



OREGON
**RIGHT
TO LIFE**

EDUCATION FOUNDATION

Deschutes County Resource Guide



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Introduction

You are not alone.

There are life-affirming resources and support available in your community.

This resource guide provides a curated list of high-quality, compassionate resources that are available in your community. From pregnancy resource centers and diaper banks to food pantries, each resource has been carefully selected to connect you with the full spectrum of care available in Deschutes County.

Don't know where to start? Need additional resources? Contact us at 503-463-8563 or community@ortl.org to connect with additional support systems in your area.

Design by Katana Liebelt

Resources provided by Oregon Right to Life Education Foundation





A dark silhouette of a pregnant woman is shown in profile, facing right. She is standing with her hands resting on her belly. The background is a soft, light blue gradient. The text 'Local Pregnancy Resources' is overlaid in white, bold, sans-serif font.

Local Pregnancy Resources

Pregnancy

Abortion Pill Reversal


 1 (877) 558-0333

 help@apr.life - immediate help
info@apr.life - non-emergency

 abortionpillreversal.com


Free, confidential help, information about the abortion pill reversal process, the abortion pill itself, & information on all your pregnancy options. Quickly connects you to the local assistance you need.

Pregnancy Resource Centers of Central Oregon - Bend

 (541) 385-5334

 info@prcco.org

 www.prcco.org

 369 NE Revere Ave Ste 102
Bend, OR 97701

- Parenting classes
- Post-abortive care
- Pregnancy loss program
- Ultrasounds
- Pregnancy tests
- Parenting coaching
- Fatherhood coaching
- Supplies

Pregnancy Resource Centers of Central Oregon - Redmond

 (541) 504-8919

 apeelerprc@yahoo.com
redmond@prcco.org

 www.prcco.org

 950 SW Veterans Way Ste 103
Redmond, OR 97756

- Parenting classes
- Post-abortive care
- Pregnancy loss program
- Ultrasounds
- Pregnancy tests
- Parenting coaching
- Fatherhood coaching
- Supplies

Pregnancy

Grandma's House

☎ (541) 383-3515

✉ grandma@grandmashouseofco.org

🌐 www.grandmashouseofco.org

- Maternity home
- Serves young parents ages 15-24
- Shelter, case management, & basic needs
- Teaches life & parenting skills





Local Community Resources

Counseling

Brightways Counseling Group - Madras

 (541) 904-5216


 contactus@brightwayscounseling.com

 www.brightwayscounseling.com

 116 SE D St
Madras, OR 97741

- By appointment only
- Monday-Friday 9:30 AM-5:30 PM
- Low cost mental health therapy

Brightways Counseling Group - Redmond

 (541) 904-5216


 contactus@brightwayscounseling.com

 www.brightwayscounseling.com

 7515 Falcon Crest Dr
Redmond, OR 97756

- By appointment only
- Monday-Friday 9:30 AM-5:30 PM
- Low cost mental health therapy

Crosswaters Family Therapy

 (541) 610-8391

 hello@crosswatersfamilytherapy.com

 www.crosswatersfamilytherapy.com

 151 SW Shevlin Hixon Dr Ste 202
Bend, OR 97702

- Serves children, teens, & adults
- Couples therapy
- Video & in-person sessions
- Accepts most health insurance

Counseling

WaterCup Counseling Service

☎ (541) 848-0879

✉ office@watercup.org

🌐 www.watercup.org

🏠 852 SW 15th St
Redmond, OR 97756

- Affordable therapy
- Serves couples, individuals, families, & children
- Counseling for all Central Oregon at both locations
- Video & in-person sessions



Domestic Violence

Mountain Star - Bend


 (541) 322-6820

 [mtstar.org](https://www.mtstar.org)


 2125 NE Daggett Ln
Bend, OR 97701

- Abuse & neglect prevention
- Crisis intervention
- Home visits, parent coaching, & training classes
- Mental health therapy for kids & adults
- Basic needs supplies
- Transportation for visits & classes

Mountain Star - La Pine


 (541) 213-6502

 [mtstar.org](https://www.mtstar.org)

 16623 Box Way
La Pine, OR 97739

- Abuse & neglect prevention
- Crisis intervention
- Home visits, parent coaching & training classes
- Mental health therapy for kids & adults
- Basic needs supplies
- Transportation for visits & classes

Mountain Star - Madras

 (541) 475-2537


 [mtstar.org](https://www.mtstar.org)

 122 NE 10th St
Madras, OR 97741

- Abuse & neglect prevention
- Crisis intervention
- Home visits, parent coaching & training classes
- Mental health therapy for kids & adults
- Basic needs supplies
- Transportation for visits & classes

Domestic Violence

Mountain Star - Redmond

 (541) 527-1025

 mtstar.org


 2724 SW Timber Ave
Redmond, OR 97756

- Abuse & neglect prevention
- Crisis intervention
- Home visits, parent coaching & training classes
- Mental health therapy for kids & adults
- Basic needs supplies
- Transportation for visits & classes



Family Education & Support

Family Resource Center


 (541) 389-5468

 frconline.org


 1130 NW Harriman St Ste B
Bend, OR 97701

- Parent resources
- Foster parent support groups
- Family law education
- Family support & referrals
- Trauma counseling
- Parenting classes
- Mondays-Fridays 8:30 AM-4:30 PM

Kindred Connections


 (541) 306-9311

 www.kindred-connections.org

 62895 Hamby Rd
Bend, OR 97701

- Mentoring relationships for parents
- Parents address difficult season of life
- Safe, temporary housing for children
- Parents maintain full custody
- Receive a family advocate

Latino Community Association

 (541) 382-4366

 latinocommunityassociation.org

 2680 NE Twin Knolls Dr Ste 110
Bend, OR 97701

- Referrals, assistance, & resources for immigrant families
- Cultural enrichment activities
- Translation & interpretation
- Citizenship assistance
- Workforce education & training
- Youth educational development

Family Education & Support

Together for Children

☎ (541) 420-2611

✉ abbie@together-for-children.org

🌐 www.together-for-children.org

🏠 160 S Oak St
Sisters, OR 97759

- Parent education support groups
- Home visits
- Community support

Young Life Bend

☎ (541) 388-1036

✉ nancy.ylbend@gmail.com

🌐 bend.younglife.org


🏠 1006 SE 9th St
Bend, OR 97702

- Programs for teen moms
- Programs for teens with disabilities
- Programs for middle schoolers, high schools, and college students



Food Pantry


Crooked River Ranch Free Food Market

 (541) 604-1628


 6730 SW Shad Rd
Terrebonne, OR 97760

- Free food
- 1st & 3rd Wednesdays at 5 PM
- Call ahead to verify

Jericho Road


 (541) 699-2099

 jerichoroadofredmond.org

 205 NW 4th St
Redmond, OR 97756

- Food pantry & hot meals
- Open Mondays-Fridays
- Doors open at 4:30 PM
- Meals served 5-5:45 PM
- Deposit & rent assistance

La Pine Community Kitchen

 (541) 536-1312

 services@lapinecommunitykitchen.org

 lapinecommunitykitchen.org

 16480 Finley Butte Rd
La Pine, OR 97739

- Kitchen (hot meals):
 - Mondays-Fridays 12-2 PM
- Food bank (produce stand):
 - Tuesdays & Fridays 12-2 PM
- Closet
 - Tuesdays 9:30 AM-1:30 PM
 - Clothing, bedding, hygiene items, & camping gear

Food Pantry

Sisters Community Garden

✉ sisterscommunitygarden@gmail.com

🌐 www.sisterscommunitygarden.org

🏠 15860 Barclay Dr
Sisters, OR 97759

- Plant, grow, & maintain your own garden plot
- Harvest fresh produce from your garden
- 49 garden beds
- 2 raised garden beds (wheelchair height)
- 6 shared garden plots for fruit, herbs, & flowers
- Excess produce donated to food banks

The Giving Plate

☎ (541) 797-6883

✉ info@thegivingplate.org

🌐 www.thegivingplate.org


🏠 61470 S Hwy 97
Bend, OR 97702

- Walk-in grocery shopping
 - Thursdays & Fridays 10 AM-4 PM
- Food allowances depend on family size
- Twice per calendar month
- Kid's Korner for kids 17 & under
 - Wednesdays 2-6 PM
 - Saturdays 10 AM-2 PM



Furniture

Furnish Hope

 (541) 638-0657

 www.furnishhope.com

 1006 SE 9th St
Bend, OR 97702

- Home furnishings for those in need
- Serves 3 Central Oregon counties
- Mondays-Fridays 9-11 AM



Housing Assistance

Salvation Army Bend

 (541) 389-8888

 bend.salvationarmy.org


 541 NE Dekalb Ave
Bend, OR 97701

- Food pantry
- Some utility assistance
- Music program for ages 4-18
- Housing assistance



Meal Provision

Family Kitchen

 (541) 760-5677

 www.familykitchen.org


 231 NE Idaho Ave
Bend, OR 97701

- Lunch
 - Mondays, Wednesdays, & Fridays 10:30 AM-12:30 PM
 - Saturdays 11 AM-12 PM
 - Sundays 12-1 PM
- Dinner
 - Tuesdays, Thursdays, & Fridays 4:30-6:30 PM



Shelter/Temporary Housing

Bethlehem Inn - Bend

 (541) 322-8768


 info@bethleheminn.org

 bethleheminn.org

 20363 Mervin Sampels Rd.
Bend, OR 97703

- Serves adults & children experiencing homelessness
- Warm, safe place to sleep
- Nourishing meals
- Case management services
- Transportation & work experience
- High-barrier, emergency shelter

Bethlehem Inn - Redmond


 (541) 699-1272

 bethleheminn.org

 517 NW Birch Ave
Redmond, OR 97756

- Serves adults & children experiencing homelessness
- Warm, safe place to sleep
- Nourishing meals
- Case management services
- Transportation & work experience
- High-barrier, emergency shelter

DAWNS House


 (541) 410-6065

 dawnshouse.org/home-1

- DAWNS
- Directly Assisting Women Newly Sober
- Recovery & rehabilitation
- 3 women's shelters
- In-house programs, community resources, mentorship, structure, monthly meetings, & accountability

Shelter/Temporary Housing

House of Hope

 (541) 390-1594


 houseofhopeministries@gmail.com

 www.facebook.com/houseofhoperedmond


 724 SW 14th St
Redmond, OR 97756


- Soup meals once a month
 - Saturday 5 PM
- Monday & Thursday 12:30-2 PM
- Homeless drop-in center
- Free meals & food boxes
- Showers, internet, & laundry

Shepherd's House Bend Lighthouse Navigation Center

 (541) 318-0729


 lighthouseinfo@shministries.org

 shepherdshouseministries.org/bend-lighthouse-navigation-center

 275 NE 2nd St
Bend, OR 97701

- Case-management & peer support
- Overnight shelter
- Day use area
- Mail services
- Open daily 7 AM-4 PM

Shepherd's House Redmond Center

 (541) 788-8098

 shepherdshouseministries.org/redmond-center

 1350 S Highway 97
Redmond, OR 97756

- Men's center
- Women's center
- Extended living communities
- Case-management & shelter
- Regular meal service all week
- Daily employment assistance & educational activities
- Shower truck
 - Call for locations and times

Shelter/Temporary Housing

Shepherd's House Ministries

☎ (541) 388-2096

🌐 shepherdshouseministries.org - Main

shepherdshouseministries.org/shower-truck - Shower Truck


🏠 1854 NE Division St
Bend, OR 97701

- Men's center
- Women's center
- Extended living communities
- Bend Lighthouse Navigation Center
- Shepherd's House Shower Truck
 - Call for locations & times



Youth Crisis

Family Access Network

 (541) 693-5675

 familyaccessnetwork.org

 2125 NE Daggett Ln
Bend, OR 97701

- Networking community resources
- Connect families in need with an advocate
- Advocate helps access supplies & resources to meet basic needs






National Resources

Pregnancy


Abortion Pill Reversal

 1 (877) 558-0333 - 24/7 line

 abortionpillreversal.com

 help@apr.life - immediate help

 info@apr.life - non-emergency

 Free, confidential help, information about the abortion pill reversal process, the abortion pill itself, & information on all your pregnancy options. Quickly connects you to the local assistance you need.

National Resources


For Every Woman

 info@foreverywoman.org

 foreverywoman.org

 Connecting you with high-quality, no-cost medical care & resources for pregnancy & beyond

Option Line


 1 (800) 712-4357 - call or text

 optionline.org

 Call the hotline or use the online chat to explore your pregnancy options

Pregnancy

ProLove Ministries


 (833) 477-6588

 proloveministries.org

 Connecting women & families with resource organizations

National Resources

Standing With You

 (540) 834-4600

 standingwithyou.org

 pregnancyresources@standingwithyou.org

 Support & resource connections for pregnant & parenting women

Stand Up Girl Foundation

 (503) 554-5683

 standupgirl.com

 Pregnancy resource directory & support

Pregnancy

Worldwide Directory of Pregnancy Help


 heartbeatinternational.org/worldwide-directory


 Directory of worldwide pregnancy resources



Abortion Healing


Helpline for Abortion Recovery

 1 (866) 482-5433

 24/7 helpline staffed by trained consultants who provide a confidential, safe place to share your story

National Resources


Choices: After Abortion Support

 (423) 266-8322 - call or text

 afterabortionsupport.com

 Confidential support & a safe place to talk about your abortion experience

Griefshare

 (800) 395-5755

 griefshare.org

 info@griefshare.org

 Find a grief & loss support group near you

Abortion Healing

Healing Hearts Ministry


 (505) 355-6922

 healinghearts.org

 Studies for those healing from past experiences with abortion & other experiences


National Resources

HEART


 (540) 885-6261

 supportcc.org

 contact@ccwomenshealth.org


 Abortion recovery & support groups for women grieving past abortion decisions

Rachel's Vineyard

 (610) 354-0555


 www.rachelsvineyard.org

 2assistant@rachelsvineyard.org

 Weekend retreats with a supportive, confidential, & non-judgmental environment where women & men can begin the post-abortive healing process

Abortion Healing

Save One

 (615) 636-2654


 saveone.org

 info@saveone.org

 Helping men, women, & families recover after abortion

National Resources

Silent No More

 (412) 749-0455

 silentnomoreawareness.org

(888) 735-3448

 Mail@SilentNoMore.com

 Abortion healing & awareness

Surrendering the Secret

 stsinternational15@gmail.com

 surrenderingthesecret.com

 A ministry to help women & men heal from the hurt of abortion

Support for Special Cases

Be Not Afraid


 benotafraid.net

 Supporting parents carrying to term following a prenatal diagnosis

National Resources

Carrying to Term

 carryingtoterms.org

 Providing non-directive information on pregnancy continuation for prenatal diagnoses of life-limiting conditions

National Down Syndrome Society

 (800) 221-4602


 ndss.org

 info@ndss.org


 Empowering individuals with Down syndrome & their families

Support for Special Cases

Prenatal Diagnosis


 (888) 517-5588 (24/7 - call or text)

 prenataldiagnosis.org

 Support & connections for parents who have received a prenatal test result for their child

SOFT

 trisomy.org

 Empowering families with children diagnosed with Trisomy 18, 13, & related chromosomal disorders

Verity's Village

 veritysvillage.com

 A community providing hope, encouragement, education, & practical support for families who receive a life-limiting prenatal diagnosis for their babies

Other Support

Adoption Network

 1 (800) 367-2367

 adoptionnetwork.com

 An independent adoption center providing caring professional adoption services for birth mothers & adoptive parents nationwide

National Resources


And Then There Were None

 (888) 570-5501 - call or text

 abortionworker.com

 Support for those quitting jobs in the abortion industry

Safe Families

 (773) 653-2200


 safe-families.org

 info@safefamilies.net

 A network of caring & compassionate volunteers supporting families facing social isolation

Other Support

Safe House Project

 (507) 769-0819


 safehouseproject.org

 info@safehouseproject.org


 Working to eradicate sex trafficking. Provides safe houses, emergency services, & education

National Resources

The Abortion Survivor Network

 (816) 737-8685

 abortionsurvivors.org

 Support for abortion survivors







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Contact Us



(503) 463-8563



community@ortl.org



www.ortl.org



4335 River Rd. N.
Keizer, OR 97303

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