



GUIDE TO

Inclusive Rogue Valley Living

INCLUSIVE GUIDE TO ROGUE VALLEY LIVING

Frequently Asked Questions

Is the guide really for everyone?

Yes, this guide is for everyone. We hope you'll find something you've been looking for here!

How did we decide what would be included in this guide?

This guide represents "on the ground" and online research efforts and/or personal, direct and indirect experience with the resources you'll find here. A subgroup of the Committee for Equity and Diversity volunteers performed the work, which was supported by the Office for EDI. Members of the SOU community also offered information.

There are other guides available; how is this one different?

In this guide, you'll see specific references in support of communities of numerically minoritized, historically marginalized, and/or those with special needs/requirements, for whom wayfinding in new locations often comes with additional and increased challenges. In keeping with SOU's Strategic Direction IV (SDIV), the guide supports our commitment to a diverse, equitable and inclusive community where all learners flourish. You'll also see reference to Minority and Business Women Owned Enterprises (MBWE), echoing our institutional commitment to equity and inclusion in procurement: FAD.026 Sustainability and Equity in Purchasing Policy.

I know of a resource I don't see here. How do I get it included in the guide?

This guide is neither exhaustive nor exclusive and we welcome additional recommendations. So, if you're still looking for something you don't see here? Have a tip for another organization, establishment or meeting group that you think we should include? Contact the Office for Equity, Diversity, & Inclusion at edi@sou.edu. We'd be delighted to hear from you!

Who do I contact if I have a concern, question or comment about a listed resource?

A staff member, manager, and/or proprietor for the resource is in the best position to respond to your comments, questions or concerns. You'll find a website, social media handle, phone number, and/or email for each resource listed in the guide. Having trouble connecting with someone, let us know and we'd be happy to assist you with identifying a contact to assist you.

I have a question I don't see answered here, who do I contact?

Please feel free to contact the Office for Equity, Diversity, and Inclusion by email at edi@sou.edu or by phone at 541-552-8847.

SOU INCLUSIVE COMMUNITY RESOURCES

A Message from EDI at SOU

Whether you are new to the area, a long-time resident, or somewhere in between, we believe this guide is for you. Here you'll find connections to a broad range of organizations, goods, and services to support your way-finding in the Rogue Valley.

A Resource for Everyone

As the title of your new guide suggests, we're giving visible attention to what you already know: with diverse lived experiences come diverse needs to fully experience living. So, you'll find notations that we hope will help you navigate to spaces of welcome, respite, and resourcing along a diversity of needs, experiences, and daily living. Do you need—

- elder care for an aging parent;
- filé to thicken the roux, fresh ancho or chile pasilla for enchiladas, nutritional yeast for vegan pizza topping, the right cabbage for kimchi;
- a counselor to support a neurodiverse child's learning program?; and/or
- a barber that can line you up?

We see you and hope you'll find options for all of that and more here.

You Be the Judge

We know you're the best judge of what you need and whether what we've included here is the way to secure it. We want to help facilitate your access to options for consideration and that's what this guide is designed to do.

We Want to Hear from You

With the support of the Office for EDI, a subgroup of the campus Committee for Equity and Diversity collected resources through online and on the ground research, and direct and indirect experiences to develop this guide. This guide, created in support of SOU's Strategic Direction IV, is neither exhaustive, nor exclusive. So, if there's something here you'd like to see that's absent, we want to hear from you. Contact us and tell us what you'd offer to continue growing a diverse, equitable and inclusive community where all learners flourish.



1250 Siskiyou Boulevard • Churchill Hall, Room 222 • Ashland, OR 97520

Email: EDI@sou.edu • Phone: 541-552-8847

Health Care

Dr. S Anandavalli

Ashland
Soulfulness Counseling—Counseling and therapy services for women who wish to heal
971-202-1927
anandavalli.s@gmail.com



MBWE

DE: Asian Indian
SP: Counseling: Humanistic/Existential, and Behaviorism

Tatiana Gallardo, LPC

Medford and Telehealth
541-778-9456
LPCtatianagallardo@gmail.com



MBWE

DE: Mixed Race and Latino/a/x
SP: Counseling: Cognitive Behavioral Therapy, Positive Psychology, Culturally Appropriate Interventions, Focused on Paradigm Shifts Certified Mental Health Integrative Provider

Shaylee Graham LCSW*

Southern Oregon
541-708-2171
shaylee.graham@gmail.com



MBWE

DE: Mixed race and African American
SP: Therapist: Trained in EMDR (not certificated at this time), Mindfulness-based psychotherapy with a cultural awareness lens.

Kent Heyward ACSW, LMFT, SAP

Upper Rogue Wellness Center
107 E. Main Street Suite #1
Medford
541-941-2159



MBWE

DE: African American
SP: Therapist: Integrative/Holistic/Client Centered

Alejandra Moreno MS, MA LPC

Jackson County, Oregon
541-774-8069
morenoaj@jacksoncounty.org
DE: Latino/a/x; Bilingual/Bicultural
SP: Counseling: PCIT, PCIT-Toddlers, CPP, Infant-Mental Health. Psychodynamic, Cognitive Behavioral

Lisa Ortiz, LPC

328 S. Central Avenue Suite 205
Medford
541-778-2582
ortizln77@gmail.com



MBWE

DE: Latino/a/x; Bilingual/Bicultural
SP: Counseling: Individuals, families, children, and couples

Immaculate Healing, Wellness, and Research

Jackson County, Oregon
800-267-2836
immaculatehealing@gmail.com



MBWE

DE: African American; Indigenous
SP: Blended Western/Eastern Shamanic Health Care: Cognitive Behavior Therapy and Traditional Healing Practices



Hair Care

Certified Barbershop

4149 S. Pacific Highway #323
Phoenix
541-499- 3731



MBWE

DE: African American; Latino/a/x
SP: Haircuts

Prestige Barbershop

1688 Siskiyou Boulevard
Ashland
42 Lithia Way
Ashland
541- 708- 0155
541-482-3134
prestigeashland@gmail.com



MBWE

DE: African American
SP: Haircuts

The Flat Top

145 E. Main Street
Ashland
541-690- 6939
<https://www.facebook.com/theflattopbarbershop>



MBWE

DE: African American; Latino/a/x
SP: Haircuts



Entertainment

Chautauqua Center

507 Wilson Road
Ashland
tyrone@chautauquacenter.com



MBWE

DE: African American
SP: Film, Music, Museums, Festivals

Britt Festivals

350 S. 1st Street
Jacksonville
1-800-882-7488
541-690-3849
info@brittfest.org



DE: Multicultural
SP: Concert Venue (Music & Arts)

Oregon Center for the Arts

1250 Siskiyou Boulevard
Ashland
541-552-6101
Email: oca@sou.edu



DE: Multicultural
SP: Music, Theater, and Arts

Oregon Shakespeare Festival

15 S. Pioneer Street
Ashland
800-219-8161
boxoffice@osfashland.org



DE: Multicultural
SP: Theater Venue

Tequila Night Club

1016 N. Riverside Avenue
Medford
541-608-1698
c.miguel@live.com



MBWE
DE: Latino/a/x
SP: Venue for Events and Concerts

Ashland Film Festival

389 E. Main Street
Ashland
info@ashlandfilm.org



DE: Multicultural
SP: Film Festival

Housing

Housing Authority Jackson County

Table Rock Road
Medford
541-779-5785
cindy@hajc.net



SP: Affordable Housing (Rentals)

Community Works

201 W. Main Street
Medford
541-779-2393



SP: Affordable Housing (Rentals)

Medford Better Housing

1118 Spring Street
Medford
541-772-4180
mbh5055@live.com



SP: Affordable Housing (Rentals)

Steven's Place Apartments

1105 Stevens Street
Medford
541-857-0616
info@pinehurstmanagement.com



SP: Affordable Housing (Rentals)

Mountain Vista Apartments

1972 Homeview Drive
Medford
458-225-9768
503-484-7564
Thammond@piehurstmanagment.com



SP: Affordable Housing (Rentals)

Sky Vista Apartments

1900 Homeview Drive
 Medford
 541-245-9218
 503-484-7564
 Thammond@piehurstmanagement.com



SP: Affordable Housing (Rentals)

Glenridge Terrace

690 Black Oak Drive
 Medford
 541-779-8393
 prs@retirement.org



SP: Affordable Housing (Rentals)

CPM Real Estate Services, Inc.

857 Mountain Meadows #3
 Ashland
 541-482-0326
 dwright@cpmrealestateservices.com



SP: Property Management (Rentals)

Orchard Glen Estates

2642 W. Main Street
 Medford
 541-773-3571
 danette@charlespointapts.com



SP: Apartment Rentals

Anjou Club

100 N. Pacific Highway
 Talent
 541-535-1001
 propertymanager@anjoucub.com



SP: Apartment Rentals



Dining

El Paraiso

545 Clover Lane
 Ashland
 541- 488-5877



MBWE

DE: Latino/a/x (Mexican)

Taj

31 Water Street
 Ashland
 541- 488-5900



MBWE

DE: Asian (Indian)

Thai Pepper

84 N. Main Street
 Ashland
 541- 482-8058
 asundah426@gmail.com



DE: Asian (Thai)

Sawaddee Thai & Asian Cuisine

1634 Ashland Street
 Ashland
 541- 708-0453



MBWE

DE: Asian (Thai)

La Torta Loca

950 King Street
 Medford
 541- 292-7001



MBWE

DE: Latino/a/x (Mexican)

Fiesta Restaurant

1016 N. Riverside Avenue
 Medford
 541- 608-1698



MBWE

DE: Latino/a/x (Mexican)

La Fiesta

150 S. Oregon Street
Jacksonville
541- 899-4450

**MBWE**

DE: Latino/a/x (Mexican)

Shojis

2640 E. Barnett Road
Medford
541- 779-6860

MBWE

DE: Asian (Japanese)

Bonsai

2305 Ashland Street
Ashland
541- 482-2640
Bonsaiashland.com

**MBWE**

DE: Asian (Japanese)

Xerxes

1729 Siskiyou Boulevard
Ashland
541- 301- 9866

**MBWE**

DE: Middle Eastern (Mediterranean)

Razi

1690 Ashland Street
Ashland
541- 841- 9300
tkdeesar7@gmail.com

**MBWE**

DE: Asian (Burmese)

Blue Toba

145 E. Main Street
Ashland
541- 708-6214
bluetoba@live.com

**MBWE**

DE: Asian (Indonesian)

The Millennial

308 E. Main Street
Rogue River
541-951-0527
themillennial111@gmail.com

**MBWE**

DE: Pacific Islander (Hawaiian)

Las Margaritas

1361 Center Drive Suite 106
Medford
541- 622-8622
margaritas1361@gmail.com

**MBWE**

DE: Latino/a/x (Mexican)

Maguey Mexican Cuisine

2041 Roberts Raod
Medford
541- 200-3673

**MBWE**

DE: Latino/a/x (Mexican)

Billy's Fried Chicken

82 N. Main Street
Ashland
7541-708-6744
asundah426@gmail.com



DE: Asian

Tosu Ramen & Sushi

213 E. Barnett Road
Medford
541-245-1178

MBWE

DE: Asian (Japanese)

Bobalistic

3050 Crater Lake Highway
Medford
541- 622-4875

**MBWE**

DE: Asian (Taiwanese)

Taqueria La Flama

710 W. McAndrews Road
Medford

**MBWE**

DE: Latino/a/x (Mexican)

El Chapo

3622 Table Rock Road
Medford
541-423-0249

**MBWE**

DE: Latino/a/x (Mexican)

Shinsei Sushi

63 Rossanley Drive
Medford
541-690-1244

**MBWE**

DE: Asian (Japanese)

Northwest Pizza

1585 Siskiyou Boulevard
Ashland
541- 488-2080

**MBWE**

DE: Italian

MBWE = Minority and Women-owned Business Enterprise **DE:** = Demographic Experience **SP:** = Services Provided

LGBTQIA+ = Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Aromantic/Agender



Puerto Mazatlan
 205 N. Phoenix Road Suite R
 Phoenix
 541- 897-0480

MBWE

DE: Latino/a/x (Mexican)

Gorditos Machetes
 1201 N. Riverside Avenue
 Medford
 541- 622-5011



MBWE

DE: Latino/a/x (Mexican)

Pupusas on Wheels
 2830 Crater Lake Highway
 Medford
 541- 973-5542



MBWE

DE: Latino/a/x (Salvadoran)

Noho's
 330 E. McAndrews Road
 Medford
 541- 245-6919



MBWE

DE: Pacific Islander (Hawaiian)

Pucks Donuts
 109 S. Main Street
 Phoenix
 541- 535-7825 541- 897-0592



MBWE

Caba Empanadas
 137 S. Central Avenue
 Medford
 541- 631-9260
info@cabaempanadas.com



MBWE

DE: Latino/a/x (Argentinian)

Noonies Boba
 149 S. Central Avenue
 Medford
 541- 601-3666
 Website Coming Soon!
 DE: Asian (Taiwanese)

Grocers

Asia Market

225 E. Barnett Road
Medford
541-734-7356



MBWE

DE: Asian
SP: Grocery Products

Fiesta Market & Restaurant

1016 N. Riverside Avenue
Medford
541-608-3815



MBWE

DE: Latino/a/x
SP: Grocery Products & Butcher Shop

Yola's Bakery

523 S. Central Avenue
Medford
541-778-9303



MBWE

DE: Latino/a/x
SP: Bakery

El Gallo Supermarket

2122 W. Main Street
Medford
541-858-7900



MBWE

DE: Latino/a/x
SP: Grocery Products & Butcher Shop

Winco Foods

251 E. Barnett Road
Medford
541-245-3555



DE: Latino/a/x
SP: Grocery Products

Ashland Food Co-op

237 N. 1st Street
Ashland
541-482-2237



SP: Grocery Products



MBWE = Minority and Women-owned Business Enterprise **DE:** = Demographic Experience **SP:** = Services Provided

LGBTQIA+ = Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Aromantic/Agender



Community Support

The Arc of Jackson County

121 N. Central Avenue
Medford
541-283-3056
office@thearcjackson.org



SERVES: Individuals with disabilities and their families

We, together with our network of members and affiliated chapters, advocate for the rights and full community participation of all children and adults with intellectual and developmental disabilities.

Black Southern Oregon Alliance

120 N. 1st Street Suite 1372
Ashland
541-205-9223



DE: Black | African American
SERVES: African American Community in Southern Oregon

The mission of the Black Southern Oregon Alliance is to improve the quality of life within our communities by bringing people together to enhance educational and economic opportunities for all Black/African Americans, and People of Color.

Black Alliance & Social Empowerment (BASE)

325 S. Riverside Suite 4435
Medford



MBWE

DE: Black | African American
SERVES: Black | African American

Description: Create a welcoming and supportive community where Black people in Southern Oregon feel safe, respected, and comfortable being themselves when expressing any aspect of their many cultural ethnicities. We are a community platform for connection, collaboration, and prosperity.

Bridging Communities

100 E. Main Street
Medford
541-690-8542
info@bcoregon.org



SERVES: Parents of disabled children
To connect families with resources and each other; and support communities in being welcoming, strong and diverse.

Community Alliance of Tenants

1017 N. Riverside Avenue
Medford
541-414-2220



SERVES: Southern Oregon Community

To educate and empower tenants to demand safe, stable and affordable rental homes. We believe that housing is the basis of a strong community. So we bring tenants together to organize and collectively advocate for fair and equal protections in housing practices and policies.

Community Works

201 W. Main Street Suite 3D
Medford
541-779-2393 ext. 200



SERVES: Southern Oregon Community

Community Works strengthens lives and our community through prevention, support services, and advocacy for victims of domestic violence, sexual assault, and homeless youth and their families.

Dogs for the Deaf

10175 Wheeler Road
Central Point
541-826-9220
info@dogsforbetterlives.org



SERVES: Individuals ages 16+ with disabilities

Dogs for Better Lives' mission is to professionally train dogs to help people and enhance lives while maintaining a lifelong commitment to all dogs we rescue or breed and the people we serve.

Down Syndrome Association of Southern Oregon

33 N. Central Avenue Suite 205
Medford
541-776-9805



SERVES: Families and Individuals with Down Syndrome

Our mission is to support people with intellectual and developmental disabilities to live in the same neighborhoods, work for the same employers, and share in the same experiences to which we all aspire.

FACT (Families and Community Together)

2475 S.E. Ladd Avenue
Portland
888-988-FACT
info@factoregon.org



SERVES: Families with children with developmental disabilities

Empower Oregon families experiencing disability in their pursuit of a whole life by expanding awareness, growing community, and equipping families.

Families for Community (FFC)

136 Dianne Way
Eagle Point
541-690-6882

SERVES: Families of children with disabilities

Hearts with Mission

529 Edwards Street
Medford
541-646-7385



SERVES: Youth 10-21

Hearts With A Mission serves homeless and at-risk youth by providing shelter, educational support, mentoring and transition planning with a faith-based approach.



Hope Equestrian Center

716 Riley Road
Eagle Point
541-776-0878
info@hopeequestrian.com



SERVES: Special needs individuals

HOPE Equestrian Center is a non-profit organization providing therapeutic horseback riding to special needs individuals throughout southern Oregon.

Jackson County Developmental Disability Services

1915 Hazel Street
Medford
541-774-8205



SERVES: Individuals with disabilities

It is the mission of Jackson County Health and Human Services to plan, coordinate, and provide public services that protect and promote the health and well being of county residents. Our community's most vulnerable population is our priority.

Latino/a/x Interagency Committee (LINC)

Medford
Carmen.Caballero@cityofmedford.org



DE: Latino/a/x

SERVES: Southern Oregon Organizations

To serve as an inclusive space for community agencies to create, improve and bridge services and opportunities for the advancement of the Latinx/a/o community in Southern Oregon.

Living Opportunities

861 Valley View Drive
Medford
541-772-1503
info@livingopps.org



SERVES: Individuals with intellectual and developmental disabilities

Our Mission is to support people with intellectual and developmental disabilities to live in the same neighborhoods, work for the same employers, and share in the same experiences to which we all aspire.

Options for Helping Residents of Ashland (OHRA)

2350 Ashland Street
Ashland
541-631-2235
info@helpingashland.org



SERVES: Low income individuals

OHRA's mission is to help low-income people build better lives. By offering hope and access to social services, we encourage those in need on the path to self-sufficiency.

Rogue Action Center

205 N. Phoenix Road Suite G
Phoenix
541-292-1741
info@rogueactioncenter.org



DE: LGBTQIA+

Our mission is to build organizing infrastructure, leaders, and community power for a just, inclusive, and sustainable Southern Oregon for everyone.

Rogue Valley Mentoring

2931 S. Pacific Highway
 Medford
 541-708-6688
 rvmentoring.org@RVMentoring



DE: LGBTQIA+

We vet any safe, caring adult and support them into becoming well-trained, effective mentors who have the ability to change the course of a young person's life. Mentoring heals trauma. It takes just an hour a week. Join the movement.

Southern Oregon Black Leader, Activists, and Community Coalition (SOBLACC)

Medford



MBWE

DE: Black | African American
SERVES: African American Community in Southern Oregon

SOBLACC's mission is to be a political home for Black people in Southern Oregon. By building an engaged and active base of Black people, we will co-create a Black political agenda for Southern Oregon, partner with aligned Black organizations across the state and nationally in support of the liberation of Black people.

Southern Oregon Challenger Little League

213 Stevenson
 Cave Junction
 541-659-8618
 hondhood@frontiernet.net



SERVES: Children ages 4-21 with disabilities

The Challenger Division is an opportunity for children with physical, developmental or intellectual challenges (ages 4-21) to play baseball.

Southern Oregon Regional Health Equity Coalition (SO Health-E)

2931 S. Pacific Highway
 Medford
 Annie Valtierra-Sanchez, Director
 annie.valtierra@sohealththe.org
 MichelleGlass, Policy + Advocacy Coordinator
 michelle.glass@sohealththe.org



DE: BIPOC, LGBTQIA+
SERVES: BIPOC, LGBTQIA+, people with disabilities and low-income community members

Our mission is to seek systems change by creating community partnerships and together promoting health equity that centers the voices of impacted community members.

UNETE

Basement of 607 W. Main Street
 Medford
 541-840-9669
 UneteOregon@gmail.com



MBWE

DE: Latino/a/x
SERVES: Farm workers and Latino/a/x immigrants

Farm Worker Advocacy began in 1996, is a movement of farm workers and immigrants that strives to empower and enrich the lives of both groups through education, cultural presentations, advocacy, representation in issues that affect their lives and organizing to defend immigrant rights. UNETE formed due to the need for farm worker representation in legislative actions which would have excluded them from state minimum wage requirements and from their rights to file grievances related to labor violations

US Veterans Affairs

8495 Crater Lake Highway
 White City
 541-826-2111



Serves: Veterans

VA Southern Oregon Healthcare System's mission is to offer options to timely, quality services for Veterans through care and respect for one's physical, psychological, and spiritual health.

Wild Womyn

Medford



DE: LGBTQIA+ Women
SERVES: Fosters connection and community for LGBTQ+ women in Southern Oregon

Wild Womyn of Rogue Valley is a support community in Southern Oregon (and surrounding regions) for lesbians, bisexual women, pansexual women, trans women, and non-binary individuals who seek a women-centered group. The group's mission is to promote connection and foster community for their members by offering safe, social, supportive, and recreational activities.

Autism Society of Oregon

9320 SW Barbur Blvd Suite 240,
 Portland
 503-636-1676
 info@AutismSocietyOregon.org



SERVES: Individuals with autism and their families

We create connections, empowering everyone in the Autism community with the resources needed to live fully.

Queer Families of Southern Oregon

Medford



DE: LGBTQ+ Affirming
Serves: LGBTQIA+

Red Earth Descendants

9320 S.W. Barbur Boulevard Suite 240
Portland
redearthdescendants@gmail.com



MBWE

DE: Indigenous-based
SERVES: Indigenous Community

Grassroots, indigenous-based organization committed to creating healthy, sustainable community while preserving Native values, traditions and culture. Our core strength is in joining our youth, elders, families and regional tribes together to share knowledge and skills. As we practice healthy community interaction, our goal is to give Native teachings to the next Generations of life.

Youth Era – Medford Drop

123 S. Front Street
Medford
541-214-6643
activatethe@youthera.org



DE: LGBTQIA+
SERVES: Ages 14-21

SOPRIDE

Ashland



DE: LGBTQIA+
Groups Served: LGBTQIA+
Organizing body for annual Pride event in Ashland.



Recovery Programs

1st Phoenix Community Center

121 W. 2nd Street
Phoenix
541-543-6874



SERVES: Narcotics and Alcoholics Anonymous

We are your neighbors coming together in one place with the goal to offer service to the community. We turn no one away! Whether you want to volunteer, or you need assistance. We are here to make our community stronger and better in so many ways.

Alcoholics Anonymous District 16 Rogue Valley

116 E. 6th Street
Medford
541-732-1850



SERVES: Narcotics and Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.



Religious Communities and Places of Worship

Our Lady of the Mountain Church

987 Hillview Drive
Ashland
541-482-1146



Affiliation: Catholic
DE: Latino/a/x (Spanish Language Service)

Masjid Al Tawheed

550 Rogue River Parkway
Talent
541-678-7411
masjidaltawheed25@gmail.com



Affiliation: Muslim

Medford Seventh Day Adventist Church

1900 Greenwood Street
Medford
541-772-6021



Affiliation: Christian (Protestant)
Denomination: Seventh Day Adventist

Havurah Shir Hadash Jewish Renewal Synagogue and Temple

185 N. Mountain Avenue
Ashland
541-488-7716
ayala@ashlandhavurah.org



DE: LGBTQIA+ Affirming
Affiliation: Jewish

Congregational UCC-United Church of Christ

717 Siskiyou Boulevard
Ashland
ucc.org
541-482-1981
ucc@opendoor.biz

DE: LGBTQIA+ Affirming
Affiliation: Christian (Protestant)
Denomination: Church of Christ

Ashland Christian Fellowship

50 W. Hersey Street
Ashland
541-482-8539
admin@acfweb.org



Affiliation: Christian (Protestant)
Denomination: Calvary Fellowship

First Baptist Church of Ashland

2004 Siskiyou Boulevard
Ashland
541-482-3836
adamingram777@gmail.com



Affiliation: Christian
Denomination: Baptist

First Christian Church (Disciples of Christ)

1900 Crater Lake Avenue
Medford
541-772-8030
mfccor@gmail.com



DE: LGBTQIA+ Affirming
Affiliation: Christian (Protestant)
Denomination: Disciples of Christ

Central Point 3 Angels Church

70 Elmhurst Street
Central Point
541-890-9477
centralpointthreeangelschurch.
godaddysites.com
DE: Black | African American
Affiliation: Christian (Protestant)
Denomination: Seventh Day Adventist

Cornerstone Christian Church

608 N. Bartlett Street
Medford
541-773-8163



Affiliation: Christian (Protestant)
Denomination: Reformed Protestant Tradition

Medford Congregational

Address: 1801 E. Jackson Street
Medford
541-772-8860
Office@MedfordUCC.org



DE: LGBTQIA+ Affirming
Affiliation: Christian (Protestant)
Denomination: United Church of Christ

New Song Church

4041 Crater Lake Avenue
Medford
541-858-4085
contactus@newsongmedford.com



Affiliation: Christian (Protestant)
Denomination: Non-denominational

Trail Christian Fellowship

18881 Highway 62
Eagle Point
541-878-3501



Affiliation: Christian (Protestant)
Denomination: Non-denominational

Trail Creek Community Church

399 Old Trail Creek Road
Trail
541-878-2554
trailcommunitychurch@gmail.com



Affiliation: Christian (Protestant)

Shepherd Of The Valley Parish

600 Beebe Road
Central Point
541- 664-1050
churchoffice@shepherdatholic.com



DE: Latino/a/x (Spanish Language Service)
Affiliation: Catholic

Our Lady of Fatima

56 Williams Lane
Shady Cove
541-878-2479



Affiliation: Catholic

New Beginnings Church

5889 Crater Lake Highway
Central Point
541-535-1124
newbegin.info
Affiliation: Christian (Protestant)
Denomination: Non-denominational

Jehovah's Witnesses

700 N Main Street
Ashland
541-535-1124



Affiliation: Christian (Protestant)

Rivergate House of Prayer

322 Pacific Highway
Talent
541-897 -4475



Affiliation: Prayer & Worship Services (Messianic, Celtic, & Mystic Roots)

Talent Friends Church

50 Talent Avenue
Talent
541-535-1169
talentfriendschurch.org

Affiliation: Christian (Protestant)
Denomination: Quaker (Christ-centered)

Ashland Zen Center

740 Tolman Creek Road
Ashland
ashlandzencenter.org
541-552-1775
info@ashlandzencenter.org
Affiliation: Buddhist

Tashi Choling Center

2001 Colestine Road
Ashland
541-488- 9660
info@tashicholing.org



Affiliation: Buddhist

Joy Church Medford

Table Rock Road
Medford
541-799-7029
info@joymedford.com



Affiliation: Christian (Protestant)
Denomination: Non-denominational

Rogue Valley Christian Church

1440 S. Oakdale Avenue
Medford
541-733- 3144
media@rvchristian.com
rvchristian.com
Affiliation: Christian (Protestant)
Denomination: Non-denominational

The Church of Jesus Christ of Latter-Day Saints

2141 Brookhurst Street
Medford
541-324- 2437



Affiliation: Christian
Denomination: Latter-Day Saints
Demographic Expertise: Latino/a/x (Spanish Language Service)



The Church of Jesus Christ of Latter-Day Saints
 111 N. Clay Street
 Ashland
 541-250- 9422
 churchofjesuschrist.org
DE: Latino/a/x (Spanish Language Service)
Affiliation: Christian
Denomination: Latter-Day Saints

Azalea Community Church
 362 Upper Cow Creek Road
 Azalea
 541-837-3325



Affiliation: Christian (Protestant)
Denomination: Non-denominational

Crossroads Christian Fellowship
 141 Michaels Ranch Lane
 Days Creek
 541- 825- 3330



Affiliation: Christian (Protestant)
Denomination: Non-denominational

Evans Valley Bible Church
 7924 E. Evans Rdoad
 Rogue River
 541-582- 3698
 evbcoffice@gmail.com



Affiliation: Christian (Protestant)
Denomination: Non-denominational

Grace Bible Church
 1555 N.E. 10th Street
 Grants Pass
 541-476- 5316
 gracebiblechurchgp@gmail.com



Affiliation: Christian (Protestant)
Denomination: Orthodox

Empowered Life Church
 322 S. Pacific Highway
 Talent
 541-819- 0588
 info@empoweredlifechurch.org



Affiliation: Christian (Protestant)
Denomination: Non-denominational

Church of the Nazarene
 1481 S. Columbus Avenue
 Medford
 541-779- 0190
 lifepathnaz@gmail.com



Affiliation: Christian (Protestant)
Denomination: Nazarene

Jerusalem Center Church
 6 Mace Road
 Medford
 541-770-7086
 office@jerusalemcenter.com



Affiliation: Christian (Protestant)
Denomination: Non-Denominational

Heritage Christian Fellowship
 943 Automation Way Suite A
 Medford
 heritagefellowship.net
 541-772-8200
 info@heritagefellowship.net
Affiliation: Christian (Protestant)
Denomination: Non-Denominational

Gloria Dei Lutheran Church
 745 N. 10th Street
 Central Point
 541-664-3724
 office@gloriadeihudson.org



Affiliation: Christian (Protestant)
Denomination: Evangelical Lutheran

Sacred Heart Catholic Church
 517 W. 10th Street
 Medford
 541-779-4661



DE: Latino/a/x (Spanish Language Service)
Affiliation: Catholic

Westminster Presbyterian Church
 2000 Oakwood Drive
 Medford
 541-773-8274
 office@wpcmedford.com
Affiliation: Christian (Protestant)
Denomination: Presbyterian



Daycare

Boys and Girls Club

307 Wagner Creek Road
Talent
541-292-4851
TalentClub@begreat4kids.com



SERVES: K-12

Kids Unlimited

821 N. Riverside Avenue
Medford
541-774-3900
info@kuoregon.org



SERVES: Pre-K – 8th grade

Southern Oregon Head Start

421 Walker Avenue
Ashland
541-482-5931



SERVES: K-12

YMCA

540 YMCA Way
Ashland
541-482-9622
info@ashlandymca.org



SERVES: K-12

Children's World Montessori

Ashland
541-482-1314



SERVES: Toddlers; Preschool

Pomegranate Preschool

1800 East Main Street
Ashland
541-488-2909
office@emekshalom.org



SERVES: Ages 3-5

ScienceWorks

1500 E. Main Street
Ashland
541-482-6767
info@scienceworksmuseum.org



SERVES: Ages 9-14

Assistance Programs

1st Phoenix Community Center

121 W. 2nd Street
Phoenix
541-543-6874



SP: Food pantry (8-12 Saturdays),
Clothes Closet (10-12 Saturdays, 1-3
Wednesdays)

We are your neighbors coming together in one place with the goal to offer service to the community. We turn no one away! Whether you want to volunteer, or you need assistance. We are here to make our community stronger and better in so many ways.

Access

3630 Aviation Way
Medford
541-779-6691



SP: Food resources, rent and utility assistance

Through partnerships and service, ACCESS provides food, warmth, and shelter to promote stability for vulnerable populations.

Ashland Emergency Food Bank

560 Clover Lane
Ashland
541-488-9544
info@ashlandefb.org



SP: Food boxes for those in need in the Ashland and Talent communities

To provide food, free of charge, to residents of Ashland, Talent and surrounding rural communities, and to do so in a way that conveys respect and dignity for those being served. The Food Bank is set up as a grocery store.

Ashland Food Angels

Ashland
541-482-5330
ashlandfoodangles@gmail.com



Ashland Food Angels is a grassroots, fully volunteer cooperative venture which helps other organizations serving low income people in the Rogue Valley, primarily through the daily collection and redistribution of food retrieved from markets, bakeries and local organic farmers.

The Ashland Food Angels project was begun in 1995 by Pamala Joy, with the purpose of retrieving food which would otherwise have gone to the landfills, and redirecting it to people in need in this area.

Cornerstone Christian Church

608 N Bartlett Street
Medford
541 773-8163



Housing Authority of Jackson County

2251 W. Table Rock Road
Medford
541-779-5785 ext. 1000



SP: Programs include Section 8 certificate and voucher programs. Owner Occupied Housing Rehabilitation, family self-sufficiency program, and the development and management of low-income affordable housing.

To provide, preserve & maintain decent, safe and affordable housing while promoting efforts toward self sufficiency.

Interfaith Care

601 Grape Street
Medford
541-779-8564
SP: Homeless services, food, clothing
Emergency Services:
10 W. Jackson Street, Medford

Jobs With Justice's Ashland Community Peace Meal

Ashland
541-841-8341
jason@sojwj.org



SP: Meals
Organize basic resources for our vulnerable, poor and homeless communities.

Judi's Midnight Diner

Medford
info@judismidnightdiner.org



SP: Mutual Aid; Meals
A volunteer-run project bringing a heated pop-up tent, food, and hot drinks to folks around the Rogue Valley, Oregon. At its heart, Judi's is a community space where everyone is welcome.

Magdalene Home

12 Black Oak Drive
Medford
541-773-5040
info@MagdaleneHome.org



SP: Shelter for Pregnant or teen moms
Offer homeless teen girls and young women who are pregnant, parenting, or considering adoption a safe and supervised place to live. Our nonprofit home is founded on Christian teachings regarding the God-given dignity and value of every human life. Our doors are open to any young mother in need, ages 14 through 24, without regard to race or religion.

Maslow Project

500 Monroe Street
Medford
541-608-6868



DE: LGBTQIA+ Affirming
SP: Support for youth (21 or younger) and families experiencing homelessness or at risk of homelessness
We empower homeless youth and families to engage and thrive independently, in all aspects of life, by providing supports that stabilize and strengthen resiliency.

Medford Gospel Mission Main Office & Men's Programs

125 W. Jackson Street
Medford
541-779-1597
contact@medfordgospelmission.org



SP: Free clothing (Men, women and children), Community garden, showers, meals (breakfast/lunch), emergency shelter, bible teaching
We value empowerment. We desire to restore people through promoting responsibility. We believe in empowering people to make positive changes in their lives and being accountable for their actions.

Medford Gospel Mission Women and Children's Emergency Shelter

534 N. Bartlett Street
Medford
541-779-2931



SP: Free clothing (Men, women and children), Community garden, showers, meals (breakfast/lunch), emergency shelter, bible teaching
We value empowerment. We desire to restore people through promoting responsibility. We believe in empowering people to make positive changes in their lives and being accountable for their actions.



Oregon Housing and Community Services

North Mall Office Building
725 Summer Street N.E. Suite B
Salem
503-986-2000
housinginfo@oregon.gov



SP: Assists moderate income homebuyers with below market interest rate loan programs.

Provide stable and affordable housing and engage leaders, to develop an integrated statewide policy that addresses poverty and provides opportunity for Oregonians.

Sacred Heart Food Bank

Holly & 11th Street
Medford (alley behind the gym)
541-772-4105



SP: Food Bank; First 2 Fridays of the month 9:30 am to 11 am.

Sacred Heart School has a Food Bank that is available to the public. The Food Bank is open all year and depends on the families from Sacred Heart to keep it going. We have a grocery basket from which people can choose special items. If you're donating items from your own pantry, please check the expiration date.

St. Vincent de Paul

2424 N. Pacific Highway
Medford
541-779-8564
ContactUs@svdpmedford.org



SP: Shelter, food, utilities

The Rogue Valley Council of St. Vincent de Paul is dedicated to providing compassionate support to the poor, regardless of race, creed, sex, sexual orientation or ethnic origin. Each Council is locally organized, funded and staffed. Our Council has no financial obligation to any church and no effort is made to preach, convert or proselytize.

Table Rock Fellowship

3610 N. Pacific Highway
Medford
541-245-2612
Answers@TableRockFellowship.com



SP: Food Bank:
Wednesday 12 – 3 and Saturday 12 – 3

To encourage and equip one another in love to know Jesus and make him known.

Uncle Food's Diner

543 S. Mountain Avenue
Ashland
541-482-9625
info@peacehouse.net



SP: Advocacy

Serve as a center for peace and justice interacting with our local and regional communities. From principles of nonviolence, diplomacy and compassion, we explore, communicate, and collaborate with groups and individuals to create social change for peace, equality and justice locally, nationally and internationally.

United Way

60 Hawthorne Street
Medford
541-773-5339



SP: Resources and assistance

Mobilizing caring to affect change.

Disclaimer

This guide is a living resource—created and periodically reviewed and updated for accuracy and relevance by Southern Oregon University’s Office for Equity, Diversity, and Inclusion. We rely on publicly available information and information offered by organizations and proprietors listed. The inclusion of any resource listed here does not mean or imply approval, or our recommendation, nor does exclusion of any resource imply our disapproval. In no circumstances, will Southern Oregon University or its employees be liable for any direct, indirect, incidental, special, punitive or consequential damages that result in any way from the use of the information in this guide.



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