

# FATHER/PARTNER RESOURCE GUIDE

We've created this helpful guide to support fathers and partners in Douglas County. When partners engage with their kids and support moms, even before a baby is born, it can have an incredibly positive impact on their child's health and development. An active dad increases a child's happiness, social-emotional wellbeing, and academic success. We hope you find this guide useful and join us on our region's journey toward healthier, happier families!

-The Douglas County Perinatal Task Force

## BASIC NEEDS

- ▶ **Community UPLIFT** | [www.community-uplift.com](http://www.community-uplift.com) or texting [uplift1](tel:484848) to 484848
- ▶ **DHS** | Application | <https://one.oregon.gov/> Roseburg Office | (541) 440-3301
- ▶ **Food Assistance**  
UCAN Mobile Food Bank | (541) 492-3522  
WIC | (541) 440-3516

## FATHERHOOD CLASSES & GROUPS

- ▶ **Family Development Center** | (541) 673-4354
- ▶ **Take Root Parenting Education** | (541) 957-4814
- ▶ **FARA** | (541) 229-0510
- ▶ **Juniper Tree** | (541) 900-1505

## FAMILY SUPPORT

- ▶ **UCAN** | <https://ucancap.org/index.php/need-help/family-support>

## FUN & BONDING

- ▶ **Roseburg Public Library** | <https://www.cityofroseburg.org/departments/library/events>  
(541) 492-7050
- ▶ **YMCA** | <https://www.ymcaofdouglascounty.org/>  
(541) 440-9622
- ▶ **Wildlife Safari** | <https://www.facebook.com/Wildlife.Safari.Oregon>  
(541) 679-6761

## JOB SUPPORT

- ▶ **Workforce Oregon** | (541) 440-3344

## COUNSELING & ADDICTION SUPPORT

- ▶ **Adapt** | (541) 672-2691

## LEGAL SUPPORT

- ▶ **Legal Aide** | (541) 673-1181

## MORE RESOURCES

- ▶ **Full Douglas County Resource Directory**  
[https://douglasesd.k12.or.us/wp-content/uploads/2020/11/2020-Douglas-Co.-Resource-Directory\\_1.pdf](https://douglasesd.k12.or.us/wp-content/uploads/2020/11/2020-Douglas-Co.-Resource-Directory_1.pdf)
- ▶ **Douglas County Communities Network of Care**  
<https://douglas.or.networkofcare.org/ph/services/index.aspx>