

Below is a list of BIPOC Community Resources and Black-Owned companies in Eugene, OR.

Also included state and national resources that may be beneficial.

Restaurants & Coffee Shops

<https://www.eugeneweekly.com/2020/06/18/put-your-money-where-your-mouth-is/>

Eugene Weekly lists local Black-Owned restaurants and coffee shops.

Black Owned Businesses

<https://blackbusinesseseugene.github.io/bbe/>

Offers information for a variety of resources including:

- Food and Dining
- Hair Care and Beauty
- Retail
- Home Décor
- Health, Fitness and Athletics
- Music & Dance
- Auto
- Animal Support
- Non-Profits
- Photography/Videography
- Officiant
- Landscaping
- Art

‘Eugene’s Arts and Culture Scene Engages in Racial Justice’

https://www.dailyemerald.com/arts-culture/eugene-s-arts-and-culture-scene-engages-in-racial-justice/article_b088ee20-63fd-11eb-83cc-93b9b0d99559.html

BIPOC Artist Collective- elevates and supports local BIPOC artists.

Eugene Springfield National Association for the Advancement of Colored People (NAACP)

<https://naacplanecounty.org/home/>

Aims to ensure the political, education, social and economic equality of rights of all persons. Lane County’s activities focus on education programs, events for public awareness and community building.

Call: 800-433-2320

Text: 503-980-1777

Email: info@cascadecenters.com

Visit: www.cascadecenters.com

Cascade Centers is providing resources under your Employee Assistance Program. While we hope this information provides a useful place to begin your search, please be aware that resources are for informational purposes only, and not for the purpose of providing advice or recommendation. Referrals given by Cascade Centers for elder or child care, legal or financial consultation services or other community services are not endorsements or recommendations for the referred programs or providers. The responsibility for selecting and engaging such providers lies solely with you.

Counselors

Cascade Centers Employee Assistance Program

Althea Herrel is a BIPOC provider in Eugene.

University of Oregon employees have 5 counseling sessions available for free. Call, email or visit the website to access services. Contact information is on the bottom left of this page.

Psychology Today

https://www.psychologytoday.com/us?tr=Hdr_Brand

Search for counselors by zip code, ethnicity, faith and more.

BIPOC counselors in Eugene include:

- Bertranna Muruthi PhD
- A Guided You, LLC
- Cole Prophet
- Natasha Crow
- P&P Therapeutic Counseling

Visit the website and reach out to the counselor of choice to schedule an appointment.

Resources for Self-Care

<https://projects.ig.harvard.edu/antiracismresources/bipoc/selfcare>

Provides several Black-led resources for mental health, free emotional well-being resources, mindfulness and guided meditations.

'14 Organizations and People Working to Support BIPOC Mental Health During the Coronavirus Crisis'

<https://www.self.com/story/bipoc-mental-health-coronavirus>

Offers information for a variety of resources including but not limited to:

- The Asian Mental Health Project
- Northwest Portland Area Indian Health Board
- National Queer and Trans Therapists of Color Network
- The National American Indian and Alaska Native MHTTC
- Brown Girl Therapy
- South Asian Mental Health Initiative & Network

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