

Early Childhood Resources

Resource	Description	Contact	Source
(EI/ECSE) Early Intervention and Early Childhood Special Education	The Early Intervention and Early Childhood Special Education program provides special services to children with disabilities and their parents. These services help the child's development improve. Families can get EI/ECSE services for their children who qualify no matter where they live in Oregon. Each child in the EI/ECSE program has his/her own plan for services that is custom made and based on what that child and his/her family need.	Deschutes County Evaluation Line: 541-312-1195 or call 503-947-5731 to reach Office of Learning Student Services- Oregon Department of Education, for more information.	https://www.oregon.gov/ode/students-and-family/SpecialEducation/earlyintervention/Documents/dyhcfinal_english.pdf
Healthy families of the High Dessert	A program for families with young children. (Provision of books, pajamas, clothing, parties for Christmas, groups for parents, developmental resources, diaper and gas vouchers and donations, blankets, and more. Based under the Education Service District. A great perinatal mental health resource.	541-693-5600	https://www.hdesd.org/services/healthy-families-of-the-high-desert/
TANF (Temporary Assistance to Needy Families)	Provides cash benefits to low-income families with children. These benefits help meet a family's basic needs like food, clothing, rent and utilities while they work toward self sufficiency. TANF is for families that 1)live in Oregon 2)have low income and very few assets 3)are either:18 or younger and head of their household or are pregnant or have a child whi is 18 pr younger.	Self sufficiency office, Bend OR: 541-388-6010	https://www.oregon.gov/ode/students-and-family/SpecialEducation/earlyintervention/Documents/dyhcfinal_english.pdf
WIC (Women, Infants and Children)	WIC provides nutrition education and counseling, breastfeeding support, nutritious food, and help accessing health care. Nutrition education is the cornerstone of the WIC program. Participating in WIC supports the long-term health of women, infants, children and families. WIC is proven to support longer pregnancies and positive birth outcomes. The Farm Direct Nutrition Program (FDNP) provides families with an additional source of nutritious food and education on selecting and preparing fresh produce.	Deschutes County Public Health: 541-322-7400	Women, Infants and Children (WIC) Deschutes County Oregon

<p>Family Resource Center of Central Oregon</p>	<p>evidence-based programming, information, and resources for raising children. But, it's not just information parents need, parents also need support and community. Our programs offer weekly opportunities to connect with fellow parents and lean into the understanding, encouragement, and grace we can offer each other.</p> <p>For nearly 30 years, Family Resource Center has supported Central Oregon families and caregivers with parenting education, resources, and referrals. (parenting classes offered) Family support and connections: parenting classes. Referral based. Income driven (limit is high). Virtual at the moment (as of 10/18/2022) Have 10-15 different parenting curriculum (all classes in english and spanish) foster parent support group...(group for toddlers) Provide divorce class for those mandated in Deschutes County: (coparenting advice)</p>	<p>541-389-5468</p>	<p>Our Approach to Supporting Parents in Central Oregon (frconline.org)</p>
<p>Mountain Star Family Relief Nursery</p>	<p>Off of Daggett Lane, Bend Eastside. Provide services for families that are at risk of having their families removed, or who suffer from risk factors (such as stress) for kiddos birth to 4years old (have home visits and respite care) While at center, kiddos get a peaceful nurturing environment and growth opportunities for love and support. Also provide food, clothing, christmas related services. MountainStar Family Relief Nursery's mission is to prevent child abuse and neglect through community support and therapeutic services that help vulnerable children and families succeed.</p>	<p>541-322-6820 Bend</p>	<p>https://www.bing.com/search?q=mountain+star+family+relief+nursery&cvid=344c147675bc41d8ac5ecc72ef3f1e76&aqs=edge..69i57j0l6j69i11004.6911j0j4&FORM=ANAB01&PC=DCTS</p>
<p>Head Start (NeighborImpact)</p>	<p>Preschool for kiddos 4 up until Kindergarden age (around 5 years old). Also get home visits and support for parents. Quality pre-kindergarten education Health and dental care Family Support Serving children 3-5 years Early Head Start provides: Family support Weekly Home visitation Educational & Health Assessments Monthly socializations/playgroups Serving pregnant women to children ages 3</p>	<p>541-548-2380</p>	<p>Head Start - NeighborImpact</p>
<p>FAN (Family access network)</p>	<p>Advocates providing low income children enrolled in the Bend La Pine public school district crucial resources to flourish in school and in life</p>	<p>541-693-5675</p>	<p>Family Access Network Opening doors to help, hope and new possibilities</p>
<p>Grandmas house of Central Oregon</p>	<p>Transitional Shelter For young moms and pregnant moms up to 23 years old, and their children</p>	<p>541-383-3515</p>	<p>About Us – Grandma's House (grandmashouseofco.org)</p>

Beulah's Olace	Shelter for trafficked teens (a child that has been trafficked) Our mission is to lead homeless teens away from sexual exploitation by criminals and predators. Here, in a non-judgmental environment, Beulah's Place will provide victims and at-risk kids help, healing, and most of all, hope.	541-526-0445	http://beulahsplace.org/index.php/about
Cascade Youth and family Center	Help underage kiddos that are homeless (Shelter) Outreach and shelter for runaway and homeless youth. We work for kids living with or without their parent or guardian who are ... <ul style="list-style-type: none"> – Unable to resolve conflict with parents or guardian – Living in an unsafe or unstable environment at home – Couch surfing or staying temporarily with friends or family – Sleeping unsheltered, outside, in a car, or other places not meant for housing. We value diversity and welcome young people from all backgrounds. We do not discriminate based on ethnicity, cultural identity, sexual orientation, disability, or religion. 	541-382-0934	Services and Shelter for Runaway and Homeless Youth in Central Oregon (cascadeyouthandfamilycenter.org)
Kid Center (Non Profit)	Where underage kiddos go if they have been through any kind of abuse (Emotional, physical, sexual) have an evaluation, proceed through court proceedings, and provide therapy for families. Central Oregon's only Children's advocacy center dedicated to the prevention, evaluation, and treatment of child abuse.	541-383-5958	https://www.kidscenter.org/
Mary's Place	Divorce resources, advocates for safe parental/child visits to ensure safety. Offering supervised parenting time and supervised exchanges, and prioritizes services for families where there has been domestic violence, sexual assault, child abuse, dating violence, or stalking.	541-322-7460	Mary's Place — Saving Grace (saving-grace.org)
Saving Grace	Providing support for survivors of intimate partner violence and sexual assault in Central Oregon, and their kiddos.	541-382-9227	https://saving-grace.org/
Every Child Central Oregon	Connects individuals, businesses, families, and faith communities with acute needs. Coordinates community support to uplift children and families impacted by foster care.	541-610-9455	https://everychildcentraloregon.org/
Healthy Beginnings	Free, comprehensive health and developmental assessments for kids (from birth to age 6)	541-383-6357	Healthy Beginnings (Central Oregon) - Home Facebook
Boys and Girls Club of Bend	Empowering youth to reach their full potential in the classroom, at home, and in our community	541-617-2877	Home Boys & Girls Club of Bend Kids After School Programs (bgcbend.org)
CASA Central Oregon	Advocating for children experiencing foster care	541-389-1618	CASA OF CENTRAL OREGON: GIVING A VOICE TO CHILDREN IN FOSTER CARE IN CENTRAL OREGON - HOME
Assistance League of Bend	Providing clothing and other essential items to local children living in poverty through operation school bell	541-389-2075	Assistance League – Bend

Kelsey Dunlap (complete counseling Bend)	Therapist: Specialties and Issues: Child or Adolescents, Depression, Self-esteem, ADHD, Adoption, Anxiety, Autism, Bipolar disorder, Grief, Eating disorder, Self-harming, and others.	541-299-2259	https://www.facebook.com/completecounselingbend/
Megan West (insight counseling group LLC Bend)	Therapist: specialties and issues are Trauma, Behavioral issues, family conflict, Asperger syndrome, parenting	541.325.3339	Deschutes County Resources - A Family for Every Child
Kimberly A. Martin (Alpine Counseling Bend)	Therapist: Issues covered: Child or adolescent Trauma/PTSD, Family conflict, ADHD, Adoption, Behavioral issues, Parenting, Emotional Disturbance	541-702-1535	Deschutes County Resources - A Family for Every Child
Julia Dotson (Bend Therapy)	Therapist. Some Issues covered: Child or Adolescents Anxiety,. Depression, ADHD, Anger Management, Asperger's syndrome, Autism, Behavioral Issues, Eating Disorders, and parenting.	541-330-0707	Deschutes County Resources - A Family for Every Child
Dr. Keith Orton (Life work perspectives)	Therapist. Specialties and Issues: Relationship issues, behavioral issues, depression, family conflict, parenting, and others.	541-366-4830	Deschutes County Resources - A Family for Every Child
Bend Counseling and Biofeedback	Adoption, anxiety, ADHD, Relationship issues, and Family Conflict	541-705-3081	Deschutes County Resources - A Family for Every Child
call #211	can help you find help with complex issues like suicide, financial problems, violence, child care, food help, transportation, substance abuse, COVID-19 and more.	Phone:211	https://www.unitedwaycentraloregon.org/get-help/