

# WELCOME BABY

DOUGLAS COUNTY RESOURCE GUIDE



SOUTHERN OREGON  
PERINATAL TASK FORCE



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SOUTHERN OREGON  
PERINATAL TASK FORCE

# FAMILY PLANNING

Are you planning to get pregnant or start a family some time this year? No matter your answer, this section can help you find the resources to plan accordingly. View local options for birth control, pregnancy tests, and STI testing and treatment.

## BIRTH CONTROL

### Resources

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- |   |                                  |
|---|----------------------------------|
| Aviva Health<br><a href="http://www.aviva.health">www.aviva.health</a>  | (541) 672-9596                   |
| Cow Creek Health & Wellness<br>Roseburg<br>Canyonville<br><a href="https://www.cowcreek-nsn.gov/health/">https://www.cowcreek-nsn.gov/health/</a> | (541) 672-8533<br>(541) 839-1345 |
| Dunes Family Health Center<br><a href="http://www.lowerumpquahospital.org">www.lowerumpquahospital.org</a>  | (541) 271-2163                   |
| Adapt Oregon<br><a href="http://www.adaptoregon.org">www.adaptoregon.org</a>  | (541) 440-3500                   |
| Evergreen Family Medicine<br><a href="https://www.evergreenfamilymedicine.com/">https://www.evergreenfamilymedicine.com/</a>                      | (541) 677-7200                   |

## PREGNANCY TESTS

### Resources

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- |   |                                  |
|---|----------------------------------|
| Aviva Health<br><a href="http://www.aviva.health">www.aviva.health</a>  | (541) 672-9596                   |
| Cow Creek Health & Wellness<br>Roseburg<br>Canyonville<br><a href="https://www.cowcreek-nsn.gov/health/">https://www.cowcreek-nsn.gov/health/</a> | (541) 672-8533<br>(541) 839-1345 |
| Hope Clinic for Women<br><a href="http://www.hopeclinicroseburg.com">www.hopeclinicroseburg.com</a>   | (541) 672-2609                   |
| Evergreen Family Medicine<br><a href="https://www.evergreenfamilymedicine.com/">https://www.evergreenfamilymedicine.com/</a>                      | (541) 677-7200                   |
| Adapt Oregon<br><a href="http://www.adaptoregon.org">www.adaptoregon.org</a>  | (541) 440-3500                   |
| Dunes Family Health Center<br><a href="http://www.lowerumpquahospital.org">www.lowerumpquahospital.org</a>  | (541) 271-2163                   |





## STI TESTING & TREATMENT

Find a testing location near you! <https://gettested.cdc.gov/>

### Resources

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Aviva Health (541) 672-9596  
[www.aviva.health](http://www.aviva.health)

Cow Creek Health & Wellness  
Roseburg (541) 672-8533  
Canyonville (541) 839-1345  
<https://www.cowcreek-nsn.gov/health/>

HIV Alliance (541) 342-5088 | EXT. 162  
<https://hivalliance.org/>

Evergreen Family Medicine (541) 677-7200  
<https://www.evergreenfamilymedicine.com/>

Dunes Family Health Center (541) 271-2163  
[www.lowerumpquahospital.org](http://www.lowerumpquahospital.org)

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## PREGNANCY

**Getting pregnant can open up a world of unknowns for parents-to-be. We aim to help make this new world less mysterious with local resources for birth classes and pregnancy loss support.**

**BIRTH EDUCATION:** Birth classes are an excellent opportunity for learning and preparing for the arrival of your baby. Discover your birthing options, ways to address pain management, how you and your partner can work together, and the basics for breastfeeding. You can also learn about infant care and taking your new baby home.

- A Doula is a birth companion who provides personal, nonmedical support to women and families throughout a woman's pregnancy, childbirth, and post-partum experience.
- The Oregon Health Authority maintains a Traditional Health Worker registry that includes certified THW Doulas! You can search the registry to find a Doula near you at <https://traditionalhealthworkerregistry.oregon.gov/>

**PREGNANCY LOSS:** The grief that comes with the loss of a baby is an incredible challenge for a family to face. You are not alone, and additional support is available as you move through this difficult time. Mental health counseling can be an important resource.

## BIRTH EDUCATION

### Resources

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CHI Mercy Health Family BirthPlace (541) 677-2451  
<https://chimercyhealth.com/services/family-birthplace/>

Umpqua Valley Doula Collective (541) 236-3288  
<https://www.facebook.com/umpquadoulacollective>

Hope Clinic for Women (541) 672-2609  
<https://www.hopeclinicroseburg.com/classes/>

Evergreen Women's Health (541) 464-6464  
<https://www.evergreenfamilymedicine.com/>

Milk & Honey Lactation and Education (541) 778-6321  
<https://www.milkandhoneylactation.net/>

## PREGNANCY LOSS

### Resources

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Hope Clinic for Women (541) 672-2609  
[www.hopeclinicroseburg.com/reproductive-grief-support](http://www.hopeclinicroseburg.com/reproductive-grief-support)

Juniper Tree Counseling (541) 900-1506  
[www.junipertreecounselingservices.com](http://www.junipertreecounselingservices.com)

Milk & Honey Lactation and Education (541) 778-6321  
<https://www.milkandhoneylactation.net/>





## BABY

**Your baby is here! Find helpful information about these first months, including infant feeding, safe sleep, car seats, and immunizations.**

**BREASTFEEDING & INFANT FEEDING:** Lactation care can include education for families, individual counseling, postpartum support for new moms and - when needed - clinical care.

**SAFE SLEEP:** Help your baby sleep safely and protect them from SIDS and other sleep-related injuries:

- Lay your baby on their back on a firm, flat surface
- Place your baby in their crib alone—without any additional pillows, blankets, toys, etc.
- Keep your baby nearby, but on a separate sleep surface designed for infants
- Don't smoke during pregnancy or afterwards. Smoking during pregnancy increases the risk for SIDS, as does second-hand smoke in the home.

**CAR SEAT SAFETY:** Before you take your baby home from the hospital, you'll need to have your infant's car seat ready. There are lots of considerations when choosing a car seat, and it's important to understand the requirements as your child grows.

**IMMUNIZATIONS:** Vaccinations throughout childhood are essential for helping to provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children at their recommended ages. Your physician is a great source of vaccine information.

## BREASTFEEDING & INFANT FEEDING

### Resources

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CHI Mercy Health Family BirthPlace (541) 677-2451  
<https://chimercyhealth.com/services/family-birthplace/>

UCAN Nurse Home Visiting Program (541) 440-3622  
<https://www.ucan.org/nurse-home-visiting/>

UCAN WIC (541) 440-3516  
<https://www.ucan.org/wic/>

Aviva Health (541) 672-9596  
[www.aviva.health](http://www.aviva.health)

Umpqua Lactation (541) 530-9952  
[ashley@umpqualactation.com](mailto:ashley@umpqualactation.com)

Milk & Honey Lactation and Education (541) 778-6321  
<https://www.milkandhoneylactation.net/>

## SAFE SLEEP

### Resources

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UCAN Douglas County Baby Bounty  
[WICINFO@ucan.org](mailto:WICINFO@ucan.org)

UCAN (541) 440-3516  
[www.ucan.org](http://www.ucan.org)

## CAR SEAT SAFETY

### Resources

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Aviva Health (541) 672-9596 | EXT. 325  
[www.aviva.health](http://www.aviva.health)

Carseat Coalition  
[www.facebook.com/DCChildSafetySeat](http://www.facebook.com/DCChildSafetySeat)

## IMMUNIZATIONS

### Resources

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Aviva Health (541) 672-9596  
[www.aviva.health](http://www.aviva.health)

Cow Creek Health & Wellness (541) 672-8533  
Roseburg (541) 839-1345  
Canyonville  
<https://www.cowcreek-nsn.gov/health/>

Evergreen Family Medicine (541) 677-7200  
<https://www.evergreenfamilymedicine.com/>

Adapt Oregon (541) 440-3500  
[www.adaptoregon.org](http://www.adaptoregon.org)

Dunes Family Health Center (541) 271-2163  
[www.lowerumpquahospital.org](http://www.lowerumpquahospital.org)





## PARENTING

**Being a new parent brings both wonder and challenges. Below are resources for the first year of being a parent, including home visiting, education, and well-visits.**

**POSTPARTUM & WELL VISITS:** Now that you've delivered, it's a great time to connect with your primary care provider. When you choose a primary care doctor, make sure to choose a doctor you can trust. A primary care doctor can:

- Help you stay healthy by recommending preventive services, like screening tests and immunizations.
- Treat a range of health issues — including physical and mental health.
- Refer you to a specialist when you need more help with a specific health issue.

**PARENTING CLASSES:** All families can benefit from parent education programs. In Oregon, we have amazing Parent Education Hubs that provide groups classes on a variety of topics:

- communication between parents
- effective discipline and guidance
- nurturing and fostering life skills

**MENTAL HEALTH SUPPORT:** There are several mood and anxiety disorders that a new parent can develop around the time of childbirth. Symptoms can appear any time during pregnancy, and up to the first 12 months after giving birth. There are mental health resources and treatment options to help you recover — because your health matters.

**HOME VISITING:** There are many programs that offer one-on-one services in your own home, and can help with baby care planning, child development, parent education, and more.



## PARENTING CLASSES

### Resources

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Douglas Education Service District–  
Take Root Parenting Connection (541) 957-4814  
[www.douglasesd.k12.or.us/take-root-parenting-connection](http://www.douglasesd.k12.or.us/take-root-parenting-connection)

Family Development Center (541) 673-4354  
[www.fdcroseburg.org](http://www.fdcroseburg.org)

## MENTAL HEALTH SUPPORT

### Resources

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[FindTreatment.gov](http://FindTreatment.gov)

Aviva Health (541) 672-9596  
[www.aviva.health](http://www.aviva.health)

Adapt Oregon (541) 440-3500  
Mental Health Crisis Line: (800) 866-9780  
[www.adaptoregon.org](http://www.adaptoregon.org)

Family Development Center (541) 673-4354  
[www.fdcroseburg.org](http://www.fdcroseburg.org)

Valley View Counseling (541) 673-3985  
<https://www.valleyviewcounseling.com/>

Second Wind Mental Health (541) 679-0366  
<https://secondwindmentalhealth.com/>

Juniper Tree Counseling (541) 900-1506  
[www.junipertreecounselingservices.com](http://www.junipertreecounselingservices.com)

Umpqua Health Behavioral Health  
Case Management (541) 229-4842  
[www.umpquahealth.com](http://www.umpquahealth.com)

## HOME VISITING

### Resources

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Family Development Center (541) 673-4354  
[www.fdcroseburg.org](http://www.fdcroseburg.org)

UCAN Nurse Home Visiting Program (541) 440-3622

UCAN Early Head Start (541) 673-6306  
[www.ucanap.org](http://www.ucanap.org)

UCAN Healthy Families (541) 440-3623  
[www.ucanap.org](http://www.ucanap.org)





## OTHER SUPPORT

**This Welcome Baby Resource Guide is designed to highlight some of the amazing services and resources available in our region for pregnant parents and newly parenting families. We know there are additional supports that a family might need beyond what's on these pages, and want to help you know where to find them.**

**NUTRITION:** Women, Infants, and Children Nutrition Program (WIC) helps pregnant women, new parents, and young children learn how to eat well and stay healthy. They provide breastfeeding support and nutrition education, among many other services. Get connected with your local WIC clinic at: [www.oregon.gov/oha/PH/HealthyPeopleFamilies/WIC/Pages/interest-form.aspx](http://www.oregon.gov/oha/PH/HealthyPeopleFamilies/WIC/Pages/interest-form.aspx)

Your nutrition is important after your baby is born, too — especially if you are breastfeeding. WIC is a nutrition education program that helps pregnant women, new mothers, and young children learn how to eat well and stay healthy. Your local Department of Health and Human Services can also get you enrolled in the Supplemental Nutrition Assistance Program (SNAP), which provides nutritional assistance to children and families.

**CHILDCARE:** Oregon's Child Care Resource and Referral program is a great place to start ([211info.org](http://211info.org)). The Employment-Related Day Care program (ERDC) also helps eligible low-income families pay for child care while working. Families should contact their local Department of Health and Human Services (DHS) about eligibility.

**TOBACCO & SUBSTANCE:** Quitting tobacco can be hard, but it is possible. Quitting smoking is an important way you can protect your health and the health of your baby. Quitting early or before pregnancy is best, but it's never too late to quit smoking. Your doctor can play an important role in helping you quit.

- You can call 1-800-QUIT-NOW (1-800-784-8669) for free support. Quitline coaches can answer questions, help you develop a quit plan, and provide support.
- Local resources are available to help you quit smoking or using other substances. For more information contact the organizations highlighted below.

## NUTRITION

### Resources

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Roseburg DHS Self-Sufficiency (541) 440-3301  
<https://www.oregon.gov/odhs/food/Pages/snap.aspx>

UCAN WIC (541) 440-3516  
<https://www.ucancap.org/wic/>

Thrive Umpqua (541) 203-0325  
<https://thriveumpqua.com/>

UHA Foodsmart (888) 837-5325  
<https://www.umpquahealth.com/foodsmart/>

UC-Veg (541) 378-6359  
<https://ucveg.org/>

Fish Food Pantry (541) 672-5242  
<https://fishofroseburg.org/about-us/>

## CHILDCARE

### Resources

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211Info: [www.211info.org](http://www.211info.org)

211Info is funded by state and municipal contracts, foundations, United Ways, donations and community partners.

ERDC: <https://www.oregon.gov/delc/programs/pages/erdc.aspx>  
 ERDC is a subsidy program, meaning eligible families still pay part of the child care cost.

## BASIC NEEDS

### Resources

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Community UpLift  
[webportalapp.com/webform/communityuplift](http://webportalapp.com/webform/communityuplift)

OutGrown Douglas County (541) 203-0325  
<https://bit.ly/OutGrownDC>  
 Parenting group helping families with babies and young children step into nature for the first time.





## TOBACCO & SUBSTANCE USE SERVICES

### Resources

FindTreatment.gov  
<https://quitnow.net/oregon>

Adapt Oregon (541) 440-3500  
[www.adaptoregon.org](http://www.adaptoregon.org)

Community Cancer Center - FreshStart (541) 672-0072  
<https://www.roseburgcancercaare.com/events/dimensions-tobacco-free-program/>

Smoke Free Pregnancy Program (541) 672-0072  
<https://dcsmokefree.com/expecting>

New Day (541) 229-4842  
[www.umpquahealth.com](http://www.umpquahealth.com)



SOUTHERN OREGON  
PERINATAL TASK FORCE

**The Perinatal Task Force of Southern Oregon's mission is to improve knowledge, behaviors, and systems of care for women, teens, children, and families in Douglas and Josephine Counties.**

The Perinatal Task Force is a collective impact group, and relies on local partnerships to solve complex problems that communities face. The health of families is a complex problem, as it relies on many different organizations from various sectors in our communities to ensure that all families' needs are being met. This brochure is one of the many projects that the Perinatal Task Force helps to develop and maintain to help families in our local area.

**Find more at our Welcome Baby page!**

[www.hccso.org/resources](http://www.hccso.org/resources)

[www.facebook.com/SouthernOregonPerinatalTaskForce](https://www.facebook.com/SouthernOregonPerinatalTaskForce)



HEALTH CARE COALITION  
OF SOUTHERN OREGON

