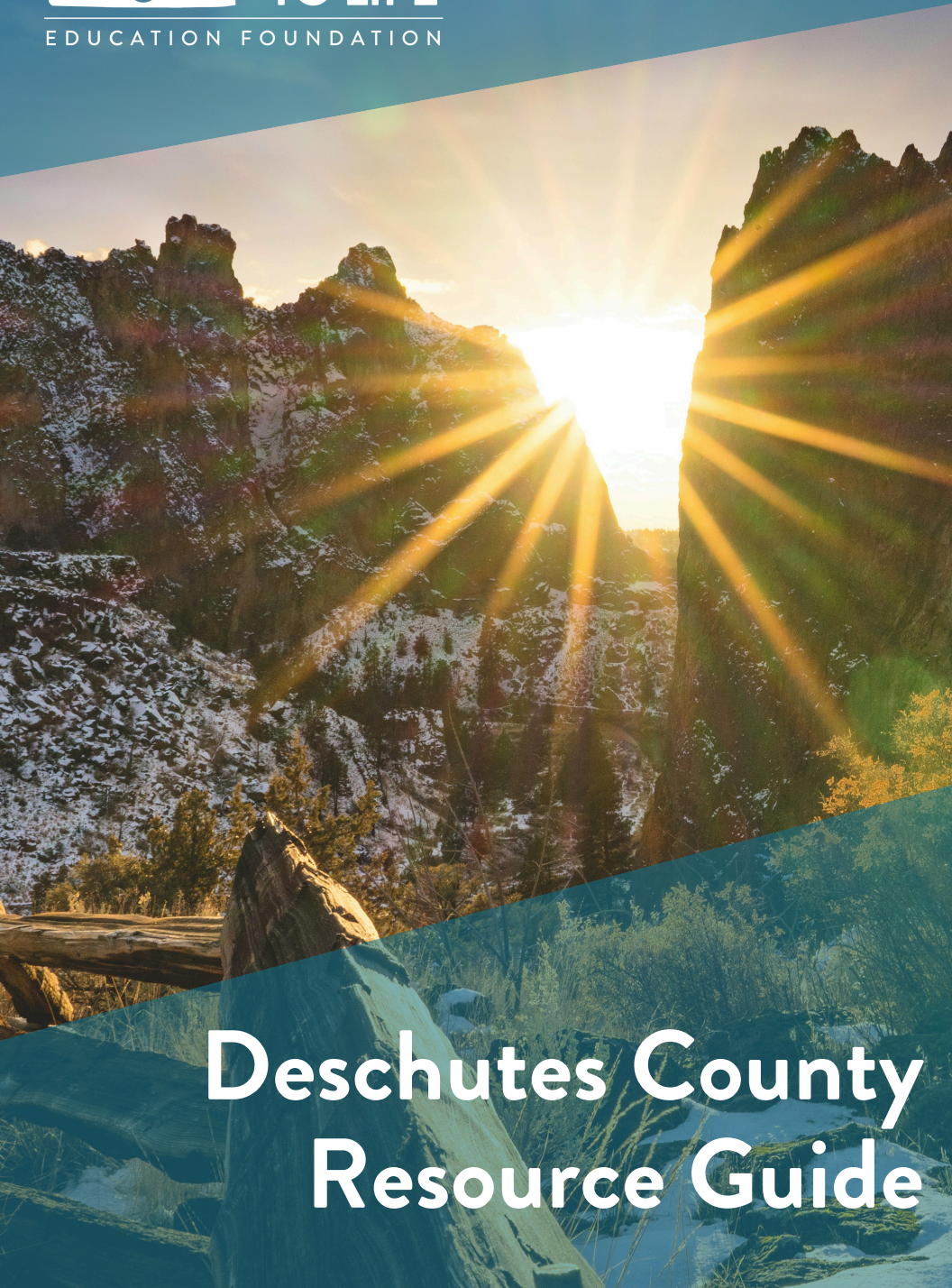




OREGON  
**RIGHT  
TO LIFE**

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](mailto: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*



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A dark silhouette of a pregnant woman is shown in profile, facing right. She is standing against a light blue, slightly cloudy background. The silhouette is centered vertically and horizontally. The text 'Local Pregnancy Resources' is overlaid in white, bold, sans-serif font, centered over the woman's torso.

# Local Pregnancy Resources

# Pregnancy

## Abortion Pill Reversal


 1 (877) 558-0333

 [help@apr.life](mailto:help@apr.life) - immediate help  
[info@apr.life](mailto:info@apr.life) - non-emergency

 [abortionpillreversal.com](http://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](mailto:info@prcco.org)

 [www.prcco.org](http://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

 [redmond@prcco.org](mailto:redmond@prcco.org)

 [www.prcco.org](http://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](mailto:grandma@grandmashouseofco.org)

🌐 [www.grandmashouseofco.org](http://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](mailto:contactus@brightwayscounseling.com)

 [www.brightwayscounseling.com](http://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](mailto:contactus@brightwayscounseling.com)

 [www.brightwayscounseling.com](http://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](mailto:hello@crosswatersfamilytherapy.com)

 [www.crosswatersfamilytherapy.com](http://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](mailto:office@watercup.org)

🌐 [www.watercup.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:abbie@together-for-children.org)

🌐 [www.together-for-children.org](http://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](mailto:nancy.ylbend@gmail.com)

🌐 [bend.younglife.org](http://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](http://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](mailto:services@lapinecommunitykitchen.org)

 [lapinecommunitykitchen.org](http://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](mailto:sisterscommunitygarden@gmail.com)

🌐 [www.sisterscommunitygarden.org](http://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](mailto:info@thegivingplate.org)

🌐 [www.thegivingplate.org](http://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](http://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](https://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](http://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](mailto:info@bethleheminn.org)

 [bethleheminn.org](http://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](http://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](http://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](mailto:houseofhopeministries@gmail.com)

 [www.facebook.com/houseofhoperedmond](http://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](mailto:lighthouseinfo@shministries.org)

 [shepherdshouseministries.org/bend-lighthouse-navigation-center](http://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](http://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](http://shepherdshouseministries.org) - Main

[shepherdshouseministries.org/shower-truck](http://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](http://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




A young girl with curly hair, wearing a white lace-trimmed dress, is shown in profile, kissing the pregnant belly of a woman. The woman is wearing a light-colored, patterned dress. The scene is set outdoors with green foliage in the background. The entire image has a soft, teal-colored overlay.

# National Resources



# Pregnancy


## Abortion Pill Reversal

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

 [abortionpillreversal.com](http://abortionpillreversal.com)

 [help@apr.life](mailto:help@apr.life) - immediate help


 [info@apr.life](mailto: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.


## For Every Woman

 [info@foreverywoman.org](mailto:info@foreverywoman.org)

 [foreverywoman.org](http://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](http://optionline.org)

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

# Pregnancy


## ProLove Ministries


 (833) 477-6588

 [proloveministries.org](http://proloveministries.org)


 Connecting women & families with resource organizations

## Standing With You


 (540) 834-4600

 [standingwithyou.org](http://standingwithyou.org)

 [pregnancyresources@standingwithyou.org](mailto:pregnancyresources@standingwithyou.org)

 Support & resource connections for pregnant & parenting women

## Stand Up Girl Foundation

 (503) 554-5683

 [standupgirl.com](http://standupgirl.com)

 Pregnancy resource directory & support

# Pregnancy

## Worldwide Directory of Pregnancy Help


 [heartbeatinternational.org/worldwide-directory](https://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](https://afterabortionsupport.com)

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

## Griefshare

 (800) 395-5755


 [griefshare.org](https://griefshare.org)

 [info@griefshare.org](mailto:info@griefshare.org)

 Find a grief & loss support group near you

# Abortion Healing


## Healing Hearts Ministry

 (505) 355-6922

 [healinghearts.org](http://healinghearts.org)


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

## HEART

 (540) 885-6261

 [supportcc.org](http://supportcc.org)

 [contact@ccwomenshealth.org](mailto:contact@ccwomenshealth.org)


 Abortion recovery & support groups for women grieving past abortion decisions

## Rachel's Vineyard

 (610) 354-0555


 [www.rachelsvineyard.org](http://www.rachelsvineyard.org)

 [2assistant@rachelsvineyard.org](mailto:2assistant@rachelsvineyard.org)

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

# Abortion Healing

## Save One


 (615) 636-2654

 [saveone.org](https://saveone.org)

 [info@saveone.org](mailto:info@saveone.org)

 Helping men, women, & families recover after abortion


## Silent No More

 (412) 749-0455

 [silentnomoreawareness.org](https://silentnomoreawareness.org)

(888) 735-3448

 [Mail@SilentNoMore.com](mailto:Mail@SilentNoMore.com)

 Abortion healing & awareness

## Surrendering the Secret

 [stsinternational15@gmail.com](mailto:stsinternational15@gmail.com)

 [surrenderingthesecret.com](https://surrenderingthesecret.com)

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

# Support for Special Cases


## Be Not Afraid

 [benotafraid.net](http://benotafraid.net)

 Supporting parents carrying to term following a prenatal diagnosis

## Carrying to Term

 [carryingtoterms.org](http://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](http://ndss.org)

 [info@ndss.org](mailto: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](http://prenataldiagnosis.org)

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

National Resources

## SOFT

 [trisomy.org](http://trisomy.org)

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

## Verity's Village


 [veritysvillage.com](http://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](https://adoptionnetwork.com)

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


## And Then There Were None

 (888) 570-5501 - call or text

 [abortionworker.com](https://abortionworker.com)

 Support for those quitting jobs in the abortion industry

## Safe Families

 (773) 653-2200


 [safe-families.org](https://safe-families.org)

 [info@safefamilies.net](mailto:info@safefamilies.net)

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

# Other Support

## Safe House Project

 (507) 769-0819


 [safehouseproject.org](https://safehouseproject.org)

 [info@safehouseproject.org](mailto:info@safehouseproject.org)


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

National Resources

## The Abortion Survivor Network

 (816) 737-8685

 [abortionurvivors.org](https://abortionurvivors.org)

 Support for abortion survivors







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## Contact Us



(503) 463-8563



[community@ortl.org](mailto:community@ortl.org)



[www.ortl.org](http://www.ortl.org)



4335 River Rd. N.  
Keizer, OR 97303

## Follow Us

