





POLICE

GRANTS PASS POLICE DEPARTMENT (PUBLIC SAFETY) .....474-6370  
JOSEPHINE COUNTY SHERIFF'S DEPARTMENT .....474-5123  
OREGON STATE POLICE .....474-3174

PRESCRIPTIONS, AFTER HOUR EMERGENCIES

SERVICE DRUGS .....476-8224

PRESCRIPTIONS, FINANCIAL ASSISTANCE

CHRISTIAN SERVICE NETWORK .....479-5045  
ST VINCENT DE PAUL .....479-0926  
SALVATION ARMY .....476-3472.....or.....955-1017

SCHOOLS

GRANTS PASS SCHOOL DISTRICT #7 (ALL) .....474-5700  
THREE RIVERS SCHOOL DISTRICT (ALL) .....862-3111  
THE LITERACY COUNCIL.....1-800-322-8715

SENIORS

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP) .....479-6629  
ELDER CARE LOCATOR .....1-800-677-1116  
UNITED COMMUNITY ACTION AND SENIOR PROGRAMS .....956-4050  
RETIRED & SENIOR VOLUNTEER PROGRAM (SVP) GRANTS PASS .....955-5547  
ROGUE VALLEY COUNCIL OF GOVERNMENTS.....471-2863  
HOME HEALTH SERVICES .....955-4054  
LOVEJOY HOSPICE .....474-1193  
VITALITY CENTER .....474-2202  
WIDOWED SUPPORT GROUP .....479-5959

TRANSPORTATION

AMERICAN CANCER SOCIETY .....1-800-227-2345, 1-541-779-6091  
ROGUE TRANSIT SYSTEM .....479-3217  
DISABLED AMERICAN VETERANS .....582-2053  
**JOSEPHINE COUNTY COMMUNITY TRANSIT.....474-5452**

VETERANS ASSISTANCE

DISABLED AMERICAN VETERANS .....582-2053  
GRANTS PASS VETERAN CENTER .....479-6912  
JOSEPHINE COUNTY VETERANS SERVICE .....474-5281  
OREGON PARALYZED VETERANS.....1-800-333-0782  
VETERAN ADMINISTRATION, REGIONAL .....1-800-827-1000  
VIETNAM VETERANS OF AMERICA .....479-6912

**MONEY MANAGEMENT**

Every budget has two parts, one for money coming in (income), and one for money going out (expense). Comparing expenses with income is helpful in figuring out a budget.

**MONTHLY BUDGET**

INCOME		EXPENSES	
TYPE	AMOUNT	TYPE	AMOUNT
Take home pay		Rent /Mortgage	
ADC		Utilities	
WIC		Telephone	
SSI/SSP/SSDI		Food	
Food Stamps		Health care/medicine	
Other		Child Care	
		Gasoline	
		Car insurance	
		Car repair	
		Outstanding bills	
		Other expenses	
		Savings	
<b>TOTAL INCOME</b>		<b>TOTAL EXPENSES</b>	

## BUDGETING

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There are several things you can do to help yourself manage money well. Label an envelope for each of your **"fixed" expenses** -things that cost about the same every month - such as rent, childcare, transportation, and groceries. Put money in each envelope every time you get a check. For example, if you get a check every two weeks and your rent is \$500 a month, put \$250 in the envelope marked rent each time you get a check. If you get a check every week, put \$125 in the envelope. Include an envelope for savings and try to put something in it each week, even if it is just one dollar.

## BANKING

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If you can open a bank account, you should. Paying bills with your own checks instead of money orders is cheaper, easier, takes less time, and is much safer than keeping your money at home and paying bills by money order or cash. Also, some types of bank accounts are **interest bearing**, which means the bank pays you for keeping your money in the bank.

The **Community Reinvestment Act (CRA)** of 1977 says that banks should attempt to service the needs of everyone in the community. All banks can contact **Chex Systems** and will know if a person has a history of writing bad checks. They have the right to refuse service to you if they find out this information.

Use the phone book to call around and see which bank has the best account for you. Be sure to ask about monthly fees and limits on how many checks you can write and how many times you will be allowed to use the Automatic Teller Machine (ATM).

### EMPLOYMENT

JOB COUNCIL .....	474-1187
STATE EMPLOYMENT DEPARTMENT .....	474-3161

### ENERGY ASSISTANCE

ENERGY ASSISTANCE, JOSEPHINE COUNTY .....	474-5440
ACCESS (JACKSON COUNTY) .....	541-779-6691 .....or.....1-800-452-2463
CHRISTIAN SERVICE NETWORK .....	479-5045
ST VINCENT DE PAUL .....	479-0926
SALVATION ARMY .....	476-3472 ..o.r.....955-1017

### FAMILY PLANNING

CLINICA DEL VALLE .....	1-541-535-6239
HEALTH DEPARTMENT, JOSEPHINE COUNTY .....	474-5325
LIVING ALTERNATIVES .....	479-6264
OREGON HEALTH SAFENET .....	1-800-723-3638
PLANNED PARENTHOOD .....	474-2784
PREGNANCY LIFELINES .....	479-6652

### FOOD/FOOD BANKS/JOSEPHINE COUNTY FOOD SHARE

FOOD PANTRIES (ALL) .....	479-5556
SHERIFF'S OFFICE (SACK LUNCHESES) .....	474-5123
FIRST CHRISTIAN CHURCH-ROC.....	659-2250

### HEALTH CLINICS

CLINICA DEL VALLE, LA .....	535-6239
HEALTH DEPT. JOSEPHINE COUNTY .....	474-5325
SISKIYOU COMMUNITY HEALTH CENTER .....	471-3455
MERLIN HEALTH CLINIC.....	472-1619
SISKIYOU COMMUNITY HEALTH CENTER IV .....	1-541-592-4111
THREE RIVERS HOSPITAL, .....	472-7000

### HOUSING, LOW-INCOME

HABITAT FOR HUMANITY .....	474-2884
HARBECK VILLAGE .....	955-9251
HOLIDAY PARK GARDENS .....	471-6384
HOUSING & COMMUNITY DEVELOPMENT (HUD).....	479-5529

## Quick Reference Telephone List

### ABUSED

CHILD ABUSE .....	1-800-835-2671
CHILD ABUSE HOTLINE.....	1-800-422-4453
CHILD WELFARE .....	474-3120
CHILDRENS Advocacy & Treatment Center .....	474-5437
ELDER ABUSE .....	474-6370 OR 1-800-522-2602
PUBLIC SAFETY, GRANTS PASS DEPARTMENT OF .....	474-6370
WOMEN'S CRISIS SUPPORT TEAM .....	79-9349, 474-1400, 1-800-750-9278

### ALCOHOL AND SUBSTANCE ABUSE

AL-ANON .....	888-794-7683
ALCOHOLICS ANONYMOUS GRANTS PASS .....	862-2402
AA ILLINOIS VALLEY .....	592-2553
ALCOHOL AND DRUG HOTLINE .....	1-800-996-3784
CHOICES ~ Drug And Alcohol Counseling.....	479-8847
NARCOTICS ANONYMOUS .....	955-3823
NA MEETINGS.....	471-4180
SUBSTANCE ABUSE .....	1-800-662-4357
GAMBLERS ANONYMOUS .....	877-891-5112

### CLOTHING

GRANTS PASS DORCAS .....	474-2179
ILLINOIS VALLEY DORCAS .....	592-2072
MERLIN DORCAS .....	660-9072
GOSPEL RESCUE MISSION .....	479-0082
MEN'S SHELTER .....	1-541-779-1597
WOMEN AND CHILDREN'S SHELTER .....	1-541-772-2931
ILLINOIS VALLEY FAMILY COALITION .....	1-541-592-6139
ILLINOIS VALLEY OPEN DOOR .....	1-541-592-2197
SALVATION ARMY .....	955-1017
ST VINCENT DE PAUL .....	479-0926
THE ROC-FIRST CHRISTIAN CHURCH-564 FOUNDRY.....	659-2250

### COUNSELING

MENTAL HEALTH .....	474-5365
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### DISABILITIES (Services for people with disabilities)

COMMUNITY ACTION.....	956-4050
VETERANS SERVICES .....	776-6288
HOME HEALTH SERVICES .....	474-6246
SENIOR AND DISABLED SERVICES .....	474-3110

## Bank Terms to know:

**NSF:** Non Sufficient Funds - you do not have the money in the bank to cover the check.

**MINIMUM BALANCE:** The amount of money you have to keep in your account at all times. This usually applies to accounts where a minimum balance is kept to avoid paying a monthly service charge.

**DEPOSITS:** The money you put INTO the bank.

**WITHDRAWALS:** The money you take OUT of the bank.

**RETURNED CHECK:** Returned to the business or person you wrote the check to because of NSF (Non Sufficient Funds).

**MONTHLY FEES / SERVICE CHARGE:** Money the bank charges you (monthly or quarterly) for their services.

## CREDIT

Buying things on credit can be very dangerous. We are all tempted to buy nice clothes for ourselves and our children, or nice furniture for our homes, but using credit cards or buying something on a payment plan will end up costing you more money - and getting you into serious debt. Credit card companies and stores with monthly payments also charge **interest** and **finance charges** on your purchases. For example, if you buy \$500 worth of furniture and the store charges you 20% interest, you will end up paying and **EXTRA** \$100 in interest. If something is really important to you, **save up for it**. Many people get a little out of control buying things on credit. Credit cards can lead to debts and unpaid bills.

Most communities have a consumer credit counseling office that will help you if you find your debts overwhelming. They will work with you and your creditors and combine your bills and give you one payment that is acceptable to your creditors and manageable for you. Check your phone book for their address and phone number.



## SHOPPING

We all see things we want to buy when we go shopping. However, it is important to fight the temptation to buy things we do not really need.

List the things you need before you go shopping. If you see something you want that is not on the list, **DON'T BUY IT**. Go home and think it over. Do I really need it? Can I afford it? Would the money be better spent somewhere else?

To save money when shopping, use coupons (look for stores that have double coupons), shop at discount stores, and buy store brands or generic brands. This can often save several dollars per shopping trip. Also, be aware that different grocery stores can have big differences in prices. Larger supermarkets tend to be cheaper.

When you go shopping, start in the produce section. Buying fresh fruits and vegetables instead of snack foods will save you money and keep you and your family healthier.

### Women, Infants, & Children (WIC)

Josephine County Health Department  
474-5333

WIC is a federal program serving nutritionally high at risk women, infants and children under age five. Clients are provided nutritional evaluations, counseling, and assessments. Information and referral to other health care providers and social services is provided to assure the reduction of risk for acute and or chronic problems of clients and to provide dietary supplementation to improve nutritional status.

### Women's Crisis Support Team & Domestic Violence Shelter

560 NE 'F' St -Ste A-430

479-9349

Office Monday ~ Friday 8am ~ 5pm

24 - Hour information and referral:

474-1400 or 1-800-750-9278

Advocacy and supportive counseling for persons experiencing the effects of domestic and/or sexual violence. This includes: physical and emotional abuse, rape, sexual assault, and other related issues, i.e., parenting, abused adults, abused children.

**Vital Records Program**

1-503-731-4095

Public Health Department provides vital records, which include birth and death registration and issuance of birth, and death certified copies per **Oregon Regulatory Statutes**.

**Vocational Rehabilitation Division**

State of Oregon

725 NE 7<sup>th</sup> Street Suite C, Grants Pass OR 97526

474-3130 - Monday ~ Friday 8am ~ 5pm

To assist the physically or emotionally handicapped or disabled person in finding and maintaining employment.

When going grocery shopping, try to eat something before you leave home. It will help you avoid buying unplanned things due to hunger. Also, either arrange for childcare or be prepared to be strong in telling you children "no" to their demands. We all want to buy for our children, but they often want anything and everything that they see.

**OVERVIEW**

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There are several things you can do to manage money well. First, sit and figure out what money is coming in and how you're spending it. Determine a budget - so much for rent, so much for food, so much for utilities, and so on. Try to save something every week, even if it is just one dollar. After you have a budget, consider opening a bank account. Having a bank account will keep your money safer and you will have a record of the money you spend. It will also be harder to get to your money to spend it quickly. Finally, to make every dollar stretch farther, use coupons and discount stores when shopping.

**RESOURCES**

Local Bank: \_\_\_\_\_ Phone: \_\_\_\_\_

Customer Service: \_\_\_\_\_

Local DHS Office: \_\_\_\_\_

Welfare Worker: \_\_\_\_\_

Case Number: \_\_\_\_\_

Phone: \_\_\_\_\_

## **HELP FOR FAMILIES**

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If you do not have a job, or if your job does not pay enough for you to pay your family's expenses, then you may be eligible for one or more **public assistance programs**. There are several different public assistance programs for families. **Please note that these programs have complicated rules and regulations that change all the time, and that public assistance programs vary from state to state.** Call your local Department of Human Services Office (formally AFS) located in the government pages of the phone book under State.

## **TEMPORARY AID TO NEEDY FAMILIES (TANF)**

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See your local **Department of Human Service's Office, DHS** (Formerly AFS)

## **WOMEN, INFANTS, AND CHILDREN (WIC)**

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**WIC** is a program that pays for extra nutrition for pregnant women, new mothers, infants and young children. The program gives coupons for food, nutrition counseling, and referrals to health care. The **Josephine County WIC** office is located in the Health Department. Phone **474-5333**.

**Eligibility:** Women are eligible when they find out that they are pregnant, and for up to 1 (one) year after giving birth if they are breast-feeding. Children are eligible until they are 5 years old. Non-U.S. citizens are eligible as well. There are income requirements for this program. Check with the local WIC office for these requirements.

## **FOOD STAMPS**

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See your local **DHS** office.

### **Southern Oregon Headstart**

223 SE M Street, Grants Pass OR 97526  
471-3450

553 E River St-Cave Junction, OR 97523  
592-3259

8298 Rogue River Hwy-Rogue River, OR 97537  
582-1560

Head Start provides quality early childhood education, parent involvement and training, special education, health care, nutrition and parent advocacy in partnership with the community.

### **St. Vincent De Paul Society**

132 SE' H 'Street, Grants Pass OR 97526  
Mailing: P.O. Box 1672  
479-0926

An all-volunteer Christian effort to help anyone in need regardless of color, creed, race, origin, or opinion. Those helped are the hungry, the unemployed seeking work, the elderly, disabled, discouraged, homeless, and families in need, etc. Call for information.

### **Sunny Valley/Wolf Creek Family Coalition**

147 Main Street, Wolf Creek OR 97497  
541-866-2499

Monday ~ Friday 8am ~ 5pm

To help residents in Northern Josephine County (Wolf Creek & Sunny Valley) with linkage to information and services provided in Josephine County.

### **The Salvation Army**

611 SE 6<sup>th</sup> St.-Grants Pass

Mailing Address: P.O. Box 1065, Grants Pass OR 97528  
476-3472

2543 Redwood Ave-Grants Pass  
955-1017

Mon, Tues, Thur, Fri-9am-12pm & 1pm-3pm

Help to people in need. Stop by or call.

### **Senior and Disability Services**

(RVCOG)

Rogue Valley Council of Governments  
2166 NW Vine Street Suite J, Grants Pass OR 97526

Mailing: P.O. Box 1131 Phone: 474-3110

Serves elderly and disabled populations in Josephine and Jackson Counties. Maintains elderly in least restrictive environment possible, while preserving maximum independence and dignity.

### **Child Welfare**

State of Oregon

Department of Human Resources  
725 NE 6<sup>th</sup> Street, Grants Pass OR 97526  
474-3120

Child Welfare provides protective services to children and their families and also arranges for other agencies to provide services, both through referral and purchase-of-care. This is a state social service agency designed to provide protection, care and remedial services for children.

### **Siskiyou Community Health Center**

125 NE Manzanita Ave, Grants Pass OR 97526  
471-3455 Monday ~ Friday 8am ~ 5pm  
25647 Redwood Hwy, Cave Junction OR 97523  
541-592-4111  
Siskiyou Dental Health Clinic  
1035 6<sup>th</sup> St., Ste B-Grants Pass  
479-6393

Medical Clinic is a community-based partnership providing quality primary medical services to low-income individuals and families in Josephine County lacking access to medical care.

### **Social Security office**

1-800-772-1213

Assists those eligible for Social Security.

## **OREGON HEALTH PLAN**

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Low cost or no cost health insurance; requires that must be a citizen, legal resident or "**eligible alien**" per DHS policy. Your eligibility is based on total gross income of the head of household. Call **1-800-359-9517** for an application.

## **PROBLEMS AND SOLUTIONS**

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If a case worker or Social Security worker fails to tell you about a program that you may be eligible for, or if you feel that you have been discriminated against or treated unfairly by the welfare office, there is a way to have your complaints heard. The best thing to do is to speak to your worker first, then speak to his or her supervisor. However, if you are not satisfied with the way they handle your complaint, you have the right to file a "fair hearing" or "reconsideration" request. Get advice on what to do from an attorney, or find out if there is a welfare advocacy group in your area, such as Legal Aid. One of the most important things to remember is to keep good records - keep copies of any receipts and all letters you write or receive.

## **MEDICAL CARE**

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Every state has a program that pays for medical care for people who receive public assistance or who have a low income. Talk to your DHS caseworker about this program.

## **MEALS FOR CHILDREN**

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The federal government provides some schools, child-care providers, and summer programs free or reduced-price breakfast and lunches for children.

**Eligibility:** Low-income. Parents pick up application at school.

## HEALTH CARE

REGULAR HEALTH CARE

IMMUNIZATIONS

NUTRITION

EXERCISE

SLEEP

FUN AND RELAXATION

OVERVIEW

RESOURCES

### Planned Parenthood

Health Services of Southwestern Oregon

160 Franklin, Grants Pass OR 97526

Clinic 474-2784

Education 476-9066

Mon ~ Friday 9:00am ~ 5:00PM

Provides family planning and women's health care services.

### Pregnancy Care Center

(Formally Living Alternatives)

100 SE 'I' Street, Grants Pass OR 97526

479-6264

Living Alternatives provides a pregnancy-counseling center for women of all ages who are experiencing or who have had a crisis pregnancy.

### Public Transportation

Josephine County Community Transit

Public Bus, Senior Bus, Senior Escort & Dial-A-Ride

**474-5452**

Rogue Valley Transit (Local and to Medford)

479-3217

Greyhound Bus

460 NE Agnes Ave-Grants Pass, OR 97526

476-4513

### Retired & Senior Volunteer Program (RSVP)

133 NW 'D' St , Grants Pass OR 97526

956-4476

Monday ~ Friday 8am ~ 5pm

Matching volunteers with community needs.

### Options of Southern Oregon

1215 SW 'G' St ~ Grant Pass OR 97527

Crisis Line ~ 474-5360

Phone~476-2373

Josephine County Mental Health Program encompasses the areas of mental and emotional difficulties as well as Developmental disabilities.

### Literacy Council for Josephine County

223 SE M Street, Grants Pass OR 97526

474-0469

The Council teaches reading, writing, and comprehension and math skills necessary to function effectively in society and to those who have missed out in school.

### Narcotics Anonymous

24-hour hotline: 955-3823

A self-help support group for people with drug addictions. Similar to Alcoholics Anonymous, with a twelve step approach.

### Oregon Health Plan

State of Oregon

1-800-359-9517

To provide medical assistance to low-income families and provide the opportunity to become self-sufficient. Pick up applications at **Department of Human Services - see page 17.**

### Oregon Law Center

424 NW 6<sup>th</sup> St, Grants Pass OR 97526

476-1058

Monday ~ Thursday 1pm ~ 4pm

Serving low-income people of Josephine County with free legal aid.

## REGULAR HEALTH CARE

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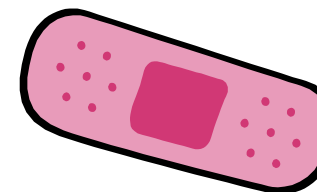
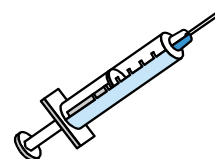
A large part of taking care of your health and your children's health is getting regular medical care. Regular checkups are extremely important. You and your family members should have:

- A **physical examination every year**. Some school districts **require** children to have a checkup before entering school.
- Women should have a gynecological exam every year, especially if they are sexually active. If a woman thinks she is pregnant, she should see a doctor immediately and continue to see a doctor regularly throughout the pregnancy.
- Everyone in the family should see a dentist every six months.

## IMMUNIZATIONS

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Children are **required** to have immunizations before entering school and there are some recommendations for adults. Check at your local doctor's office or public health clinic. Also ask them for an Immunization Record.

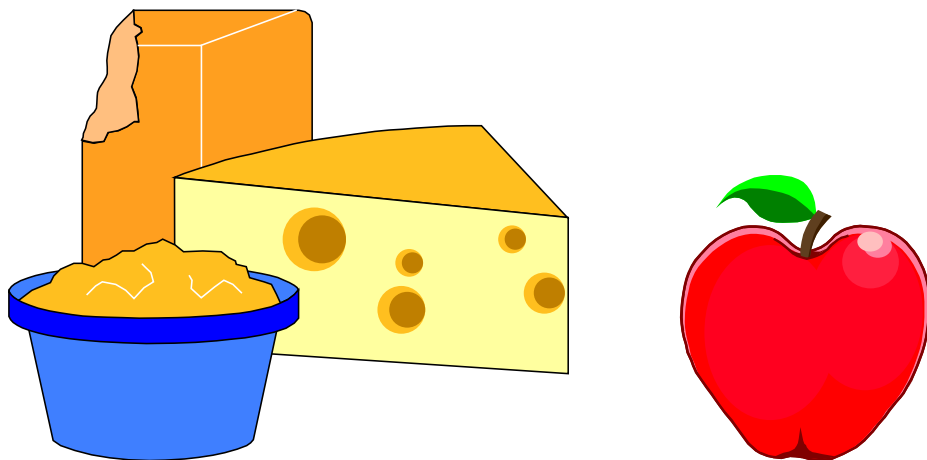


## NUTRITION

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When it comes to feeling good and staying healthy, nutrition is essential. You need to eat right to feel right. Your body functions best when you eat healthy, nutritious meals snacks. When shopping for and preparing meals, try to choose foods and snacks from all food groups.

Nutritious meals can be easy and inexpensive to make and they give you more energy. Snacks of fruits or vegetables, such as apples or celery topped with peanut butter, are very healthy and much cheaper than snack foods such as chips and cookies. A breakfast of hot or dry cereal, toast and juice or a piece of fruit provides enough energy to get through the morning. Foods such as eggs, fatty meats (bacon or sausage) fried foods and other foods high in salt, fat, and cholesterol should be eaten only occasionally.



**Remember to eat at least 5 servings of fruit and vegetables each day!**

### **Josephine County Employment Department**

State of Oregon ~ 474-3161 Job Referral  
1600 N Riverside Ave, Medford OR 97504

Job placement and unemployment insurance benefits and labor market information.

Job Placement Information: 474-3161

Unemployment Insurance Information: 479-0105

Veteran's Assistance: 776-6288

**Weekly Claims- 1-800-982-8920**

### **Josephine County Extension Office**

215 Ringuette Street, Grants Pass OR 97527  
476-6613

Nutrition, food safety, and gardening programs.

### **Josephine County Health Department**

715 NW Dimmick , Grants Pass OR 97526  
474-5325

Illinois Valley Office

102 S Redwood Highway, Cave Junction OR 97523  
541-592-2126 8am ~ 4pm

Josephine County Public Health Department will provide quality public Health services, consistent with laws, available resources and community support through prevention of disease, health education, promotion and protection of the community and the environment.

## United Community Action Programs

Josephine County  
124 'D' Street, Grants Pass OR 97526  
956-4050 or 956-4065  
"Helping People. Changing Lives."

### **PROGRAMS:**

**For more information on any of these programs, call 479-4050**

#### **Assistance Programs:**

Rent, Mortgage assistance and utility, heating assistance for low-income residents of Josephine County. Help with budgeting and referral to appropriate services.

Food Bank ~ For information call 479-5556.

Information and Referral ~479-4050-To assist people with obtaining information related to support services available in Josephine County. **Telephone and walk-in hours are Monday - Thursday 9 - 4. Closed 12 - 1 for lunch and all day on Friday.**

Volunteer Opportunities ~ Please contact us to volunteer for any of these programs.

Outreach ~ Our Outreach Coordinator assess homebound seniors for needed services, makes referrals to other community agencies and assists seniors and their families with problem situations.

#### **Transportation:**

**For more information on any of these programs, call 474-5452.**

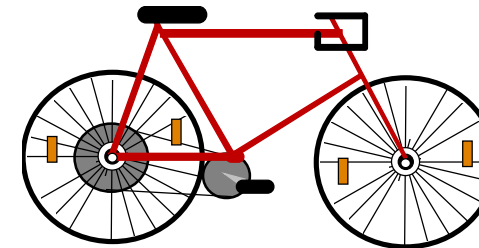
Josephine County Community Transit

Public Bus, Senior Bus, Senior Escort & Dial-A-Ride

## **EXERCISE**

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Exercise is an important part of a healthy lifestyle. Being in good physical condition also helps your mental and emotional health. Many health experts say that walking 20 to 30 minutes a day, 3 or 4 times a week, is great for your health. Other exercises such as swimming, jogging, and bicycling are good ways to benefit your heart, lungs, muscles, and weight. In some communities, recreation centers and public pools offer these activities.



## **SLEEP**

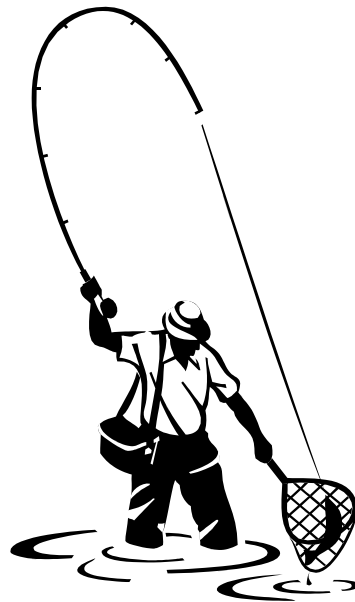
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Doctors recommend that adults get 7 - 8 hours of sleep every night. A good night's sleep will give you more energy and endurance and you will feel calmer and more confident the next day.

Small children usually need to take naps in the afternoon. Their naps are just as important to you as they are to them! They will be much happier and less irritated while they are awake.

## FUN AND RELAXATION

Fun and relaxation are also important parts of maintaining a healthy body and a healthy mind. There are ways to do this without spending any money. Parks have walking and hiking trails, picnic areas, playgrounds, gardens and some sports facilities. Libraries are quiet, have comfortable places to read and relax, and are available free to the public. Museums are usually free and offer a chance to learn about different places and different time periods. These are great places to go with or without children. If you want to do something without the children, consider working something out with friends or neighbors. Each parent takes turns watching everyone's children, so each parent gets some time alone.



### **Food and Friends:**

Josephine County Senior Meals provide home delivered meals when an individual is assessed and determined to be in need by an Outreach Coordinator or referred by a physician or case worker. Hot, frozen, and diet meals are available.

### **Congregate Dining:**

People 60 and over are invited to enjoy a delicious, well-balanced meal in a friendly atmosphere at dining centers throughout Josephine County. The centers open at 10:00 am. Lunch is served from 11:30am to 12:30pm. **\$2.75 donation is requested.**

Ringuette Dining Center ~ Grants Pass.

Monday ~ Friday 215 Ringuette St-Grants Pass

Merlin Dining Center ~ Merlin Community Center

Tuesday & Thursday. 100 Acorn Street, Merlin

Cave Junction Dining Center ~ County Building

Monday ~ Friday. 102 S. Redwood Highway, Cave Junction

Wolf Creek Dining Center ~ Wolf Creek Community Building

Tuesday & Thursday

Wilderville Dining Center ~ Wilderville United Methodist Church

Wednesday

**Humane Society**

Rogue Valley  
429 NW Scenic Drive-Grants Pass  
Mailing Address: P.O. Box 951, Grants Pass OR 97528  
479-5154 Office

An all-volunteer organization whose main concern is to save animals lives, and help have them spayed or neutered.

**Illinois Valley Family Coalition**

Resource Center  
535 E. River Street, Cave Junction OR 97523  
541-592-6139

Tuesday, Wednesday & Thursday, 9am ~ 4pm

A community working together to improve outcomes for children, youth, families and individuals as broadly measured in the areas of physical and emotional health, social and cognitive development, safety and stability and employment.

**Illinois Valley Safe House Alliance**

535 East River Street, Cave Junction OR 97532  
541-592-5332 Fax: 541-592-6744

Monday ~ Friday 9AM - 5PM

IV Safe House Alliance offers safe shelter to victims, provides Transitional housing and support with housing stabilization needs.

**Job Council**

1545 Harbeck Road, Grants Pass OR 97527  
476-1187 ~ Monday ~ Friday, 8am ~ 5pm

The Job Council offers a variety of assessment, counseling and training services designed to assist economically disadvantaged youth and adults with career research and placement.

**OVERVIEW**

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Keeping yourself and your children healthy includes regular medical and dental checkups. Remember to eat and sleep well, exercise, and give yourself time to have fun and relax!

**RESOURCES**

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Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Gynecologist: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_

Community Clinic: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Planning Clinic: \_\_\_\_\_ Phone: \_\_\_\_\_

Public Health Department: \_\_\_\_\_ Phone: \_\_\_\_\_

Local Hospital: \_\_\_\_\_ Phone: \_\_\_\_\_

Local Hospital: \_\_\_\_\_ Phone: \_\_\_\_\_

Community Center: \_\_\_\_\_ Phone: \_\_\_\_\_

Recreation Center: \_\_\_\_\_ Phone: \_\_\_\_\_

Local YMCA: \_\_\_\_\_ Phone: \_\_\_\_\_

## **TOLL FREE NUMBERS**

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This is a partial list of TOLL FREE numbers available. For further information call the HELPLINE referral services at **541-479-4357**.

AIDS Hot Line, National: 1-800-232-4636 (Center for Disease Control)

AIDS Hot Line, Portland: 1-800-777-2437

AIDS, Spanish: 1-800-344-7432

AIDS Support and Prevention (A.S.A.P.): 1-800-501-2727

Alcohol and Drug Helpline: 1-800-729-6686

American Council for the Blind: 1-800-424-8666

Cancer Information Service: 1-800-422-6237

Child Abuse Hotline, National: 1-800-422-4453 (24 hr.)

Energy Assistance Program, Low income: 1-800-826-1265

Gamblers, Compulsive: 1-800-233-8479 (Treatment Programs)

Gambler's Anonymous: 1-877-891-5112

Grief Recovery Helpline: 1-866-391-3414

Hospital Free Care Information: 1-800-638-0742 (machine)

Information of Toll-Free Numbers: 1-800-555-1212

Lawyer Referral: 1-800-452-7636

National Runaway Hotline: 1-800-786-2929

Poison Control Center: 1-800-222-1222 (24 hr a day)

Oregon Health Plan: 1-800-359-9517

Social Security Administration Office: 1-800-772-1213

### **Gamblers Anonymous**

707 NW A Street, Grants Pass OR 97526  
476-9550

Help for people with gambling problems.

### **Gospel Rescue Mission**

244 NE E Street, Grants Pass OR 97526  
476-0082

Open 7 days a week

Provides food and shelter to those in need.

### **Helpline Referral Services**

479-HELP (479-4357)

24 Hour Crisis Line 1-800-640-0154

To provide 24-hour telephone information and referral services and crisis intervention counseling by trained volunteers.

### **Housing and Community Development Council**

(Formerly HUD) Josephine County  
479-5529

1215 SW "G" Street, Grants Pass OR 97526

Rental assistance programs for very low-income individuals and families to help them meet their monthly rent obligations. Call for more information, sometimes there is a very long waiting list.

**Food Stamp Offices - Department of Human Services (DHS)**

**Grants Pass**

Department of Human Services (DHS) (formally AFS)  
725 NE 6<sup>th</sup> Street, Grants Pass Or 97526  
474-3101 ~ Monday ~ Friday, 7:30 AM - 5:30 PM

**Illinois Valley**

228 N. Redwood Hwy., Cave Junction OR 97523  
541-592-4149 ~ Monday - Friday 7:30 AM-5:30

**Wolf Creek**

147 Main Street, Wolf Creek OR 97497  
541-8662620 ~ Wednesday 9 AM - 3 PM

Department of Human Services mission is to:

- Help Oregonians become and remain self-supporting.  
Their goal is to:
- Help people find and keep jobs, and advance to better employment.
- To provide accurate, timely benefits that support Oregonians as they work toward family stability and access services for all family members.
- To identify issues affecting family stability and access services for all family members.
- To assist families in obtaining child support payments and other financial resources available to them.

**You may be able to get Food Stamps if:**

- You work and earn low wages
- You work part time
- You are on welfare or other programs
- You do not work
- You are elderly or disabled and have a small income
- You don't make enough money to feed your family

**Don't disqualify yourself!**

Come in or call your local DHS office to see you are eligible!

**OTHER COMMUNITY RESOURCES**

A DIRECTORY OF SOCIAL SERVICES

SHOPPING

RECREATION

CRISIS INTERVENTION

OTHER NEIGHBORHOOD SERVICES

**COMMUNITY RESOURCES**

Some people feel more at home in their community if they become involved in the community. Programs such as community improvement associations, parents associations at local schools, play groups for children, community centers, Neighborhood Watch groups, and other groups that involve people from the same town help make friends as well as safer neighborhoods. Find out what's available in you neighborhood and write the phone numbers here.

Social Services: \_\_\_\_\_

\_\_\_\_\_

Community Improvement Association: \_\_\_\_\_

\_\_\_\_\_

Community Services: \_\_\_\_\_

\_\_\_\_\_

Volunteer Opportunities: \_\_\_\_\_

\_\_\_\_\_

Public Library: \_\_\_\_\_

Hours: \_\_\_\_\_

Parks and Recreation Centers: \_\_\_\_\_

Recycling Center: \_\_\_\_\_

Post Office: \_\_\_\_\_

Community Clinics: \_\_\_\_\_

Hours: \_\_\_\_\_

Farmer's Market: \_\_\_\_\_

Shopping (grocery stores, drug stores, discount clothes, furniture and other household items): \_\_\_\_\_

**Faith House**

220 NW A Street, Grants Pass OR 97526  
476-6035

A Christian based home for women and children in transition. Offers support and spiritual guidance for women working on issues pertaining to their individual needs.

**Family Friends**

322 NW F Street, Grants Pass OR 97526  
476-4248

Therapy for children and families, by appointment. Rather than focus on problems, we build on strengths and enhance problem-solving abilities.

**Family Resource Center**

Coalition for Kids  
223 SE M Street, Grants Pass OR 97526  
479-1929

To provide access to comprehensive "family friendly" services to all children and families in Josephine County. Childcare and other services are available.



**Emergency Food Box Sites**  
**Josephine County Food Bank**

**Grants Pass Dorcas**

Seventh Day Adventist Church  
1360 NE 9<sup>th</sup> St.  
Open each Tuesday 9 AM - 1:45 PM

**Fish**

Newman Methodist Church  
Corner 7<sup>th</sup> & "B" St.  
Open each Monday, Wednesday & Friday  
3 PM - 4 PM

**Salvation Army**

2543 Redwood Ave - Grants Pass  
Open each Mon, Thurs, & Fri  
9 AM - Noon & 1 PM - 3 PM  
Tues. 9 AM - 12 noon & 12:30 PM - 2 PM

**Cave Junction Dorcas**

Seventh Day Adventist Church  
265 Old Stage Rd. - Cave Junction  
Open each Tuesday 1 PM - 3 PM

**Wolf Creek Food Pantry**

169 Main Street, Wolf Creek  
Open Wed. 9AM to Noon

**First Christian Church**

The ROC (Reaching Our Community)  
568 Foundry St-Grants Pass  
Open Tues & Thur-3 PM to 6 PM

**Williams Community Church**

228 E. Fork Rd. Williams  
Open each Tuesday 10 Am - 12 Noon

**North Valley Dorcas (Merlin)**

Seventh Day Adventist Church  
101 Acorn St. - Merlin  
Monday 1:30 PM - 5:30 PM

**Illinois Valley Open Door - Selma**

18250 Redwood Hwy. - Selma  
Open Mon, Wed, Thur and Fri  
9 AM - 4 PM

**Life Lines Ministries**

481 S Junction Ave-Cave Junction  
Open Wed 5PM-6:30PM. Thur 4-6PM  
And Sat. 10 am-Noon

**Please Note:** If you need food when these pantries are not open, you may access a "lunch bag" with enough food for one meal at the **Josephine County Sheriff's Office** located in the Justice building on "B" Street (just behind 5<sup>th</sup> St.) Identification is required, but there are no other requirements to obtain this sack lunch. Accessible 9m-11pm , 7 days per week.

**St. Vincent De Paul** invites you to join them for a hot lunch each Monday, Tuesday, Thursday & Friday from 12 noon until 1 PM. They are located at 757 SE 6<sup>th</sup> St.

You can eat at the **Rescue Mission** at the corner of 8<sup>th</sup> & "E" St. Their phone # is 479-8869

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**CRISIS INTERVENTION**

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**Police, Ambulance, and Fire  
EMERGENCIES**

**9-1-1**

Poison Control Center: 1-800-222-1222

Suicide Prevention: 1-888-784-2433

Rape Hotline: 1-800-656-4673

Domestic Violence: 1-800-799-7233

Child Abuse: 1-800-CHILDREN

Drug Prevention Programs: 1-800-405-7792

Legal Aid: 1-800-556-1058

Oregon Law Center: 541-476-1058

## YOUR FAMILY

FAMILY ISSUES

CHILD DEVELOPMENT

THE PARENT - CHILD RELATIONSHIP

ENCOURAGEMENT AND PRAISE

CHILD BEHAVIOR AND MISBEHAVIOR

THE PARENT'S RESPONSIBILITY

CHILD CARE AND YOUTH PROGRAMS

OVERVIEW

RESOURCES

## FAMILY ISSUES

In this section, we discuss issues that affect our families and what we can do to create a warm, loving and healthy home. We all want a place where we can relax and

be ourselves. For that to happen, our family needs to feel comfortable, too. *This is not always easy!!* But it is not impossible. In the following pages you will learn some basic information that will help you create a safe and comfortable place for your family and for yourself.

Our families can be our greatest strength or our greatest challenge. The relationship between family members can be very complex. They can deeply affect our behavior and the way we form new relationships, now and in the future.

## Food Boxes

Josephine County Food Bank

479-5556

"Because no one should be hungry"

Josephine County Food Bank is a Regional Food Bank serving all of Josephine County. Our mission is to alleviate hunger in our county by soliciting, collecting, and distributing food through a network of service agencies including food box programs, congregate meal sites, and residential treatment services. The people we serve are: elderly, children, the working poor, disabled persons, and families temporarily without income.

The number of people needing help with emergency food in our county is staggering. Each year the Food Bank's 25 member agencies help nearly 15,000 families!

## Who needs this kind of help?

People who receive emergency food are often facing a time of crisis or uncertainty, and lack of financial resources to pay bills and purchase food. Our program means they can at least obtain emergency food supplies for their families.

The Food Bank is one of twenty Regional Coordinating Agencies in Oregon. We distribute nearly 1 million pounds of donated food and supplies annually. Our goal in Josephine County is to make sure no one is hungry!

If you need an emergency food box, go to the closest food box pantry to where you live.

### **Child Care Council**

(Jackson, Josephine and Klamath Lake Counties)  
204 W 9<sup>th</sup> Street, Medford OR 97501  
1-800-367-8732 or (541) 779-7857

To provide information on how to become a registered child care provider.

### **Choices Counseling Center**

109 NE Manzanita Ave, Grants Pass OR 97526  
Fourth Floor  
479-8847

Outpatient alcohol and chemical dependency treatment and education.

### **Christian Service Network**

1360 NE 9<sup>th</sup> Street, Grants Pass OR 97526  
479-5045

Help as needed honoring the dignity of those seeking assistance and offering a referral to a church of (the clients) choice.

### **Community Mediation**

500 NW "6th" Street, Grants Pass OR 97526  
474-5415

To provide an impartial, professionally guided, private and confidential forum where disputing parties may speak openly, listen to other's positions, their hopes, fears, concerns,

and create an agreement which each commits to support.

### **Diabetic Health Association**

P.O. Box 741, Grants Pass OR 97526  
479-3543

This is a private, non-profit organization serving all Josephine County residents afflicted with the disease of diabetes. This aid can be in the form of education, referral or person outreach.

We learn how to be parents from our own experiences growing up. Chances are that no matter how much our parents loved us, they made mistakes. Unless we seriously think about our childhood, we are likely to repeat those mistakes. Children learn from what is around them. While they are young, the home is their environment and their parents are their teachers. Children are naturally curious. It takes time for children to learn what is acceptable and what is not acceptable, what is dangerous and what is safe. Parents need to have patience and understanding during this time.

## **CHILD DEVELOPMENT**

Children begin exploring their surroundings from the day they are born. Because they cannot read or understand adult language, the only way they can learn is to use their senses (sight, sound, smell, feel and taste) to help them. They have very poor judgment in thinking before they do something. Infants turn their heads to hear or see better. As they get older, they begin touching and grabbing, using their voices to say they are happy, tired, or uncomfortable, and putting things in their mouths. They have no way of knowing that grabbing a dog's ears could make the dog mad enough to bite them, or that putting a pair of scissors in the electrical outlet could electrocute them. Once children start walking they begin exploring everywhere possible. This process of exploration continues into adulthood.

\*NOTE: Most of the information here has been taken from *A Child's Odyssey: Child and Adolescent Development* by Paul S. Kaplan.

## **THE PARENT-CHILD RELATIONSHIP**

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Being a good parent is the most difficult job in the world. All parents get frustrated and confused sometimes. Parenting can be made easier if we know what to expect from our children.

## **ENCOURAGEMENT AND PRAISE**

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There are different ways of supporting children in the process of learning about the world. A natural reaction to your children's success should be to praise them or compliment them on doing something well. However, children eventually learn that they must do something well before they will be praised. They begin to limit themselves to doing things they know they can do well. They will not try new things because if they fail, they will not be praised. Encouragement gives children credit for trying new things and for doing things well.

## **CHILD BEHAVIOR AND MISBEHAVIOR**

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*Everyone, including children,  
needs to be heard, understood,  
and feel respected.*

It is up to you to provide the good judgment to ensure your child is safe. Good parenting involves balancing the need to protect your child from danger and helping your child develop into a contented, independent, and productive person.

Children need limits, but on the other hand, they need the freedom to explore the world around them.

As children begin learning physical skills such as walking, they also begin to learn a little about people. For example, at 6 - 9 months, children begin to figure out how to get a reaction from somebody. They begin to understand that if they cry, someone will hug them, feed them, change their diapers and pay attention to them.

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### **Adapt**

418 NW 6<sup>th</sup> Street, Grants Pass OR 97526  
474-1033

Prevention and treatment of substance abuse, alcohol or chemical dependency.

### **AIDS Support & Prevention A.S.A.P.**

132 NE B Street Suite 23, Grants Pass OR 97526  
471-7890 or 1-800-501-2727

Supporting people living with or affected by HIV / AIDS

### **Alcoholics Anonymous - AA**

432 NW 6<sup>th</sup> Street Room 206, Grants Pass OR 97526  
474-0782 (24 hour)  
Illinois Valley AA

(541) 592-2553 (24 hour answering service)

A program for people who seek freedom from alcohol.

### **Animal Protection and Regulation**

Josephine County  
1420 Brookside Blvd, Grants Pass OR 97526  
474-5458

A division of the Department of Health

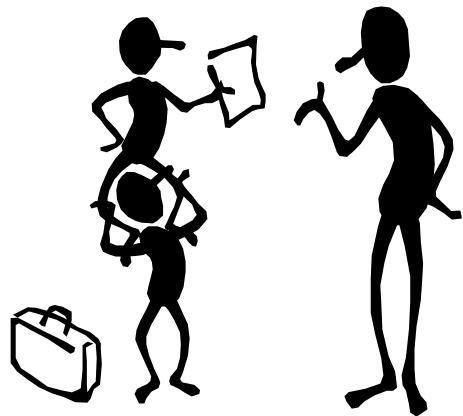
**Boys and Girls Clubs of The Rogue Valley**

203 SE 9<sup>th</sup> Street, Grants Pass OR 97526  
479-1923

To provide constructive use of free time through organized supervised activities and programs. Activities promote good citizenship, self-confidence and respect for others. Activities are a combination of organized programs and drop-in activities under adult supervision. Please call for hours and locations.

**List of Services**

- Public Transportation-Laidlaw Transit Inc-125 Ringuette-G.P.--955-7115
- Retired & Senior Volunteer Program (RSVP)133 NW 'D' St-----956-4476
- Senior and Disability Services-2166 NW Vine St-G.P.-----474-3110
- Services to Children and Families-726 NE 7<sup>th</sup>-G.P.-----474-3120
- Siskiyou Community Health Center-125 NE Manzanita-G.P.-----471-3455
- Social Security Office-----1-800-722-1213
- Southern Oregon Headstart-1832 Dowell Raod, G.P.-----479-9341
- St. Vincent De Paul-132 Se 'H' Street-Grants Pass-----479-0926
- Sunny Valley/Wolf Creek Family Coalition-100 Railroad Ave----866-2795



- The Salvation Army-2543 Redwood Ave-Grants Pass-----955-1017
- Asante Urgent Care - Occupational Health -----956-6250
- Umpqua Community Action Network-308 SE 'H' St-956-4050 or956-4065
- Vital Records Program-----474-5325
- Vocational Rehabilitation-725 NE 7<sup>th</sup> St-Grants Pass-----474-3130
- Women, Infant, & Children (WIC)-560 NE 'F' St-Grants Pass—474-5333
- Women's Crisis Support Team-560 Ne 'F' St.-Ste A-430-----479-9349

We all want to be respected for who we are. Children especially need attention and they will try hard to get it. Children misbehave when they feel bad about themselves. They act up to get attention when they feel they do not belong. They misbehave to feel powerful. They disobey to get revenge when they feel hurt. They also misbehave when they feel inadequate or believe they will never accomplish anything good. Children will also act out behavior they see from their parents.

No matter how much he or she may anger you, **DON'T HIT YOUR CHILD!** Hitting doesn't work, for several reasons:

- ❖ In most cases, your child is smaller than you. It is **NOT** fair.
- ❖ It makes children think that violence is an answer to our problems.
- ❖ It will not make your child respect you. Instead, your children may resent you for hitting them.

What happens when your children grow up and perhaps don't like your behavior?

Spanking is a form of **punishment**. When you punish a child, you are using anger. A more effective way of teaching children correct behavior is by using **firm discipline**. Discipline uses love to help children behave better. For example, if you sit down with a child who has misbehaved and explain to him/her why what he/she did was wrong and why you are upset, the child will eventually learn the correct way to act. For younger children, saying "**NO**" firmly and removing them from what they

are doing wrong should work. If you punish a child by yelling, calling the child "bad", and/or spanking him/her, you are punishing the child, not the action. The child does not learn why his/her behavior was bad. Instead, the child begins to believe he/she is bad, and will behave badly.

What about the inappropriate things children do? Parents need to: Understand that your child's behavior may be part of his or her learning. For example, children will go through phases where they want to exercise control over **EVERYTHING**. They will say "no" all the time. Allow your child to express himself or herself. Don't try to control your child. No one likes to be controlled. Listen to your child. If your child isn't listening or is misbehaving, try the following:

**A TIME OUT.** Place your child in a corner or in another room. Make sure it is someplace very boring. Tell him/her why you are putting him/her there and how long he/she must stay there. Example: "I told you that if you hit your little brother again, that you would get a time out." How long you keep your child there depends on the age of the child. Remember, for young children, 5 minutes can seem like forever!!

**IGNORE TANTRUMS:** Children throw tantrums to get attention. If you let children know that throwing a tantrum will **NOT** work, they will eventually stop. Ask your child to tell you what is wrong by talking to you.

**SAY WHAT YOU MEAN AND FOLLOW THROUGH!** Be very clear about what will happen if your child continues to misbehave. And if you say your child will get a time out for doing something that he/she shouldn't do, make sure that he/she does get a time out. If you use empty threats, chances are your kids won't listen to you. **BE CONSISTENT!** Don't make promises you can't or won't keep.

Other things to remember:

If you get really angry, put your child in a safe place and leave the room. **Do NOT hit in anger. Do not call your child names.**



## List of Services

- Helpline Referral Services-1215 SW 'G' St-Grants Pass-----479-5357
- Housing & Community Development Council (HUD)-----479-5529
- Humane Society429 NW Scenic Dr-Grants Pass-----479-5154
- Illinois Valley Family Coalition-535 E Ruver St.-Cave Junction----592-6139
- Illinois Valley Safe House Alliance-----592-5332
- Job Council-Cave Junction-535 E River St-Suite 123-----592-6382
- Umpqua Community Action Programs-308 SE 'H' St-Grants Pass---956-4050
- Josephine County Employment Department-201 NE 8<sup>th</sup> St-----474-3161
- Josephine County Extension Office-215 Ringuette St-----476-6613
- Josephine County Health Department-714 NW 'A' St-----474-5325
- Options of Southern Oregon-1215 SW 'G' St-----476-2373
- Literacy Council for Josephine County-----1-800-322-8715
- Narcotics Anonymous-P.O. Box 521-Grants Pass-97528-----955-3823

National Runaway Hotline-----1-800-786-2929  
 Oregon Health Plan-----479-5988  
 Oregon Law Center-424 NW 6<sup>th</sup> St-----476-1058  
 Planned Parenthood-160 NW Franklin Blvd-Grants Pass-----474-2784  
 Pregnancy Care Center-100 SE 'J' St-----479-6264

Faith House-220 SW 'A' St. -----476-6035  
 Family Friends-322 NW 'F' Street-----955-8839  
 Family Resource Center-223 SE 'M' Street-----479-7086  
 Food Stamp Offices - Department of Human Services (DHS)-474-3101  
 Gambler's Anonymous-----1-877-891-5112  
 Gospel Rescue Mission-120 SE 'J' St-----476-0082

**List of Services**

Adapt-418 NW 6<sup>th</sup> St-Grants Pass, OR -----474-1033  
 AIDS Support & Prevention (A.S.A.P.)-----1-800-777-2437  
 Alcoholics Anonymous / AA-----1-800-258-7780  
 Animal Protection and Regulation-1420 Brookside Blvd-----474-5458  
 Boys and Girls Clubs of The Rogue Valley-----479-0602 or 479-5258  
 Child Care Council-----1-800-367-8732  
 Child Welfare-726 Ne 7<sup>th</sup> St-Grants Pass-----474-3120  
 Choices Counseling Center-109 E Manzanita-----479-8847  
 Christian Service Network-1390 NE 9<sup>th</sup>-----479-5045  
 Community Mediation-301 NW 'F' St-----474-5475  
 Diabetic Health Association-P O Box 74-Grants Pass-----479-3543  
 Emergency Food Pantries-1470 SE 'M' St-Ste 1C-----479-5556

Your child may do stupid things, but that does not mean your child is stupid. Focus on the action. What is important is what the child does. Notice the good things your children do and tell them you've noticed. **Children respond more to love than to anger.**

**THE PARENT'S RESPONSIBILITIES**

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Education  
 The law says that all children must attend school. It is your responsibility to make sure your children are enrolled in school, that they get there on a daily basis, and that they stay in school. Non-U.S. citizens can also enroll their children in school. In order to enroll children in school, the school office will need to see the children's birth certificates, proof of where the family lives, and the children's immunization record.

Children can ride the school bus for free. The school office will have information about how to do this.

There are also free or reduced-price breakfast and lunch programs at most schools. The school office will have applications for this program.

If a child is a slow learner or more than one year behind in school, the child may be able to get special help.

Most communities also have educational programs for adults. Community colleges, high schools, community centers, and vocational schools have programs in job readiness, job skills, reading and preparing for the G.E.D. Communities often have literacy programs as well.

## CHILD CARE AND YOUTH PROGRAMS

There are a number of different options for child-care. One of the following may be best for you. There are day care centers of varying sizes; baby-sitters who care for several children at the baby-sitter's home, and in some areas schools have after-school programs. Another idea is to take turns with parents in the neighborhood caring for each other's children so each parent gets a chance to go out or just do something alone.

In addition to after-school programs, many schools and communities have programs for young children and teenagers such as the Boys and Girls Clubs of America, and programs to show children positive role models in order to keep them in school and away from gangs and drugs. Social service agencies, community centers, school district offices, and phone books will have listings of these programs. Many communities also have programs for children and teenagers during summer vacation. Community centers and local Park and Recreation Departments will have information regarding these programs

## OVERVIEW

Knowing what to expect from children makes a parent's job much easier. Children are naturally curious and it takes time for them to learn what they should or should not do. This process can be frustrating or confusing for parents. Frustration can lead to child abuse and neglect. There are resources to help parents with these issues.

Parents also have certain responsibilities to their children. The law says that every child must attend school. The school registration office can also provide parents with information about free or reduced-price lunches and the free school bus system. There are also educational opportunities for parents.

## RESOURCES

Child-care provider: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Youth Programs: \_\_\_\_\_

Phone #: \_\_\_\_\_

Children's Schools: \_\_\_\_\_

Phone #: \_\_\_\_\_

Phone #: \_\_\_\_\_

School Bus - Pick-up time: \_\_\_\_\_

Drop-off time: \_\_\_\_\_

Child Abuse Hotline: \_\_\_\_\_  
\_\_\_\_\_

Domestic Abuse Hotline: \_\_\_\_\_  
\_\_\_\_\_

Emergency Numbers: \_\_\_\_\_  
\_\_\_\_\_

Poison Control: \_\_\_\_\_

**Police/Fire/Ambulance/Emergencies: DIAL 9-1-1**

## FAMILY RESOURCE GUIDE



**JOSEPHINE COUNTY FOOD BANK**

**1470 SE 'M' ST-STE 1C**

**GRANTS PASS, OR 97526**

**(541) 479-5556**

