

Meals and Resources in Ashland

Updated 6/12/2019

Meals:

Sunday: Lithia Park Gazebo – starts approximately 5:00-6:00 pm.

Tuesday: Uncle Foods Diner at the United Methodist Church (corner of Laurel & North Main Street) 541-482-3647 4:30 pm-5:30 pm.

Other Days: We have heard that people are distributing food at Ashland Creek Park (Hersey St near Water St.). We have no other information.

Health:

Non-emergency Medical and Dental: Low or no cost

- La Clinica van at the United Methodist Church - Laurel & North Main St - Tues 1- 4:30 pm.
- Rogue Community Health 99 Central Ave. 541-482-9741. M-F 8am-5pm.
- All Care Health 541-734-5520, M-F 8-5
- Jackson Care Connect, 855-722-8208 M-F 8-5

Youth Services:

Maslow Project: School-based outreach, case management and referral for families 541-200-9995.

Goods & Services:

Ashland Community Resource Center: Assistance in locating necessary resources for a variety of needs: 611 Siskiyou Boulevard #4 - 541-631-2235 - Monday-Friday 9am-2pm.

Ashland Emergency Food Bank: Limited food assistance to people 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: Advocacy, resource referral, emergency rent, utility assistance, etc. 541-708-5650.

Department of Human Services: (Food Stamps) 541- 482-2041, at 1658 Ashland St. in the Ashland Shopping Center.

Free Clothing: The Recycling Center - Water Street by the railroad tracks. Open Thursday 12nn – 3pm.

Street Dogs: Limited pet food, collars, low cost free spay/neutering. 541-816-6374 or 541-816-6035.

Resource and Referral: Dial 2-1-1 or go to www.211info.org for information on all available services.

Showers and Laundry:

- **Laundry Love** every second Saturday, 1- 4 pm, Henry’s Laundromat-Ashland Shopping Center.
- **Shower and Laundry Trailer:** Tuesdays 1-3:30pm Methodist Church
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Help Lines:

Jackson County Mental Health Crisis Support 541-774-8201 Open 24/7

Information & referral for sexual assault, suicide intervention other crises.

- **Community Works** 541-779- 4357
- **Domestic Violence** 503-235-5333 Open 24/7
- **Women’s Crisis Support** Intervention, education and shelter-Josephine County 541- 479-9349

Help Now Advocacy Center Crisis support and negotiation for Social Security, advocacy with landlords, fraud etc. Short term crisis support. 541-732-1911

Jackson County Veterans Services 1000 E Main St. #3 Medford 541-774-8214

Jackson Care Connect Member Services 1-855-722-8208

Columbia Care 541-200-2900

All Care OHP (888) 460-0185 or TTY (800) 735-2900