
530 E Main Suite #5
John Day, Oregon 97845
Training & Employment Consortium administers the Workforce Investment Act Fund. Those that qualify for this program may receive assistance with job search, vocational assessment, academic and vocational skills, and career counseling.
**Union County**

**EMERGENCY**

La Grande Police: Non-Emergency 541-963-1017
La Grande: Fire Non-Emergency 541-963-3123
Elgin: Non-Emergency 541-437-9771
Cove: Rural Fire Non-Emergency 541-568-7734
North Powder: Rural Fire Non-Emergency 541-898-2520
Union: Rural Fire Non-Emergency 541-562-5758

**AMERICAN RED CROSS**

1806 Cove Avenue
La Grande, OR 97850
Red Cross provides relief to victims of disasters, Armed Forces emergency services, First Aid, CPR, water safety training, and disaster preparedness and international tracking services. They also coordinate Blood Donor programs.

**CARE**

CARE is a joint effort of Union County, Intermountain Education Service District (IMESD), Union County School Districts, and Greater Oregon Behavioral Health, Inc. (GOBHI). CARE is designed to help at risk children and their families with multiple issues by offering them a “no wrong door” approach.

La Grande School District 541-805-9355
Cove, Elgin, Imbler, North Powder, & Union School Districts 541-805-5092

**CASA**

541-403-1375

1100 Ave.
La Grande, OR 97850
Court Appointed Special Advocates is a national association in the United States that supports and promotes court-appointed advocates for abused or neglected children in order to provide children with a safe and healthy environment in permanent homes.

**CENTER FOR HUMAN DEVELOPMENT, INC. (CHD)**

2301 Cove Avenue
La Grande, OR 97850
CHD provides services related to alcohol & drug related issues, environmental health, mental health, public health, developmental health, Veteran’s services, and services for disabled community members.

Veterans Services Officer 541-962-8802
WIC 541-962-8829
CHILD CARE RESOURCE & REFERRAL
1100 K Avenue, 1st Floor
La Grande, OR 97850
Child Care Resource & Referral gives free referrals to parents seeking childcare. Licensed and exempt childcare providers receive training, technical assistance, and support from CCR&R. Childcare data and information is also available.

COMMUNITY CONNECTION OF NORTHEAST OREGON, INC.
UNION COUNTY PROGRAMS
Union County Senior Center
1504 Albany
La Grande, OR 97850
Kids Club
Transportation (2204 East Penn, La Grande)
Administrative Office/Housing Resource Center/Weatherization/Rehab
Community Connection provides transportation, energy assistance, food bank referrals, emergency funding (rent, lodging, and utilities), self-sufficiency programs (help with security deposit, utilities and rent), tax preparation and legal aid information, housing rehabilitation, weatherization, and homeownership programs. Our senior center provides lunch, Meals-on-Wheels, exercise class with chairs, cards, bingo, community dances, health promotion disease prevention workshops, short and long-term care planning, caregiver support, in-home care, and community dances. Kids Club provides daycare for children ages 5 to 12 year round. Free summer lunch program for youth 1-18 years of age.

DEPARTMENT OF HUMAN SERVICES (DHS)
1607 Gekeler Lane
La Grande, OR 97850
Aging and People with Disabilities (APD)
Aging & People with Disabilities provides medical assistance and food stamps for the elderly, and/or disabled persons who have limited income and resources. Services for seniors needing long term care, such as in home care, adult foster care, assisted living, residential care facility, and nursing home care. They also investigate elder abuse, and disabilities, regardless of economic status.

Child Welfare

Self Sufficiency
Department of Human Services provides medical assistance, cash assistance, SNAP (formerly food stamps) for families, the elderly and/or disabled persons who have limited income and resources. They help people with work related experience, building employable skills through resume building and temporary job placement.
**Vocational Rehabilitation**

Assists individuals with disabilities to get and keep a job that matches their skills, interest and abilities. VR works in partnership with the community and businesses to provide services that are individualized to help each eligible person receive services that are essential to their employment success.

**DISTRICT ATTORNEY**

1007 4th Street
La Grande, OR 97850
District Attorney Office offers child support services including enforcing child support orders, modifying existing orders, and establishing child support orders and paternity.

**EASTERN OREGON CENTER FOR INDEPENDENT LIVING (EOCIL)**

322 SW 3rd
Pendleton, OR 97801
A disability resource and advocacy center for people with disabilities or seniors.

**EASTERN OREGON HEAD START**

One University Blvd
La Grande, OR 97850
Head Start promotes school readiness by enhancing the social, and cognitive development of children ages 3 to 5 through the provision of educational, health, nutritional, social and other services for low-income families and children with disabilities.

**FOOD BANKS**

- **Cove Food Bank**
  1708 Jasper, Cove -Distribution is Tuesdays 9am-12pm, 4th Saturday of each month, 9am-11am
- **Elgin Food Bank**
  850 N. Alder, Elgin, OR, 97827-Wednesday’s 2pm-3pm produce and bread; The 4th Saturday of each month 9:30am-11:30am
- **Neighbor’s Together**
  907 Palmer, La Grande - Distribution is 7:30am-10am, Last Saturday of each month. Bread/Fresh product additional distribution every Tuesday 10am-12pm
- **North Powder Food Bank**
  740 5th Street, North Powder - Distribution is 3pm-6pm, 3rd Friday of each month. Bread/Fresh products additional distribution every Thursday 11am-1pm
- **Salvation Army**
  1114 Y Ave La Grande - Distribution is 8am-12pm, Tuesday, Wednesday, and Thursday. Bread/Fresh products additional distribution every Thursday
- **Union Food Pantry**
  1531 S Main Street, Union, Oregon –Distribution 3rd Friday 10am-11:30am
Harvest Share
Individuals who attend harvest share can expect a variety of fresh produce and occasionally bread products. Income guidelines do not apply.

Senior Center 541-963-7532
1504 N. Albany St., La Grande, OR 97850- Monday-Friday 8am-12pm

Northeast Oregon Housing Authority 541-963-5360
2608 May Lane, La Grande, OR 97850- Wednesday 9:30am

Department of Human Services (DHS) 541-963-4113
1607 Gekeler Lane, La Grande, OR- Wednesday

Cook Memorial Library* 541-962-1339
2006 4th Street, La Grande, OR 97850- Tuesday 10am-12pm

*Mobile Haven From Hunger: Cook Memorial Library has canned goods available to those who need them. There is a green bin located at the entrance of the library and is available during the hour of operation: Monday-Thursday 10am-6pm; Friday 12pm-6pm; Saturday 10am-4pm.

HOSPICE/HOME HEALTH
Encompass Home Health 541-663-8912
1414 Adams Avenue, Suite A
La Grande, OR 97850

Providing services to keep you on the path of independence and positive results in your home.

Grande Ronde Hospital (GRH) Home Care & Hospice Service 541-963-2273
2502 Cove Avenue
La Grande, Oregon 97850

Home Health: Grande Ronde Hospital Home Care Services employs highly skilled nurses, therapists, social workers, and aides who bring personalized health care right to your door.

Hospice: Experienced and compassionate staff members provide hospice services for the terminally ill. Physical, social, spiritual, emotional care and support are key parts of the care GRH offers to patients and their families. Medicare and Medicaid may also cover hospice for those who qualify.

Heart ‘N Home Hospice & Palliative Care, LLC 541-624-5800
2104 Cove Ave
La Grande OR, 97850
Heart ‘n Home Hospice & Palliative Care affirms life by providing emotional, physical, and spiritual support to our patients and to those who love and care for them.
Legal Services of Oregon
Pendleton
365 SE 3rd Street
Pendleton, OR 97801
541-276-6685
FX: 503-276-4549
800-843-1115

MEDICAL PROVIDERS
Grande Ronde Hospital
Cardiology Clinic
900 Sunset Drive
La Grande, OR 97850
541-963-8421
541-963-BEAT
(2328)

Elgin Family Medical & Dental Clinic
570 South 8th Street
Elgin, Oregon 97827
Dental Clinic
Medical Clinic
Hematology & Oncology Clinic
900 Sunset Drive
La Grande, OR 97850
541-437-6321
541-437-0239
541-963-2828

Women & Children’s Clinic
(Gynecology, Obstetrics, and Pediatrics)
710 Sunset Drive, Suite E
La Grande, Oregon 97850
541-663-3150

Walk-in Clinic
(No Appointment Needed)
506 4th Street
La Grande, Oregon 97850
541-663-2300

Grande Ronde Regional Medical Clinic (RMC)
(Primary Care Medical Home)
506 4th Street
La Grande, OR 97850
541-663-3138

Neurology Clinic
506 4th Street
La Grande, OR 97850
541-663-3138

Specialty Clinics
(General Surgery, Orthopedics & Sports Medicine, Otolaryngology (ENT),
Urology, and Wound and Ostomy Care)
710 Sunset Drive, Suite F
La Grande, OR 97850
541-663-3100

Rehabilitation Therapy Service
541-963-1437
**Sleep Clinic**
710 Sunset Drive
La Grande, OR 97850

**Union Clinic**
(Primary Care Medical Home)
142 East Dearborn Street
Union, OR 97883

**Wound Clinic**
(Outpatient by Referral)
710 Sunset Drive, Suite F, RMP, 2nd Floor
La Grande, OR 97850

**La Grande Family Practice**
2011 4th Street
La Grande, OR 97850

**La Grande Post Acute Rehab**
91 Aries Lane
La Grande, OR 98750

**Mountain Valley Therapy**
2516 Cove Ave
La Grande, OR 97850

**HOSPITAL AND MEDICAL SUPPLIES**

**LinCare**
1808 4th Street
La Grande, OR 97850

**Norco Medical Supply**
3102 Island Ave
Island City, OR 97850

**Red Cross Drug**
1123 Adams Ave
La Grande, OR 97850

**NEIGHBOR’S TOGETHER MINISTRIES**
Neighbor’s Together has limited assistance for emergency lodging, motel assistance, and wood; they can help only when funds are available. They no longer provide any services for utility or rental assistance.
**NEXT STEP PREGNANCY CENTER**

902 D Street
La Grande, OR 97850

Next Step Pregnancy Center provides pregnancy tests and peer counseling, abortion alternatives, pre and post abortion counseling, referral services, maternity clothes, baby clothes and items, infant care and parenting education, videos and books on related subjects. All services are free and confidential.

**NORTHEAST OREGON HOUSING AUTHORITY (NEOHA)**

2608 May Lane
La Grande, OR 97850

Northeast Oregon Housing Authority provides quality and affordable housing programs to low income persons. Programs include Voucher Housing Program, low rent public housing, family self-sufficiency program, homeownership program, transitional housing program, housing for seriously mentally ill, rent to own homeownership program, and property management.

**NORTHEAST OREGON NETWORK (NEON)**

913 Main Avenue
La Grande, OR 97850

Northeast Oregon Network is a non-profit community health organization serving Baker, Union, and Wallowa counties. Services include education, insurance enrollment questions including Oregon Health Plan.

**Public Health**

2301 Cove Avenue
La Grande, OR 97850

The Health Department provides immunizations, childhood vaccines, vital records, certified copies of birth/death certificates available up to 6 months after event. TB state supplied treatment at no charge after diagnosis, sexually transmitted infection exams, HIV testing, case management, diabetes information, family planning, and home visits by a nurse for high risk pregnancies and young children.

**Women, Infants, and Children (WIC)**

Nutrition Program for Women, Infants, and Children, (WIC), focuses on the needs of pregnant and breast feeding low-income women and children. Benefits provided to women for nutritional needs during pregnancy, and benefits can be retained until six months after the birth of a child if the woman is breast-feeding. Children can receive help from birth to the age of 5 years old.
Union County

**SHELTER FROM THE STORM**  
541-963-7226  
10901 Island Ave  
La Grande, OR 97850  
(Hotline) 541-963-9261  
Provides support services to victims of domestic and/or sexual violence. Services include shelter, 24-hour crisis line, victim advocacy, peer counseling and court support.

**SOCIAL SECURITY OFFICE**  
800-772-1213  
2205 Cove Avenue  
La Grande, OR 97850  
Social Security provides retirement, disability, survivors, and SSI benefits to all qualified individuals. Services are provided in Baker, Grant, Union, and Wallowa counties.

**Disabilities Commission**  
503-947-1136  
TTY 800-325-0778

**SHOWER FACILITIES FLYING J TRUCK STOP**  
541-963-9762  
63276 Oregon 203  
La Grande, OR 97850  
I-84 Exit 265  
Flying J offers shower facilities for a minimal cost.

**TRANSPORTATION**

**ARC Cab Company**  
541-663-0572

**Northeast Oregon Public Transit**  
541-963-2877  
2204 E Penn  
La Grande, OR 97850  
Providing senior citizens, persons with disabilities, and the general public rides to their employment, job training, schools, grocery stores, banks, doctor offices, etc. Also, out-of-town medical appointments to those who qualify. Service to Baker City and Pendleton, Monday through Friday, and to Wallowa County two days a week. Greyhound service is available in La Grande. Please call for more information or visit our web page neotransit.org.

**Greyhound**  
800-231-2222  
541-963-5165  
2204 E Penn Ave  
La Grande, OR 97850

Greyhound is the largest provider of intercity bus service, serving 3800 destinations in the United States and Canada.
COUNTY CLERK AND RECORDER’S OFFICE
1001 Fourth Street
La Grande, OR 97850
Marriage Licenses, Voters Registration and Passports

VITAL RECORDS
2301 Cove Avenue
La Grande, OR 97850
Death certificates and birth certificates.

BLUE MOUNTAIN ACTION COUNCIL
1520 Kelly Place, Suite 140
Walla Walla, WA 99362
Supportive Services for Veteran Families (SSVF) purpose is to provide support, at a community level, to end homelessness among the Veteran population. Through outreach, intensive case management, assistance in obtaining veteran benefits, and emergency financial resources, the SSVF Program seeks to prevent Veterans and their families from becoming homeless and aids with rapid rehousing for those who are literally homeless.

VETERANS ADMINISTRATION OUTPATIENT CLINIC
202 12th Street
La Grande, Oregon 97850
Benefits
Health Care:
Veterans Crisis Line:
Disabilities Commission

VETERANS SERVICES OFFICER
2301 Cove Avenue
La Grande, Oregon 97850
County Veterans Service Officers are individuals who know their way around the VA system. They can assist veterans and their families with compensation/pensions, medical care, and military records, grave markers, and veteran home loans. Some counties may also have dedicated funds to assist you with temporary shelter/utilities, food/health supplies, medical/dental, job placement, counseling, and transportation.

WORK SOURCE OREGON
1901 Adams Avenue
La Grande, OR 97850
**Employment Department**  
**Employment Department** provides local, regional and national job listings, unemployment insurance claim filing, Veterans placement assistance, career development and classes to help with job placement.

**Training & Employment Consortium (TEC)**  
Training and Employment Consortium administers the Workforce Investment Act fund. Those that qualify for this program may receive assistance with job search, vocational assessment, academic and vocational skills, and career counseling.
**EMERGENCY**

Police Non-Emergency Enterprise  
541-426-3136

Fire Non-Emergency Enterprise  
541-426-4196

**BUILDING HEALTHY FAMILIES**

207 NW Park  
Enterprise, OR 97828

Building Healthy Families provides free parent education information through classes, a lending library, and one-on-one support for parents.

**CASA**

207 NE Park St.  
Enterprise, OR 97828

Court Appointed Special Advocates is a national association in the United States that supports and promotes court-appointed advocates for abused or neglected children in order to provide children with a safe and healthy environment in permanent homes.

**CHILD CARE RESOURCE AND REFERRAL (CCR&R)**

758 NW 1st  
Enterprise, Oregon 97828

CCR&R gives free childcare referrals to any parents seeking childcare. Licensed and exempt childcare providers receive training, technical assistance, and support from CCR&R. Childcare data and information is also available.

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

Wallowa County Programs  
702 NW 1st  
Enterprise, OR 97828

Administrative Office/Housing Resource Center/Weatherization/Rehab

Community Connection provides transportation, energy assistance, food boxes, emergency funding (rent, lodging, and utilities), self-sufficiency programs (help with security deposit, utilities and rent), tax preparation and legal aid information, housing rehabilitation, weatherization, and homeownership programs. Our senior centers provide lunch, Meals-on-Wheels, Tai Chi, Pilates, sewing group, health promotion disease prevention workshops, short and long-term care planning, caregiver support, and in-home care.

**DEPARTMENT OF YOUTH SERVICES**

107 N River Street  
Enterprise, Oregon 97828

Department of Youth Services provides supervision of youth on probation and parole, drug and alcohol education, time-out shelter, crisis intake for youth offenders, flexible funding for at-risk youth, community work service, CASA program, and intervention/prevention programs.
Aging and People with Disabilities (APD)  541-426-3155
Aging & People with Disabilities provides medical assistance and food stamps for the elderly, and/or disabled persons who have limited income and resources. Services for seniors needing long term care, such as home care, adult foster care, assisted living, residential care facility and nursing home care. They also investigate elder abuse, and disabilities, regardless of economic status.

Child Welfare  541-426-4558

Self Sufficiency  541-426-3146
Department of Human Services provides medical assistance, cash assistance, SNAP (formerly food stamps) for families, the elderly and/or disabled persons who have limited income and resources. They help people with work related experience, building employable skills through resume building, and temporary job placement.

Vocational Rehabilitation  541-426-3155
Assists individuals with disabilities to get and keep a job that matches their skills, interest and abilities. VR works in partnership with the community and businesses to provide services that are individualized to help each eligible person receive services that are essential to their employment success.

DISTRICT ATTORNEY  541-426-4543
101 S River Street # 100
Enterprise, Oregon 97828
District Attorney Office offers child support services including enforcing child support orders, modifying existing orders, and establishing child support orders and paternity.

EASTERN OREGON CENTER FOR INDEPENDENT LIVING  877-711-1037
322 SW 3rd
Pendleton, OR 97801
A disability resource and advocacy center for people with disabilities or seniors.

FOOD BANKS
Wallowa People’s Pantry  541-426-3840
702 NW 1st Street, Enterprise; Distribution times 8am-4pm, Tuesdays & Thursdays of each week. Closed 12-1pm

Wallowa Food Bank  541-886-3112
211 E 1 Street, Wallowa, OR 97885; Distribution times 1pm-3pm, 2nd & 3rd Tuesdays
204 2nd St. Wallowa, OR 97885; Distribution times 11:30am-12:30pm, Monday & Wednesday
Joseph Fresh Alliance Distribution
Methodist Church, The Place, Joseph, OR 97846; Distribution times 12pm-1pm, Monday & Friday

Women, Infants, and Children (WIC) 541-398-2397
Nutrition Program for Women, Infants, and Children, (WIC), focuses on the needs of pregnant and breast feeding low-income women and children. Benefits provided to women for nutritional needs during pregnancy, and benefits can be retained until six months after the birth of a child if the woman is breast-feeding. Children can receive help from birth to the age of 5 years old.

Head Start 541-886-3261
315 W 1st St.
Wallowa, OR 97885
Early Head Start (EHS) programs serve infants and toddlers under the age of 3, and pregnant women. EHS programs provide intensive comprehensive child development and family support services to low-income infants and toddlers and their families, and to pregnant women and their families.

MEDICAL PROVIDERS
Olive Branch Family Health 541-426-7171
306 W North St.
Enterprise, Oregon 97828

Wallowa Memorial Hospital 541-426-3111
601 Medical Parkway
Enterprise, Oregon 97828

Winding Waters Clinic 541-426-4848
603 Medical PKWT
Enterprise, OR 97828

Mountain View Medical Group 541-426-7900
603 Medical PKWT,
Enterprise, OR 97828
100 N. East, Joseph, OR 97846 541-432-7777

Wallowa Valley Center for Wellness, Inc. 541-426-4524
207 SW 1st Street
Enterprise, OR 97828
Wallowa Valley Center for Wellness provides a wide range of outpatient services for children, adolescents, and adults with emotional, psychological and behavioral problems. Services also include assisting persons with alcohol and drug problems as well as case management services for persons with developmental disabilities.
NORTHEAST OREGON HOUSING AUTHORITY (NEOHA)  
541-963-5360  
2608 May Lane  
La Grande, OR 97850  
Northeast Oregon Housing Authority provides quality and affordable housing to low income persons. Programs include Voucher Housing, Low rent public housing, Family Self-Sufficiency, Homeownership, Transitional Housing, Housing for mentally ill, rent to own, and property management.

NORTHEAST OREGON NETWORK (NEON)  
541-398-2539  
616 W North St.  
Enterprise, OR 97828  
Northeast Oregon Network is a non-profit community health organization serving Baker, Union, and Wallowa counties. Services include education, insurance enrollment questions including Oregon Health Plan.

SAFE HARBOR  
541-426-4004  
764 NW 1st  
Enterprise, OR 97828  
Safe Harbor offers counseling and temporary shelter for victims of domestic violence and sexual assault. They also have Women’s support/education group, children’s programs and 24-hour crisis line. They also provide community and legal advocacy for domestic violence victims.

SENIOR CENTERS  
Enterprise Senior Center  
541-426-3840  
702 NW 1st Street  
Enterprise, OR 97828  
The Senior Center in Enterprise provides food services to seniors. The center is also a great place for senior activities like cards, exercises, and other activities to keep seniors active.

Wallowa Senior Center  
541-886-8971  
204 2nd Street  
Wallowa, OR 97885  
The Senior Center in Wallowa provides food services to seniors. The center is also a great place for senior activities like cards, exercises, and other activities to keep seniors active.
SOCIAL SECURITY OFFICE
2205 Cove Avenue
La Grande, OR 97850
Social Security Administration provides retirement, disability, survivors, and SSI benefits to all qualified individuals. Services are provided in Baker, Grant, Union, and Wallowa counties.
Disabilities Commission 503-947-1136
TTY 800-325-0778

VITAL RECORDS
Marriage certificates, death certificates and birth certificates.

TRANSPORTATION
NE Oregon Public Transit 541-426-3840
702 NW 1st
Enterprise, Oregon 97828
Providing senior citizens, persons with disabilities, and the general public rides to their employment, job training, schools, grocery stores, banks, doctor offices, etc. Also, out-of-town medical appointments to those who qualify. We have an intercity bus from Joseph to La Grande three days a week, stopping in every town along the way. Summer Shuttle runs from June through September between Enterprise and Wallowa Lake, six days a week. Shopping bus runs Tuesdays and Thursdays traveling from Wallowa to Joseph. Commuter bus runs Monday through Thursday from the Wallowa Senior Center to places of employment in Enterprise. Monday, Wednesday, and Friday meal site bus travels between Enterprise and Joseph bringing seniors to the Enterprise Senior Center for lunch. Please call for more information or visit our web page at neotransit.org.

VETERANS SERVICES OFFICER 541-426-0539
401 NE 1st Street
Enterprise, OR 97828
County Veterans Service Officers are individuals who know their way around the VA system. They can assist veterans and their families with compensation/pensions, medical care, military records, grave markers, and veteran home loans. Some counties may also have dedicated funds to assist you with temporary shelter/utilities, food/health supplies, medical/dental, job placement, counseling, and transportation.

VICTIMS ASSISTANCE PROGRAM 541-426-4543
101 S River Street # 100
Enterprise, OR 97828
The Victims Assistance Program notifies victims of important court procedures, keeps victims updated on their cases and dispositions, and assists with restitution and return of property.
**WALLOWA COUNTY HEAD START**  
670 NW 1st Street  
Enterprise, OR 97828  
315 1st Street  
Wallowa, OR 97885  
Head Start promotes school readiness by enhancing the social and cognitive development of children ages 3 to 5 through the provision of educational, health, nutritional, social and other services for low-income families and children with disabilities.

**WALLOWA VALLEY SENIOR LIVING**  
605 Medical Parkway  
Enterprise, OR 97828

**Work Source Oregon**  
Employment Department  
Contact the La Grande office for services.

**Training & Employment Consortium (TEC)**  
104 Litch St.  
Enterprise, OR 97828  
Open each Thursday 10:00 am- 2:00 pm.
800 NUMBERS

Aging and Disability Resource Connection (ADRC) 1-855-673-2372
Alcoholics & Narcotics 1-877-479-9777
Alcohol & Drug Youth line 1-877-968-8491
AIDS Hotline 1-800-777-2437
Alzheimer’s Association 1-800-733-0402
American Cancer Society 1-800-227-2345
American Diabetes Association 1-800-232-3472
Arthritis Foundation 1-800-283-3004
Holt International Children’s Services 1-800-234-4658
Medicare Hotline 1-800-452-0125
Legal Aid 1-800-843-1115
Long-Term Care Ombudsman 1-800-522-2602
Oregon Food Bank 1-800-777-7427
Oregon Legal Services 1-800-843-1115
Oregon Telephone Assistance Program 1-800-848-4442
Poison Control Center 1-800-452-7165
Relay 711
Shriners 1-503-241-5090
Social Security Administration 1-800-772-1213