



Josephine County Parent Resources Guide

Last Updated November 2010

**Your Medical Provider's
Contact information:**



General Referrals

Josephine County Helpline	479-4357
Coalition for Kids.....	479-1929
Illinois Valley Family Coalition.....	592-6139
Department of Human Services	474-3101

Emergency Referrals

General.....	911
Poison Control Center	1-800-222-1222
Helpline	479-4357
(for info on housing/food/substance abuse etc)	

Domestic Violence:

Women's Crisis Support Center Crisis Line	479-9349
Illinois Valley Safe House Alliance Advocacy Line.....	592-2515

Sexual Abuse:

Child Abuse Hotline	1-866-840-2741
Josephine County Sheriff	474-5123 Press 1
Illinois Valley Safe House Alliance Advocacy Line.....	592-2515

Health Care

Josephine County Public Health Dept.	474-5325
Three Rivers Hospital Family Birth Center.....	472-7220
Three Rivers Community Hospital.....	472-7000
Siskiyou Community Health Center (Grants Pass)	471-3455
Siskiyou Community Health Center (Cave Junction)	592-4111
WIC (Women, Infants & Children) program.....	474-5333
Options for Southern Oregon.....	476-2373
Planned Parenthood	474-2784

Got a Question?
Don't know
who to ask?

Call **479-1929**
for referral to
parenting
resources.

You can find this list and
other parent resources on
our website:

www.cfk-gp.org

Resources continued on the back →

Childbirth Preparation Classes/Breastfeeding Information

Women's Health Center	479-8363
Childbirth classes with Sharon Vidlak, Monday evenings.....	862-2534
Katherine Abdun-nur, RN, Lactation Consultant	472-7223
La Leche League	955-8838

Childcare

The Job Council's Child Care Resource Network	776-1234
Coalition for Kids Child Care	476-4996

Education & Support

Parent/Child Programs & Activities

Ready, Set, Go Healthy Start Program.....	471-3455 ext 1128
Early Childhood Services	956-2059
The Job Council (Teen parents)	476-1187
Asante Education Department	955-5419
Southern Oregon Head Start	472-4851
Oregon Parent Center (Wolf Creek).....	866-2765
Boys & Girls Clubs of the Rogue Valley	479-5258
YMCA (programs including Family Nights)	474-0001

Classes

Love and Logic Parenting Classes.....	474-0001
Family Friends Parenting Classes	476-4248
Pregnancy Care Center	479-6264
Rogue Community College	956-7303

Support Groups

TRCH Weekly New Moms Group, Tuesdays 10:30 - Noon	472-7223
Growing and Encouraging Moms (GEMS).....	471-4843
Lovejoy Hospice – Good Grief Program	474-1193
Grants Pass Moms (www.gpmoms.ning.com)	472-9694
Senior and Disability Services.....	474-3110
GAPS - Grandparents as Parents.....	479-9407
Josephine County Family Support Group.....	1-800-323-8521

Sexual Abuse Counseling

Family Friends	476-4248
Women's Crisis Support Center.....	479-9349

Substance Abuse Counseling

Choices.....	479-8847
ADAPT	474-1033
Ontrack.....	955-9227