

Need a Helping Hand?



Whatever the need, local community agencies are designed to help and can provide assistance in areas such as...

1. Addictions
2. Alternative Healing and Wellness
3. Autism Support & Resources
4. Child Abuse, Domestic Violence, & Sexual Assault
5. Childcare, Mentoring, Parenting
6. Clothing & Household Misc.
7. Computer Skills/Repair
8. Counseling & Life Coaches
9. COVID related issues & Assistance
10. Dental Services
11. Disability Services
12. Disaster Assistance
13. Eating Disorders
14. Educational Assistance & Support
15. Employment & Training Resources
16. Eyewear & Hearing Aids/Devices
17. Food Assistance & Meal Services
- 18) General Assistance
- 19) Grief & Loss
- 20) Health Care & Pregnancy
- 21) Hot lines - Crisis & Emotional Support
- 22) Housing
- 23) Intercultural Support
- 24) Legal Concerns
- 25) Lesbian, Gay, Bi-sexual, Transgender & Questioning
- 26) Mental Health and Wellness Resources
- 27) Money Management
- 28) Senior Services
- 29) Spiritual Community
- 30) Suicide Prevention
- 31) Transportation
- 32) Utilities Assistance
- 33) Veterans & Military Services
- 34) Volunteer Services – Opportunities to give back

This booklet lists numerous resources and services available at Carl Sandburg College, in Knox County and the surrounding area.

This is not an all-inclusive list of the resources available in the community.

-DUE TO COVID 19-

SOME RESOURCES MAY BE ON HOLD or MAY BE RESTRICTED.

CONTACT AGENCY FOR CURRENT UPDATES

In case of an emergency, go to the nearest emergency room or call 911.

**Whatever the problem is, remember you are not alone...
There is help available.**



**Problems are part of life.
It's OK to Ask for Help!**

Carl Sandburg College offers free confidential counseling to Sandburg students. Counselors can connect you with resources and make referrals. Call Student Services at 309-341-5237 to schedule a counseling appointment.

Counseling concerns can be accommodated on a walk-in basis, via phone, or zoom appointment during regular business hours. Carl Sandburg College does not provide 24/7 crisis counseling.

The Counseling Department at Carl Sandburg College does not assume responsibility for the quality of services provided by agencies or web sites listed below. Inclusion in the list does not imply endorsement nor does omission indicate disapproval.



**CARL
SANDBURG
COLLEGE**

Local Area Services – Working Together for a Stronger Community

1) ADDICTIONS

Campus Drug Prevention and Recovery Sites:

<https://www.campusdrugprevention.gov/>

<https://collegiaterecovery.org/>

<https://youngpeopleinrecovery.org/>

<http://recoverycampus.com/>

- **Abater Addiction and Mental Health Hotline** — 24-hour crisis line for drug, alcohol and dual diagnosis. Crisis counseling and referral. 1.800.511.9225.
- **Al-Anon Info Service** — Support for family and friends of persons who have been affected by someone else's drinking. For local group times - call 309.342.0146 or visit:
<http://www.niafg.org/> Or www.alanon.alateen.org
- **Alateen - Teen Corner** - a place where just for teens affected by someone else's alcoholism.
<https://al-anon.org/newcomers/teen-corner-alateen/>
- **Alcoholics Anonymous** — Usually one or more meetings daily in Galesburg, Monmouth, Knoxville, Oquawka and Abingdon. Times and locations vary - Call 24 hr. answering services 309.343.1530 or 309.337.2711 for information or assistance.
- **Betterhelp** - Online counseling with e-mail, texting and video chat options for those who are interested in improving the quality of their lives. Affordable, convenient e-counseling for anyone who struggles with life's challenges. Available anytime, anywhere. Individual, couple and teenage counseling available. Access to licensed, trained, experienced and accredited psychologists (PhD/PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW/LMSW), and board licensed professional counselors (LPC). Counselors available who specialize in a variety of issues including: stress, anxiety, relationships, parenting, depression, addictions, eating, sleeping, trauma, anger, family conflicts, LGBT matters, grief, religion, self-esteem and more. <https://www.betterhelp.com/>
- **Bridgeway** — Outpatient counseling. DUI evaluations and services, treatment services and peer recovery support services. 2323 Windish Dr., Galesburg. Call 309.344.2323, dial 0 and ask for Intake. <http://bway.org/>
- **The Consultants** – (Carolyn Sward) – Outpatient counseling for general addiction issues. DUI evaluations and classes. Email sward47@hotmail.com. 309.371.5777
- **Guide to Avoiding Alcohol & Drug Abuse in College** – <http://www.rehabcenter.net/alcohol-drug-abuse-college>
- **Illinois Institute for Addiction Recovery at Proctor Hospital** — Inpatient and outpatient treatment for all types of addiction. 1.800.522.3784. <https://www.unitypoint.org/peoria/unityplace.aspx>
- **Narcotics Anonymous** — For local meeting times call 1.800.539.0475 or check <https://centralillinoisna.org/>
- **Dr. Phillip Ulm, PsyD** — Specializes in chemical dependency, depression & anxiety. Charity assistance program available. Application can be obtained at OSF Prompt Care. OSF Campus, 3375 N. Seminary St, Galesburg. 309.343.1000. <https://www.osfhealthcare.org/mental-health/>
- **Opioid Overdose Prevention Program** – provides free substance abuse training, awareness and overdose prevention, as well as Naloxone training/distribution to law enforcement and EMS, educators, social workers, families and individuals prescribed or who illicitly use opioids. To schedule an in-service training for an organization or for more information, contact Sue Tisdale, Community Educator. Office Phone: 309.282.1086. Cell phone: 309.267.5995.



- **Robert Young Center: Illinois Opioid Response Grant** - Grant-funded access to Medication-Assisted Treatment (Suboxone and Methadone) for individuals struggling with opioid and stimulant use in 10 Illinois counties, including Warren, Mercer, Henry, and Stark. Counseling, care coordination, bus vouchers to treatment, and other community resources are also available. Contact Taylor Jackson at taylor.jackson2@unitypoint.org or call (309) 779-2050.
- **Unity Point Health, Unity Place** - Comprehensive out-patient services, addiction recovery and mental health. Numerous locations in west central Illinois and Iowa. 888.311.0321. <https://www.unitypoint.org/interstitial.aspx>
- **Whole Life Solutions** — Specializing in couple communication and addiction recovery. Bondi Building, 311 East Main Street #514, Galesburg. Fax: 309.343.6005. Phone: 309.351.5255. <https://wholelifesolutions.net/>
- **West Central Illinois ROSC- Recovery Oriented System of Care**- a coordinated network of community-based services and supports that is person –centered and builds on the strengths and resilience of individuals, families and communities to achieve abstinence and improved health, wellness and quality of life for those with or at risk of alcohol and drug problems. WCIR meets every 3rd Thursday at 1:00pm in the Bridgeway Boardroom, 2323 Windish Drive, Galesburg, Illinois 61401. <https://www.govst.edu/ROSC-GSU/ROSCC/FCIR/>

2) ALTERNATIVE HEALING AND WELLNESS

- **Ashley Gaskill Massage Therapy** – offering Swedish and therapeutic massage, myofascial release and lower lumbar releases. Located at *The Path Center for Healing*. 251 E. Main St. – on the corner of Kellogg and Main. For appointments call 309-343-2398 <https://www.thepathgalesburg.com/>
- **Carolyn Weber (Rev. Dr.) Healing Touch Spiritual Ministry-Practitioner** – is transitioning from in-person Healing Touch treatments to offering distance treatments. This compassionate, heart-centered treatment supports physical, emotional, mental and spiritual health and well-being. It is a complementary, integrative energy therapy that can be used in conjunction with traditional therapies. Carolyn is a resident of Monmouth, IL where she formerly provided in-person treatments. For more information or to schedule an appointment after 2.20.21, call 310-908-8396, or email joyfl66.weber@gmail.com. Please put “Distance Healing Touch” in the subject line of emails.
- **Center of Therapeutic Massage** – offering a variety of healing modalities including: Swedish massage, Pregnant Massage, Sports pre & post massage, Cupping, Hot Stone massage, Hot Gemstone, Face Massage, Reflexology, Thai Ball Massage, Tuning Fork Massage, Reiki Energy Therapy, Raindrop Therapy. Owner: Christine Brunswig. Hours by appointment. Located at 1220 Mulberry Street, Galesburg. Email: christinebrunswig@gmail.com or Phone: 309-335-1396.
- **The Crystal Butterfly - Healing Crystals & Therapies** - offering a variety of crystals and healing therapies currently by phone, email and online, including: crystals for sale, crystal consultations, distance healing energy sessions, and interactive online Zoom workshops & presentations. Specializing in high frequency crystals to assist with healing and spiritual growth. Located in Monmouth, IL, and serving the community locally to globally. Proprietor: Monark Crede. Phone: 518-669-5052. Email: healingcrystalbutterfly@gmail.com. Online: <https://www.facebook.com/thecrystalbutterfly/>
- **Lavender Luxe Massage Studio** - Offering Therapeutic Massage and Bodywork. Spa treatments include Hot stones, chilled marble face massage, sugar foot scrubs, Deep muscle therapy, Assisted stretching, Prenatal and sport recovery massage. 1197 North Henderson St. Galesburg. By Appointment only. Email, Call or Text. Lexxylmt@gmail.com. 309.431. 1977. <https://www.facebook.com/Lavenderluxemassage/>
- **Mark J. Switzer- Wu Wei Acupuncture** – offering traditional Chinese medicine and acupuncture. Located at *The Path Center for Healing*. 251 E. Main St. – on the corner of Kellogg and Main. 309-509-0109 <https://www.thepathgalesburg.com/>
- **The Path Center for Healing - Dr. Rita Wilcox** – Offering holistic chiropractic, wellness consultations, and reiki. Located at 251 E. Main St., Galesburg - on the corner of Kellogg and Main. For appointments call 309-343-2398. On Facebook or <https://www.thepathgalesburg.com/>
- **Purusa: In Pursuit of Authentic Self** – offering services like guided meditation, energy scans & Reiki, all which are helpful in healing body & soul. We provide a path for personal transformation. Coming soon will be personal growth workshops, women's retreats and opportunity for family camping to reconnect with your loved ones and nature. Located in Dahinda, IL. Appointments can be made via email juliegrauf@gmail.com or by calling 309.297.1443.

- **Sandi's Healing Touch Massage** - offering therapeutic massage, pure relaxation massage, integrative acupressure, prenatal massage, chair massage sessions and foot massage. 1134 N. Henderson St. Suite D, Galesburg. Sandi Deppe, Licensed Massage Therapist. For appointments: email: sandishealingtouch@massagetherapy.com or call 309-368-1060.
- **Tina's Botanicals** - a small herbal business that grows, harvests, and handcrafts herbal products, such as teas, salves, balms, and extracts. We offer herbal and earth centered education as well as yoga and therapeutic movement consultations and workshops. Please visit the website for more information and/or visit Tina's Botanicals on Facebook for upcoming events and seasonal products. <https://www.tinasbotanicals.com/>
- **Readings, Reiki & Gems** is a great resource for your mind, body and spirit offering a great selection of crystals, gemstone jewelry and metaphysical items along with services to promote overall wellbeing. Tracy Pacheco, Joyce Kirby and Denise Bainter offer individual services including Psychic and Mediumship readings, Reiki, Bemer sessions, energy clearing through multiple techniques and more. They also offer classes in metaphysical and spiritual practices with a goal of balancing and harmonizing the energetic system as well as learning what each person's unique gifts and abilities are. Located at 412 North Henderson St., Galesburg. Scheduling may be done by calling 309-343-2600 or may be done through Facebook business page - <https://www.facebook.com/readingsreikiandgems>
- **Sallee Wade is a Wellness Educator** with over 35 years of experience, and author of *The 12 Disciples of a Wild Woman - a Journal Adventure*. She currently facilitates Easy-Does-It Yoga and Meditation classes at The Path Center for Healing, located at 251 E. Main St., Galesburg - on the corner of Kellogg and Main. Available for individual, community and private group arrangements. Contact salleewade@gmail.com.
- **Spiritual Healing Touch** - Joyce Clark and Chris Moore, practitioners. Healing touch is an energy therapy. Utilizing the hands, with non-invasive techniques, the practitioner helps to facilitate and support physical, emotional, mental and spiritual health. For an appointment call: 309-299-5682 or 309-337-4162

3) AUTISM SUPPORT & RESOURCES

- **Center for Disabilities and Development** - The Center for Disabilities and Development at University of Iowa Stead Family Children's Hospital is dedicated to improving the health and independence of people with disabilities and creating a life with opportunities for everyone. 100 Hawkins Drive, Iowa City, Iowa. Phone: 855.842.8847. <https://uichildrens.org/medical-services/center-disabilities-and-development>
- **Easter Seals – Central Illinois** - Easter seals provide exceptional services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work and play in our communities. Easter seals has been helping individuals with disabilities and special needs, and their families, live better lives for more than 90 years. From child development centers to physical rehabilitation and job training for people with disabilities, Easter seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals. 507 East Armstrong Avenue. Peoria, IL Phone: 309.686-1177. <https://www.easterseals.com/ci/>
- **Galesburg Public Library** - offers a variety of resources and services to help meet the needs of patrons living with autism spectrum disorders (ASD) and their families, friends, and educators.

ASD Resource Collection

Located in the Children's Room, this collection contains books and audio-visual materials focusing on the autism spectrum of disorders and other related issues, and is intended to provide information for individuals and families who live and work with autism. All books and audio-visual materials in the collection are available for loan to Galesburg Public Library cardholders.

Boardmaker

Galesburg Public Library provides free in-library use of Boardmaker, a software program that can be used to create symbol-based communication and educational materials like visual schedules, social skills stories, flash cards, and more. Boardmaker is available on a designated laptop within the library. Ask in the Children's Room to use the Boardmaker laptop.

Sensory Saturdays- All Sensory Saturday programs are free of charge, and registration is appreciated but not required.

The first Saturday of every month is Sensory Saturday at Galesburg Public Library.

Sensory Storytime, offered in the morning on each Sensory Saturday, is an interactive and education program for children ages 2-7 accompanied by a parent or caregiver. The program can be enjoyed by all children, but is especially designed for children with sensory integration challenges. It combines books, songs, movement, and therapeutic activities to stimulate all five senses and promote learning. If your child has difficulty sitting through one of the library's other Storytime's, this inclusive program of stories, songs, and activities may be just what you are looking for!

Sensory Saturday Family Films

In the afternoon, movie-lovers of all ages are invited to the library for a sensory-friendly showing of a family film. (Please call the library to find out what's playing.) The room will be lighter, the volume will be lower, and audience members are welcome to move around and talk. The intended audience is children with ASD or other special needs accompanied by siblings and caregivers, although everyone is welcome.

40 E Simmons St. Galesburg, IL Phone: 309.343-6118. <https://galesburglibrary.org/>

- **Balance Autism (formerly The Homestead)** - At Balance Autism, we take an innovative, research-based approach to autism therapy rooted in Applied Behavior Analysis (ABA). Backed by the latest research in autism therapy, our experts help children unlock critical social, behavioral, and cognitive skills. Every child has different needs. At Balance Autism, our Children's Clinical Services (in-clinic setting) and Supported Community Living (home and community-based setting) program provides individualized intervention plans that enables children (up to 21 years old) to make remarkable gains in communication, behavior management, social interactions, and engagement. 4959 Utica Ridge Road, Davenport, Iowa 515.967.4369 or admissions@balanceautism.org. [Balance Autism | Leading Autism Service Organization](#)
- **KCCDD's** mission is to create opportunities and provide choices to individuals to maximize their independence and optimize their potential to live within the community. KCCDD adheres to the values of advancing **Knowledge**, being **Creative** in programs and activities, **Caring** about the needs of the individuals with whom we work, full **Development** of potential, and **Dedication** to the mission of the organization. KCCDD provides tailored community day services to adults who have intellectual/developmental disabilities and provides respite services for families, as well. 2015 Windish Dr., Galesburg. 309.344-2600. <https://www.kccdd.com/>
- **Stone Hayes** – provides numerous services including 1) Information and referral 2) Community services 3) Home services 4) Independent living skills 5) Peer counseling and support 6) Advocacy 7) Youth and Family Services 8) IEP and 504 Assistance 9) Adult Transition and 10) Deaf Services. N Prairie St, Galesburg, IL 309. 344-1306. <https://www.kccdd.com/>
- **The Autism Program of Illinois (TAP) Service Network** –state funded grant that provides services and support to children through young adults up to the age of 22 who are residents of Illinois. The website includes a referral portal. Families can enter their information on the website indicating the services they are interested in for their child. Their information will then be routed to the nearest TAP provider to initiate the process. Hope Pavilion, 5220 S. 6th St. Suite 2300B Springfield IL. 217.953.0894 x30476. <https://tap-illinois.org/>

4) CHILD ABUSE, DOMESTIC VIOLENCE & SEXUAL ASSAULT

- **CASA of West Central Illinois (Court Appointed Special Advocates Program)** Serving Knox, Warren, Henderson, McDonough, and Fulton counties. The program recruits, trains, and supports volunteers to provide individualized advocacy for child victims of abuse and neglect. Advocates ensure that these abused and neglected children are afforded safe, permanent, and loving homes in the least amount of time possible. 309.343.4299. <https://www.facebook.com/casaofwestcentralillinois/>



- **Child Abuse Hotline** – 1.800.252.2873 (1.800. ABUSE)
- **Galesburg Public Library** — Provides material for dealing with abuse, including books and legal resources. Free Internet access is available. 309.343.6118. <https://galesburglibrary.org/>
- **Knox County Child Advocacy** — Receives referrals from law enforcement of child protection workers to talk to children about sexual and severe physical abuse and then provides services to child victims with services such as trauma counseling, case management, court advocacy, and case updates with a multidisciplinary team. Services are available for children in Knox, Warren and Henderson Counties. 309.344.8416. <https://www.paladincac.org/>
- **Knox County State’s Attorney Victim Advocate** — Provides emotional support, court advocacy, service referrals, case status updates and scheduling info for victims or survivors of violent crimes once the criminal case has been filed. 309.345.3886. <https://co.knox.il.us/states-attorney/>
- **Prairie State Legal Services, Inc.** — Provides free legal services in civil matters for persons in Henderson, Knox, McDonough and Warren counties who have incomes below 200% of the federal poverty guideline, and for senior citizens, age 60 and older. The delivery of legal services is directed to protecting the individual’s basic human needs when impacted by family issues (including domestic violence), housing, public benefits, criminal record, and consumer related issues. The office is located at 311 E. Main St., Suite 302, Galesburg. 309.343.2141. You may also apply at <http://pslegal.org/>
- **Safe Harbor Family Crisis Center, 24-Hour Crisis Line** — Provides confidential help to individuals who are experiencing violence in their relationships through court advocacy, a 24-hour crisis line, emergency safe house, counseling, food and clothing and referral services. Walk-ins welcome. Drop off site for empty ink cartridges and old cell phones (working and non-working). 1188 W. Main St., Galesburg. E-mail: info@safeharborfcc.org; Ph: 309. 343.SAFE (7233). info@safeharborfcc.org
- **Love Is Respect Website** — Offers information on how to recognize dating violence and how to seek help. 1-866-331-9474 or (TTY) 1-866-331-8453 or <https://www.loveisrespect.org/>
- **National Center for Victims of Crime** — helping victims of crime rebuild their lives. 855.484.2846. info@victimsofcrime.org. <https://victimsofcrime.org/stalking-resource-center/>
- **The National Domestic Violence Hotline** —1.800.799.7233 1.800.787.3224 (TTY). Online chat available in English and Spanish at <https://www.thehotline.org/>
- **National Suicide Prevention** – available 24/7. Provides free and confidential support for people in distress, prevention and crisis resources and best practices for professionals. 800.273.8255. <https://suicidepreventionlifeline.org/>
- **The Office on Violence Against Women** — Federal and part of the United States Department of Justice. Established to reduce violence against women and strengthen resources for all survivors of sexual assault, domestic violence, dating violence and stalking. <https://www.justice.gov/ovw>
- **Rape, Abuse and Incest National Network (RAINN)** — This nonprofit organization has a 24HR. hotline for anonymous support for people dealing with sexual assault and their friends and families. Call 800.656.4673 or chat online at <https://hotline.rainn.org/online>
- **Victim Services** - All services are free and confidential. Crisis intervention, legal/medical advocacy, prevention education services, and follow-up counseling services. **24-Hour Crisis Line.** <http://wirpc.org/victim-services/>
Galesburg Office: Services in Knox County are for sexual abuse/assault survivors only.
Crisis/Hotline: 309.837.5555.
Non- crisis line: 309-343-3337.
Macomb Office: All services are free and confidential. Crisis intervention, legal/medical advocacy and follow- up counseling services. 309.837.5555.

Domestic Violence Services

Hancock County: (309) 837-6622
Henderson County: (309) 837-6622
McDonough County: (309) 837-6622
Warren County: (309) 837-6622

Sexual Assault Services

Fulton County: (309) 333-1934
Hancock County: (309) 836-2148
Henderson County: (309) 836-2148
Knox County: (309) 343-3337
McDonough County: (309) 836-2148
Warren County: (309) 836-2148



5) CHILDCARE, MENTORING & PARENTING

- **Activities for kids – online links – through the Illinois Extension office –** <https://extension.illinois.edu/hkmw/resources>
- **Big Brothers Big Sisters of Knox County** is a youth mentoring organization that creates and supports one-to-one mentoring relationships that ignite the power and promise of youth. BBBSKC makes meaningful, monitored matches between adult volunteers (“Bigs”) and youth in the Knox County community (“Littles”). This program is free. Galesburg office. To enroll your child in the program or to become a Big, contact Ashley Lee Rakestraw at 815-348-9343 or visit the website at www.hoibbbs.org
- **Bridgeway** - Provides the Strengthening Families curriculum training to families in our communities. The Strengthening Families Program (SFP) is a nationally and internationally recognized parenting and family strengthening program for high – risk and general population families. SFP is an evidenced- base family skills training program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency, and alcohol and drug abuse in children and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills. Contact 309.344.2323 for information. <http://bway.org/>
- **Car Seat Safety:** The Regional Office of Education #33 employs 19 certified child passenger safety technicians. Technicians focus on supporting families in understanding current car seat laws and providing free individual installation lessons upon request. The Regional Office of Education also sponsors free Car Seat Check Events monthly from April through October occurring in Henderson, Knox, Mercer and Warren counties. Contact Amy Fullerton at The Regional Office of Education #33, 309-734-6822 . <https://www.roe33.net/carseatsafety>
- **Center for Youth & Family Solutions** — Offers a full array of services through the following programs: Counseling (individual, couples, family, and group), Adoption, Intact Family Intervention, Foster Care, Youth, Family and Community Outreach Services, Pregnancy Planning and Family Support Services. Insurance, EAP (Employee Assistance Program), sliding fee scale. 292 N. Chambers, Galesburg, 309.342.1136. <https://www.cyfsolutions.org/>
- **Child Abuse Hotline** - Hotline available 24/7. 1.800.25. ABUSE or 1.800.252.2873
- **Childcare Resource & Referral** — Are you looking for childcare? Do you need help paying for childcare? Numerous services and resources available. 1.866.324.3236. <https://www.childcareillinois.org/>
- **Department of Children and Family Services (DCFS)** – Interested in pursuing: Emergency/Respite Foster Care License, The Adoption of a Child/Sibling set, and or a Traditional” Foster Care License? <https://www2.illinois.gov/dcfs/Pages/default.aspx>
- **Early Childhood Preschool Program** (mentoring, parenting) This program is a partnership between the ROE and the local school districts in Henderson, Knox and Mercer and Warren Counties. Families are offered developmental screenings, education in a preschool classroom setting, personal connections via home visits, family education events and advisory council. Contact Amy Fullerton at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/earlychildhoodprogram>
- **Galesburg Public Library** — Lends informational material, including books and videos, on topics such as childcare, family health, family counseling and more. Free Internet access. 309.343.6118. <https://galesburglibrary.org/>
- **Galesburg Youth Athletic Club** — Program designed to help youth learn respect, responsibility and the steps needed to get and stay on the path to success through health, fitness and mentoring. Parkinson patients workshops

2-3pm MWF. 64 S. Prairie St., Weinberg Arcade, Suite 402. Contact Carlos Duncan 309.299.1606.

<https://galesburgyouthathleticclub.com/>

- **Girl Scouts of Eastern Iowa & Western Illinois** — Girl Scouting builds girls of courage, confidence and character who make the world a better place. The program is available to all girls K-12. For more information email: info@girlscoutstoday.org or call 1.800.798.0833. <https://www.girlscoutstoday.org/>
- **GoodGuides Youth Mentoring** — Peoria initiative that focuses on at-risk teens in danger of dropping out of school, getting involved with drugs and alcohol or making other harmful choices. Volunteer mentors serve as positive role models who encourage teens to stay in school, make good decisions and prepare for productive careers. (Volunteer mentors receive a minimum of six hours of training and must commit to a one-year mentoring relationship, spending at least four hours a month with your teen). This service is provided in the Peoria, IL area. <https://www.goodwillpeo.org/youth-mentoring-peoria-il/>
- **Head Start/Early Head Start** - West Central Community Services, Inc. (WCCS) - A FREE comprehensive center based preschool program for children 3 to 5 years and/or home-based program for children birth – 3 yrs. in Knox, Warren and Henderson Counties. Family size and income determines eligibility. 10% of enrollment must be children with disabilities; 10% of families may be over the federal income guidelines. Applications and more information may be found on our website www.wccsheadstart.org, in person at 321 East Euclid Avenue, Monmouth IL or 277 East Tompkins Street, Galesburg IL, or call us at (309) 734-3151, 867-3151, 343-6102, 462-3151. <https://www.wccsheadstart.org/>
- **Foster Parenting Opportunities**— if you are interested in becoming a foster parent www.2illinois.gov/dcfs
- **KindNest** is a hub of empowering pregnancy, parenting, fertility, healing and wellness resources. At KindNest, you can learn how to nurture yourself and grow your family with hands on support from our down-to-earth team. Founded in 2018 by spiritual coach, healer and adult-learning professional Sarah Denio, KindNest helps people Stop Dreaming + Start Being...so they can experience a life-long shift in their health and wellbeing, including all stages of the journey to and through parenthood. They teach individuals and couples the steps they need to take in order to release what's holding them back and easily align with what they desire life to feel like. We deliver this through heart-based, high-class virtual and in-person coaching and individual services, hands-on workshops, live classes, close-knit community and on-demand courses. To learn more, join our community, sign up for a class or workshop, or schedule a Free Consultation, visit us at <https://www.kind-nest.com/> or (518)461-5352.
- **Lactation Room (Sandburg's)**— For Carl Sandburg College students/staff. Private and clean space for nursing/pumping mothers. Also has diaper changing station. Galesburg campus, room B11. Contact Office of Student Life for questions or to arrange access to the lactation room. 309.341.5332
- **Learning Connections Child Care Center** — A full service early education and care center serving children ages 6 weeks to 12 years. Offering full and part-time childcare and preschool as well as flexible hourly childcare for those who need occasional care or backup childcare for their regular home provider. Accepting state child care assistance as needed. Located at 849 S. Henderson St., Galesburg. 309.343.3014. <http://www.learningconnectionscalesburg.org/>
- **Loving Bottoms Diaper Bank** – Loving Bottoms Diaper Bank streamlines the collection and distribution of diapers, period, and incontinence supplies to individuals in the West Central Illinois region. The Diaper Bank partners with existing service organizations to serve families and individuals who deserve to have access to products that allow them to live feeling clean, dry, healthy, and happy. 309.297.4754. <https://lovingbottoms.org/>
Loving Bottoms has Partner Agencies in Fulton, Henderson, Henry, Knox, Mercer, Peoria, Tazewell, and Warren Counties that distribute products. For list of partners by county see: <https://lovingbottoms.org/diapers/>
- **Lutheran Social Services of Illinois** - Provides numerous services to assist families. Galesburg. 309.343.7681. <https://www.lssi.org/services.php>
- **Mom2Mom Support Group (Galesburg)** — Free Christian based support group designed to support moms in all seasons of motherhood. Free childcare during meetings. Gifted speakers on interesting topics about family, marriage, and child rearing. Held on the 1st & 3rd Fridays from 9:00 - 11:00 am. To register go to the program website: <https://mybethel.com/mom2mom> For additional info e-mail: Weston Oxley at oxley@mybethel.com. Bethel Baptist Church. 1196 N. Academy St. Galesburg. 309.342.3166. <https://www.mybethel.com/>
- **Pathways.org** – a website designed to help all children (ages 0-6 yrs.) reach their full potential. Articles, videos, checklists, milestone guides covering topics including expecting mothers, motor, sensory, communication, feeding, tummy time, play, social-emotional and executive function. <https://pathways.org/>

- **The Prenatal to Age 3 Program** - is a FREE curriculum-based home visiting program centered around family well-being, child development and common areas of concern for parents. This program serves the most at-risk families based on developmental screenings and family risk factors. Contact Tara Case at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/prenataltoage3>
- **OSF Resource Link** — Serves children ages 0-18. Free service that provides case coordination services for families and their children. OSF Resource Case Coordinator will complete an assessment of child’s needs; along with the family, develop an action plan for services; make necessary referrals; and work with the family for 90 days, focusing on problem resolution. Coordinator can assist anyone in locating any social service program in the area to assist families. OSF Healthcare System, 3405 North St., Galesburg. ryan.l.williams@osfhealthcare.org . 309.344.3161, ext. 64613. <https://www.osfhealthcare.org/childrens/services/behavioral-health/resource-link/>
- **SSI (Supplemental Security Income) for Children** – provides monthly cash payments to help meet the basic needs of children who have a disability or mental disability or who are blind. If you care for a child or teenager with a disability, and have limited income and savings or other resources, your child may be eligible. People can apply for SSI benefits, and for other benefit programs, through a telephone appointment with the agency, even while local offices are not able to accept walk-in visitors. More people need to be made aware of the SSI program and reminded that they can call toll-free **1-800-772-1213**, or their local Social Security office, to make a phone appointment to apply for SSI. People who are deaf or hard of hearing may call Social Security’s TTY number, **1-800-325-0778**. <https://www.ssa.gov/benefits/disability/apply-child.html>
- **Warren Achievement Center Early Intervention Program** — Free developmental testing for infants and toddlers, ages birth to 3 years. Home-based development therapy and referral services available as needed. 309.734.7902. <http://www.warrenachievement.com/>
- **Warren County Mother2Mother Support Group (Monmouth)** — free support group designed to provide opportunities for mothers of different cultures, ethnic backgrounds, economics, and social status to gather in a supportive environment. For more information contact Stephanie Dehner. 309.371.2008. Support groups, and bi weekly informal events. Information, meeting location and additional free monthly events posted on their Facebook page - Warren County Mother2mother. <https://www.facebook.com/M2Mministry/>
- **YES (Youth Empowerment Services)**- Serves youth ages 0-21. YES is a spectrum of effective, community-based services or other challenges and their families, that is organized into a coordinated network, builds meaningful partnerships with families and youth and addresses their cultural and linguistic needs, in order to help them to function better at home, in school, in the community and throughout life. Bridgeway Inc. 301 Industrial Park Drive, Monmouth. For more information contact Jessica: jessicas@bway.org or 309-734-9461.

6) CLOTHING & HOUSEHOLD MISC.

- **Abingdon United Methodist Church Cupboard and Closet Ministry** – Free resource for food and clothing. Offers a food pantry and provides seasonal clothing, shoes and coats. Located at the Abingdon Community Center. 801 West Martin St. Abingdon. Satellite food pantry at the Avon United Methodist Church. Call for hours. 309.462.3444. <https://www.abingdonumc.net/need-help>
- **Community Treasures Thrift Shop** — Offers a variety of merchandise, including men’s, women’s, and children’s apparel, accessories, linens, housewares, collectibles, books, stationery, toys. Owned by Galesburg Community Foundation and provides grants to area non-profits and scholarships to students. 444 E. Main, Galesburg. 309.342.9018. <https://yourgcf.org/community-treasures/>
- **Galesburg Rescue Mission** — Provides free clothing to those in need 2xs per month. 435 East Third St., Galesburg. 309.343.4151. <http://www.galesburgrescuemission.org/>
- **Goodwill Thrift Store** — Provides new and gently used clothing. 1338 N. Henderson St., Galesburg. 309.344.4717. <https://www.goodwillpeo.org/thrift-stores-galesburg-il/>
- **The Purple Hanger** — Provides new and gently used clothing, household items and furniture at a very low cost. All proceeds benefit the Safe Harbor Family Crisis Center. 169 North Broad St. Galesburg. 309.343.0065. <https://www.facebook.com/purplehanger/>
- **Salvation Army Family Store** — Provides new and gently used clothing, household items and furniture at low cost. 520 Home Blvd., Galesburg. 309.343.0721. <https://satruck.org/>

7) COMPUTER SKILLS/REPAIR

- **Absolute Computers** – iPhone/iPad Repairs. Computer/Tablet Repairs. Custom Gaming Computers. Virus Removal. 1 Hour Turnaround on Phones. 24 Hour Turnaround on Computers/Tablets. 825 N Henderson St., Galesburg. 309.343.0215.
- **Galesburg Mobile Tech** -computer repair, computer set-ups, virus removal, data transfers and recovery. Makes house calls. For appointments email: galesburg.mobile.tech@gmail.com or call 309-351-1260.
- **Galesburg Public Library** — Lends books and videos offering instruction on topics such as keyboarding, basic computer skills, Internet use, email access, and Windows operating systems. Also coordinates the Tech Tutor program for individualized technology tutoring for phones, computers, tablets, eReaders and more (offered seasonally). 40 E. Simmons St., Galesburg. 309.343.6118. <https://galesburglibrary.org/>
- **Office Specialists** — Sells new computers, laptops and printers. Toshiba service center. Computer and printer repair. 143 E. Ferris St., Galesburg. 309.342.7719. <https://www.osi.biz/>



8) COUNSELING & LIFE COACHING SERVICES

(Those with emergency mental health concerns should go to the nearest emergency room or call 911)



- **Galesburg Public Library** — Books and videos are available to borrow on self-help topics such as behavioral health, addiction recovery, overcoming grief, personal development and more. Free access to the Internet is provided. 40 E. Simmons St., Galesburg. 309.343.6118. <https://galesburglibrary.org/>

(IN PATIENT) TREATMENT SERVICES

- **Lincoln Prairie Behavioral Health** -Lincoln Prairie Behavioral Health Center offers a number of mental health treatment programs and a full continuum of care for adolescents and children, ages 3-17. Following an initial assessment and admission, an individualized treatment plan is devised for each patient. Call us at 217-585-1180 for more information. <https://lincolnprairiebhc.com/>
- **Streamwood Behavioral Healthcare System** — Psychiatric facility offering hospitalization services for children and youth ages 4-21. Assessment and referral available 24/7. 1.800.272.7790. <https://streamwoodhospital.com/>
- **Robert Young Center** – located in the Quad Cities and Muscatine - Call the 24/7 Crisis Hotline (309) 779-2999. <https://www.unitypoint.org/quadcities/robert-young-center-home.aspx>
- **Unity Point Health, Unity Place** - Comprehensive out-patient services, addiction recovery and mental health. Numerous locations in west central Illinois and Iowa. 888.311.0321. <https://www.unitypoint.org/interstitial.aspx>

(OUT PATIENT) COUNSELING SERVICES & LIFE COACHING SERVICES

Attending college can cause stress. Unhealthy coping skills such as use of alcohol, drugs, food, gambling, shopping, sexual activity, etc. can increase and become problematic when people are stressed. Anxiety, substance abuse, depression, time management, ineffective study and test-taking skills and family problems are not uncommon to college students. Help is only a phone call away.

- **Betsy Zmuda-Swanson, LCSW** — Private practice. Specializes in eating disorders, trauma, relationship and family issues. 1800 3rd Ave, Suite 412, Rock Island, IL. 309.786.3006. <http://bzembodied.com/>
- **Bridgeway Counseling Services** — Bridgeway’s Outpatient Programs provide services to all persons referred who are experiencing emotional or behavioral challenges that are impacting their ability to function and who reside in the Bridgeway service areas. Services include individual, group, and family therapy. First Episode Psychosis program as

- well as psychiatric and nursing services. Sliding scale payment options, EAP and insurance cases. 2323 Windish Drive, Galesburg. 309.342.6852. <http://bway.org/>
- **CARES Line (24 hour)** -You may use the 24-hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional if your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families. Accepts Medicaid. No private insurance. Call: 1 (800) 345-9049 TTY: 1 (773) 523-4504. <https://www.dhs.state.il.us/page.aspx?item=92597>
 - **Carl Sandburg College Counseling Services** — Crisis and short-term counseling for Sandburg students. 309.341.5237. <http://www.sandburg.edu/Services/Counseling-Services/index.html>
 - **Center for Youth & Family Solutions** — Specializes in depression, anger management, stress management, parenting young children and teens and couples counseling. Sliding scale payment option. 292 N. Chambers St., Galesburg. 309.342.1136. <https://www.cyfsolutions.org/>
 - **Crossroads Counseling and Life Coaching** — provides services for a wide variety of life situations, such as depression, anxiety, ADHD, dementia, sexual assault and abuse, parenting, traumatic events, autism, childhood disorders, marital/relationship problems, grief, finances and other difficult life transitions. 647 W. Losey St., Galesburg. info@crossroadslife.com. 309.343.0800. <https://crossroadslife.com/>
 - **Eagle View Community Health System**— depression, anxiety, screening for substance abuse. Affordable medical, mental health and dental care, regardless of income levels. Accepts Medicare, Medicaid and most insurance providers. Sliding scale discounts available. Reasonable payment plans available. Highway 164 East, Oquawka. 877.350.2385. <https://www.eagleviewhealth.org/>
 - **Grounded Perspectives Counseling** – 311 E. Main St. Suite 205, Galesburg. 309-297-4911. <https://www.groundedperspectives.com/>
 - **Knox Community Health Center** — Behavioral health services are coordinated between on-site licensed counselors and staff medical doctors to ensure the best physical and mental/emotional health for children and adults. Accepts Medicaid and All Kids. Sliding fee. Private insurance. 1361 W. Fremont St., Galesburg. 309.344.2225. [http://www.knoxcountyhealth.org./](http://www.knoxcountyhealth.org/)
 - **Jeri Candor Consulting LLC, NBC-HWC, CMMI** -Mayo Clinic Certified Wellness Coach. Specializing in Stress Response Management Training™, Compassion Fatigue and Private Coaching for anxiety chronic pain, and health issues. Contact: jericandorconsulting@gmail.com. For more info: www.jericandor.com
 - **Lincoln Prairie Behavioral Health Center** - offers a number of mental health treatment programs and a full continuum of care for adolescents and children, ages 3-17. Following an initial assessment and admission, an individualized treatment plan is devised for each patient. Located in Springfield, IL. Call 217-585-1180 for more information. <https://lincolnpairiebhc.com/>
 - **OSF Resource Link** — Serves children ages 0-18. Free service that provides case coordination services for families and their children. OSF Resource Case Coordinator will complete an assessment of child's needs; along with the family, develop an action plan for services; make necessary referrals; and work with the family for 90 days, focusing on problem resolution. Coordinator can assist anyone in locating any social service program in the area to assist families. OSF Healthcare System, 3405 North St., Galesburg. ryan.l.williams@osfhealthcare.org. 309.344.3161, ext. 64613. <https://www.osfhealthcare.org/childrens/services/behavioral-health/resource-link/>
 - **OSF Holy Family Rural Health Clinic** —1000 West Harlem Avenue, Monmouth. For appointments call 309.734.1414. <https://www.osfhealthcare.org/holy-family/>
 - ***Kurt Volz, LCSW, CADC** - Provides individual, family, and couples counseling. Works with children, teens, adults, older adults in areas of mental health and addictions. Specializing in ADHD, Depression/Anxiety/Bipolar Disorders, Dysthymic Disorder, anger management, adults who grew up in dysfunctional families, spirituality and grief issues.
 - **OSF Medical Group** – 3375. North Seminary St. 309.343.5114. <https://www.osfhealthcare.org/mental-health/>
 - ***Dr. Phillip Ulm, PsyD** — Specializes in chemical dependency, depression & anxiety. Charity assistance program available. Application can be obtained at OSF Prompt Care. OSF Campus, 3375 N. Seminary St, Galesburg. 309.343.1000.
 - **OSF HealthCare Navigation Link** – Are you struggling with depression, anxiety, relationships, drug or alcohol use, or problems with work or school. Call and get connected to a Behavioral Health Navigator trained to assist you in addressing barriers to accessing care, understanding resources available to you and linking you to

the appropriate services, such as counseling, substance abuse disorder treatment, and psychiatry.

309.308.8150. <https://www.osfhealthcare.org/mental-health/services/navigators/>

- **OSF HealthCare SilverCloud** – An online tool, for adults 18 years of age and older, designed to provide easy and immediate access to a digital therapy program from the comfort of your home. The program offers supportive content for depression, anxiety and stress. Available 24/7 on your computer, tablet or mobile phone. Empowers you to take charge of your mental health and well-being. Interactive tools and activities. Information is only seen by a behavioral health coach (navigator). Silver cloud can be done independently or with support from an OSF behavioral health navigator.
 - Call 309.308.8150
 - E-mail: OSF.Silvercloud@osfhealthcare.org .
 - Learn more at <https://www.osfhealthcare.org/mental-health/resources/silvercloud/>
 - Sign up at <https://osf.silvercloudhealth.com/>
- **Resolutions Unlimited, Dr. Michael Shear, PsyD** - Works with a variety of concerns - specializes in cognitive behavior therapy, couples counseling, sexual issues, anxiety, depression, and anger management. Located in the Bondi Bldg. 311 Main St., Suite 500, Galesburg. 309.673.9385. <http://resolutionsunlimitedinc.com/>
- **Robert Young Center** – Medicaid, Medicare and private insurance. 2701 17th St. Rock Island, IL 309.779.2800. <https://www.unitypoint.org/quadcities/robert-young-center-home.aspx>
- **Salvation Army** — The Salvation’s Army’s Pathway of Hope initiative provides individualized services to families with children who desire to take action to break the cycle of crisis and vulnerability that repeats generation after generation. It seeks to address the root causes of poverty in addition to the salvation army’s history of compassionate serving. By helping families overcome challenges like unemployment, unstable housing and lack of education, we can lead families down a path toward increased stability and ultimately, self-sufficiency. 510 N. Kellogg St. Call for details. 309.342.9168. <https://centralusa.salvationarmy.org/galesburg/>
- **Unity Point Health, Unity Place** - Comprehensive out-patient services, addiction recovery and mental health. 5409 Knoxville Ave. Peoria. 888.311.0321. <https://www.unitypoint.org/peoria/services-behavioral-health.aspx>
- **Whole Life Solutions** - Therapy for individuals, couples and families. Located in the Bondi Bldg. 311 E Main St. Suite 514 Galesburg, IL. Appointments can be made thru their website or via e-mail wholelifesolutions@yahoo.com or by phone: 309.351.5255. <https://wholelifesolutions.net/>

EATING DISORDERS

- **Betsy Zmuda-Swanson, LCSW** — Private practice. Specializes in eating disorders, trauma, relationship and family issues. 1800 3rd. Ave, Suite 412, Rock Island, IL. 309.786.3006. <http://bzembodied.com/>
- **Crossroads Counseling and Life Coaching** — 647 W. Losey St., Galesburg. info@crossroadslife.com. 309.343.0800. <https://crossroadslife.com/>
- **Mary Pocivasek, RD, LDN** — Experienced dietician, specializing in eating disorders. 3919 – 16th St. Moline. 309.757-1264. <https://www.unitypoint.org/quadcities/services-get-help.aspx>
- **Eating Disorder Informational Resource Link** - <https://www.mswdegrees.org/resources/eating-disorders>

SPIRITUAL COUNSELING

- **Crossroads Counseling and Life Coaching** — 647 W. Losey St., Galesburg. info@crossroadslife.com. 309.343.0800. <https://crossroadslife.com/>
- **Mark Robinson, Spiritual advisor** - former president of the Galesburg Area Ministerial Association: takes calls, will pray with students, offers spiritual counseling to all denominations, and can direct to professional counselors, pastors, and churches in town. Assists people getting connected to a spiritual community. mjrobinson33@gmail.com; Phone: 309.335.9920
- **Kurt Volz, LCSW, CADC** — Provides individual, family, and couples counseling. Works with children, teens, adults, older adults in areas of mental health and addictions. Specializing in ADHD, Depression/Anxiety/ Bipolar Disorders, Dysthymic Disorder, anger management, adults who grew up in dysfunctional families, spirituality and grief issues. 1000 West Harlem Avenue, Monmouth. For appointments call 309.734.1414. <https://www.osfhealthcare.org/holy-family/>



ONLINE AND TELEHEALTH COUNSELING SERVICES

- **Betterhelp** -- Online counseling with email, texting and video chat options for those who are interested in improving the quality of their lives. Affordable, convenient e-counseling for anyone who struggles with life's challenges. Available anytime, anywhere. Individual, couple and teenage counseling available. Access to licensed, trained, experienced and accredited psychologists (PhD/PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW/LMSW), and board licensed professional counselors (LPC). Counselors available who specialize in a variety of issues including: stress, anxiety, relationships, parenting, depression, addictions, eating, sleeping, trauma, anger, family conflicts, LGBT matters, grief, religion, self-esteem and more. <https://www.betterhelp.com/>
- **OSF HealthCare SilverCloud** – An online tool, for adults 18 years of age and older, designed to provide easy and immediate access to a digital therapy program from the comfort of your home. The program offers supportive content for depression, anxiety and stress. Available 24/7 on your computer, tablet or mobile phone. Empowers you to take charge of your mental health and well-being. Interactive tools and activities. Information is only seen by a behavioral health coach (navigator). Silver cloud can be done independently or with support from an OSF behavioral health navigator.
 - Call 309.308.8150
 - E-mail: OSF.Silvercloud@osfhealthcare.org .
 - Learn more at <https://www.osfhealthcare.org/mental-health/resources/silvercloud/>
 - Sign up at <https://osf.silvercloudhealth.com/>
- **Navigating Mental Health Issues in College: A Comprehensive Guide** - In this free online guide, get info on the most common types of mental health issues affecting students. Information on conditions, warning signs, and how to help – both for people concerned about themselves or others – along with specialized resources. There are also dedicated sections focused on marginalized groups, info on how academic performance is affected, how to access accommodations, and students' rights.
<https://www.premiernursingacademy.org/resources/navigating-mental-health-issues>

9) COVID RELATED ISSUES AND ASSISTANCE (temporary services)

- **COVID HELP** (Housing and Economic Loss Prevention) is a statewide initiative to provide no-cost legal guidance and representation to Illinoisans experiencing common legal problems due to the COVID-19 pandemic. Illinois residents can access free legal assistance 24/7. COVID HELP's virtual legal assistants provide users with accurate and reliable legal information, direct them to appropriate legal resources, and connect them with legal aid programs in their area. COVID HELP's virtual legal assistants were created by legal aid attorneys to address the most common issues Illinoisans have faced during the pandemic:

- a) Personal debt and bankruptcy
- b) Housing (landlord/tenant, eviction, and foreclosure)
- c) Employment
- d) Unemployment;
- e) Wills, estates and guardianship.

Located at www.covidhelpillinois.org

- **Education Retraining Grant** – Have you lost your job due to COVID -19? A special grant is currently available to help retrain individuals for another career. Assists with tuition, books, required supplies, support services. Training must be in a demand occupation. Call the Workforce Office of Western Illinois. Knox County – 309.343.9832. Henderson/Warren – 309.734.4745. Hancock/ McDonough – 309.252.8903. Brown/Pike/Schuyler – 217.285.2216. Adams – 217.718.6282.
- **Emergency Broadband Benefit**- an FCC program to help households struggling to pay for internet service during the pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, and virtual classrooms. Must meet eligibility requirements which include:
 - a) In order to receive the discount, up to \$50 per month (but not to exceed the cost of service), the applicant must agree to receive their internet services through an eligible provider.
 - A list of eligible providers for Illinois can be found [here](#).

- b) To receive the discount, at least **1** member of the household must meet **one** of the following:
- Have received any amount of Pell Grant during the current school year **OR**
 - Experienced a substantial loss of income since February 29, 2020 and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers **OR**
 - Have received benefits from the free and reduced lunch school program (currently or at least in the 19-20 school year) **OR**
 - Meets the qualifications for the Lifeline program or the service providers existing low-income or COVID-19 program
- c) This discount will expire after funds run out or 6 months after the DHS declares an end to the pandemic (whichever comes first).
- Recipients of the program will be notified of the program ending one month in advance by their internet provider

For additional information see the FAQ page: <https://www.fcc.gov/consumer-faq-emergency-broadband-benefit> or visit the website: <https://www.fcc.gov/broadbandbenefit>

- **Funeral Expense Reimbursement** - FEMA is accepting applications to provide reimbursement for funeral expenses incurred after Jan. 20, 2020 for deaths related to COVID-19. Applicants are eligible to receive up to \$9,000 per funeral and a maximum of \$35,500 per application. To apply Illinoisans, must call the COVID-19 Funeral Assistance Line Number at 800-462-7585 to speak with a representative between the hours of 9 a.m. to 9 p.m. Eastern Time Monday – Friday. To learn more about how to apply visit: <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>
- **Illinois Rental Payment Program** – funding available for both renters and landlords who are experiencing hardships.
- **The Immigration Project** is paying housing (rent, mortgage) and utilities for anybody who was born in another country, regardless of years in USA/immigration status, including naturalized citizens. The applicant can also be someone who does not speak English, even if they were born here. Applicants must have been financially impacted by COVID in some way such as increased bills due to children staying at home, decreased work hours, etc. The bills do not have to be in the applicant's name but do need to correspond to the applicant's place of residence. Rent/mortgage can be paid up to 3 month or a cap of \$5,000. Referral process: apply online at the immigrationproject.org. You can also email Sarah Mellor (smellor@immigrationproject.org) with the client's name and phone number and she will directly follow-up with them, which may be the best method of referring clients who are technically challenged or who do not have access to a computer.
- **Pandemic Support Discussion Group** – Do you wish you could talk to someone, besides your family, about the stress you feel? You are not alone. To help members of our community cope with today's challenges, the Henry County Mental Health Alliance has established a pandemic discussion group using Zoom. In this group you can express your frustrations, seek answers about coping from others, and share your methods of dealing with the pandemic. The pandemic discussion group meets the first and third Tuesdays on each month at 6:00 pm on Zoom. The group is open to the public. You will then be put on the contact list to receive the Zoom link prior to each meeting. You may also follow the Henry County Mental Health Alliance Facebook page. The Zoom link is posted on the page before each meeting. To participate, contact Beth Looney at 309-308-4109 or Beth.A.Looney@osfhealthcare.org
- **Pell Grant Recipients Eligible for Federal Internet Subsidy During Pandemic**
The Federal Communications Commission (FCC) recently announced a program to help those struggling to pay for internet amid the pandemic, stating that a household is eligible to receive the benefit if one member of the household received a federal Pell Grant during the current award year, among other possible criteria for eligibility. Under the Emergency Broadband Benefit Program, eligible households can receive up to \$50 per month to help pay for broadband internet service. Written or electronic confirmation from a student's school that the individual is a Pell Grant recipient will serve as verification for the program, or a student's financial aid award letter documenting the amount of their Pell Grant award received for the current year. A copy of a student's paid invoice that shows the student's receipt of a Pell Grant during the current award year or a copy of the student's Student Aid Report will all serve as proper documentation, according to the notice from the FCC.
- **Salvation Army** is paying housing (rent, mortgage) and utilities for anybody who is in Knox County. Applicants must have been financially impacted by COVID in some way such as increased bills due to children staying at home,

decreased work hours, etc. The bills need to be in the resident's name. Referral process: apply in person at 510 N Kellogg St., Galesburg. 309.342.9168. <https://centralusa.salvationarmy.org/galesburg/>

- **Workforce Office of Western Illinois**—A special grant is currently available to help retrain people for a different career if they lost their job due to COVID -19. Limited funding available for tuition, books, supplies, and support services for qualifying programs and for those who meet the eligibility requirements. Adams County – 217.718.6282. Brown/Pike/Schuyler – 217.285.2216. Hancock/McDonough – 309.252.8903. Henderson/ Warren – 309.734.4745. Knox – 309.343-9832.

10) DENTAL SERVICES

- **Affordable Dentures** — Cash, checks, all major credit cards, except American Express and Care Credit accepted. 2807 W. Townline Rd., Peoria. 309.689.1452. <https://www.affordabledentures.com/office/peoria/>
- **Carl Sandburg College's Dental Hygiene Program** — Cleanings, X-rays, fluoride treatment and exam offered at discounted rates. Services provided by students, supervised by licensed dental hygienists. Located at the Annex 209 E. Main St., Galesburg. 309.344.2595.
- **Eagle View Community Health System, Inc.,** — Affordable medical, mental health and dental care, regardless of income levels. Accepts Medicare, Medicaid and most insurance providers. Sliding scale discounts available. Reasonable payment plans available. <https://www.eagleviewhealth.org/>

Oquawka Dental Location

1204 Highway 164 East, Oquawka
Toll-free 866.346.1337, Dental 309.867.2770
<https://www.eagleviewhealth.org/oquawka/>

Stronghurst Dental Location

101 S. Division, Stronghurst
Toll-free 866.346.1337, Dental 309.924.2424
<https://www.eagleviewhealth.org/stronghurst/>

- **Knox Community Health Center** — Primary and preventative dental health services. 1361 W. Fremont St., Galesburg. Accepts Medicaid and All Kids. 309.344.2225. <http://www.knoxcountyhealth.org/>

11) DISABILITY SERVICES

- **Bridgeway** — Community Employment Program (IPS) is an innovator in the provision of job placement services and employment supports for persons with disabilities. Individual Placement and Support (IPS). Provides vocational assessment, job finding support and job retention support. 2323 Windish Drive, Galesburg 309.344.4247. http://www.bway.org/developmental_disabilities.aspx
- **Carl Sandburg College Academic Support Services** — Galesburg Campus, Rm B068. Serving students with disabilities or diagnosed learning disorders. Jake Runge, Coordinator. 309.341.5262. <http://www.sandburg.edu/Services/Disability-Support/index.html>
- **EPIC Host Homes**- assists people with intellectual and developmental disabilities in finding a home designed to encourage independence in the least restrictive environment- Host Homes located in Knox County, headquartered at 1913 W. Townline Road, Peoria, 309-854-2019. <https://epicci.org/>
- **Galesburg Transit City Bus** — Disability “reduced fare” and disability “ride free” bus pass programs available to those who qualify. 1025 Monmouth Blvd. 309-342-4242. https://www.ci.galesburg.il.us/services/galesburg_bus/
- **Head Start — West Central Community Services** — Free comprehensive preschool program for children ages 3-5 in Knox, Warren and Henderson counties. Family size and income determines eligibility. Head Start serves at least 10% children with disabilities and may serve 10% over income families. Galesburg - 277 E. Tompkins Street, 309.343.6102. Monmouth - 321 E. Euclid Ave., 309.734.3151. <https://www.wccshheadstart.org/>
- **Help at Home, Inc.** — provides non-medical care such as housekeeping, errand, companionship, personal care, cooking, etc. 256 Soangetaha Rd. Ste. 101, Galesburg. 309.343.1118. <https://www.helpathome.com/>
- **Human Rights Authority, part of the Illinois Guardianship and Advocacy Commission**- The Human Rights Authority is the investigative arm of the Illinois Guardianship and Advocacy Commission and investigates alleged violations of the rights of persons with disabilities by providers of services. For further information on the Human Rights Authority



and its investigation of alleged violations. The agency can be found on Facebook. Contact the Commission's toll-free intake number at 1-866-274-8023. or check our website at <https://www2.illinois.gov/sites/gac/HRA/Pages/HRA-Service-Profile.aspx>

- **Illinois Dept. of Human Services/Division of Rehabilitation Services (DRS)** — 821 West Main St., Suite A, Galesburg. Vocational rehabilitation and home services. 309.343.2193.
<https://www.dhs.state.il.us/page.aspx>
- **KCCDD** — Empowering people through knowledge, creativity, caring, development and dedication. Provides services for adults with various disabilities. Services include employment skills training, job coaching, life skills training and job placement assistance and Respite. 2015 Windish Dr., Galesburg. 309.344.2600. <https://www.kccdd.com/>
- **PSCI - Prairieland Service Coordination, Inc.**- provides lifespan service coordination to individuals with Intellectual and developmental disabilities. 244 East Main St. Galesburg, 309-921-9102. <http://psci.info/>
- **Rainbow Riders Therapeutic Horseback Riding Center** – Rainbow Riders is a not-for-Profit horseback riding program for individuals with special needs. Located on Bowman Meadow Farm, just outside the city limits of Monmouth. 822 200th Ave. Monmouth. 309-734-4849. <http://rainbowridershome.org/>
- **SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance) Assistance** - People can apply for SSI benefits, and for other benefit programs, through a telephone appointment with the agency, even while local offices are not able to accept walk-in visitors. More people need to be made aware of the SSI program and reminded that they can call toll-free **1-800-772-1213**, or their local Social Security office, to make a phone appointment to apply for SSI. People who are deaf or hard of hearing may call Social Security's TTY number, **1-800-325-0778**.
 - a) A new webpage, People Helping Others for anyone who could assist another person with accessing Social Security's programs and services. <https://www.ssa.gov/thirdparty/>
 - b) A new outreach website, where all partner groups can access informational materials to share through their networks, including resources tailored to specific vulnerable populations; at <https://www.ssa.gov/thirdparty/groups/vulnerable-populations.html>
 - c) An updated Faith-Based and Community Groups website - with a new outreach toolkit and SSI and SSDI fact sheets. The agency coordinated this effort with the White House, and the White House Office of Faith-Based and Neighborhood Partnerships is helping to promote these resources; <https://www.ssa.gov/thirdparty/groups/faithandcommunity.html>
 - d) SSI for Children – provides monthly cash payments to help meet the basic needs of children who have a disability or mental disability or who are blind. If you care for a child or teenager with a disability, and have limited income and savings or other resources, your child may be eligible.
<https://www.ssa.gov/benefits/disability/apply-child.html>
- **Stone-Hayes Center for Independent Living** — 39 N. Prairie St., Galesburg. For all disability-related issues, all disabilities, all ages, no cost. 309.344.1306. <http://www.stone-hayes.org/>
- **Triumph Services, Inc. CAMP KIDZ**— 8-week summer day camp for children with disabilities ages 5-21. Operated jointly by Bridgeway, KCCDD and Warren Achievement Center. Available to Knox, Warren and Henderson Counties. 2015 Windish Dr., Galesburg. 309.344.2600. <https://www.kccdd.com/camp-kidz>
- **UIC/Specialized Care for Children**— Provides assistance to children 0-21 years who are chronically and/or medically disabled. Children with an eligible condition qualify for services. Free service coordination and/or money for eligible children. 800.322.3722. <https://dsc.uic.edu/>
- **Warren Achievement Center** serves adults with cognitive and developmental disabilities. Services provided include, but are not limited to, residential accommodations, a day services program for developmental education, sheltered workshop, fitness/exercise, recreation/social life, community integration and case management. Warren Achievement Center is also the operator of Warren County Public Transportation. 309-734-3131.
<https://www.warrenachievement.com>
- **Whiting Hall** – Low income housing for the elderly and/or disabled. Disability has to be vouched by a doctor or Social Security Disability. Applicant does not have to be on SSI. Applications can be emailed or picked up in the manager's office which is in the back by the parking lot. Not affiliated with Knox County Public Housing. 19 E. Tompkins St, Galesburg. 309.342.6400
Face book page: <https://www.facebook.com/pages/category/Apartment---Condo-Building/Whiting-Hall-Apartments-139514629948997/>
Web-site: <https://www.apartments.com/whiting-hall-senior-apartments-galesburg-il/gprbdhy/>

12) DISASTER ASSISTANCE

- **American Red Cross- Illinois region** - Community preparedness information and resources. Provides assistance with house fires, floods, winter storms, tornadoes, etc. <https://www.redcross.org/find-your-local-chapter.html>
- **Salvation Army** – in the event of housefires or other emergencies, emergency housing may be provided for eligible households. Contact 309.342.9168 for information. 510 N. Kellogg St., Galesburg
<https://centralusa.salvationarmy.org/galesburg/>
- **University of Illinois Extension Office** - 180 S. Soangetaha Rd, Ste. 108, Galesburg, IL. 309.342.5108
<https://extension.illinois.edu/>

13) EATING DISORDERS

- **A Comprehensive Guide to Eating Disorders and How to Help:** <https://www.mswdegrees.org/resources/eating-disorders>
- **Eating Disorder Informational Resource Link** - <https://www.mswdegrees.org/resources/eating-disorders>
- **National Eating Disorders Association (NEDA) Helpline** – crisis line as well as eating disorder information and treatment options <https://www.nationaleatingdisorders.org/>, 1800.931.2237

14) EDUCATIONAL ASSISTANCE & SUPPORT

- **Adult Education** - Adult Education programs empower adult learners by providing education and support services that will successfully prepare and transition them to college and/or workforce training for their career pathway. Services are provided to students ages 16 and up and include high school equivalency classes and English as Second Language classes. Contact Kang Hee Hong at the Regional Office of Education #33, 309.734.6822
<https://www.roe33.net/adulteducation>
ROE#33 Family Literacy Program Overview- Monmouth Site: <https://www.youtube.com/watch?v=EzyCQtlNBTw>
- **Carl Sandburg College Main Campus** — 2400 Tom L. Wilson Blvd., Galesburg. <http://www.sandburg.edu/>
 - Academic Support Services** — Provides disability support, tutoring, academic equipment loans, and referrals for learning disabilities testing. Room B68. 309.341.5262.
 - Disability support:** <http://www.sandburg.edu/Services/Disability-Support/index.html>
 - Tutoring Services** — <http://sandburg.edu/Services/Tutoring-Services/index.html>
 - Carl Sandburg College Counselors** — Counseling services available to address obstacles to academic success. 309.341.5237. <http://sandburg.edu/Services/Counseling-Services/index.html>
 - Galesburg Promise Scholarship** — First come, first served scholarship for all Galesburg District #205 graduates. Aid based on years of attendance and is applied after other financial aid. Must complete the Free Application for Federal Student Aid (FAFSA) and the Sandburg scholarship application. Must apply within 2 years of high school graduation. For more info. <http://sandburg.edu/Services/Financial-Aid/Foundation-Scholarships/Galesburg-Promise.html>
 - Sampson Promise Scholarship** — Open to graduates of United High School and Monmouth- Roseville high schools, or home school within district boundaries. Funds are awarded on a first come, first serve basis. Apply early as funds are limited. See the website for eligibility and application steps.
<http://www.sandburg.edu/Services/Financial-Aid/Foundation-Scholarships/Sampson-Promise.html>
 - TRIO Student Support Services** — Non-financial support for first-generation college students and income eligible students pursuing transfer degree programs. Application required. 309.341.5362.
<http://sandburg.edu/Services/TRIO-Programs/TRIO-SSS/index.html>
 - Transportation- Free Galesburg City Bus pass** - Current Sandburg Students, Faculty and Staff- ride free with a valid Sandburg ID.
 - Galesburg campus** students can take advantage of the Tutoring Center, located in B72. With tutors covering all core subjects, from math to writing to science to Spanish, chances are we've got someone who can help you. The Tutoring Center is open 9-4 Monday-Thursday and 11-3 on Fridays; drop in or call 309.341.5454 to make an appointment. Be sure to call us if you can't make it during the usual hours or if you aren't sure if there is a tutor available in your subject—we can usually decide. For scheduling call 309.341.5454.

Branch Campus students can also take advantage of face-to-face tutoring or Skype sessions with the Galesburg campus tutors by contacting the main office at 217.357.3129.

Online tutoring - Students at both Sandburg locations can take advantage of our online tutoring services through Brainfuse. Just log on to your mySandburg page and click the Brainfuse link and you will be automatically signed in to get help with virtually any subject. It's completely free, and accessible 24 hours a day for most subjects. Questions about online tutoring? Call Jake Runge, Coordinator of Academic Support Services, at 309.341.5262.

Recommended Study Support Website: <https://www.khanacademy.org/>

- **21st Century Community Learning Centers** - Provides academic enrichment opportunities during non-school hours to help students meet state and local standards in core academic subjects. Programs are in Galesburg, Monmouth, Abingdon and Aledo. Contact Jana Cavanaugh at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/21stcenturylearningcenter>
- **Early Childhood Preschool** - This program is a partnership between the ROE and the local school districts in Henderson, Knox and Mercer and Warren Counties. Families are offered developmental screenings, education in a preschool classroom setting, personal connections via home visits, family education events and advisory council. Contact Amy Fullerton at The Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/earlychildhoodprogram>
- **Family Literacy Program** - This program increases literacy skills for families enrolled in the Adult Education or GED classes through workshops, playgroups and strong connections with our local libraries. Contact Hope Neal at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/familyliteracy>. ROE#33 Family Literacy Program Overview: <https://www.youtube.com/watch?v=NWwK3UJt7u8>
- **Galesburg Community Foundation** — Offers scholarships to students in Knox and Warren countries and the surrounding area. For questions call 309.344.8898. <https://yourgcf.org/scholarships/>
- **Galesburg Public Library** — Lends resources on test prep, career planning and educational success. Has dedicated research computers for the public that can be used for resume building, online coursework and educational database usage. Provides access to the Learning Express Library (LEL) online centers for elementary school, middle school, high school, college prep and college students, as well as adult learners and job prep. The LEL provides practice tests, exercises and skill-building courses. 40 E. Simmons St., Galesburg. 309.343.6118. <https://galesburglibrary.org/>
- **Illinois AHEC Scholars** — a 2-year program that recruits, trains, and supports a diverse group of students who are committed to improve health care in rural and underserved communities in Illinois. The program uniquely blends community based experiential opportunities with online training on important topics health profession students should be familiar with. For more information - <https://www.ilahecsolars.com/>
- **Illinois Department of Human Services and Division of Rehabilitation Services (DRS)** — Additional support for students with disabilities, including help with advocacy, technical evaluations, financial assistance for tuition and books. 821 West Main St., Suite A, Galesburg. 309.343.2193. <https://www.dhs.state.il.us/page.aspx?>
- **ISA Corps** — Outreach branch of the Illinois Student Assistance Commission (ISAC), the agency that distributes financial aid to Illinois students and whose mission is to make college affordable and accessible to all Illinois students. ISA Corps helps with career planning, college planning, and assisting with applying for financial aid. <https://www.isac.org/students/before-college/isacorps/%20>.

ISA Corps recommended websites:

- a) <https://www.isac.org/>
- b) <https://www.cps.edu/academics/career-and-technical-education/>
- c) <https://www.collegechangeseverything.org/>

- **Workforce Office (WIOA)** - Offers educational assistance & support services. Serving ages 17 plus, including high school dropouts, low income individuals and dislocated workers who have lost employment due to no fault of their own. Must meet eligibility requirements. Assistance dependent upon assessment and availability of funds. <http://www.illinoisworknet.com/>

Knox County Office - 311 East Main Street, Suite 612, Bondi Bldg., Galesburg. 309.343-9832.

Warren and Henderson Office: 1025 South 2nd, Jamison Center, Monmouth 309.734.4745.

- **RAES EAST and RAES WEST** – Regional Alternative Education Services (RAES) - alternative day school offering high school diploma curriculum. Serving students living in the service areas of Henderson, Knox, Mercer, and Warren counties who for a variety of reasons need an alternative educational setting to be successful academically. Contact Joe McQueen at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/raes>
 - **RAES EAST** –235 East Main St. Galesburg. 309-345.0101
 - **RAES WEST** – 105 North E St. Monmouth. 309-734.3818
- **ROE #33 -Adult Education Program** - serves students 16 years and up in:
 - * Acquiring the high school equivalency certificate (GED, HiSET) by offering High School Equivalency (HSE) classes
 - * Acquiring English Language skills for English language learners by offering English as a Second Language (ESL) classes.
 - * Transitioning into college or career pathway – offers career readiness curriculum in HSE and ESL classes and assistance in transitioning into on-the-job training, college, and career.
 - Galesburg: 235 E Main St. 309.715.7308
 - Monmouth: 105 North E St. Willets School – 2nd floor 309.715.7308
 - Carthage: 553 Main St.

<https://www.roe33.net/>
- **Tuancy & Homeless Services Tuancy Intervention & Prevention** - works directly with students and families to prevent truant behavior. Services also include workforce training to secure employment as well as support to homeless students. Contact Janine Harkness or Lorenzo Pugh at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/truancyhomelesseducation>
- **Warren Achievement Center** serves adults with cognitive and developmental disabilities. There are internship opportunities, which help students gain valuable hands-on experience. Opportunities are available for those studying marketing, public relations, nursing, physical therapy, exercise science, psychology, education, and more. 309-734-3131. <https://www.warrenachievement.com>

15) EMPLOYMENT & TRAINING RESOURCES

- **Adult Education Bridge Program Guest Speaker Fridays** - Career Development, Post-Secondary Education Development, Relevant topics and skills per pathway, tailored to each individual student, certificate of completion will be issued. *Must be a ROE 33 Adult Education student. Contact Deanna Ferrigan at the Regional Office of Education #33, 309-734-6822.
- **Apprenticeship.Gov** – build your career and build your skills through apprenticeship – find an apprenticeship <https://www.apprenticeship.gov/apprenticeship-finder>
- **Bus Driver Training** - Persons wishing to become bus drivers need to take their initial training course before receiving their bus permits. We offer an Initial Bus Driver Training Course for persons wanting to become bus drivers for your school district. Contact the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/busdrivertraining>
- **Carl Sandburg College Office of Career Development** — Resume/cover letter assistance, interview success and any other career preparation needs. Off-campus job listings are available also. Located in Room C200 on the Main Campus in Galesburg. Contact Tracy Engstrom 309.341.5246. <http://www.sandburg.edu/Services/Career-Development%20/index.html>
- **Galesburg Public Library** — Provides materials on career planning, how-to guides for resumes and job preparation and specialized training guides. Also provides computer access and free Internet access for job searches. Provides access to Learning Express Library, which offers skill-building, resume development, interview preparation and general help with job searches. 40 E. Simmons St., Galesburg. 309.343.6118. <https://galesburglibrary.org/>
- **GED Testing** - GED testing can be completed in our test lab. Contact the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/pearsonvuetesting>
- **Goodwill Industries of Central Illinois** - offering resume writing, mock interviews, hiring events, workshops, job search assistance all on a virtual platform. For information about their virtual options or to enroll, call (309) 339-7326. <https://www.goodwillpeo.org/about-us/>
- **Illinois Department of Employment Security (IDES)** — Provides numerous employment and career-related resources. See Peoria or Rock Island offices.



<https://www2.illinois.gov/ides/Pages/default.aspx>;

<https://illinoisjoblink.illinois.gov/ada/r/>

<https://ilcis.intocareers.org/materials/portal/home.html>

- **Illinois Department of Human Services and Division of Rehabilitation Services (DRS)** — Vocational guidance and counseling and job placement for persons with disabilities. 821 West Main St., Suite A, Galesburg. 309.343.2193. <https://www.dhs.state.il.us/page.aspx?>
- **NATIONAL ABLE NETWORK**---Provides employment and training services through the Senior Community Service Employment Program (SCSEP) in western Illinois. Community Service work experience training for individuals 55 and older who are completely unemployed, meet income guidelines based on family size, and need assistance finding employment. For further information, contact Kip Colgrove, National Able, kcolgrove@nationalable.org or (217) 294-5003.
- **Paraprofessional Training and Testing -How can I obtain an ELS endorsement as a paraprofessional educator? REQUIREMENTS:** At least 19 years of age and have **1** of the Following: Associate’s degree or higher, 60 semester hours of coursework, High School Diploma or GED **and** a score of 460 or higher on the ETS Parapro. High School Diploma or GED **and** the following scores on the ACT Workkeys. Applied Mathematics/Applied Math (with a score of 4). Reading for information/Workplace Documents (with a score of 4). Contact the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/paraprofessionalinformationtesting>
- **Prairie State Legal Services, Inc.** — Provides free legal services in civil matters for persons in Henderson, Knox, McDonough and Warren counties who have incomes below 200% of the federal poverty guideline, and for senior citizens, age 60 and older. Prairie State Legal Services' Ready to Work Initiative offers free legal services to low income people who have legal barriers to getting or keeping a job, including sealing/expungement of Illinois criminal records. The office is located at 311 E. Main St., Suite 302, Galesburg. 309.674.9831. <https://www.pslegal.org/>
- **Substitute Teaching License - How can I obtain a substitute teaching license?** Requirements: Must hold a bachelor’s degree or higher from a regionally accredited institution of higher education. Valid for substitute teaching in all grades of the public schools, prekindergarten through grade 12. Contact the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/substituteteaching>
- **State of Illinois Workforce Portal** —Access to career and labor market information, training/retraining, job search assistance. <http://www.illinoisworknet.com/>
- **Student Work Permits Employment** - certificates for minors, visit the Regional Office of Education's website to learn more. <https://www.roe33.net/studentworkpermits>
- **West Central Illinois AHEC (Area Health Education Center)** at Memorial Hospital in Carthage, Illinois. Career Planning, Job Shadowing, Training Opportunities and Internships. Information on statewide programs through AHEC that include Rural Health Experiences, Health Career Camps for high school seniors, and Six-week Interdisciplinary Preceptorships. Illinois AHEC Scholars program for those enrolled in an 18-month program to receive additional training for free, participate in a professional organization related to a health career, participate in job shadowing experiences, and work with a team to address a community-based issue. Call the Office: 217-357-6832 or 6834 for more information or visit www.mhtlc.org/news-resources/west-central-illinois-ahec/ . For more information on the AHEC Scholars program, visit <https://www.ilahecscholars.com/>
- **Workforce Office (WIOA)** - Offers educational assistance & support services. Serving ages 17 plus, including high school dropouts, low income individuals and dislocated workers who have lost employment due to no fault of their own. Must meet eligibility requirements. Assistance dependent upon assessment and availability of funds. <http://www.illinoisworknet.com/>
Knox County Office - 311 East Main Street, Suite 612, Bondi Bldg., Galesburg. 309.343-9832.
Warren and Henderson Office: 1025 South 2nd, Jamison Center, Monmouth 309.734.4745.
- **WIOA National Farmworker Jobs Program (NFJP)** - FREE training service. This is a WIOA program that helps eligible migrant and seasonal farmworkers and their family members get education and training, improve job skills, obtain good – paying jobs with benefits, and/or advance in agricultural careers. Students (or their dependents) must have a farm work background within the past two years, have documented earned wages, be considered low-income, and be a U.S. Citizen or Permanent Resident. If you have had farm work experience of any kind within the last two years contact them to see if you are eligible. Here is the screening/referral link: <https://www.umos.org/nfjp-application/> Call 1.800.279.8667. or email Shirley.Aviles@umos.org.

- **Warren Achievement Center** serves adults with cognitive and developmental disabilities. There are internship opportunities, which help students gain valuable hands-on experience. Opportunities are available for those studying marketing, public relations, nursing, physical therapy, exercise science, psychology, education, and more. 309-734-3131. <https://www.warrenachievement.com>

16) EYEWEAR & HEARING AIDS AND DEVICES

- **American Optometric Association and Vision USA** — Providing free eye exams to low-income Americans across the U.S. <http://www.optometryscharity.org/vision-usa/>
- **Galesburg Noon Lion's Club** — *Sight program* - Application required. Applications must be approved prior to receiving any services. If approved, the recipient goes to Kehoe Eye Care for a free eye exam, frames and lenses. Set or selected frames to choose from. Other vision services such as therapies, contact lenses, eyedrops and medications may be approved on a case by case basis. *Hearing aids* - Application required and assistance is limited. For applications for all services contact Mark Rudolph, Sight Conservation Chair. PO Box 47, Galesburg. 636.219.6109. <https://e-clubhouse.org/sites/galesburgilnoon/>
- **Illinois Department of Human Services and Division of Rehabilitation Services (DRS)** — Hearing evaluations, eye exams, glasses, hearing aids, orientation & mobility training. 477 E. Main St., Suite 107, Galesburg. 309.343.2193. <https://www.dhs.state.il.us/page.aspx?item=29736>

17) FOOD ASSISTANCE & MEAL SERVICES

To search for local food pantries by county go to: <https://riverbendfoodbank.org/find-food/>

GALESBURG RESOURCES (Food pantry eligibility & frequency may vary).

- **Abingdon United Methodist Church Cupboard and Closet Ministry** – Free resource for food and clothing. Offers a food pantry and provides seasonal clothing, shoes and coats. Located at the Abingdon Community Center. 801 West Martin St. Abingdon. Satellite food pantry at the Avon United Methodist Church. Call for hours. 309.462.3444. <https://www.abingdonumc.net/need-help>
- **Carl Sandburg College Sandburg Resources:**
 - a) **Resource room campus food pantry:** On the Galesburg campus located in room B03. Open to any Sandburg student or employee in need. Fresh produce, fried and freezer items, and non-perishable shelf items are available. Students can take what they need and are also encouraged to donate items back when they can. Must have current Sandburg ID to check in to the pantry. Sandburg students may visit this room during the posted hours or by appointment at no cost to find food items, toiletries, and community service information in the Galesburg area. The Resource Room is an official school pantry with River Bend Foodbank and supported by donations from Sandburg donors, employees and students. For more information or to inquire about donating, contact the Office of Student Life at 309.341.5332 or gstevens@sandburg.edu. On the Carthage campus located in Room 15 is the Student Resource Room. Contact Linda Thomas 217.357.3129 Ext 7243 or lthomas@sandburg.edu. <http://www.sandburg.edu/Services/Take%20Charge%20of%20Hunger.html>
 - b) **Take Charge of Hunger Program:** Sandburg students can complete an application to request a free meal card to use at either of the cafeterias on the Galesburg campus. You can request meal cards on a temporary basis just to get you through until your next paycheck or for issues that may be ongoing. <http://www.sandburg.edu/Services/Take%20Charge%20of%20Hunger.html>
- **Find Food Illinois** - is a community food map that those in need of or those searching for resources such as food pantries, school and summer meal sites, farmers markets, SNAP and WIC offices, ect. <https://eat-move-save.extension.illinois.edu/#find-food-il>
- **FISH of Galesburg** — Provides a “client choice” food pantry in Galesburg and the surrounding Knox County area. Hours of operation are 10 a.m. to 3 p.m. Monday through Friday. Walk-ins accepted although it is preferred that you call ahead. Assistance may be provided once every 30 days. FISH is a United Way Agency. Located at 876 West Main St., Suite A (the northeast corner of Main and Henderson) in Galesburg. For general inquiries or if you would like to volunteer call 309.343.7807 or e-mail: fishofgalesburg@centurylink.net. <https://fishofgalesburg.org/>

- **Galesburg Rescue Mission Food Pantry** — 435 E. Third St., 9 a.m. to 11:30 a.m. and 1 p.m. to 3 p.m., Monday through Friday. 309.343.4151. <http://www.galesburgrescuemission.org/>
- **Growing Together** — Local garden project that affords individuals and families the opportunity to grow and harvest organic produce. Participants, while helping support a local NGO who is trying to increase the growing and consumption of local food, learn valuable agricultural skills and can even receive discounts on produce in exchange for volunteer time. For more information, contact Peter: drearth1@gmail.com OR Elyse: elyseh@yahoo.com. Facebook: <https://www.facebook.com/growingtogetherus/>
- **Knox College Blessings in a Backpack (in collaboration with the Galesburg Lions Club)** — Provides weekend backpacks of food for 400 plus students in Galesburg Elementary Schools. Knox College students, in collaboration with the East Main Hy-Vee grocery store and First Presbyterian Church, raise money to buy food, sort groceries, and pack and deliver backpacks so that no child goes hungry on the weekend during the school year. Each of the schools selects families to receive assistance. The program is entirely manned by volunteers and 100% of donations go directly to food for kids. For more information or to donate, contact Joel Estes, 309.341.7780. <https://www.knox.edu/campus-life/student-organizations/blessings-in-a-backpack>
- **Mound Community Garden** — Opportunity for individuals and families, both experienced and novice gardeners, without land, to learn about gardening and grow their own organic produce. Located at 449 West Tompkins St., Galesburg. For details, contact Peter Schwartzman - drearth1@gmail.com
- **Salvation Army** — Walk in shopping pantry for residents of Knox County. Photo ID, proof of residence, proof of members of household. Call for hours and information. 510 N. Kellogg St. Call for hours and details. 309.342.9168. <https://centralusa.salvationarmy.org/galesburg/>
- **Sandburg Community Garden** — mission is to provide fresh organic food, outdoor activity, fun and fellowships for our members, and the community. We also provide the opportunity to learn how to plant, grow and cook. Share, healthy and chemical free food. <https://www.facebook.com/SandburgCommunityGarden/>
- **St. Vincent de Paul Society Food Pantry** — Grocery distribution for needy families. Corpus Christi Church, lower level, 273 S. Prairie St., 1-2 p.m. Wednesdays. Not required to call ahead but calling will speed up the process. 815.200.4911.
- **Western Illinois Area Agency on Aging – (WIAAA)** – such services as home delivered meals for seniors, congregate meals, transportation, legal assistance, information and assistance, outreach, options counseling, senior center, and family caregiver support programs. Covers a 10-county area that include Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island & Warren counties. 800.322.1051 or 309.793.6800. <http://www.wiaaa.org/>

LOCAL AREA FOOD RESOURCES

- **Abingdon Community Food Pantry** — Open every Tuesday, noon-3 p.m. Located at the Abingdon United Methodist Church, 401 N. Washington St., Abingdon. 309.462.3444. <https://www.abingdonumc.net/need-help>
- **Alexis/North Henderson Area Food Pantry** — Village Baptist Church. 1st and 3rd Wednesdays, 8-9 a.m.; 2nd and 4th Wednesdays, 6-7 p.m. Or by appointment. Deliveries available. 2704 1st Ave, Alexis. For information or to make an appointment call Chad McKenna at 309.337-5574. <https://www.vbcalexis.com/food-pantry.html>
- **Knoxville Community Food Pantry** — Walk in or by appointment. Call for hours. 309.289.6311. Located at the Knoxville United Methodist Church, 303 S. Broad St., Knoxville. <http://knoxvilleumc.org/serveothers/foodpantry/>
- **Jamieson Community Center** — Food pantry is available weekly to families with children and 2x a month for families without children. Open Monday – Thursday 10am-2pm. Call for details. 1025 South 2nd St., Monmouth. 309.734.4251. <https://www.jamiesoncommunitycenter.org/>
- **River Bend Food Bank** — Serving 22 counties in Iowa and Illinois, including Knox, Warren, Mercer, Hancock, Henderson and McDonough counties. 4010 Kimmel Drive, Davenport, Iowa. For information call 563.345.6490 or email: administration@riverbendfoodbank.org. <https://riverbendfoodbank.org/>

CARTHAGE AREA FOOD PANTRIES

- **Burnside Christian Church Food Pantry**
2088 E City Rd.

Burnside, IL 62330
217.746.3571

- **First Christian Church**
81 S. 10th St.
Hamilton, IL 62341
(217) 357-4230
- **Grace Bible Church**
2880 N. State Hwy 9
Dallas City, IL 62330
Doris Nelson
217.852.6100 hm
217.357.1020 cell
- **Helping Hands Food Pantry**
605 Railroad St.
Augusta, IL 62311
217.242.9661
- **La Harpe Christian Church**
200 E Main St.
La Harpe, IL 61450
(217) 659-7813
mmmfarms2@laharpe.us
Mark Matthews 217-659-7809
- **Nauvoo Food Pantry**
35 N. Page St.
Nauvoo, IL 62354
Paul's 217. 453.6331
Sandra 217.453.6657
- **Shepherd's Pantry**
709 Main St.
Carthage, IL 62321
(217) 357-2200
- **Southeastern Food Pantry**
Living Faith Methodist Church
E 1st St.
Bowen, IL 62316
(217) 842-5815
- **St. Paul's Episcopal Church Food Pantry**
250 South 4th St.
Warsaw, IL 62379
Karen Snyder - 217-256-4558
- **Tri State Family Services**
603 Walnut St.
Carthage Il
Sherry Bliss 217-357-3343
tsfs91@gmail.com
- **Warsaw Township Food Pantry**
Bott Center
705 Lafayette St.
Warsaw, IL 62379

MEAL SERVICES

- **Jamieson Community Center**, Call 309.734.4251 for current details.
 - A) Senior Nutrition program — Serving Warren and Henderson counties ages 60 yrs. and older.
 - B) Summer Meals program – Must be registered. Hot lunches are served M- Th from 12- 12:30PM. Serving children and adolescents ages 1-18 during the summer – May 26- August 13. Locations in Monmouth - at the Monmouth-Roseville High School, Tot Lot, Lincoln Homes and the Jamieson Center; Kirkwood Fire station; and in Alexis at the United North Elementary School. Shelf stable meals for Friday and Saturday available by reservation and can be picked up on Thursday.
<https://www.jamiesoncommunitycenter.org/>
- **Knox Prairie Community Kitchen (KPCK)** — Dedicated to serving free, nutritious meals and addressing hunger issues in the Galesburg and Knox County area. Doors open at 5:00 pm. Meals are served from 5:15pm – 6:15pm on the 2nd and 4th Thursdays of each month at the Central Congregational Church. All KPCK meals are free and open to anyone. Volunteers and donations are always welcome. 169 Cherry St, Galesburg. Entrance on Tompkins St. <https://www.knoxprairiekitchen.org/>
- **VNA Community Service (formerly Visiting Nurses Association)** — VNA Community Services provides home delivered meals for qualifying homebound seniors, congregate meals at three locations in Galesburg, Abingdon and Victoria, senior center activities, Information and Assistance, options counseling (in-depth counseling and connections to resources) family caregiver services, transportation with handicap-accessible van available for both local and out-of-town medical appointments, Warm Neighbors/Cool Friends (heating and cooling assistance) for Ameren customers, fitness center for those age 55 and older, Med D Enrollment Counseling, Benefit Access application assistance (formerly known as Circuit Breaker), and recreational events. 2262 Grand Ave., Galesburg. 309.342.1152. <https://volunteernetworkonaging.org/>

18) GENERAL ASSISTANCE

(Numerous county-based programs available. Eligibility requirements & services vary.)

- **American Red Cross- Illinois Region** — The Illinois Region seeks to help people prevent, prepare for, and respond to natural and human-caused disasters through the immediate mobilization of people and resources and the provision of community, workplace, and school-based training. Beyond disaster relief, the Region delivers Community Disaster Education, First Aid/CPR, HIV/AIDS prevention, and other types of life-saving health and safety training to thousands of people across our region to help people prevent, prepare, and respond to emergencies.
<https://www.redcross.org/local/illinois/about-us/locations.html>
- **CCHN (A Christian Community for Helping Neighbors)** -This program helps households in the City of Galesburg with emergency financial needs. We support assistance with rent (mortgage), power bills, and water bills. For assistance please call the CCHN phone at (309) 351-8693. For questions about the program or to become a volunteer please contact Andy Mehl at (309) 335-8485. <https://www.chngalesburg.org/>
- **Galesburg Public Library** — The library’s mission is to act as an educational, cultural, and recreational institution that supports lifelong learning and seeks to help meet your needs and help you achieve your personal goals. Provides free information, computer and Internet access while seeking to help encourage personal and community growth. 40 E. Simmons St., Galesburg. 309.343.6118. <https://galesburglibrary.org/>
- **Illinois Dept. of Human Services** — Cash, food and medical assistance for those who qualify. Call or contact the agency for additional information. 477 E. Main St., Galesburg. 309.342.8144.
<https://www.dhs.state.il.us/page.aspx/#MainContent>
- **Jamieson Community Center** — Food Pantry; Thrift Shop; Jingle Bills Program; Warm Neighbors, Cool Friends Program. Call for details. 1025 South 2nd St., Monmouth. 309.734.4251.
<https://www.jamiesoncommunitycenter.org/>
- **Monmouth Township General Assistance** — Monmouth Township General Assistance provides help to those who live within our Township and who would qualify with a monthly grant for basic maintenance needs. Applicants must have little or no monthly income and meet all other requirements thru an application process. They will be

expected to do a job search and participate in Community Work Activities. Those unable to work must provide documented proof. Applications are available Monday thru Friday at the Monmouth Township Office located at 311 East Archer Avenue, Monmouth. 309.734.2651.

- **PD C.A.R.E.S.:** Acronym for: *Community -Aid - Relief - Emergency --Survival*. Created by Pippi Ardennia & Daniel Leahy, area musicians who realized that occasionally people need financial help no matter what their income. They joined forces with Bill Butts Law Office, Cedar Creek Hall and Lindstrom's TV & Appliance and have held numerous fund raisers. Funds are managed by United Way. Assistance is limited to approximately \$200 or less for water/electric/rent emergencies. This program is targeted towards those who are not eligible for help thru General Assistance or Salvation Army. For more information or to inquire regarding help, please call Julie at 309-343-9059.
- **Town of the City of Galesburg's Office of General Assistance** — The Town of the City of Galesburg's Office of General Assistance — A public aid agency operated by the city township, providing services to 17 townships in Knox County. Offers a General Assistance (GA) program to adults without dependent children in the household. Applicants must have little or no income and must comply with all requirements for a monthly grant of up to \$312. A job search is required. Those unable to look for work must provide proof of disability & proof of SSI application. Also offers an Emergency Assistance (EA) program to those individuals/families with household income who have a current power/water shut-off or eviction. Maximum emergency grant is \$500 and is limited to once every 24 months, with a \$1500 lifetime max. If children are part of the household, TANF must be applied for first. No EA for security deposits. Applications for both programs available 8 am to 4 pm, Monday through Friday. 121 W. Tompkins St. Galesburg. 309.343.9059.
<https://www.toi.org/township/ts-sites/knox-county-town-of-the-city-of-galesburg/>
- **University of Illinois Extension Office** – offers numerous educational programs for individuals, businesses and communities to help solve problems, develop skills and build a better future. Offering programs in five broad areas: 1) energy and environmental stewardship; 2) food safety and security; 3) economic development and workforce preparation; 4) family health, financial security and wellness; and 5) youth development.
<https://extension.illinois.edu/>
- **VNA Community Services – Volunteer Network on Aging** — services focus on those 60 years and older and/or disabled. Provides a number of services including congregate and shelf stable meals; home-delivered meals to home bound individuals; local and rural transportation; assistance programs; Medicare plan selection and enrollment counseling; fitness center; caregiver support; and options counseling to support seniors remain living independently. Call for details and qualification info. 2262 Grand Ave., Galesburg. 309.342.1152.
<https://volunteernetworkonaging.org/>
- **Western Illinois Regional Council — Community Action Agency (WIRC-CAA)** - Weatherization and CSBG (Rent, Food and Other Assistance) *Community Services Block Grant Program (CSBG): Community Action Agencies across the State provide a variety of CSBG services, including but not limited to, assistance with Rental/Mortgage, Food, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter. Each agency delivers locally-designed programs and services based on the needs of its community. If a particular service is not directly provided by your local Community Action Agency, you will be referred to one of our partner entities for further assistance.* 133 West Jackson, Macomb, Illinois. 309-837-2997. <http://wirpc.org/>;
<http://wirpc.org/community-action/>

19) GRIEF & LOSS

Counseling Agencies — See providers listed under counseling services in this booklet or see the Yellow Pages.

- **Camp Kesem** – a free week-long summer camp for children ages 6-18 who have been affected by cancer. Camp will be administered fully online this year due to COVID-19. Camp is typically held in Boone, Iowa during the summer. Apply at www.kesem.force.com. Email augustana.outreach@campkesem.org. 639 38th St. Rock Island, IL. For additional information visit: www.campkesem.org/augustana
- **Galesburg Public Library** — Provides materials about grief. Provides free Internet access. 40 E. Simmons St., Galesburg. 309.343.6118. <https://galesburglibrary.org/>



- **GriefShare Support Group** – GriefShare is for people grieving the death of a family member or friend. A 13-week series offered to assist individuals thru the grieving process of friends or family members. Participation can start at any point. See the web-site for current locations.
<https://www.griefshare.org/countries/us/states/il/cities/galesburg>
- **Hospice Compassus** — Provides total hospice care. Grief counseling and support groups available. Volunteer opportunities. Doug Gibb, MS. ED., GC – C, GCCA-C – Certified Grief Counselor and child and adolescent counselor. 755 N. Henderson St. Galesburg. 309-342-3007 or 309.248.6759.
https://www.compassus.com/locations/illinois/galesburg?tab=location_overview
- **Kurt Volz, LCSW, CADC** — OSF Holy Family Rural Health Clinic – Specializing in spirituality and grief issues. 1000 West Harlem Avenue, Monmouth, IL. Fax: 309.734.0323. For appointments call 309.734.1414.
<https://www.osfhealthcare.org/holy-family/>
- **OSF Hospice** — Offers a Grief Support for anyone in the community who has experienced the death of a family member, friend, or loved one. 3405 N. Seminary St., Galesburg. 309.344.9700.
https://www.osfhealthcare.org/services/hospice/?utm_campaign=redirect&utm_content=/services/home-care/hospice/services/
- **Traditions Home Health & Hospice Care**— Provides total hospice care. Grief counseling and support groups available. Volunteer opportunities. 3000 North Main St. Unit C. East Peoria, IL. 309.698.3060.
<https://www.traditionshealth.com/>
- **Webhealing.com** – the first interactive grief web-site on the internet. Offers discussion boards, articles, book suggestions, and advice for men and women working through every aspect of grief. <https://webhealing.com/>

20) HEALTH CARE & PREGNANCY

- **Center for Youth & Family Solutions** — Pregnancy planning and family support services. Support Services in conjunction with the adoption program. Sliding scale payment option. 292 N. Chambers St., Galesburg. 309.342.1136.
<https://www.cyfsolutions.org/>
- **Eagle View Community Health System, Inc.** — Affordable medical and dental care, regardless of income levels. Accepts Medicare, Medicaid and most insurance providers. Sliding scale discounts available. Reasonable payment plans available.
<https://www.eagleviewhealth.org/>

OQUAWKA MEDICAL LOCATION

1204 Highway 164 E., Oquawka.

Toll-free 866.346.1337.

Medical - 309.867.2202.

<https://www.eagleviewhealth.org/oquawka/>

STRONGHURST MEDICAL LOCATION

101 S. Division St., Stronghurst.

Toll-free 866.346.1337.

Medical 309.924.1381

<https://www.eagleviewhealth.org/stronghurst/>



- **Family Planning Service of Western Illinois** — No county boundaries. Serves co-ed population. Confidential, low-cost services. Offers reproductive health exams, STD testing treatment, pregnancy testing, etc. Bondi Bldg., Suite 409, 311 E. Main St., Galesburg. 309.343.6162. <https://npin.cdc.gov/organization/family-planning-service-western-illinois>
- **Galesburg Public Library** — Offers free Internet access. Provides access to a new, free Internet site - Medline Plus - a practical, easy-to-use website that contains comprehensive, up-to-date and authoritative health information from the National Library of Medicine. 40 E. Simmons St., Galesburg. 309.343.6118. <https://galesburglibrary.org/>
- **KindNest** is a hub of empowering pregnancy, parenting, fertility, healing and wellness resources. At KindNest, you can learn how to nurture yourself and grow your family with hands on support from our down-to-earth team. Founded in 2018 by spiritual coach, healer and adult-learning professional Sarah Denio, KindNest helps people Stop Dreaming + Start Being...so they can experience a life-long shift in their health and wellbeing, including all stages of the journey to and through parenthood. They teach individuals and couples the steps they need to take in order to release what's holding them back and easily align with what they desire life to feel like. We deliver this through

heart-based, high-class virtual and in-person coaching and individual services, hands-on workshops, live classes, close-knit community and on-demand courses. To learn more, join our community, sign up for a class or workshop, or schedule a Free Consultation, visit us at <https://www.kind-nest.com/> or (518)461-5352.

- **Knox Community Health Care Center/Knox County Health Dept.** — Provides medical & behavioral healthcare services to children and families including WIC, family case management, immunizations, lead testing, screening for variety of chronic and acute disorders, HIV testing, health education classes, permits for food establishments, private septic systems, and water wells. Accepts Medicaid and All Kids. 1361 W. Fremont St., Galesburg. . 309.344.2224. <http://www.knoxcountyhealth.org/index.html>
- **Medicaid Insurance** – provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Administered by the state, according to federal guidelines. Offers both a basic health program and children’s health care insurance. Illinois Client Enrollment Services – 1-877-912-8880; TTY 1-866-565-8576. Email: Medicaid.gov@cms.hhs.gov. <https://www.medicaid.gov/>
- **Women’s Pregnancy Center of Galesburg** - All services are free & confidential. Pregnancy tests, options education, pregnancy & baby care education, maternity clothes, baby clothes & items. 1252 W. Fremont St., Galesburg. 309.343.4739. After-hours option line -24/7 - 800.712.4357. <https://womenspregnancycenterofgalesburg.org/index.html>

21) HOTLINES - CRISIS & EMOTIONAL SUPPORT LINES

- **Abater Addiction and Mental Health Hotline** — 24-hour crisis line for drug, alcohol and dual diagnosis. Crisis counseling and referral. 1.800.511.9225.
- **Active Minds** - Mental health support site. <https://www.activeminds.org/about-mental-health/be-there/coronavirus/chapter-student-remote-resources/>
- **Bridgeway Crisis Hotline** — 1.800.322.7143.
- **Bridgeway Warm Support Line** – “When you just need someone to talk to.” 1.866.359.7953
- **Center for Youth & Family Solutions** — Offers crisis intervention and handles lock-out situations. Hotline available 24/7. 1.800.200.6804.
- **Crisis Text Line** serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text. **Text HOME to 741741** to reach a Crisis Counselor
- **Deaf and Hard of Hearing Suicide Prevention Hotline** —1.800.273.8255 TTY Line 1.800.799.4889
- **Domestic Violence Hotline** – 1.800.799.7233
- **Eating Disorder Informational Resource Link** - <https://www.mswdegrees.org/resources/eatingdisorders>
- **National Eating Disorders Association (NEDA) Helpline** – crisis line as well as eating disorder information and treatment options <https://www.nationaleatingdisorders.org/>. 1.800.931.2237
- **LGBT Hotline** — Peer counseling, information and local resources. 1.888.843.4564.
- **Safe Alternatives**- Self Harm info line – 1.800.366.8286. <https://selfinjury.com/>
- **Safe Harbor Domestic Violence Crisis Line**- 309.343.7233(SAFE)
- **National Suicide Prevention Lifeline – Crisis hotline** — 1.800.273.8255 - TTY Line 1.800.799.4889.
- **Postpartum Support International** – leave a message to get help. 1.800.944.4773
- **The Trevor Project** - a non-profit organization providing crisis intervention and suicide prevention for the LGBTQ+ community. Access to support resources available on their website. Hotline #: 1-866-488-7386. <https://www.thetrevorproject.org/resources/>

22) HOUSING

- **Apartment finder:** <https://www.apartmentguide.com/apartments/illinois/Galesburg/>
- **Bridgeway Inc.** — Residential housing and serves adults with mental illness. Provides 24 hour supervised group home, apartments and supported independent apartments. 2323 Windish Drive, Galesburg. 309.344.4389. http://www.bway.org/supported_housing.aspx

- **CCHN (A Christian Community for Helping Neighbors)** -This program helps households in the City of Galesburg with emergency financial needs. We support assistance with rent (mortgage), power bills, and water bills. For assistance please call the CCHN phone at (309) 351-8693. For questions about the program or to become a volunteer please contact Andy Mehl at (309) 335-8485. <https://www.cchngalesburg.org/>
- **Christmas in Action** – helps the elderly and disabled homeowners In Galesburg with external repairs to their homes. Work is only done in the spring. Applications available at the Galesburg Public Library and the both the Henderson and Main St. HyVee stores, the OAKS and the VNA. <http://business.galesburg.org/list/member/christmas-in-action-5148>
- **Galesburg Rescue Mission** - Emergency Shelter and Women’s Shelter — Provides shelter for men, women and children. 435 E. Third St., Galesburg. 309.343.4151. <http://www.galesburgrescuemission.org/>
- **Habitat for Humanity of Knox County** - Habitat for Humanity is an international, not-for-profit Christian ministry that builds homes in partnership with low-income families. Volunteers join partner families in building their homes and families then repay Habitat by making monthly payments on an interest-free mortgage. Habitat believes and insists on nondiscriminatory family selection criteria for all homeowner families and follows fair housing laws. An application process with eligibility requirements applies. Contact info@habitatknox.org or call (309) 343-2242. 156 N Seminary St, Galesburg. <https://www.habitatknox.org/>
- **Knox County Housing Authority** — Affordable income-based housing for families, singles, the elderly and persons with disabilities. Rent is income based. Federal eligibility verification and screening guidelines for all sites. Applications located online at www.knoxhousing.org or at the administrative offices. Screening and verification requirements prevent the offering of emergency housing. Located at KCHA Administrative Office, 216 W. Simmons St., Galesburg. 309.342.8129. <https://knoxcountyhousing.org/>
 - ***Family Housing** — three developments of Family Housing scattered across Galesburg. Offering 2-5 bedroom units in townhouse – style apartments. On-site Maintenance, playgrounds and community spaces.
 - ***Housing Choice Voucher Program (Formerly Section 8)** — A rent subsidy program. A family is responsible for finding a suitable housing unit of the family’s choice where the owner agrees to rent under the program. Rental units must meet minimum standards of health and safety, as determined by the PHA.
 - ***Individuals, the Elderly & Persons with Disabilities** — Two high rise properties, Moon Towers, in Galesburg, and Bluebell Tower in Abingdon. Rent is income based.
- **Project Rebound, Inc.** –A unique housing initiative offered through the Illinois Extension office that partners the public and private sector to provide affordable housing out of vacant or marginal housing within the city of Galesburg. Project houses are renovated and matched with home buyers who are not able to qualify for a traditional loan. <https://extension.illinois.edu/hkmw/project-rebound>
- **Salvation Army** — Provides assistance with rent, security deposit, and utilities. They take applications every Monday. We have multiple programs that help families or single people with case management and financial assistance that can be from 1 month up to 2 years, depending on each individuals/families’ circumstances. All programs are based on the prevention of homelessness. Call for hours and details. 510 N. Kellogg St., Galesburg. 309.342.9168. <https://centralusa.salvationarmy.org/galesburg/>
- **Sandburg Village- Section 8 Housing.** 644 Home Blvd. Galesburg, 309-344-2192. <https://www.apartments.com/sandburg-village-apartments-galesburg-il/09mijk1/>
- **Western Illinois Regional Council** - Community Services Block Grant Program (CSBG): Community Action Agencies across the State provide a variety of CSBG services, including but not limited to, assistance with Rental/Mortgage, Food, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter. Each agency delivers locally-designed programs and services based on the needs of its community. If a particular service is not directly provided by your local Community Action Agency, you will be referred to one of our partner entities for further assistance. Hours of Operation: 8:00 a.m. - 4:30 p.m. .223 South Randolph Street Macomb, IL. 309-837-2997. <http://wirpc.org/>; <http://wirpc.org/community-action/>
- **Whiting Hall Senior Apartments**– Low income housing for the elderly and/or disabled. Disability has to be vouched by a doctor or Social Security Disability. Applicant does not have to be on SSI. Applications can be emailed or picked up in the manager’s office which is in the back by the parking lot. Not affiliated with Knox County Public Housing. 19 E. Tompkins St, Galesburg. 309.342.6400
FB page: <https://www.facebook.com/pages/category/Apartment---Condo-Building/Whiting-Hall-Apartments-139514629948997/>
Web-site: <https://www.apartments.com/whiting-hall-senior-apartments-galesburg-il/gprbdhy/>

23) INTERCULTURAL SUPPORT

- **Adult Education English as a Second Language** - English as a Second Language is a class developed to educate non-English speaking students how to speak, read, and write English. ESL classes, with an approved curriculum, offer several levels of instruction. Contact Kang Hee Hong at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/esl>
- **Carl Sandburg College** – Corporate and Leisure College – offering **English Acquisition classes. 309.345-3501.** <http://sandburg.edu/Academics/Corporate-Leisure-College/Continuing%20Education%20Classes.html>
- IL State Board of Education - Resources for Language Learners - <https://www.isbe.net/keeplearning>
- **Illinois Welcoming Center** - Department of Human Services – Refugee and Immigrant Services - a state operated one-stop human service center designed to help immigrants navigate state services and coordinate those state services with non-profit community social service. Serving Moline and surrounding communities. Contact. 309.793.8201 for information. <https://www.dhs.state.il.us/page.aspx?item=124289>
- **ROE #33 -Adult Education Program** - serves students 16 years and up in:
 - *Acquiring the high school equivalency certificate (GED, HiSET) by offering High School Equivalency (HSE) classes
 - *Acquiring English Language skills for English language learners by offering English as a Second Language (ESL) classes.
 - * Transitioning into college or career pathway – offers career readiness curriculum in HSE and ESL classes and assistance in transitioning into on-the-job training, college, and career.Located at 121 South Prairie St., Galesburg. 309.345.3828. <https://www.roe33.net/esl>

24) LEGAL CONCERNS

- **Galesburg Public Library** — Offers free Internet access. Provides access to a new free Internet site - Illinois Legal Aid - provides free legal information about Illinois law, information on free or low-cost legal services in Knox County and teaches people how to represent themselves in court for simple legal matters. Legal documents can be downloaded from the website www.illinoislegalaidonline.org.
- **Illinois JusticeCorps** — Provides free legal information, legal forms, assistance completing forms, and accompaniment around courthouse. Provides referrals to other local resources, as well as access to Illinois Legal Aid and all the articles and information it contains. Helps prepare people to represent themselves in court for civil (not criminal) legal matters. Offers internships to those interested in Law and/or Social Work. Located in the basement of Knox County Courthouse. 309) 323-0220. 200 S. Cherry St, Galesburg, IL (basement of Knox County Courthouse). knoxcountylegalaid.org
- **Prairie State Legal Services, Inc.** — Provides free legal services in civil matters for persons in Henderson, Knox, McDonough and Warren counties who have incomes below 200% of the federal poverty guideline, and for senior citizens, age 60 and older. The delivery of legal services is directed to protecting the individual's basic human needs when impacted by family issues (including domestic violence), housing, public benefits, criminal record, and consumer related issues. The office is located at 311 E. Main St., Suite 302, Galesburg. 309.343.2141. You may also apply at <http://pslegal.org/>

25) LGBTQ - LESBIAN, GAY, BISEXUAL, TRANSGENDER & QUESTIONING

- **Gay - Straight Alliance Club at Carl Sandburg College** — For info: contact Office of Student Life, 309.341.5332
- **GLAAD Media Institute** - equips and empowers advocates and storytellers to strengthen their media impact and accelerate acceptance of the LGBTQ community. <https://www.glaad.org/>
- **It Gets Better Project**- helping people to embrace their authentic selves. Share your story and/or read other's stories and get empowered through shared experiences. Offering inspiration, help and community. <https://itgetsbetter.org/>

- **LGBT Hotline** — Peer counseling, information and local resources. 1.888.843.4564.
- **GLBT National Youth Talkline** — Youth serving youth through age 25. Peer counseling, information and local resources. 1.800.246.7743.
- **GLSEN** — founded by a group of teachers in 1990 to create an affirmative learning environment for LGBTQ youth. A national network of students, families, educators and education advocates to create safe K -12 schools. <https://www.glsen.org/>
- **National GLBT Help Web-site** — Support chat, blog, resource links, etc. <https://www.glbthotline.org/>
- **PFLAG** is a nonprofit LGBTQ+ advocacy group. We meet once a month (Second Saturday of the month) at 3pm at the Galesburg public library (40 East Simmons) for an educational meeting. For questions or additional information see their face book page (Galesburg -PFLAG). Call 309.540.8237 or message the group on FB or email galesburgpflag@gmail.com.
- **Raising the Rainbow** — a peer support group for parents of LGBTQ+ youth offered by PFLAG. This is a confidential space for support for parents and other primary care givers for LGBTQ+ kids. It meets once a month (second Sunday) at 3pm at First Lutheran church in Galesburg, 464 East Water Street. For questions or additional information see their face book page (Galesburg -PFLAG). You can message the group on FB or email galesburgpflag@gmail.com.
- **Safe Zone Project** — a free online resource for powerful, effective LGBTQ awareness and ally training workshops. <https://thesafezoneproject.com/>
- **The Trevor Project** - a non-profit organization providing crisis intervention and suicide prevention for the LGBTQ+ community. Access to support resources available on their website. Hotline #: 1-866-488-7386. <https://www.thetrevorproject.org/resources/>

26) MENTAL HEALTH & WELLNESS RESOURCES

- **Behavioral Health Support Services:** Behavioral Health support services include professional development, support and resources to educators, caregivers and families. Services are provided through workshops, groups, and consultation. Contact Jessica Donaldson at the Regional Office of Education #33, 309-734-6822, <https://www.roe33.net/behavioralhealth>
- **Betterhelp- articles & advice about mental health.** <https://www.betterhelp.com/advice/>
- **HelpGuide** – learn how to build better mental health – <https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm>
- **Here to Help** – mental health and substance abuse information you can trust - <https://www.heretohelp.bc.ca/wellness-module/wellness-module-1-mental-health-matters>
- **Mental Health First Aid (MHFA)** — Is a groundbreaking public education program that has been sweeping the United States and dozens of countries around the world. This model of community education and advocacy was developed in Australia in 2001 and has been adapted to the United States and widely promoted and managed by the NCCBH and Department of Health in the states of Maryland and Missouri. MHFA is an evidence-based, in-person training program with the proven ability to teach individuals how to recognize and respond to the warning signs of mental health and substance use disorders and link people with appropriate treatment. MHFA increases the understanding that mental illnesses are real, common, treatable and that recovery is possible. Detailed information is available at www.mentalhealthfirstaid.org. Bridgeway Inc. has nationally certified MHFA instructors to provide this educational training throughout the region. Contact Bridgeway for more details and training dates at mhfa@bway.org.
- **Mental Health.gov** – learn about mental health and recovery - <https://www.mentalhealth.gov/basics>
- **OSF HealthCare Navigation Link** – Are you struggling with depression, anxiety, relationships, drug or alcohol use, or problems with work or school. Call and get connected to a Behavioral Health Navigator trained to assist you in addressing barriers to accessing care, understanding resources available to you and linking you to the appropriate services, such as counseling, substance abuse disorder treatment, and psychiatry. 309.308.8150. <https://www.osfhealthcare.org/mental-health/services/navigation/>
- **OSF HealthCare SilverCloud** – An online tool, for adults 18 years of age and older, designed to provide easy and immediate access to a digital therapy program from the comfort of your home. The program offers supportive content for depression, anxiety and stress. Available 24/7 on your computer, tablet or mobile phone. Empowers

you to take charge of your mental health and well-being. Interactive tools and activities. Information is only seen by a behavioral health coach (navigator). Silver cloud can be done independently or with support from an OSF behavioral health navigator. Call 309.308.8150. OSF.Silvercloud@osfelathcare.org or learn more and sign up at <https://osf.silvercloudhealth.com/>

- **Traumatic Stress Education & Advocacy- The Sidran Institute.** Help Desk – 410.825.888 ext 102. <https://www.sidran.org/for-survivors-and-loved-ones/>
- **ULifeline-** Mental Health Resources for College Students. <http://www.ulifeline.org/>

27) MONEY MANAGEMENT

- **Cash Course** — FREE budgeting and financial planning program. <https://cashcourse.org/>
- **University of Illinois Extension Office** – offers numerous educational programs for individuals, businesses and communities to help solve problems, develop skills and build a better future. Offering programs in five broad areas: 1) energy and environmental stewardship; 2) food safety and security; 3) economic development and workforce preparation; 4) family health, financial security and wellness; and 5) youth development. <https://extension.illinois.edu/global/consumer-economics>

28) SENIOR SERVICES

- **Alternatives** — Promotes the independence and quality of life of adults, age 60 or older, and their families. Programs include care coordination, nursing home ombudsman, money management assistance, Adult Protective Services, caregiver programs for those caring for a senior loved one and/or grandparents raising grandchildren. 335 East Main, Suites B & C, Galesburg. . 1.800.798.0988. <https://alternativesforyou.org/>
- **Caring Senior Service-** Personal Care, Transportation, Meal preparation and planning, Medication reminders, Companionship, Respite care, Errand Service, Light housekeeping to seniors that would like to remain in their home. 311 E Main St. Suite 30, Galesburg. Contact person Charity Meyer, Agency Director or Gladys, Head Home Care Consultant. 309-228-4222. <https://www.caringseniorservice.com/galesburg>
- **The Alzheimer's Association** leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. They provide education programs about Dementia and how to deliver quality care; and provide support groups for those living with the disease and their care partners. Seven regional offices across Illinois. They connect people to needed resources online at www.alz.org/crf or by calling our 24/7 Helpline at 800.272.3900. . To learn more or to discover ways to volunteer with us, call the helpline or go to <https://www.alz.org/illinois>
- **Alzheimer's Association Illinois Chapter** –314 West Glen Ave. Peoria, IL. 309-681.1100. information and resources available at <https://www.alz.org/>
- **Galesburg Youth Athletic Club** — Program designed to help youth learn respect, responsibility and the steps needed to get and stay on the path to success through health, fitness and mentoring. *Parkinson patients workshops* 2-3pm MWF. 64 S. Prairie St., Weinberg Arcade, Suite 402. Contact Carlos Duncan 309.299.1606. <https://galesburgyouthathleticclub.com/>
- **Galesburg Public Library** -- Offers book, audiobook, and DVD delivery service to qualifying homebound seniors without transportation. 309.343.6119. <https://galesburglibrary.org/>
- **Galesburg Transit City Bus** — *Seniors Ride Free Program* – Must be age 65 or older. Must show a photo ID when getting on the bus or at the office. 1025 Monmouth Blvd., Galesburg.309.342.4242. https://www.ci.galesburg.il.us/services/galesburg_bus/
- **Gordon Behrents Senior Center** — Mission is to keep people in their homes. Provides activities for maintaining independence, prevention of premature nursing home placement and provides respite for families. Transportation and hot noon meal provided. Licensed nursing staff on site for health monitoring and medication administration. 2015 Windish Dr., Galesburg. 309.344.2520. <https://www.kccdd.com/gordon-behrents>
- **Help at Home, Inc.** – provides non-medical care such as housekeeping, errand, companionship, personal care, cooking, etc. 256 Soangetaha Rd. Ste. 101, Galesburg. 309.343.1118. <https://www.helpathome.com/>
- **NATIONAL ABLE NETWORK**---Provides employment and training services through the Senior Community Service Employment Program (SCSEP) in western Illinois. Community Service work experience training for individuals 55

and older who are completely unemployed, meet income guidelines based on family size, and need assistance finding employment. For further information, contact Kip Colgrove, National Able, kcolgrove@nationalable.org or (217) 294-5003.

- **PD C.A.R.E.S.:** Acronym for: *Community -Aid - Relief - Emergency --Survival*. Created by Pippi Ardennia & Daniel Leahy, area musicians who realized that occasionally people need financial help no matter what their income. They joined forces with Bill Butts Law Office, Cedar Creek Hall and Lindstrom's TV & Appliance and have held numerous fund raisers. Funds are managed by United Way. Assistance is limited to approximately \$200 or less for water/electric/rent emergencies. This program is targeted towards those who are not eligible for help thru General Assistance or Salvation Army. For more information or to inquire regarding help, please call Julie at 309-343-9059.
- **SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance) Assistance** - People can apply for SSI benefits, and for other benefit programs, through a telephone appointment with the agency, even while local offices are not able to accept walk-in visitors. More people need to be made aware of the SSI program and reminded that they can call toll-free **1-800-772-1213**, or their local Social Security office, to make a phone appointment to apply for SSI. People who are deaf or hard of hearing may call Social Security's TTY number, **1-800-325-0778**.
 - a) A new webpage, People Helping Others for anyone who could assist another person with accessing Social Security's programs and services. <https://www.ssa.gov/thirdparty/>
 - b) A new outreach website, where all partner groups can access informational materials to share through their networks, including resources tailored to specific vulnerable populations; at <https://www.ssa.gov/thirdparty/groups/vulnerable-populations.html>
 - c) An updated Faith-Based and Community Groups website - with a new outreach toolkit and SSI and SSDI fact sheets. The agency coordinated this effort with the White House, and the White House Office of Faith-Based and Neighborhood Partnerships is helping to promote these resources; <https://www.ssa.gov/thirdparty/groups/faithandcommunity.html>
 - d) SSI for Children – provides monthly cash payments to help meet the basic needs of children who have a disability or mental disability or who are blind. If you care for a child or teenager with a disability, and have limited income and savings or other resources, your child may be eligible. <https://www.ssa.gov/benefits/disability/apply-child.html>
- **VNA Community Service -Volunteer Network on Aging** — VNA Community Services provides home delivered meals for qualifying homebound seniors, congregate meals at three locations in Galesburg, Abingdon and Victoria, senior center activities, Information and Assistance, options counseling (in-depth counseling and connections to resources) family caregiver services, transportation with handicap-accessible van available for both local and out-of-town medical appointments, Warm Neighbors/Cool Friends (heating and cooling assistance) for Ameren customers, fitness center for those age 55 and older, Med D Enrollment Counseling, Benefit Access application assistance (formerly known as Circuit Breaker), and recreational events. 2262 Grand Ave., Galesburg. 309.342.1152. <https://volunteernetworkonaging.org/>
- **Western Illinois Area Agency on Aging – (WIAAA)** – such services as home delivered meal, congregate meals, transportation, legal assistance, information and assistance, outreach, options counseling, senior center, and family caregiver support programs. Covers a 10-county area that include Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island and Warren counties. 800.322.1051 or 309.793.6800. <https://www.wiaaa.org/>
- **Whiting Hall** – Low income housing for the elderly and/or disabled. Disability has to be vouched by a doctor or Social Security Disability. Applicant does not have to be on SSI. Applications can be emailed or picked up in the manager's office which is in the back by the parking lot. Not affiliated with Knox County Public Housing. 19 E. Tompkins St, Galesburg. 309.342.6400
FB page: <https://www.facebook.com/pages/category/Apartment---Condo-Building/Whiting-Hall-Apartments-139514629948997/>
Web-site: <https://www.apartments.com/whiting-hall-senior-apartments-galesburg-il/gprbdhy/>

29) SPIRITUAL COMMUNITY

- **Mark Robinson, Spiritual advisor**, former president of the Galesburg Area Ministerial Association: takes



calls, will pray with students, offers spiritual counseling to all denominations, and can direct to professional counselors, pastors, and churches in town. Assists people getting connected to a spiritual community. mjrobinson33@gmail.com; Phone: 309.335.9920

30) SUICIDE PREVENTION

- **Mental Health First Aid (MHFA)** — Is a groundbreaking public education program that has been sweeping the United States and dozens of countries around the world. This model of community education and advocacy was developed in Australia in 2001 and has been adapted to the United States and widely promoted and managed by the NCCBH and Department of Health in the states of Maryland and Missouri. MHFA is an evidence-based, in-person training program with the proven ability to teach individuals how to recognize and respond to the warning signs of mental health and substance use disorders and link people with appropriate treatment. MHFA increases the understanding that mental illnesses are real, common, treatable and that recovery is possible. Detailed information is available at www.mentalhealthfirstaid.org. Bridgeway Inc. has nationally certified MHFA instructors to provide this (I took out “8 hour”) educational training throughout the region. Contact Bridgeway for more details and training dates at mhfa@bway.org.
- **National Suicide Prevention Lifeline – Crisis hotline** — 1.800.273.8255 - TTY Line 1.800.799.4889. <https://suicidepreventionlifeline.org/>

31) TRANSPORTATION

- **Carl Sandburg Student ride the Galesburg City Bus for free** – Sandburg students enrolled in credit classes ride free by showing their current college ID. There are 4 fixed routes with 1-hour headway – meaning it will take 1 hour from departure to destination. For times and route info: https://www.ci.galesburg.il.us/services/galesburg_bus/
- **Galesburg City Bus** — Handicap-accessible. Numerous pass options available. Passes can be purchased from a driver or at the Transit Office (1025 Monmouth BLVD). There are four fixed bus routes with one-hour headways, meaning it will take up to an hour from departure to destination. Service is provided Monday through Saturday 7:00 a.m. to 6:15 p.m. For route, price and program qualifying info call 309.342.4242. www.ci.galesburg.il.us/services/galesburg_bus
 - a) Current Carl Sandburg Students, Faculty and Staff ride free with a valid ID. Handicap – accessible.
 - b) Disability Reduced fare cards available for those who qualify.
 - c) Disability ride free pass available for those who qualify.
 - d) Seniors age 65+ ride free with a photo ID.
- **Galesburg Handivan** — Available to all disabled persons and the elderly that are unable to utilize the bus system or other regular forms of transportation because of a permanent or temporary disability that severely restricts his/her mobility. Handivan provides non-emergency, lift-equipped service to a variety of destinations within the city limits. Applications required and may be obtained at the Handivan office (1025 Monmouth Blvd) or by request by calling 309.345.3686 (Voice/TTY). https://www.ci.galesburg.il.us/services/galesburg_handivan/
- **VNA Community Services – Volunteer Network on Aging**— VNA Community Services provides local and rural transportation throughout Knox County, Peoria, Quad Cities and Fulton County for persons age 60 years and older or disabled. Handicap-accessible lift vans are available for local and out-of-town appointments with advance notice. \$2 one way in Galesburg. There is an out of town payment scale. Funding available for those who qualify for Medicaid for medical appointments. 2262 Grand Ave., Galesburg. 309.342.1152. <https://volunteernetworkonaging.org/>
- **Warren County Public Transportation** – Call 309.734.6001 for information and to schedule a ride. <http://www.warrencountyl.com/about-us/public-transportation>



32) UTILITIES ASSISTANCE

- **CCHN (A Christian Community for Helping Neighbors)** -This program helps households in the City of Galesburg with emergency financial needs. We support assistance with rent (mortgage), power bills, and water bills. For assistance please call the CCHN phone at (309) 351-8693. For questions about the program or to become a volunteer please contact Andy Mehl at (309) 335-8485. <https://www.cchngalesburg.org/>
- **Help for Illinois Families** – COVID initiative - <https://www2.illinois.gov/dceo/CommunityServices/HomeWeatherization/CommunityActionAgencies/Pages/HelpIllinoisFamilies.aspx>
- **Jamieson Community Center** —Jingle Bills Program (assistance for water bills and prescription drugs); Warm Neighbors, Cool Friends Energy Assistance Program - Call for details. 1025 South 2nd St., Monmouth. 309.734.4251.
- **Knox County Health Department- LIHEAP (Utility Bill Assistance)** -Low-Income Home Energy Assistance Program (LIHEAP): Eligible income-qualified households may obtain utility bill assistance through their Local Administering Agencies.1361 West Fremont St. Galesburg. 309-344-2224. Hours of Operation: 8:00 a.m. – 4:30 p.m. <http://www.knoxcountyhealth.org/>
- **PD C.A.R.E.S.:** Acronym for: *Community -Aid - Relief - Emergency --Survival*. Created by Pippi Ardennia & Daniel Leahy, area musicians who realized that occasionally people need financial help no matter what their income. They joined forces with Bill Butts Law Office, Cedar Creek Hall and Lindstrom's TV & Appliance and have held numerous fund raisers. Funds are managed by United Way. Assistance is limited to approximately \$200 or less for water/electric/rent emergencies. This program is targeted towards those who are not eligible for help thru General Assistance or Salvation Army. For more information or to inquire regarding help, please call Julie at 309-343-9059.
- **Salvation Army** —Provides assistance with rent, security deposit, and utilities. They take applications every Monday. We have multiple programs that help families or single people with case management and financial assistance that can be from 1 month up to 2 years, depending on each individuals/families circumstances. All programs are based on the prevention of homelessness. Call for hours and details. 510 N. Kellogg St., Galesburg. 309.342.9168. <https://centralusa.salvationarmy.org/galesburg/>
- **The Town of the City of Galesburg's Office of General Assistance** — The Town of the City of Galesburg's Office of General Assistance — A public aid agency operated by the city township, providing services to 17 townships in Knox County. Offers a General Assistance (GA) program to adults without dependent children in the household. Applicants must have little or no income and must comply with all requirements for a monthly grant of up to \$312. A job search is required. Those unable to look for work must provide proof of disability & proof of SSI application. Also offers an Emergency Assistance (EA) program to those individuals/families with household income who have a current power/water shut-off or eviction. Maximum emergency grant is \$500 and is limited to once every 24 months, with a \$1500 lifetime max. If children are part of the household, TANF must be applied for first. No EA for security deposits. Applications for both programs available 8 am to 4 pm, Monday through Friday. 121 W. Tompkins St. Galesburg. 309.343.9059. For info : FB page: <https://www.toi.org/township/ts-sites/knox-county-town-of-the-city-of-galesburg/>
- **VNA Community Service – Volunteer Network for the Aging**— Provides Warm Neighbors and Cool Friends utility assistance for Knox county residents who are 60 yrs. and older or disabled. Recipients must qualify based on household income. 2262 Grand Ave., Galesburg. 309.342.1152. <https://volunteernetworkonaging.org/>
- **Warm Neighbors Cool Friends** – <https://www.ameren.com/illinois/company/community/warm-neighbors-cool-friends/apply>
- **Western Illinois Regional Council – Community Action Agency (WIRC-CAA)** - Weatherization and CSBG (Rent, Food and Other Assistance) Community Services Block Grant Program (CSBG): Community Action Agencies across the State provide a variety of CSBG services, including but not limited to, assistance with Rental/Mortgage, Food, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter. Each agency delivers locally-designed programs and services based on the needs of its community. If a particular service is not directly provided by your local Community Action Agency, you will be referred to one of our partner entities for further assistance. 133 West Jackson, Macomb, IL. 309-837-2997. <http://wirpc.org/>



33) VETERANS & MILITARY SERVICES

- **American Red Cross - Western Illinois Chapter** — The American Red Cross provides numerous services for veterans and their families. <https://www.redcross.org/get-help/military-families/services-for-veterans.html>
- **Big Brothers Big Sisters of Knox County** is a youth mentoring organization that creates and supports one-to-one mentoring relationships that ignite the power and promise of youth. BBBSKC makes meaningful, monitored matches

between adult volunteers (“Bigs”) and youth in the Knox County community (“Littles”). This program is free. Galesburg office. To enroll your child in the program or to become a Big, contact Ashley Lee Rakestraw at 815-348-9343 or visit the website at www.hoibbbs.org

- **Carl Sandburg College** — Educational Benefits. Contact the Financial office to speak to the Veterans Advisor. 309.341.5283. <http://www.sandburg.edu/Services/Financial-Aid/Veterans%20Support/index.html>
- **Carl Sandburg College Military and Veterans Drop-In Center** – A gathering place for veterans and military personnel students to meet to share experiences, study or use computers to obtain information concerning their benefits. The Veterans and Military Services office will send out monthly communication to all veteran and military personnel students with information on tutoring, advising, community support, etc. Provides students an opportunity to network with fellow veterans and military students. Carl Sandburg College Main Campus, Room B121, 2400 Tom L. Wilson Blvd., Galesburg.
- **Defenders of Freedom Home & Shelter** — Provides Christian oriented long and short-term housing for local veterans who are in need and able to care for themselves. Admission only available M-F during day time business hours. Documentation of military service is required. For availability contact Bob Spears. dfvhs.galesburg@yahoo.com. 309.299.3950
- **Illinois Department of Employment Security** – Veterans and Employment Services, Rock Island and Peoria offices. Call and talk to the Veteran Employment Representative. Veterans given priority service. PEORIA – 309.671.3113. ROCK ISLAND – 800.244.5631. <https://www2.illinois.gov/ides/Pages/default.aspx>
- **Illinois Department of Veterans’ Affairs** — Assists veterans and/or their families apply for federal, state and local benefits ranging from healthcare and employment services to disability compensation, tax exemptions and theater-specific bonuses. 311 East Main Street, Suite 202, Galesburg. 309.343.2510 or 309.343.1005. <https://www2.illinois.gov/veterans/Pages/default.aspx>
- **Military One Source** - Military Crisis Line at 800-273-8255, then press 1. <https://www.militaryonesource.mil/>
- **Salvation Army** — SSVF case manager on site weekly or by appointment. 510 N. Kellogg St. Call for hours and details. 309.342.9168. <https://centralusa.salvationarmy.org/galesburg/>
- **VA Out-Patient Clinic** — An extension of the Iowa City VA Health Care System. 310 Home Blvd, Galesburg. 309.343.0311. https://www.iowacity.va.gov/locations/CBOC_Galesburg_IL.asp
- **VA Van to Iowa City VA Hospital** – available on Wednesday and Thursday only. Must give a week’s notice to get a ride. Call 309.342.7735 to sign up.
- **Veterans Assistance Commission of Knox County** — Assists with basic living expenses such as food, shelter, utilities, personal needs and medical expenses considered essential to the health and well-being of the individual or the family. Income-based program for homeless or indigent veterans and veterans with an honorable or general discharge from active duty service. Located at the Knox County Annex, 121 S. Prairie St., Suite 3, Galesburg. 309.345.3877. info@co.knox.il.us. <https://co.knox.il.us/veterans-assistance-commission/>
- **Veterans Crisis Hotline** — 1.800.273.8255. Press 1.



34) VOLUNTEER SERVICES - Opportunities to Give Back

- **The Adult Literacy Program** – the mission is to advance the learning of students by connecting them with tutors from the community. To learn more or become a volunteer contact Lia Coupland at lcoupland@roe33.net <https://www.roe33.net/volunteeropportunities>
ROE#33 Adult Volunteer Literacy Tutoring Program overview: <https://www.youtube.com/watch?v=doBQPvEIso&t=2s>
- **The Alzheimer's Association** leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. They provide education programs about Dementia and how to deliver quality care; and provide support groups for those living with the disease and their care partners. Seven regional offices across Illinois. They connect people to needed resources online at www.alz.org/crf or by calling our 24/7 Helpline at 800.272.3900. . To learn more or to discover ways to volunteer with us, call the helpline or go to <https://www.alz.org/illinois>
- **CASA of West Central Illinois (Court Appointed Special Advocates Program)** Serving Knox, Warren, Henderson, McDonough, and Fulton counties. The program recruits, trains, and supports volunteers to provide individualized advocacy for child victims of abuse and neglect. Advocates ensure that these abused and neglected children are

afforded safe, permanent, and loving homes in the least amount of time possible. .309.343.4299.

<http://www.knoxcountycasa.com/>

- **Community Treasures Thrift Shop** — Offers a variety of merchandise, included men’s, women’s, and children’s apparel, accessories, linens, housewares, collectibles, books, stationery and toys. Owned and operated by the Galesburg Community Foundation and operated by volunteer efforts. All proceeds support the Foundation and provide grants to the area nonprofits and scholarships to students. 444 E. Main, Galesburg. 309.342.9018. <https://yourgcf.org/community-treasures/>
- **Department of Children and Family Services (DCFS)** – Interested in pursuing: Emergency/Respite Foster Care License, The Adoption of a Child/Sibling set, and or a Traditional” Foster Care License? <https://www2.illinois.gov/dcfs/lovinghomes/fostercare/Pages/index.aspx>
- **FISH of Galesburg** — Provides a “client choice” food pantry in Galesburg and the surrounding Knox County area. Hours of operation are 10 a.m. to 3 p.m. Monday through Friday. Walk-ins accepted although it is preferred that you call ahead. Assistance may be provided once every 30 days. FISH is a United Way Agency. Located at 876 West Main St., Suite A (the northeast corner of Main and Henderson) in Galesburg. For general inquiries or if you would like to volunteer call 309.343.7807 or e-mail: fishofgalesburg@centurylink.net. <https://fishofgalesburg.org/>
- **Galesburg Public Library**- Our mission is to serve the community as a general center of information, and to provide opportunity and encouragement for people to use our services and materials to meet their educational, personal, professional, recreational and cultural needs. Volunteers can choose to Adopt-a-Shelf, fold newsletters, or ask about one of our special projects. For more information, contact our volunteer coordinator by phone at 309-343-6118 and press 6 to talk to Reference or by email at reference@galesburglibrary.org.
- **GoodGuides Youth Mentoring** — Peoria initiative that focuses on at-risk teens in danger of dropping out of school, getting involved with drugs and alcohol or making other harmful choices. Volunteer mentors serve as positive role models who encourage teens to stay in school, make good decisions and prepare for productive careers. (Volunteer mentors receive a minimum of six hours of training and must commit to a one-year mentoring relationship, spending at least four hours a month with your teen). This service is provided in the Peoria, IL area. <https://www.goodwillpeo.org/youth-mentoring-peoria-il/>
- **Human Rights Authority, part of the Illinois Guardianship and Advocacy Commission** - The Human Rights Authority is the investigative arm of the Illinois Guardianship and Advocacy Commission and investigates alleged violations of the rights of persons with disabilities by providers of services. A complaint of an alleged violation can come to the Authority in a number of ways: from a service recipient, a staff person at a facility, or another interested party. It might come in the form of a letter, a telephone call or a personal presentation before the regional Authority at one of its public meetings. Sometimes investigations are initiated by the Authority itself if there is reason to believe a rights violation has occurred. Additionally, The Human Rights Authority is unique in its use of citizen volunteers to conduct these investigations and make corrective recommendations. As such, Regional Authorities are always seeking to fill vacancies as they occur as well as maintain a pool of potential volunteer members for times when the need arises. For further information on the Human Rights Authority and its investigation of alleged violations. The agency can be found on Facebook. Contact the Commission’s toll-free intake number at 1-866-274-8023. or check our website at <https://www2.illinois.gov/sites/gac/HRA/Pages/HRA-Service-Profile.aspx>
- **Growing Together** — Local garden project that affords individuals and families the opportunity to grow and harvest organic produce. Participants, while helping support a local NGO who is trying to increase the growing and consumption of local food, learn valuable agricultural skills and can even receive discounts on produce in exchange for volunteer time. For more information, contact Peter: drearth1@gmail.com OR Elysse: elysseh@yahoo.com.
- **Habitat for Humanity of Knox County** - an international, not-for-profit Christian ministry that builds homes in partnership with low-income families. Volunteers join partner families in building their homes and families then repay Habitat by making monthly payments on an interest-free mortgage. Habitat believes and insists on nondiscriminatory family selection criteria for all homeowner families and follows fair housing laws. An application process with eligibility requirements applies. Local office at 156 N Seminary St, Galesburg. For more information contact Michelle Erickson at info@habitatknox.org or (309)343-2242. <https://www.habitatknox.org/>

- **Knox College Blessings in a Backpack (in collaboration with the Galesburg Lions Club)** — Provides weekend backpacks of food for 400 plus students in Galesburg Elementary Schools. Knox College students, in collaboration with the East Main Hy-Vee grocery store and First Presbyterian Church, raise money to buy food, sort groceries, and pack and deliver backpacks so that no child goes hungry on the weekend during the school year. Each of the schools selects families to receive assistance. The program is entirely manned by volunteers and 100% of donations go directly to food for kids. For more information or to donate, contact Joel Estes, 309.341.7780. <https://www.knox.edu/campus-life/student-organizations/blessings-in-a-backpack>
- **Knox Prairie Community Kitchen (KPCK)** — Volunteers and donations accepted. Dedicated to serving free, nutritious meals and addressing hunger issues in the Galesburg and Knox County area. Doors open at 5:00 pm. Meals are served from 5:15pm – 6:15pm on the 2nd and 4th Thursdays of each month at the Central Congregational Church. All KPCK meals are free and open to anyone. Volunteers and donations are always welcome. 169 Cherry St, Galesburg. Entrance on Tompkins St. <https://www.knoxprairiekitchen.org/>
- **Loving Bottoms Diaper Bank** – One of the greatest gifts you can give is the gift of your time. Each month our volunteers help us get over 40,000 diapers and 400 period kits ready for our partner agencies to pick up. Volunteer night is held each Monday from 6:30-8:00 pm. Small groups are also welcome to contact us to schedule a private volunteer event. 309.297.4754. <https://lovingbottoms.org/>
To see a list of upcoming volunteer opportunities at our warehouse visit:
<https://lovingbottoms.org/volunteer> (registration is required to reserve your spot)
- **Mound Community Garden** — Opportunity for individuals and families, both experienced and novice gardeners, without land, to learn about gardening and grow their own organic produce. Volunteers can assist with all aspects of the gardening process - from initial planning and continued maintenance through harvest. Located at 449 West Tompkins St., Galesburg. For details, contact Peter Schwartzman, drearth1@gmail.com
- **The Purple Hanger** — Provides new and gently used clothing, household items and furniture at a very low cost. All proceeds benefit the Safe Harbor Women’s Shelter. 169 North Broad St., Galesburg. 309.343.0065. FB page: <https://www.facebook.com/purplehanger/>
- **Safe Harbor Family Crisis Center, 24-Hour Crisis Line** — Provides confidential help to individuals who are experiencing violence in their relationships through court advocacy, a 24-hour crisis line, emergency safe house, counseling, food and clothing and referral services. Walk-ins welcome. Drop off site for empty ink cartridges and old cell phones (working and non-working). Volunteers are offered a 40-hour domestic violence training and opportunities to mentor child clients and much more. 1188 W. Main St., Galesburg. 309.343.SAFE (7233). E-mail: info@safeharborfcc.org; Web: <https://www.safeharborfcc.org/>
- **Traditions Home Health & Hospice Care**— Provides total hospice care. Grief counseling and support groups available. Volunteer opportunities. 3000 North Main St. Unit C. East Peoria, IL. 309.698.3060. <https://www.traditionshealth.com/>
- **University of Illinois Extension Office** – offers numerous educational programs for individuals, businesses and communities to help solve problems, develop skills and build a better future. Offering programs in five broad areas: 1) energy and environmental stewardship; 2) food safety and security; 3) economic development and workforce preparation; 4) family health, financial security and wellness; and 5) youth development. <https://extension.illinois.edu/>
- **VNA Community Services**- Are you looking to get out into the community? Do you need volunteer hours for your service organization or know someone who does? Do you want to use the skills you have developed over the years and apply them in a way that benefits the community? If so, please consider volunteering at the VNA. Various volunteer opportunities. Join a team that is passionate, knowledgeable and has a love for community service. For questions and details contact: Michael John Bennett, Program Director. 2262 Grand Ave | Galesburg. (309) 342-1152. <https://volunteernetworkonaging.org/>
- **Western Illinois Nature Group (WING)** - is a non-profit organization located in Galesburg, IL. The group is committed to protecting accessible natural areas and providing educational opportunities. WING owns and operated the beautiful 110 acre Blackthorn Hill Nature Preserve which is located just northwest of Galesburg in Warren County at 1590 Angling Road, Hwy 4, Alexis, IL 61412. For questions about volunteer opportunities contact: E-mail: blackthornhill@gmail.com
Facebook Group: <https://www.facebook.com/groups/256753897686649/>

Facebook page: <https://www.facebook.com/profile.php?id=100064703528155>

Website: <https://www.blackthornhill.org/home>

211 HELP LINE (*Funded by United Way*)

Call 211 toll free and get connected to a live community resource specialist.

All calls are private & confidential. Or search for services by zip code at www.findhelp211.org

THE FOLLOWING WEBSITES LIST COUNTY SERVICES:

Fulton County

<http://fultoncountyhealth.com/>

Hancock County

<http://www.hancockcountyhealth.info/>

Henderson County Health Department

<http://www.hendcohealth.com/>

Knox County

<https://www.facebook.com/knoxhumanservicecouncil/>

Mercer County

<http://www.mercercountyil.org/Departments/Health.aspx>

Henry & Stark County

<http://www.henrystarkhealth.com/>

Mercer, Henry & Rock Island Counties

<http://www.projectnow.org/>

McDonough County

<http://www.mchdept.com/>

Warren County

<http://www.warrencountyil.com/>

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