

Housing & Everyday Needs

DESCHUTES, CROOK & JEFFERSON COUNTIES

A place to start when you need somewhere to stay, help keeping your home, or everyday essentials. Choose the section that fits today. You do not have to work through the whole guide.

Not sure where to begin? | Thrive Central Oregon

Regional resource navigation | 541-728-1022

Meet with Thrive at a drop-in location or call to arrange a phone appointment. Ask for help identifying housing and basic-needs resources. The live schedule includes Bend, Redmond, Prineville, La Pine, and Madras.

Find a drop-in location or phone appointment >

Find help by ZIP code | 211info

Call 211 or 866-698-6155 | Mon.-Fri. 8 a.m.-6 p.m.

Search for services near your community. Text your ZIP code to 898211, Mon.-Fri. 9 a.m.-5 p.m. Language interpreters are available by phone. The online directory can be searched anytime.

Contact 211info or search resources >

Go directly to what you need

Shelter in Bend & Redmond | 2

Madras & Prineville | 3

Sisters, La Pine & nearby communities | 4

Rent, housing applications & tenant help | 5

Clothing, laundry & household essentials | 6

Support for families, youth & older adults | 7

Utilities, benefits & transportation | 8

Hours, funding, eligibility and available beds can change. Check the provider link or call before traveling. This guide does not confirm an opening or reserve a service.



Shelter in Bend & Redmond

A place to stay | Contact the provider about intake and availability

Lighthouse Navigation Center | Bend

Shepherd's House | 541-388-2096, press 1

275 NE 2nd Street, Bend. Shelter and meals for individuals. Open 24/7; the provider asks people seeking a bed to arrive by 5 p.m. Shower and laundry availability varies by day.

View shelter and intake details >

Redmond Center | Redmond

Shepherd's House | 541-388-2096, press 2

1350 S Hwy 97, Redmond. Shelter and meals for individuals and families. Open 24/7; arrive by 5 p.m. if seeking a bed. Ask about family space, showers and laundry.

View Redmond shelter details >

Bethlehem Inn | Bend

Adults and families | 541-322-8768, extension 13

20363 Mervin Sampels Road. Adult intakes are offered after 10 a.m., except Wednesdays, subject to beds. Families with children under 18 need an appointment and may join an inquiry list. Ask about program expectations before arrival.

See adult and family intake options >

Franklin Avenue Shelter | Bend

Families and medically vulnerable individuals | Assessment first

Start through Coordinated Entry: 541-630-2533, Tuesdays and Thursdays, noon-4 p.m. Shelter services include case management and an on-site nurse. An assessment does not guarantee placement.

Learn about Franklin Avenue Shelter >

For shelter related to domestic violence or sexual assault, see Saving Grace on page 7. For youth shelter, see Cascade Youth and Family Center on page 7.



Madras & Prineville

Local shelter and housing contacts | Northern and eastern Central Oregon

Madras Shelter | Faith Based Network

Madras | Network contact: 458-800-4208

New check-ins: 6-10 p.m. The shelter publishes a daytime closure from 1-6 p.m., with weather-related exceptions. Meals, showers and laundry have separate schedules. Call the network to confirm the shelter location and intake details.

See shelter schedule and contact options >

Redemption House | Women & children

Prineville | Shelter contact: 541-903-0709

Shelter and meals for women and their children; showers and laundry are also offered, with limited community access. Call for intake, the correct arrival location and availability.

Contact the women and children's shelter >

Regeneration House | Men's shelter

Prineville | 541-903-0547

970 NW Madras Highway. Transitional shelter for men. Published daily check-in is 4-8 p.m., first come, first served. Showers and laundry for men are available by appointment. Call before traveling.

View men's shelter details >

LINC update: The official LINC page currently reports a renovation closure and phone outage. Check the reopening notice before visiting; it directs inquiries to the Faith Based Network Facebook page.



Sisters, La Pine & nearby

Practical help close to home | Check coverage for your address

CORE | Sisters Country

Housing connections, clothing and everyday essentials

CORE, formerly Sisters Cold Weather Shelter, connects people with shelter options and housing support. It also offers clothing, hygiene supplies, outdoor gear and forest outreach. Check the current service page for locations and availability; do not assume an overnight bed is open.

Find CORE services and contact information >

CORE | Showers, laundry & community room

Sisters | Separate locations and schedules

Published services include Saturday showers, 6-7:30 p.m., through Sisters Community Church; Wednesday laundry, 1-3 p.m., at Sisters Laundromat; and a Monday community room, 9 a.m.-1 p.m. Confirm details with CORE before visiting.

Check the current weekly service schedule >

St. Vincent de Paul | La Pine

51484 Morson Street | Social services: 541-536-6135

Ask about rent, utility and propane help, clothing and laundry vouchers, and case management. Assistance depends on eligibility and resources. The website lists conflicting Tuesday hours, so call to confirm social-service hours and whether an appointment is needed.

View social services and appointment information >

La Pine Community Kitchen

La Pine | 541-536-1312

16480 Finley Butte Road. Clothing and food support are listed by the La Pine Chamber. Call for current clothing-closet hours and available items. The link opens the local Chamber listing.

Open the local contact listing >

For Sunriver, Three Rivers, Terrebonne, Tumalo, Culver, Metolius and rural addresses: start with Thrive or 211info (page 1). Give your ZIP code and ask which programs serve your home address; a nearby office may have different eligibility boundaries.



Keeping or finding a home

Regional assistance | Applications and waiting lists are separate from shelter

NeighborImpact | Rent assistance

Tri-county region | 541-323-0222

Limited eviction-prevention help for qualifying households. The provider lists applications on the first business day of each month, 8:30 a.m.-4:30 p.m.; holidays may affect dates. Rental deposit assistance is currently closed. Check status and required documents before applying.

Check rent assistance status and apply >

Coordinated Entry | Housing assessment

541-630-2533 | Tuesday & Thursday, noon-4 p.m.

For people experiencing homelessness, an assessment helps identify possible housing programs and resources. Adults, families and youth may qualify for screening. Resources are limited; assessment does not guarantee a bed or housing.

Read screening information >

Housing Works | Housing Choice Vouchers

Crook, Deschutes & Jefferson counties | Longer-term help

The annual voucher waiting list is currently closed. The provider lists the next opening as January 11-15, 2027; confirm dates on the live page. Applying is free. Affordable properties may have separate application processes and waiting lists.

Check voucher applications and housing links >

Legal help with housing | LASO

Central Oregon Regional Office | Eligibility screening required

Legal Aid Services of Oregon offers free help to qualifying people with low incomes in some landlord-tenant, housing discrimination and public benefits matters. If an eviction case has been filed in court, the Eviction Defense Project intake number is 888-585-9638.

Find legal aid and eviction-defense intake >

You can ask a resource navigator to help you understand an application. If you have court papers, seek legal help promptly; a funding application does not replace responding to a court deadline.



Clothing & household essentials

Clothes, clean laundry, furnishings and supplies

St. Vincent de Paul | Redmond Giving Closet

651 SW Veterans Way | 541-923-5264

Clothing assistance, including everyday and interview clothing. Published hours: Tuesday 10 a.m.-6 p.m.; Wednesday and Thursday 10 a.m.-1:30 p.m. Ask about sizes and current availability.

View Giving Closet details >

St. Vincent de Paul | Redmond Laundry Project

10th & 20th each month, 4-6 p.m. | 541-923-5264

Free washers, dryers and laundry supplies at Express Eco Laundromat, 1604 S Hwy 97, #1, Redmond. A meal is also listed. Check for schedule changes before going.

Check the laundry schedule >

COVO | Essentials for veterans & community members

61510 S Hwy 97, Bend | 541-383-2793 | Mon.-Fri. 9 a.m.-4 p.m.

Central Oregon Veterans Outreach offers available clothing, bedding, hygiene items, camping gear and household goods at no cost. Its outreach supplies serve low-income veterans and other community members in need. Ask about donated mobility equipment and current stock.

See outreach supplies and contact details >

Furnish Hope | Furniture & home essentials

All Central Oregon communities | Agency referral required

Start with a caseworker at a referring agency. They assess eligibility and submit the request; this is not a walk-in furniture giveaway. The service page includes referring agencies and a preparation checklist.

See how to request furniture >

St. Vincent de Paul | Bend

950 SE Third Street | 541-389-6643

Ask about current clothing assistance. Published office hours: Monday 2-6 p.m.; Tuesday-Thursday 10 a.m.-2 p.m. Call to confirm requirements and what is available.

Open Bend assistance information >



Support for your situation

Families, young people, survivors, older adults and community connection

Family Access Network | FAN

School-based connections across Central Oregon

Ask your child's school for its FAN advocate, or use the website to find one. Advocates connect families with essentials such as clothing, shelter, heating and other support.

Find your school's advocate >

Cascade Youth and Family Center

Young people under 25 | 24-hour help line: 800-660-0934

Call about shelter, street outreach, drop-in support and housing programs. Age limits and intake requirements differ by program; the team can help identify the appropriate starting point.

Explore youth shelter and support >

Saving Grace | Safety & shelter

Central Oregon | 24-hour survivor helpline: 541-389-7021

Confidential support for domestic violence, sexual assault and stalking survivors. Ask about safety planning, emergency shelter and housing support. Shelter locations are confidential; contact the helpline for access.

Connect with survivor services >

Latino Community Association

Central Oregon | 541-382-4366

Family empowerment services help people connect with essential resources. Ask about assistance navigating services and the office or appointment option nearest you. English and Spanish website information is available.

Explore family resource support >

Council on Aging of Central Oregon

Older adults and caregivers | 541-678-5483

Call for help finding aging services and community resources. The online resource hub includes information and referral options. Ask which supports fit your needs and location.

Find older-adult resources >



Bills, benefits & getting there

Options that can help make daily life more manageable

NeighborImpact | Energy assistance

Crook, Deschutes & Jefferson counties | 541-504-2155

Income-qualified help with eligible energy costs during open application cycles. This is not an emergency program and shutoff notices do not receive priority. If facing disconnection, also contact your utility about payment options. Call for application help if you cannot print.

Check energy assistance and local offices >

St. Vincent de Paul | Redmond financial assistance

651 SW Veterans Way | 541-923-5264

Ask about rent and utility assistance, qualifications and available funding. Published financial-assistance hours are Wednesday and Thursday, 10 a.m.-1:30 p.m. These differ from food pantry hours.

Contact financial assistance >

Oregon benefits | ONE / ODHS

Statewide | Benefits help: 800-699-9075

Apply for or manage eligible food, medical, cash and child-care benefits. Each program has its own requirements. Use the official page for applications and help options.

Explore benefits and application options >

Oregon Lifeline | Phone or internet discount

Statewide | Qualifying low-income households

Check eligibility for a monthly discount on phone or high-speed internet service. Follow the Oregon application instructions and confirm which providers participate.

Check Lifeline eligibility and apply >

Cascades East Transit | CET

Regional routes and Dial-A-Ride | 541-385-8680

Find routes between communities and ask about Dial-A-Ride service in your area. Booking, eligibility, fares and service boundaries vary. Check the current route or call before making travel plans.

Plan a trip or find Dial-A-Ride information >