



HelpLine

Call 24 hours a day
(541)779-HELP (4357) or
888-609-Help (4357)

Information services for homeless
teens, victim services, those in crisis

Emergency Shelter

HomeRun

900 E. Main St
Medford, OR 97504
Contact: Matthew Brody
(541)779-2393 ext.221

Ages 11 – 17

Up to 21 days emergency shelter for
homeless and runaway youth,
counseling, resources, support

TLP

900 E. Main St
Medford, OR 97504
Contact: Andrea Burcham
(541)779-2393 ext.223
Ages 16– 21

Up to 18 months depending on individual
plan, life skills, counseling, support

Dunn House

900 E. Main St
Medford, OR 97504
(541)779-HELP (4357) or
888-609-HELP (4357)

Ages 18+

Emergency shelter for those who are a
victim of domestic violence and their
children. Advocacy, counseling, support

Hearts With A Mission

521 Edward St
Medford, OR 97501
(541)261-2625
Temporary youth shelter

Basic Needs

Community Works Ashland Outreach

900 E. Main St
Medford, OR 97504
Contact: Aaron Reed
(541)973-5290

Maslow Project

209 W. Main St
Medford, OR 97501
(541)608-6868
Ages birth – 22

Clothing, food, mentoring, counseling,
school liaison, advocacy

Department of Human Services

800 Cardley Ave.
Medford, OR 97504
(541)776-6172

1658 Ashland St.
Ashland, OR 97520

(541)482-2041

3131 Ave C

White City, OR 97503

(541)864-8700

Food cards, medical, other social services

Job Council-Youth Services

673 Market St.
Medford, OR 97504
(541)842-2573

Contact: Cynthia

Help with gaining employment skills,
education

Substance Abuse

Addiction Recovery Center

1003 W. Main St
Medford, OR 97501
(541)779-1282

Numerous programs to help
support sobriety

On Track

Medford (541)772-1777
White City (541)864-8701
Ashland 541.482.2041 ext. 253
Numerous programs to help
support sobriety

*Nothing is predestined: The obstacles
of your past can become the
gateways that lead to new
beginnings.*

Ralph Blum

Free Meals

Monday

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm

Bread Together

United Congregational Church
717 Siskiyou Blvd
9am

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm

St. Vincent DePaul

2424 N Pacific Highway
Medford, OR 97501
(541)772-3828
Meals: Mon-Sat 11am-1pm
Food box distribution 3rd and 4th
Friday every month

Tuesday

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm

Uncle Foods Diner

Methodist Church
165 N. Main St
Ashland, OR 97520
(541)482-9625

4:30pm-5:30pm

St. Vincent DePaul

2424 N Pacific Highway
Medford, OR 97501
(541)772-3828

Meals: Mon-Sat 11am-1pm
Food box distribution 3rd and 4th
Friday every month

Set Free Fellowship

1025 Court St
Medford, OR 97501
12pm

Hawthorn Park PB & J's

Hawthorn Park
Medford, OR 97504
Meals: Tues and Wed at 4pm

Wednesday

Community Works Ashland Outreach

Lithia Park Gazebo (near band shell)
(541)973-5290
Contact: Aaron Reed
Meals and supplies: 3pm-5pm

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm

1st Presbyterian Church

1615 Clark Avenue
Ashland, OR 97520
Last Wed of the month
6:30pm – 7:30pm

Thursday

Komac's Meal

Lithia Park Gazebo (near band shell)
Ashland, OR 97520
4:30pm

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm

St. Vincent DePaul

2424 N Pacific Highway
Medford, OR 97501
(541)772-3828
11am-1pm
Food box distribution 3rd and 4th
Friday every month

Hawthorn Park PB & J's

Hawthorn Park
Medford, OR 97504
Meals: Tues and Wed at 4pm

Friday

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm

St. Vincent DePaul

2424 N Pacific Highway
Medford, OR 97501
(541)772-3828
11am-1pm

Saturday

Food Not Bombs

Lithia Park Gazebo (near band shell)
Ashland, OR 97520
4pm

Ashland Emergency Food Bank

2200 Ashland St
Ashland, OR 97520
9:30am-12:30pm

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm

Cornerstone Christian Church

608 N Bartlette St
Medford, OR 97501

(541)773-8163

Saturdays 10am-2pm

Groceries, clothing, haircuts, basic
medical screening

Sunday

Ashland Community Potluck

Lithia Park Gazebo (near band shell)
(541)499-9294
Sundays 4pm summer, 3pm winter

Gospel Mission

125 W Jackson St
Medford, OR 97501
8:30am, 12:30pm, 4pm