

Our Vision

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All girls in our community will be safe, valued and empowered

Our Mission

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Ophelia's Place is a prevention based organization dedicated to helping girls make healthy life choices through empowerment, education and support.

Our Founder

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In Shakespeare's Hamlet, Ophelia was a young woman whose tragic circumstances and lack of support prevented her from developing healthy relationships and achieving her own potential.

Founder Rosaria Haugland's vision for Ophelia's Place was to provide services that give girls an opportunity to develop supportive relationships and strengths that lead to long-term well-being.

Ophelia's Place
a community for girls
1577 Pearl Street, Suite 100
Eugene, OR 97401



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www.opheliasplace.net

Phone: 541-284-4333

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Tax ID: 274675345

Why Girls?

Girls experience dramatic cognitive, physical and social development changes as they enter adolescence. It is a pivotal and vulnerable time for females who are developing a sense of self strongly influenced by culture, peer relationships and a need for belonging.

Ophelia's Place provides prevention and early intervention services that are sensitive to the needs of middle and high school age girls.

Ophelia's Place also provides a safe environment to help young women find their personal strengths, build self-esteem and develop the skills and resilience to meet a future of challenges and opportunities.

Ophelia's Place welcomes girl-identified youth of all races, religions, national origins, sexual orientations, beliefs, abilities, and economics status.

Our Services

- Drop-in Hours: Mon.-Thurs., 3-6 pm
- Skill Building Classes and Psychoeducational Groups
- Individual, Family and Group Therapy
- Parent Education Opportunities
- School-Based Services: Girls Empowerment Groups, Classroom Presentations, Staff Trainings
- Resource and Referral Services

To Donate

Donations are always needed to maintain our current offerings. As more girls come to Ophelia's Place, our financial needs increase. To donate, become a volunteer, or for more information about our services and events, please contact us at:

info@opheliasplace.net
541-284-4333

Our Goals

Nuture Healthy Relationships

- Foster positive, supportive relationships
- Encourage non-violent conflict resolution
- Understand relationship warning signs

Promote Healthy Choices

- Strengthen self-belief in efficacy
- Provide opportunities to meet challenges and achieve healthy goals
- Build tools to create constructive lives

Encourage a Healthy Sense of Self

- Instill a healthy body image
- Increase self-worth and self-esteem
- Provide a safe environment free from bias, racism or coercive behaviors