

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.

Thursday: Gazebo Grits at the Gazebo in Lithia Park starting at 4:15pm.

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 6pm 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 or no cost – Rogue Community Health located at 99 Central Ave. in Ashland, 541-482-9741. Open Monday – Friday 8am-5pm.

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

Youth Services:

Community Works Street Outreach – Available at Uncle Foods Diner (see above) or call 541-779-2393.

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 4th 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 for information regarding all available services.