

Parent Pages

Your directory of parenting resources
compiled by Samaritan Health Services



Welcome

to the wonderful world of parenthood.

It's a world filled with blankets and bottles, safety pins and training wheels. During the next several months, you'll discover that being a parent is a unique, lifelong journey. The responsibilities are great, but so are the rewards. His first smile. Her first laugh. An unsteady crawl that quickly transforms itself into an agile walk. It's a great joy as you share the everyday feats that mark your child's growing strength and independence.

Now that your baby is here, it's easy to feel overwhelmed with questions: How do we find a qualified baby-sitter so we can have a much-needed evening out? Where can I order an official copy of his birth certificate?

The answers are right here in Samaritan Health Services' Parent Pages. This informative resource guide is a wealth of community services available to you and your baby. It covers everything from support groups to immunizations, first aid and more.

(Area codes are 541, unless noted.)



Site abbreviations

GSRMC – Good Samaritan Regional Medical Center, Corvallis
SAGH – Samaritan Albany General Hospital
SLCH – Samaritan Lebanon Community Hospital
SNLH – Samaritan North Lincoln Hospital, Lincoln City
SPCH – Samaritan Pacific Communities Hospital, Newport



Alcohol and drug counseling services

Community Outreach
Corvallis, 758-3000

Discovery Counseling
Lincoln City, 996-3784

Public Health Department
Benton County, 766-6850
Linn County, 967-3819
East Linn County, 451-5932 Lincoln County, 265-4179

Reconnections Counseling Services
Lincoln City, 994-4198

Seaview Services
Newport, 265-3761



Baby supplies assistance or donation

Adventist Clothes Bank
Newport, 265-2049
Lincoln City, 994-6096

Birthright Pregnancy Center
Newport, 265-2404

Corvallis Pregnancy Care Center
757-9645

FISH
Albany, 928-4460
Lebanon, 259-3200

Lord's Storehouse
Lebanon, 259-1265

New Hope Pregnancy Center
Albany, 924-0160

Philomath Baby Bank
929-6443

Pregnancy Alternatives Center
Lebanon, 258-3500

Vina Moses
Benton County, 753-1420

Waldport Baptist Church
563-3696

Willamette Crisis Pregnancy Center
Sweet Home, 367-2447

All classes are available online at samhealth.org/family.

Baby-sitting

(see child care)

Big brother and sister classes

Community classes and support groups
GSRMC, 768-5090
SAGH, 812-4301
SLCH, 451-7177

Birth certificates

Oregon State Health Division Certification Unit
(503) 731-4095

Birth control

You can become pregnant soon after giving birth. Please consult your physician after leaving the hospital. You also may call:

Benton County Sexual Health Clinic
766-6839

Lincoln County Human Services
265-4112

Linn County Family Planning
967-3888

Area code is **541** unless otherwise noted

Breastfeeding services

La Leche League International
1-847-519-7730

Mid-Valley Breastfeeding Center
Albany, 812-5116

Samaritan Lactation Services
Corvallis, 768-5244

SLCH Lactation Line
451-7588

SNLH
Lincoln City, OB/Maternity
Department, 996-7381

SPCH
Newport, OB/Maternity Department,
574-1826

Public Health Department
Lincoln County, 265-4112
ext. 2396
Benton County, 766-6835
Linn County, 967-3888

WIC Support Group
Benton County, 766-6835
Lincoln County, 265-4112 ext. 2397

Breast pumps

East Linn County WIC
451-5932

Newport Rental Service
265-5721

Samaritan Medical Equipment
Corvallis, 752-9621
Lebanon, 451-6364
Newport, 574-4797

Samaritan Pharmacy
Corvallis, 768-5225

SAGH Elm Street Pharmacy
812-5071

SLCH Family Birth Center
451-7588

Public Health Department
Benton County, 766-6835
Lincoln County, 265-4112 ext. 2396
Linn County, 967-3888



Car seats

Albany Party Store
967-2789

Child Safety Seat Resource Center
1-800-772-1315

Lincoln City Fire Department
996-2233

Lincoln County Health Department
265-4112

**Lincoln County Health and Human
Services**
Lincoln City, 994-0227 (Tuesday,
Wednesday, Thursday) and
265-6611 ext 2397

Newport Fire Department
265-9461

Newport Rental
265-5721

North Coast Home Care
Newport, 265-2888

Pregnancy Alternatives Center
Lebanon, 258-3500 (income
qualification and classes required)

Car seat safety

Area fire departments
Albany, 917-7700 ext. 5024
Corvallis, 766-6961
Lebanon, 451-1901
Lincoln City, 996-2233
Newport, 265-9461

Lincoln County Health Department
265-4112

Linn County Healthy Start
924-6910

Pregnancy Alternatives Center
Lebanon, 258-3500

SPCH Education Department
Newport, 574-4754

Cash assistance

**Department of Health and
Human Services**
Albany, 967-2078
Corvallis, 757-4201
Lebanon, 259-5860
Lincoln City, 265-4112
Newport, 265-2248

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Hospital, Lincoln City

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Communities Hospital, Newport

Child abuse

**Benton Committee for the
Prevention of Child Abuse**
757-8068

**Center Against Rape &
Domestic Violence**
754-0110 or 1-800-927-0197

Child Abuse Hotline
Albany, 967-2060
Corvallis, 758-3000
Benton County, 967-2085
Lincoln County, 265-8557 or
1-800-305-2850

**Lincoln County Children's
Advocacy Center**
Newport, 574-0841

**Lincoln County Women's
and Children's Violence
Intervention Program**
994-5959

National Child Abuse Line
1-800-422-4453

Newport Child Protective Services
265-8557

Child abuse reporting

Call your local police department.

Childbearing loss support/SIDS (Sudden Infant Death Syndrome)

Childbearing loss support group
Linn and Benton counties, 812-4307

Pregnancy loss support group
Lebanon, 451-5872 or 259-1291

SIDS support group
Albany, 928-9292

Child care

**Family Connections Linn-Benton
Community College Childcare
Resource and Referral**
917-4899

**Resource and referral for
Lincoln County**
265-2558

Counseling

Benton County Mental Health
766-6835 or 24-hour crisis line:
1-888-232-7192

Community Outreach
Albany, 758-3000
Corvallis, 758-3000

East Linn County Mental Health
Lebanon, 451-5932
Sweet Home, 367-3888

Heartspring Wellness Center
Corvallis, 768-6412

**Lincoln County Health and Human
Services**
Lincoln City, 994-1741

Lincoln County Mental Health
265-4179

Linn County Mental Health
967-3866 or 24-hour crisis line:
1-800-560-5535

Pastoral Counseling Services
Corvallis, 753-9217
Lebanon, 451-5015

Samaritan Mental Health
Albany, 812-5060
Corvallis, 768-5201
Newport, 574-6597



Dental care

Your child's first dental check-up
should be between the ages of three
and five. If your dentist does not see
children, ask him or her to recommend
a children's dentist.

Community Outreach
Benton County, 758-3000

Dental Link
Benton County, 752-4636

Oregon Dental Association
1-800-452-5628

Oregon Pacific AHEC
Lincoln City, 994-4938

Doctors

(see physicians)

All classes are
available online at
samhealth.org/family.

Domestic violence and abuse

Center Against Rape & Domestic Violence
754-0110 or 1-800-927-0197

Lincoln County Women's Violence Intervention Program
994-5959

My Sister's Place Women's Shelter
Newport, 1-800-841-8325

Women's Violence Intervention Program
Newport, 574-9211 or 1-800-841-8325



Education

Albany Options School
Fairmount, 967-4563

ALOC
Newport, 265-8505

Alternative School (Wise Program)
Lincoln City, 996-2115

Community Services Consortium GED Program
Albany, 928-6335
Corvallis, 752-1010
Lebanon, 451-1071

Linn-Benton Community College GED program
917-4710
Spanish services line: 917-4664

Lifeskills
Newport, 265-2283, ext. 110
Sweet Home High School, 367-7114

Education: prenatal, childbirth and parent education classes

Community classes and support groups
GSRMC, 768-4752
SAGH, 812-4301
SLCH, 451-7177 or 451-7872
SNLH, 994-3661 ext. 6414
SPCH, 574-1827 or 574-4754

Healthy Start Programs
Benton County, 757-8068
Lincoln County, 265-6611 ext. 2257
Linn County, 924-6910 or 1-800-304-7468

Linn-Benton Community College Family Connections parent advice line
917-4899 or 1-800-845-1363

Maternity Connections
GSRMC, 768-6908
SAGH, 812-4301
SLCH, 451-7872
SPCH, 265-3955

Philomath Parenting
929-2535

Teen parent mentoring program
917-6713

Welcome Home Baby visits
Newport and Lincoln City,
265-6611 ext. 2272

Energy assistance

Central Lincoln Peoples Utilities District
265-5877

Community Services Consortium
Albany, 926-7163
Corvallis, 752-1010
Lebanon, 451-4408
Newport, 265-8577

Consumer Power
1-800-872-9036

NW Natural Gas
926-4253

Pacific Power
1-888-221-7070

Telephone assistance (land lines only)
Lincoln City, 1-800-848-4442

Emergencies

For a medical emergency, dial 911

Emergency preparedness

American Red Cross
Benton County, 753-6628
Linn County, 926-1543

Benton County Emergency Services
766-6864

Lincoln County Emergency Management
265-4199

Linn County Emergency Services
967-3950

Salvation Army
Albany, 928-4774



Fitness

Boys and Girls Club
Albany, 926-6666
Corvallis, 757-1909
Lebanon, 258-7105
Sweet Home, 367-6421

Mid-Valley YMCA
Albany, 926-4488

YMCA of Lincoln County
Newport, 265-3221

Fingerprinting, child identification

(see police departments)

Fire safety

Fire Departments
Albany, 917-7700
Corvallis, 766-6961
Lebanon, 451-1901
Lincoln City, 996-2233
Newport, 265-9461

First aid and CPR

American Red Cross
Albany, 926-1543
Corvallis, 753-6628
Lincoln County, 265-7182

Community classes
All sites, 1-800-804-3202
GSRMC, 768-6629
SLCH, 768-6629
SPCH, 574-4754

Lincoln City Fire Department
996-2233

Linn-Benton Community College
917-4999

Newport Fire Department
265-9461

Food stamps/cash assistance/WIC

Department of Human Services Food Stamps/Cash Assistance
Albany, 967-2078
Corvallis, 757-4201
Lebanon, 259-5860
Lincoln County, 265-2248 or 1-800-426-7089

Women, Infants and Children Nutrition Program
Albany, 967-3888
Corvallis, 766-6835
Lebanon, 451-5932
Lincoln County, 265-4112
Marion County, (503) 588-5057
North Lincoln County, 265-6611 ext. 2364
Polk County, (503) 623-8175 or 1-800-723-3638
Sweet Home, 367-3888

Food banks/soup kitchens

Food banks

Adventist Food Pantry
Lincoln City, 994-6096
Newport, 563-2644

Community Outreach
Corvallis, 758-3000

FISH
Albany, 928-4460
Jefferson, Scio, Crabtree, 327-2442
Philomath, 929-2499

Lebanon
258-7667 or 401-1034

Lebanon Chapel
401-1034

Lincoln City Food Pantry
994-3699

Lincoln County Food Share
1-800-939-3663

Newport Food Pantry
265-8578

Sharing Hands
Brownsville, 466-3110
Lebanon, 259-3200
Summit, 456-2009

Sweet Home Emergency Ministries
367-6504

Waldport
563-2644

Hot meal programs

Agape Fellowship
Lincoln City, 994-3166 (Monday through Friday, noon to 3 p.m.)

Episcopal Parish of St. James
Lincoln City, 994-2426 (Monday and Thursday, 5 to 7 p.m.)

Area code is **541**
unless otherwise noted

Soup kitchens

Newport
265-5232, 563-4282 or 336-2450

Philomath Neighbor to Neighbor
929-2412

Salvation Army
Albany, 928-4774
Corvallis, 758-1178
Lebanon, walk-in service only at
Lebanon Senior Center, 585 Park St.

South Benton Food Bank
Monroe, 847-6023

St. Mary's Soup Kitchen
Albany, 926-8562
Corvallis, 757-1988

St. Vincent DePaul
Corvallis, 757-1988
Lebanon, 258-5333

Food and nutrition information

GSRMC Nutrition Services
768-5102

Oregonian FOODday Hotline
(503) 221-8544

OSU Extension Service
Benton County, 766-6750
Lincoln County, 574-6534
Linn County, 967-3871

SLCH Dietary Department
451-7197

USDA Meat and Poultry Hotline
1-800-535-4555 or
1-888-674-6854



Health and medical information

Community Education
GSRMC, 768-5090
SLCH, 451-7161

Health Departments
Benton County, 757-8068
Lebanon, 451-5932
Lincoln City, 994-0227
Linn County, 967-3888
Newport, 265-4112
Sweet Home, 367-3888

GSRMC Health on Video Lending Library
768-5007

Healthy Start

Benton County
766-3548

East Linn County
Lebanon, 451-5932
Sweet Home, 367-3888

Healthy Start of Lincoln County
265-6611 ext. 2257

Linn County
924-6910 or 1-800-304-7468

Hospitals

Good Samaritan Regional Medical Center (GSRMC)
Corvallis, 768-5111

Samaritan Albany General Hospital (SAGH)
812-4000

Samaritan Lebanon Community Hospital (SLCH)
258-2101

Samaritan North Lincoln Hospital (SNLH)
Lincoln City, 994-3661

Samaritan Pacific Communities Hospital (SPCH)
Newport, 265-2244

Housing

Community Outreach
Corvallis, 758-3000

Emergency Shelter
Newport, 265-9234

FISH Guest House
Albany, 928-4460
Lebanon, 259-3200

HUD housing program
325-5326

Linn Benton Housing Authority
926-4497

Lincoln County Housing Authority
Newport, 265-5326

My Sister's Place
Lincoln County, 574-9424
(women only)

My Sister's Place crisis line
Lincoln City, 994-5959

Samaritan House
Newport, 574-8898
(women and children)

Sweet Home Emergency Ministry
367-6504



Immunizations

Call your health care provider or county health department.

Benton County Health Department
766-6835

East Linn County
Lebanon, 451-5932
Sweet Home, 367-3888

Lincoln City
994-0227

Linn County Health Department
967-3888

Newport
265-4112

Recommended Immunization Schedule

2009

For persons aged 0 through 6 years

Vaccine ▼	Age ►	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B	HepB	HepB	HepB		HepB			HepB				
Rotavirus			RV	RV	RV							
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP					DTaP
Haemophilus influenzae type b			Hib	Hib	Hib	Hib						
Pneumococcal			PCV	PCV	PCV	PCV						PPSV
Inactivated Poliovirus			IPV	IPV	IPV							IPV
Influenza					Influenza (Yearly)							
Measles, Mumps, Rubella						MMR						MMR
Varicella						Varicella						Varicella
Hepatitis A						HepA (2 doses)					Hep A Series	
Meningococcal												MCV

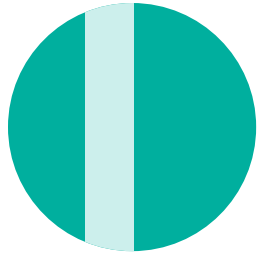
For persons aged 7 through 18 years

Vaccine ▼	Age ►	7-10 years	11-12 years	13-18 years
Tetanus, Diphtheria, Pertussis			Tdap	Tdap
Human Papillomavirus			HPV (3 doses)	HPV Series
Meningococcal		MCV	MCV	MCV
Influenza		Influenza (Yearly)		
Pneumococcal		PPSV		
Hepatitis A		HepA Series		
Hepatitis B		HepB Series		
Inactivated Poliovirus		IPV Series		
Measles, Mumps, Rubella		MMR Series		
Varicella		Varicella Series		

Range of recommended ages

Certain high-risk groups

Catch-up immunization



Libraries

Albany Public Library
917-7580

Corvallis-Benton County Public Library
766-6926

Driftwood Public Library
Lincoln City, 996-2277

GSRMC Center for Women and Families Meslow Resource Room
768-5125

GSRMC video lending library
Free videos on topics include parenting, stress management, nutrition and many others.
Corvallis, 768-5007

Lebanon Public Library
451-7461

Monroe Public Library
847-5174

Newport Public Library
265-2153

Philomath Public Library
929-3016



Mental health and depression/counseling services

Benton County Mental Health
766-6835, after hours/crisis line: 1-888-232-7192

Community Outreach
Corvallis, 758-3000
Albany, 928-3660

Heartspring Wellness Center
Corvallis, 768-6412

Lincoln County Health and Human Services
Lincoln City, 994-1741

Lincoln County Mental Health Department
265-6611

Linn-Benton Community College Family Resource Center
917-4949

Linn County Mental Health
967-3866, 1-800-304-7468, after hours: 1-800-560-5535

Samaritan Mental Health
Albany, 812-5060
Corvallis, 768-5235
Newport, 574-6587

Multiple birth classes

GSRMC, 768-6908



New mom/dad and baby classes

Linn-Benton Community College Family Resource Center
917-4897 or 917-4949

Pregnancy Alternatives Center
Lebanon, 258-3500

OSU Extension Services
265-4107

Nannies

(see child care)

Neighborhood watch

Contact the crime prevention office of your local police department.

Nursery school

(see child care)

Nursing

(see breastfeeding)

All classes are available online at samhealth.org/family.



Pregnancy testing and resource centers

Birthright Pregnancy Center
Newport, 265-2404

Corvallis Pregnancy Center
757-9645

FISH
Albany, 928-4460
Lebanon, 259-3200

Lincoln County Health and Human Services
Lincoln City, 994-0227

New Hope Pregnancy Center
Albany, 924-0160

Pregnancy Alternatives Center
Lebanon, 258-3500

Waldport Baptist Church
563-3696

Willamette Crisis Pregnancy Center
Sweet Home, 367-2447

Parenting education and information

(see education: prenatal, childbirth and parenting)

Physicians

Physician Referral Network (PRN Line)

This free service can help you find a physician to meet your needs: 768-5121 or 1-800-863-5241

Poison control

Oregon Poison Control
1-800-222-1222

Police departments

In an emergency, dial 911.

Albany Police
917-7680

Benton County Sheriff
766-6858

Corvallis Police
766-6924

Lebanon Police
451-1751

Lincoln City Police
994-3636

Lincoln County Sheriff
265-4924

Linn County Sheriff
967-3911

Newport Police
265-5331

Oregon State Police
Albany, 967-2021
Corvallis, 768-4163
Newport, 265-5354

Prescription assistance

Community Outreach
Corvallis, 758-3000

FISH emergency services
Albany, 928-4460
Benton County, 752-4688
Lebanon, 259-3200

Salvation Army
Albany, 928-4774
Corvallis, 758-1178

Sweet Home Emergency Ministries
367-6504

General
www.needymeds.com

Samaritan Medical Assistance Program
SAGH, 812-5078
SNLH, 994-3661
SPCH, 265-2244 ext. 2537

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Recreational activities

Chamber of Commerce
Albany, 926-1517
Lebanon, 258-7164
Lincoln City, 994-3070
Newport, 265-8801
Sweet Home, 367-6186

Connie Hansen Garden
Lincoln City, 994-6338

**Corvallis Convention
and Visitors Bureau**
757-1544

**Linn-Benton Community
College Family Connection**
917-4899

**Lincoln City Visitors and
Convention Bureau**
994-8378



Smoking cessation

Quitting Tobacco for Life
1-877-768-7867

Linn-Benton Community College
917-4999

The Corvallis Clinic
758-2730

Social security numbers

Social Security Administration
1-800-772-1213

Special needs children

(Developmental delays or
physical impairments)

Children's Services Division
Benton County, 757-4121
Lincoln County, 265-8557

Early Intervention
Lincoln County, 574-2240 ext. 204
Linn County, 967-2060

**Linn-Benton Community College
Family Connections**
Linn, Benton, Lincoln counties:
917-4899 or 1-800-845-1363

Speech therapy

SHS Speech Therapy Services
GSRMC, 768-5157
SAGH, 812-4162
SNLH, 996-7390
SPCH, 574-1823

Support enforcement

Albany
967-2028

Corvallis
757-4222

**Child Support
Enforcement Program**
1-800-850-0228 or
1-800-850-0294

Swimming lessons

Lebanon High School Pool
451-8542

Lincoln City Community Center
994-2178

Newport Swimming Pool
265-7770

Osborn Aquatic Center
Corvallis, 766-7946

**OSU Department of
Recreational Sports**
737-3736

Philomath High School Pool
929-3584

South Albany High School Pool
967-4521

Swanson Park
Albany, 917-7751

Sweet Home High School Pool
367-7169



Teen parent support

Lebanon High School
451-8555

Parent Enhancement Program
Corvallis, 758-8292

West Albany High School
967-4545

Transportation

Albany Transit/loop bus
917-7500

Corvallis Transit System
766-6998

Dial-a-Ride
Lincoln County, 265-4900

Linn County Shuttle
367-4775

Lincoln County Transit System
265-4900

Twin Club

Corvallis, 768-6908



Women, Infants, and Children (WIC) Nutrition Program

(see food stamps and
cash assistance)

Well-child clinics

The county health departments offer
exams by a pediatric nurse
practitioner, which include
education, immunizations,
information and treatment of minor
illnesses. People of all income levels
are eligible to participate. (see health
departments)

Wills and estate planning

GSRMC Foundation
Corvallis, 768-5090

**Pacific Communities Health
District Foundation**
Newport, 574-1810

SAGH Foundation
Albany, 812-4702

SLCH Foundation
Lebanon, 451-7063

SNLH Foundation
Lincoln City, 996-7102

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Building healthier communities together

www.samhealth.org