

ASHLAND/MEDFORD RESOURCE GUIDE



Help Line

Call 24 hours a day

(541)779-HELP (4357) or
(888)609-HELP (4357)

Victim services and those in crisis

2-1-1 9am-5pm

Online and phone information referral

Call 2-1-1 from service area

Alternative number: (866) 698-6155

Alternative number: (877) 211-9274

www.211.org

Emergency Shelter

Hearts with a Mission

521 Edward St
Medford, OR 97501

(541)261-2625

Ages 10-17

Temporary shelter

Dunn House

(541)779-HELP (4357) or

888-609-HELP (4357) Ages 18+

Emergency Shelter, Advocacy, counseling and support for victims of domestic violence and their children.

Transitional Living Program

201 W. Main St
Medford, OR 97504

(541)779-2393 ext. 213

Contact: Coriann Matthews

Ages 16- 21

Up to 22 months subsidized housing depending on individual plan. Services include life skills, counseling, support, case management, etc.

Job Council-Youth Services

673 Market St.
Medford, OR 97504

(541)842-2573

Contact: Cynthia

Help with gaining employment skills, education

Basic Needs

Department of Human Services

Food cards, donation foods, medical, addiction recovery services, bus passes, etc.

1658 Ashland St.

Ashland, OR 97520

(541)482-2041800

Cardley Ave.

Medford, OR 97504

(541)776-6172

3131 Ave C

White City, OR 97503

(541)864-8700

Community Works Ashland Outreach

Contact: (541) 890-2381

Ages 11-21

Advocacy, food, survival supplies, mentoring, skills training, service referrals, etc.

Maslow Project

Ages 0 - 21

Clothing, food, school liaison, tutoring, counseling, bus passes, etc.

Ashland High School

(541) 482- 8771 ext. 2102

500 Monroe St.

Medford, OR 97501

(541)608-6868

Ashland Recycling Center

Water Street at Van Ness

Ashland, OR 97520

(541)482-1471

Free clothing

St Vincent de Paul

(541) 708-5650

Message system: leave ph # so they can call you back or a place & time for them to meet you and they will make every effort to be there to help you.

Addiction Recovery

Addiction Recovery Center

1003 W. Main St Medford, OR 97501

(541)779-1282

On Track

Ashland 541.482.2041 ext. 253

Medford (541) 772-1777

White City (541) 864-8701

Numerous programs to help support sobriety

Alcoholics Anonymous

www.aa.org

541-773-4848

Al-Anon Oregon-al-anon.org

Strength and hope for family and friends of problem drinkers

Veterans In Recovery, Inc.

Peer Delivered Services

107 E. Main St. Medford, OR 97501

541-779-4488

veteransinrecoveryoregon.com

Narcotics Anonymous

soana.org

NA Helpline: 800- 733-8855

Nicotine Hotline

541-779-6091 ext. 4

Gambling Hotline

1-800-233-8479

Medical/Dental/Mental Health

Community Health Center

99 Central Ave.

Ashland, OR 97520

(541) 482-9741

Medical and Mental Health Services

Ashland Community Hospital

280 Maple St

Ashland, OR 97520

(541) 201-4000

Emergency Medical Care

La Clinica

3617 S. Pacific Hwy

Medford, OR 97501

(541)535-6239

Medical and Dental Services

Mobile Van Drop-in

Summer hours 9am-5:30pm

1pm-5:30pm Tuesdays

Ashland Methodist Church

Food Services

Ashland Emergency Food Bank

2200 Ashland St

Ashland, OR 97520

9:30am-12:30pm

(541) 488-9544

ACCESS Food Pantry

7th Day Adventist Church

1650 Clark St.

Ashland, OR 97520

Wednesdays 9:30am-1:30pm

(541) 482-8539

Maslow Project Pantry

Lincoln Elementary School

150 Lincoln Street

Ashland, OR 97520

(541) 482- 8771 ext. 2102

3rd Thursday of each month

Call for details

Groceries & MEALS

Monday

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm
(541) 488-9544

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm

St. Vincent DePaul

2424 N Pacific Highway
Medford, OR 97501
(541)772-3828
Meals: Mon-Sat 11am-1pm
Food box distribution 3rd and 4th
Friday every month

Tuesday

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm
(541) 488-9544

Uncle Foods Diner

Methodist Church
165 N. Main St
Ashland, OR 97520
(541)482-9625
4:30pm-5:30pm
Meljo (541) 890-2381

St. Vincent DePaul

2424 N Pacific Highway
Medford, OR 97501
(541)772-3828
Meals: Mon-Sat 11am-1pm
Food box distribution 3rd and 4th
Friday every month

Set Free Fellowship

1025 Court St
Medford, OR 97501
12pm

Hawthorne Park PB & J's

Hawthorne Park
Medford, OR 97504
Meals: Tues and Wed at 4pm

Wednesday

Community Works Outreach

Lithia Park (near gazebo & band shell)
Meals and supplies:
Begins at 3:30pm ends at 4:30pm
Contact: Meljo (541) 890-2381

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Thursday

Komac's Meal

Lithia Park Gazebo (near band shell)
Ashland, OR 97520
4:30pm

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Gospel Mission

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Medford, OR 97501
8:30am, 12:30pm, 4pm

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2424 N Pacific Highway
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(541)772-3828
11am-1pm
Food box distribution 3rd and 4th
Friday every month

Hawthorne Park PB & J's

Hawthorne Park
Medford, OR 97504
Meals: Tues and Wed at 4pm

Friday

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Lithia Park (near gazebo & band shell)
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Gospel Mission

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Medford, OR 97501
8:30am, 12:30pm, 4pm

St. Vincent DePaul

2424 N Pacific Highway
Medford, OR 97501
(541)772-3828
11am-1pm

Saturday

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm

Cornerstone Christian Church

608 N Bartlette St
Medford, OR 97501
(541)773-8163
Saturdays 10am-2pm
Groceries, clothing, haircuts, basic
medical screening

Sunday

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm