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Activities for Youth

Stateline Kids	Website	-Community guide of: indoor/outdoor play, free/donation days, local museums, events, seasonal activities, lessons and classes guide, preschool guide, kids birthday party guide, summer camp guide, etc.
YMCA Jr. Achievers	1829 N. Rockton Ave, Rockford Website Email	-Serves 6 th -8 th grade -Tutoring, mentoring, leadership development, career exploration, empowerment workshops, college and scholarship application tips, community involvement, friendship, and more
Teen REACH	1829 N. Rockton Ave, Rockford Website Email	-After-school program -Aims to increase academic achievement and develop life skills
City Life at YMCA	200 Y Blvd, Rockford Website Email	-Free to high school and middle school aged teens -Free food, games, biblically themed message, opportunity to build relationships, mentoring
Campus Life at Harlem	Harlem Campus Life Bldg, 6627 N 2nd St, Loves Park Website Email	-Combine healthy relationships with creative programs -Weekly gathering for middle and high schoolers (separate groups) -Meets at Harlem CL building

<p>Lewis Lemon Teen Evening Program</p>	<p>1993 Mulberry St., Rockford 779-970-6689</p>	<p>-For middle and high school students -Free meals, sports and open gym, homework help, gaming systems, guest speakers and mentor, field trips</p>
<p>Boys & Girls Club</p>	<p>1040 North 2nd St, Rockford 815-972-5973</p>	<p>-Programs: College readiness, Jr Staff, computer skills, academic enrichment, Power Hour, Career Exploration, Drama Education, Passport to Manhood, Smart Girls, Sports</p>

Autism

<p>Autism Support Home Services</p>	<p>7117 Crimson Ridge, Ste. 110, Rockford 779-771-6343 Website Email</p>	<p>-Services: ABA therapy, speech and language therapy, physical therapy, early learners group, occupational therapy, social skills group, and feeding therapy -Accepts major private medical insurances, Medicaid waiver, 56U, and self-pay</p>
<p>Caravel Autism Health</p>	<p>6565 E State St, Rockford 815-516-5406 Website</p>	<p>-Evaluation, diagnosis, treatment planning, and social skills training</p>
<p>The Autism Program Of Easterseals</p>	<p>1601 Parkview Ave, Rockford 815-395-5566 Website Email Brochure</p>	<p>-Provides evidence-based screening, diagnostics, training, information and resources for autism spectrum disorder. -Serves the following counties: JoDavies, Lake, Stephenson, Boone, Winnebago, McHenry, Northern Ogle, and DeKalb -Online Application</p>
<p>Harmony Autism Therapy</p>	<p>855-690-2192 Website</p>	<p>-ABA therapy, autism evaluations, home based ABA, early intervention, jump-start, parent/guardian training -Serves McHenry and Kane Counties, Rockford, IL, Freeport, IL and NW Indiana -Accept insurance if policy is fully-funded and bound by State of IL</p>

<p>The Superhero Center for Autism</p>	<p>4205 Galleria Dr, Loves Park 815-977-3065 Website</p>	<p>-Support, education, and resources for children with autism and other special needs and their families -Support groups, community center -Parent support resources to help navigate IEPs, therapy options, daily life challenges</p>
<p>Northwest Illinois Association – Autism Resource Library</p>	<p>Website Brochure</p>	<p>-Books, videotapes, DVD’s, journals, and curriculum materials for teachers, families, administrators, paraprofessionals, and related services staff looking for information</p>
<p>Autism speaks</p>	<p>Website</p>	<p>-Help, information, resources, advocates, etc.</p>

Assistive Technology

Adobe Reader	Windows/MAC	-Text to speech tool that reads PDFs aloud
Natural Reader	Windows/MAC	-Text to speech reader -Converts written text (PDF, MS Word, emails) into spoken language
Bookshare	Website	-Library of digital books in accessible formats -Memberships is free with a documented print disability
OpenDyslexic Font	Windows/MAC/Chromebook Android/iOS	-Open source font created to increase readability for readers with dyslexia -Free for commercial and personal use
Dictation Feature	MAC/iOS	-Say out loud what you want to write and it will convert your words into text
Voice Note II – Speech to text	Google Chrome Extension	-Say out loud what you want to write and it will convert your words into text
NVDA Screen Reader	Windows Download	-Allows users who are blind or have low vision to access computers running windows -Can run entirely from USB drive with no installation
VoiceOver	MAC	-Built in screen reader -Allows complete control over the computer without needing to see the screen

Child Care

<p>YWCA</p>	<p>4990 East State St, Rockford</p> <p>(815) 484-9448</p> <p>Website</p> <p>Flyer</p>	<p>-Help finding a licensed child care provider</p> <p>-Assistance paying for child care through the income-based Child Care Assistance Program (CCAP)</p> <p>-Call to request a mailed application or print one from the website</p>
<p>YMCA of the Rock River Valley</p>	<p>815-489-1252</p> <p>Website</p> <p>Email</p>	<p>-On-site before- and after-school care for Rockford, Harlem, and Winnebago elementary schools</p> <p>-Summer camp</p> <p>-Families may qualify for financial assistance through Child Care Assistance Program (CCAP) from YWCA</p>
<p>Belvidere Family YMCA</p>	<p>220 W Locust St, Belvidere</p> <p>815-547-5307</p> <p>Website</p>	<p>-Before- and after-school care for grade K-8</p> <p>-Families may qualify for financial assistance through Child Care Assistance Program (CCAP) from YWCA</p> <p>-Additional information</p>
<p>Rock House Kids</p>	<p>1325 7th Street, Rockford</p> <p>815-962-5067</p> <p>Website</p>	<p>-Free after school program</p> <p>-1st-6th grade on Monday/Wednesday, 7th-12th grade on Tuesday/Thursday</p> <p>-Hot meal provided</p>
<p>Patriot's Gateway</p>	<p>615 South 5th St, Rockford</p> <p>815-967-0413</p>	<p>-After school program for ages 5-14</p> <p>-Families may qualify for financial assistance through Child Care Assistance Program (CCAP) from YWCA</p>

Northwest Community Center	1325 N Johnston Ave, Rockford 815-964-6885	-Ages 5-12 -Families may qualify for financial assistance through Child Care Assistance Program (CCAP) from YWCA
RPS 205 After-School Program		High Schools: Guilford, East, Jefferson, Auburn Middle Schools: Kennedy, Lincoln, RESA, West Elementary Schools: Conklin, Constance Lane, Hillman, Lathrop, Lewis Lemon, McIntosh, Riverdahl, Washington
St. Elizabeth's	1536 S Main St, Rockford	-Ages 5-12 -Transportation from RPS205 schools -Families may qualify for financial assistance through Child Care Assistance Program (CCAP) from YWCA
Ken Rock Community Center	625 Adams St, Rockford 815-398-8864 Website	-After school program -Bus transportation for nearby schools -\$35 per week (YWCA accepted) -Register online
MotherHouse Crisis Nursery (Children's Home + Aid)	424 7th St, Rockford 815-962-4858 Website Flyer	-24 hour emergency child care for ages 0-6 in a licensed, nurturing, safe environment -24 hour support for parents in crisis -No fee or income requirements -Crisis could include: domestic violence, mental health, medical emergency, substance abuse, parental stress, or homelessness

Clothing

Becca's Closet	1829 N. Rockton Avenue, Rockford 815-962-4279 Website	-Free formal dresses during homecoming and prom season
Just Breathe 815	1127 20th Ave., Rockford 815-914-0532 Website	-Free clothing, meals, laundering, and toiletries for homeless and at-risk teens and young adults -Open Thursdays and Sundays from 4:30pm-8pm
St. Elizabeth's Center	1505 S. Main Street, Rockford 815-965-6993 Website Email	-Free clothing and household items -Open Tuesdays and Thursdays from 9am-11am
Carpenter's Place	1149 Railroad Avenue, Rockford 815-964-4105 Website	-Day room: positive environment where you can get breakfast and lunch, a shower, change of clothing, and telephone -Case management, support groups, employment assistance, housing program
Goodwill	850 N. Church St., Rockford 815-965-3795 Contact Form	-Attire to Hire Program provides clothing vouchers for employment/interview -Clothing for kids program -Participants must be referred by case manager
Rockford Rescue Mission	715 West State Street, Rockford 815-965-5332	-Free clothing and laundry services

<p>Halsted Rd Baptist Church Clothes Closet</p>	<p>3326 Halsted Rd., Rockford 815-964-6216 Email</p>	<p>-Open to the public on the 2nd Saturday of every month -Call or email to make appointment</p>
<p>Salvation Army Social Services Center</p>	<p>815-972-1135 Website</p>	<p>-Homeless Prevention and Emergency Assistance program offers help with clothing, utility bills, medication, and other needs -Also has food pantry, case management, and Angel Tree Christmas program</p>
<p>Laundry Love</p>	<p>815-505-1789 Website</p>	<p>-Free laundry service for those with ID and proof of public aid (LINK card, Medical card, etc) -Call for current dates and locations</p>
<p>Fresh for Learning Program</p>	<p>3939 W Riverside Blvd, Rockford Website</p>	<p>-RPS205 students with school ID can do 2 free loads of laundry on Wednesdays from 4-7pm -Detergent, bleach, and dryer sheets provided</p>

Community Centers

Booker Washington Community Center	524 Kent St/1005 S Court St, Rockford 815-962-9117	-African American Resource Center
Harlem Community Center	900 Roosevelt Rd, Machesney Park 815-633-5817	- Programs -Most programs require a fee
Ken-Rock Community Center	625 Adams St, Rockford 815-398-8864 Website	-Children's Programs: after school, summer recreation, preschool academy -Adult programs: computer training, stamp club, Alzheimer's Support Group, monthly luncheon -Bingo, sports, thrift shop, community craft show
Lewis Lemon Community Center	1993 Mulberry St, Rockford 815-962-8069 Website	-After school program – grades 1-5 -Teen evening program – middle or high school age from 5:30-8:30pm -Summer camps – age 5-12 -Sports, recreation, arts & crafts
Northwest Community Center	1325 N Johnston Avenue, Rockford 815-964-6885 Website Email	-Adult Programs: GED, parenting classes, computer classes, computer lab, AA meetings, Silver Sneakers -Youth Programs: tutoring, before and after school program, out of school suspension program, summer camp, Jr tackle -Employment and training: basic computer skills, cover letters and resume writing, interviewing techniques, proper interview attire, job searching and placement activities

Patriot's Gateway Community Center	615 S 5 th Street, Rockford 815-967-0413 Website Email	-After school care for ages 5-14, \$40/week, financial assistance may be available and CCAP is accepted -Summer camp for ages 5-12 -Sports (boxing, basketball)
St. Elizabeth Community Center	1536, 1505 S Main St, Rockford 815-969-6526 Website	-Preschool ages 3-5, before and after school care ages 5-12, summer camp ages 5-12 -Adults: ESL and GED classes, adult fitness, general assistance, soup kitchen, food pantry, clothing closet
Boys' and Girls' Club of Rockford	1040 N 2 nd St, Rockford 815-972-5973 Website	-Youth programs: Tutoring, mentoring, sports & rec, health & wellness, workforce readiness
Washington Park Community Center	3617 Delaware Street, Rockford 815-987-1612 Website	-After School Program (grades K-5): homework help, computer lab, activities -Teen Out of School Program (grades 6-12) -Teen Evening Program (grades 6-12) -Youth Summer Camp (Ages 5-10) and Tween Summer Camp (Ages 11-15)
Jubilee Center	413 N Court St, Rockford 815-964-5520 Website	-Faith based program for adults living with chronic mental illness, experiencing homelessness, or at risk of homelessness -Advocacy, case management, and intervention in a caring, nurturing environment

Crisis

CARES hotline / Mobile Crisis Response (MCR)	1-800-345-9049	-This program serves those with a child experiencing a mental health crisis. CARES will ask questions about the child's behavior then either send the local SASS to see the child or refer to mental health or other services.
Crisis text line	Text "HOME" to 741741	-Free, 24/7 support with a trained counselor
Suicide Prevention Hotline	1-800-273-8255	-Free, 24/7 support for prevention and resources
Youth Services Network (YSN)	815-986-1953 Website	-24 hour on call system for emergencies (i.e. youth who have run away, youth locked out by parents, or who are beyond the control of their parent/guardian in circumstances that pose an immediate or substantial danger to the youths physical safety)
Illinois Domestic Violence Helpline	1-877-863-6338 Website	-24/7 confidential phone line for support, information, and resources
National Domestic Violence Hotline	1-800-799-7233 Website	-Text "START" to 88788 -Live chat feature on website
Illinois Family Violence Coordinating Councils	Website	-Resources for domestic violence, elder abuse, people with disabilities, sexual abuse, child abuse, etc.
DCFS Child Abuse Hotline	800-252-2873	-If you suspect that a child has been harmed or is at risk of being harmed by abuse or neglect.
Adult Protective Services	1-866-800-1409	-24 hour hotline to report suspected abuse, exploitation or neglect of an older person

Sexual Assault Crisis Line	815-636-9811	-Services include therapy by Master level therapists for survivors and significant others age 3-adult, 24-hour crisis intervention by phone and at the hospital, legal advocacy, prevention education, institutional advocacy, and professional training.
MotherHouse Crisis Nursery (Children's Home + Aid)	424 7th St, Rockford 815-962-4858 Website Flyer	-24 hour emergency child care for ages 0-6 in a licensed, nurturing, safe environment -24 hour support for parents in crisis -No fee or income requirements -Crisis could include: domestic violence, mental health, medical emergency, substance abuse, parental stress, or homelessness
Safe Families - Rockford Chapter	Website	-Help parents in crisis, such as homelessness, unemployment, domestic violence -Helps to keep families in tact -Volunteers provide a loving, temporary home for children while their parents deal with crises
Carrie Lynn Children's Center	826 N Main St, Rockford 815-319-4150 Website	-Provides a multi-disciplinary response to child sexual abuse and serious physical abuse allegations in a child-focused setting
Rosecrance Mulberry Center	605 Mulberry St, Rockford 815-720-4960	-Triage and crisis residential programs for adults experiencing a psychiatric crisis -Additional information
Rosecrance Living Room (located at Ware Center)	2704 N Main St, Rockford 815-720-4881	-Safe, comfortable, non-clinical space for anyone over 18 years old experiencing emotional stress or overwhelming symptoms due to life circumstances -Additional information

Disabilities

<p>Illinois Division of Developmental Disabilities</p>	<p>Website</p>	<p>-Services and support for individuals with developmental disabilities and their families</p> <p>-Services may include: in-home supports to help with independent living, respite care for caregivers, job coaching, residential living arrangements, adaptive equipment</p>
<p>Child & Family Connections #1 - Youth Services Network</p>	<p>107 N 3rd St, Rockford</p> <p>815-986-1947</p> <p>Website</p>	<p>-Serves children birth to age 3 with developmental delays and/or disabilities</p> <p>-Provides referrals to evaluations and Early Intervention services such as physical therapy, speech therapy, occupational therapy, developmental therapy, nutrition, audiology, counseling, etc</p>
<p>Easter Seals</p>	<p>1-800-221-6827</p> <p>Website</p>	<p>-Resources for: accessibility, autism, employment and training, in-home care, mental health services, therapy, veteran reintegration, senior career employment, respite services, testing for IEP</p>
<p>RAMP</p>	<p>202 Market St, Rockford</p> <p>815-968-7467</p> <p>Website</p>	<p>-Services and advocacy for individuals with disabilities including employment resources, community education, accessibility assessments, and individual services</p> <p>-Serving Boone, Winnebago, DeKalb, and Stephenson counties</p>
<p>Center for Sight & Hearing</p>	<p>8038 MacIntosh Ln, Rockford</p> <p>815-332-6800</p> <p>Website</p>	<p>-For individuals with vision and/or hearing loss</p> <p>-Clinical services, support groups, sign language classes, recreational and social activities</p>

<p>The Arc of Winnebago, Boone, and Ogle Counties</p>	<p>1222 E. State St, Rockford</p> <p>815-965-3455</p> <p>Website</p>	<p>-Serves adults and children with intellectual and developmental disabilities</p> <p>-Services include: resource and referral, guardianship assistance, home based support services, money management/Representative payeeship, counseling, skills training, social activities, outreach and education, advocacy</p>
<p>Barbara Olsen Center of Hope</p>	<p>3206 N. Central Ave, Rockford</p> <p>815-964-9275</p> <p>Website</p>	<p>-Education, training and community integration for individuals with disabilities</p> <p>-Range of motion class / therapeutic yoga / adaptive kitchen / multi-sensory room and more</p>
<p>UIC – Specialized Care for Children</p>	<p>801 N Perryville Rd Ste #5, Rockford</p> <p>815-987-7571</p> <p>Website</p>	<p>-Care coordination for children with specialized healthcare needs</p> <p>-Support accessing diagnostic testing, finding specialized medical care, resources, navigating insurance, communicating with specialists</p>
<p>GiGi's Playhouse</p>	<p>8801 N. 2nd St #2, Machesney Park</p> <p>815-654-7529</p> <p>Website</p>	<p>-Down syndrome awareness centers</p> <p>-Programs: math and literacy tutoring, advocacy, therapeutic-based programs, career development</p>
<p>Milestone, Inc.</p>	<p>4060 McFarland Rd, Rockford</p> <p>815-654-6100</p> <p>Website</p>	<p>-Serves individuals with disabilities</p> <p>-Adult group homes, RocVale children's home (ages 6-21), residential facility for the disabled and medically fragile, worker training and employment</p>
<p>Rockford Park District Therapeutic Recreation</p>	<p>401 S. Main St, Ste. 108, Rockford</p> <p>815-987-1606</p> <p>Website</p>	<p>-Inclusion services, sports, fitness, arts, leisure, teen programs, social programs for those with disabilities</p>

<p>Belvidere Park District Special Recreation (NASR)</p>	<p>1006 W Lincoln Ave, Belvidere</p> <p>Website</p>	<p>-Sports, art, social events, field trips for those with disabilities</p>
<p>High Road School of Belvidere</p>	<p>7133 Garden Prairie Rd, Belvidere</p> <p>815-597-8760</p> <p>Website</p>	<p>-Academic and therapeutic services for those ages 5-21 experiencing emotional disabilities, autism spectrum disorders, specific learning disabilities, intellectual disabilities, and other health impairments.</p> <p>-School-based setting</p>
<p>Service Inc.</p>	<p>3842 Pyramid Drive, Rockford</p> <p>815-339-0740</p> <p>Website</p>	<p>-PUNS (prioritization for urgency of need for services) – assistance with joining statewide waiting list for individuals with disabilities in need of services</p> <p>-ISSA (individual service and support advocacy) – advocate for individuals who receive home and community based waiver services such as CILA, HBS, and day program</p> <p>-PAS (pre admission screening) – determine eligibility through interviews, assessments, and compilation of historical documents. If eligibility is confirmed the ISC (individual service coordinator) will assist the individual and their family with exploring service options to address the individual’s current needs</p>
<p>Swedish American Pediatric Therapy</p>	<p>209 9th St, Suite 302, Rockford</p> <p>815-489-4470</p>	<p>-Occupational, speech/language, physical, aquatic, oral motor/ feeding therapy</p>

Domestic and Sexual Violence Services

<p>Domestic Violence Assistance Center</p>	<p>Winnebago County Courthouse, 400 W State St, Rockford, 3rd Floor</p> <p>815-516-2440</p> <p>Website</p>	<p>-Assistance in filing an order of protection</p> <p>-Advocates from Remedies Renewing Lives and State's Attorney Victim Services Providers on-site</p> <p>-Order of Protection flyer</p>
<p>Family Peace Center</p>	<p>315 N Main St, Rockford</p> <p>779-384-7600</p> <p>Website</p>	<p>-Provides services to victims of inter-personal violence and their children</p> <p>-Services include advocacy and system navigation to legal, housing, and therapeutic services for survivors and their children</p>
<p>Remedies Renewing Lives</p>	<p>215 Easton Pkwy, Rockford</p> <p>815-962-6102</p> <p>Website</p>	<p>-Services include 24-hour hotline, emergency shelter, legal advocacy, counseling, support groups, services for children and teens, transitional housing, public education & training</p>
<p>RAASE - Rockford Alliance Against Sexual Exploitation</p>	<p>888-823-2364</p> <p>Website</p>	<p>-Works to end the demand for sexually exploited individuals through preventative measures, survivor protection, accountability of violators, and community engagement</p>
<p>Rockford Sexual Assault Counseling</p>	<p>5301 East State St, Suite 301, Rockford</p> <p>815-636-9811</p> <p>Website</p>	<p>-Services for survivors of sexual assault and abuse in Winnebago, Boone and Ogle Counties</p> <p>-Services include therapy by Master level therapists for survivors and significant others age 3-adult, 24-hour crisis intervention by phone and at the hospital, legal advocacy, prevention education, institutional advocacy, and professional training</p>

Education

Roosevelt Community Education Center	978 Haskell Ave, Rockford 815-966-3250 Website	-Programs: Referral-based high school in a personalized environment, Adult GED, day care and early childhood program, evening and summer school
RPS 205 Prevention Initiative Home Visiting Program	2000 Christina St, Rockford 815-489-7342 Website Flyer	-Free early childhood program for families in RPS 205 District, prenatal through age 3 -Bi-weekly home visits focusing on child development, parent child interaction, and family well being
RPS 205 Early Childhood Preschool Program	501 7th St, Rockford 815-229-2103 Website	-Free half-day and full-day preschool with licensed teachers -Interactive, engaging, play-based learning for children who live within RPS 205 District limits
Job Corps	1-800-733-JOBS Website	-Nationwide residential career training program
The Literacy Council	982 N. Main St, Rockford 815-963-7323 Website	-Programs: tutoring, English as a second language (ESL) classes, GED program, and computer classes -All program offered at no cost to the client
Sylvan Learning Center	6785 Weaver Rd Suite 2C, Rockford 815-282-7979	-Tutoring programs to help students improve in multiple subject areas -There is a fee for services

<p>Kumon Math and Reading Centers</p>	<p>3055 N. Perryville Rd, Rockford</p> <p>1081 West Lane Rd., Machesney Park</p> <p>815-654-7373, 815-637-1888</p>	<p>-After-school math and reading enrichment program</p> <p>-There is a fee for services</p>
<p>Huntington Learning Center</p>	<p>5301 E State St, Rockford</p> <p>815-708-8940</p> <p>Website</p>	<p>-One on one K-12 tutoring programs and test prep services</p> <p>-There is a fee for services</p>
<p>Goodwill</p>	<p>850 N. Church St, Rockford</p> <p>815-965-3795</p> <p>Website</p>	<p>-GoodGRADS Program provides education services and case management for High School Equivalency (HSE)</p>
<p>Launch My Future</p>	<p>330 15th Ave, Rockford</p> <p>815-489-8712</p> <p>Apply Online</p>	<p>-12 week program focused on career readiness</p> <p>-Focus on addressing barriers to employment, such as child care, criminal record, employment gaps, no diploma/GED, etc</p>
<p>ELEVATE – The Workforce Connection</p>	<p>303 N Main St, Rockford</p> <p>815-847-7574</p> <p>Website</p>	<p>-GED and Career Readiness programs for in-school youth ages 14-21 and out-of-school young adults ages 16-24</p>
<p>Goodwill GED Program</p>	<p>815-965-3795</p> <p>Website</p>	<p>-High school equivalency or GED Program</p> <p>-Download and print program contact form from website</p>
<p>Marshmallow's Hope</p>	<p>Website</p> <p>Email</p>	<p>-Suicide prevention education</p> <p>-Mentoring program for youth ages 9-19</p>

Employment Services

Illinois WorkNet Center	Website	-Resources for job seekers, job training, laid off workers, veterans, people with disabilities, creating resumes, and interview practice
Employment Security Department	(800) 244-5631 Website	-Find jobs, apply for unemployment insurance, certify for benefits
Empowering Women for Success - Northwest Community Center	1325 N. Johnston Ave, Rockford 815-964-6885 Website Email	-A program designed to give unemployed and underpaid women the opportunity to gain essential life skills -Programs: Basic Computer Skills, Interview Techniques, Budgeting, Supportive Services, Resume and Cover Letter Assistance, Job Search, and Goal Setting
Furst Staffing	120 W State St, #100, Rockford (815) 580-2082	Website
Workforce Connection	303 N. Main Street, Rockford (815) 874-7574	Website
Goodwill LifeLaunch	815-687-0283 Call or text	-For those ages 18-24 in the Rockford area who have been involved in the criminal justice system Flyer
Express Employment Professionals	2477 Eastrock Drive, Rockford (815) 708-0991	Website
Aerotek	4940 East State Street #101, Rockford	Website

	(815) 394-5510	
Corporate	208 Kishwaukee Street, Rockford (815) 962-8367	Website
QPS	4040 E State St, Rockford (815) 489-1900	Website
Manpower	1617 N Alpine Rd, Rockford (815) 316-0600	Website
Spherion	5411 E State St #3, Rockford (815) 397-5075	Website
Metro Staff Inc.	3462 Colony Bay Dr, Rockford (815) 873-7159	Website
Dickey Staffing	1880 Windsor Rd, Loves Park (815) 636-4477	Website
Workplace Staffing	4701 E State St, Rockford (815) 961-0600	Website
Yes! Staffing	9950 N Alpine Rd #101, Machesney Park (779) 771-7890	Website

UPS Employment Office	5497 Airport Dr, Rockford (815) 967-8970	Website
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Financial Assistance

Social Security	Website	-Monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits.
ComEd Bill Payment Assistance	877-411-9276 Website	-Income eligible residential customers can apply for a grant of up to \$500 while funds are available, once every two years, to help with a past-due bill -You can also contact your local Community Action Agency for additional Energy Assistance Programs
ComEd CHAMP	Website	-Bill assistance is available to military personnel that are experiencing a hardship
LIHEAP	Website	-Assistance for households with low income, to pay a portion of their energy bill(s).
IL Dept of Human Services	1-833-234-6343 Website	-TANF: cash assistance for low-income women and families. -AABD: cash assistance for low-income seniors over 65, those that are blind, or those with a permanent disability. -RRP: cash assistance for immigrants with refugee or asylee status
Unemployment Assistance	Website	

Community Action Agency

City of Rockford Human Services Department	612 N. Court St, Rockford (844) 710-6919 Website	-Counties: Boone and Winnebago -Services: Summer food program, home maintenance and minor repair services, furnaces and household goods, utility and housing assistance
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Food

Northern Illinois Food Bank - Pop-Up Markets and Mobile Food Pantries	Website/Calendar	-Open to anyone in need; no proof of income or ID required
Northern Illinois Food Bank - Food Pantry and Soup Kitchen Search Tool	Website	-Locate nearest food pantry
Northern Illinois Food Bank - Summer Meal Program	Website	-List of summer meal program sites by county
IL Dept of Human Services - SNAP Program	Website	-Assistance paying for groceries determined by income and family size
Summer Meals Illinois	Website	-Search tool to find summer meal programs -Free for kids and teens -Text "FOOD" or "COMIDA" to 877-877
Find Food IL	Website	-Interactive community food map - Flyer
Miss Carly's	1125 5th Ave, Rockford Website	-Meal service Monday, Wednesday, Friday from 3-5pm -Meals at the door 24/7 to anyone who is hungry -Clothing/hygiene items

Support Groups

NAMI Teen Group Hope	6627 N 2nd St, Loves Park Website	-Free group for individuals ages 13-19 living with mental health conditions/concerns -1st and 3rd Tuesdays from 5:45-7pm
NAMI Adult Group Hope	7281 Old Creek Rd, Rockford (Use side door - room 113) Website	-Group for adults 18+ living with a mental health conditions/ concerns -Every Friday from 5:30-7pm
NAMI Connection Support	2704 N Main St, Rockford 815-963-2470 Website	-Peer-led support group for any adult who has experienced symptoms of a mental health condition -Every Wednesday from 5:30-7pm - Virtual group meets every Sunday from 2-3:30pm
NAMI Family Support Group	13535 IL Route 76, Poplar Grove	-For those with an adult family member/loved one living with a mental illness -1st and 3rd Mondays from 10-11:30am - Virtual group meets 1st and 3rd Tuesdays from 7-8:30pm
NAMI LGBTQ+ Connection Recovery Support Group	Website	-Free, peer-led support group for any adult 18+ in the LGBTQ community who has a mental health condition -Register on website for Zoom link
Ray of Hope – Survivors of Suicide Support Group	6627 N 2nd St, Loves Park 815-871-2569 Website	-All ages support group for attempt and loss survivors of suicide -2nd & 4th Thursdays 6:30-8pm

Anger Alternatives	2821 N. Bell School Rd, Rockford 815-509-3887 Website	-Violence prevention program for all types of anger and abusive relationships -Every Tuesday 7-9pm
Grief Support	5950 Spring Creek Road, Rockford 815-871-2569 Website	-Every Wednesday from 6:30-8pm -Free
Grief Support	6732 Harrison Ave, Rockford 779-771-1117 Website	-Every Monday from 6:30-8 -\$16.00 (includes workbook)
Grief Support	2001 N Alpine Rd, Rockford 815-985-6799 Website	-Every Sunday from 1:00-3:00pm -Free
Grief Support	5651 E Riverside Blvd, Rockford 815-708-5203 Website	-Every Wednesday from 6:00-8:00pm -Free
Grief and Loss Support Group	2704 N Main St, Rockford 815-720-4881	-Free, on-going support group for adults to share experiences and coping strategies -1st and 3rd Mondays from 3:30-4:30pm
TCMF - Self Love Club	6627 N 2nd St, Loves Park 812-893-3019 Website	-Eating disorder support group for ages 16+ -2nd and 4th Tuesdays from 7-8:15pm

<p>TCMF - Loves Never Dies</p>	<p>6627 N 2nd St, Loves Park 815-519-1430 Website</p>	<p>-Mother's grief support group -3rd Thursdays from 7-8:30pm</p>
<p>Thriving Fathers and Families</p>	<p>815-239-0858 Email Flyer</p>	<p>-6 week virtual program that offers job preparation and placement, assistance with child support and custody, referrals to legal assistance, family building activities, parenting and co-parenting classes, and economic incentives for participation</p>
<p>Partners in Pregnancy</p>	<p>815-315-0645 Email</p>	<p>-Fathers and partners of birthing person welcome -Topics covered: comfort measures, contractions, laboring at home, skin to skin, and breastfeeding</p>
<p>ADHD Parenting Group Elizabeth Rhyne, Clinical Social Work/Therapist, MSW, LCSW</p>	<p>7294 Argus Drive, Rockford 618-408-1506 Email</p>	<p>-Meet with parents with similar experiences -Explore and identify child's strengths and weaknesses -Teach them how to use helpful strategies -Learn how to manage symptoms at home and school -\$70-\$80 per session</p>
<p>Al-Anon</p>	<p>Website</p>	<p>-Support program for people whose lives have been affected by someone else's substance abuse, such as drinking and drug use -Alateen: For young people aged 13 to 18 who have been affected by someone else's drinking</p>

Hotlines/Help Lines

Poison Control	800-222-1222	-Free, expert, confidential assistance if you suspect poisoning
Senior Help Line - IL Dept. on Aging	1-800-252-8966	-Locate services in the community -Evaluate needs and answer questions -Link to local care coordination
Veterans Crisis Line	800-273-8255 Option 1 Chat Online	-Free, confidential 24 hour crisis line for a Veteran experiencing a crisis or anyone supporting one who is -Free, confidential chat option also available
Emotional Listening Support	1-800-932-4616 (toll free)	-24 hours a day -717-394-2000 (teen line)
7 cups	Website	-Free 24/7 support chat rooms -Online counseling for \$150/month
NEDA Eating Disorder Helpline	800-931-2237 Website	-Support, resources, and treatment options for those struggling with an eating disorder or their loved ones -Call helpline Monday - Thursday 10am-8pm, Fridays 10am-5pm -Text helpline Monday-Thursday 3-6pm
Non-emergency police	Rockford: 815-966-2900 Belvidere: 815-544-9626 Loves Park: 815-654-5015	Winnebago County: 815-319-6000 Boone County: 815-544-9322

RAASE - Rockford Alliance Against Sexual Exploitation	888-823-2364 Website	-Works to end the demand for sexually exploited individuals through preventative measures, survivor protection, accountability of violators, and community engagement
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Housing/Shelter

<p>Rockford Housing Authority</p>	<p>223 S. Winnebago St, Rockford</p> <p>815-489-8500</p> <p>Website</p>	<p>-Low Income Public Housing Program (LIPH)</p> <p>-Housing Choice Voucher Program (HCV)</p> <p>-FSS Home Ownership Program</p>
<p>NI ReACH (In Washington Park Community Center)</p>	<p>3617 Delaware Street, Rockford</p> <p>815-963-2133</p> <p>Website</p> <p>Email</p>	<p>-Works with local, state, and federal programs to assist with obtaining homes and supportive services in Winnebago and Boone Counties</p> <p>-Additional Programs: Family Self Sufficiency, Resident Opportunity Support Services, Graduated Re-Entry, Veterans Drop-In Center, and National Community Stabilization Trust</p>
<p>Rockford MELD</p>	<p>107 N 3rd St, Rockford</p> <p>815-986-1947 ext 220</p> <p>Website</p>	<p>-Trinity House provides housing for pregnant and parenting young mothers (ages 16-21) and their children</p> <p>-Additional programs: parenting groups, transitioning living for young parents, education and employment assistance, homeless prevention, and rapid re-housing</p>
<p>Homeless Single Point of Entry - Northern Illinois Homeless Coalition</p>	<p>612 N Church St, Rockford</p> <p>844-710-6919 ext 5</p> <p>Website</p>	<p>-Help for those experiencing homelessness</p>
<p>Carpenter's Place</p>	<p>1149 Railroad Avenue, Rockford</p> <p>815-964-4105</p> <p>Website</p>	<p>-Housing Programs include women's transitional housing, veterans transitional housing, mental health housing, employment housing, and permanent supportive housing</p>

<p>Youth Services Network (YSN)</p>	<p>107 3rd Street, Rockford</p> <p>815-986-1947</p> <p>Website</p>	<p>-Programs provide a welcoming, safe place to live for youth who are unsheltered and experiencing a crisis.</p> <p>-Bridge shelter: for young men ages 14-20</p> <p>-MELD shelter: for pregnant and/or parenting youth or youth in crisis</p>
<p>Remedies Renewing Lives</p>	<p>220 Easton Pkwy, Rockford</p> <p>815-962-6102 (24hr)</p> <p>Website</p>	<p>-Emergency shelter for survivors of intimate partner abuse</p> <p>-Meals and laundry service also available</p>
<p>Rockford Township</p>	<p>315 N Church St, Rockford</p> <p>815-962-8855</p> <p>Website</p>	<p>-General and Emergency assistance with rent/mortgage payments</p> <p>-Applications may be printed or picked up</p> <p>-Transportation assistance for those with new employment</p>
<p>The Salvation Army</p>	<p>416 S. Madison St, Rockford</p> <p>815-972-1135</p> <p>Website</p>	<p>-Homeless Prevention and Emergency Assistance program offers help with clothing, utility bills, medication, and other needs</p> <p>-Food pantry, case management, and Angel Tree Christmas program</p>
<p>Rockford Overnight Cafe - SecondFirst Church</p>	<p>318 N. Church St, Rockford</p> <p>815-963-8431</p> <p>Website</p>	<p>-Runs from January 4th, 2021 to March 13th, 2022 from 8pm-7am</p> <p>-Overnight café provides unhoused guests (and others needing warmth) with food, clean and warm clothing, showers, and laundry facilities</p>
<p>Red Cross - Northwest Illinois Chapter</p>	<p>727 N Church St, Rockford</p> <p>815-963-8471</p> <p>Website</p>	<p>-In the event of a disaster, assistance with temporary housing/shelter, mental health, financial assistance, and health services</p>

Pavilion Revival Center - Apostalic Pentecostals of Rockford	3015 S 4th St, Rockford 779-423-2736	-Nightly warming center -Open 8pm-6am November 15-March 15
Rockford Overnight Cafe	318 N Church St, Rockford 815-963-8341	-Nightly warming center -Open 8pm-7am

Immigration/Refugee Assistance

<p>Winnebago County Health Department Refugee Assistance Program</p>	<p>555 N. Court Street, 4th Floor, Rockford</p> <p>815-720-4000</p> <p>Website</p>	<p>-Services for refugees, asylees, and parolees who reside in northern Illinois (counties: Winnebago, Boone, Ogle, Stephenson, Lee, Jo Daviess, Whiteside, Carroll, and Dekalb)</p> <p>-Free program, must be referred by agency or private sponsor</p>
<p>Rock Valley College Refugee and Immigrant Services</p>	<p>303 N Main St, Rockford</p> <p>815-921-7821</p> <p>Website</p>	<p>-Provides adjustment and employment services to refugees from the northern 10 counties</p> <p>-Partners with area business owners</p>
<p>La Voz Latina - YWCA Northwestern Illinois</p>	<p>4990 E State St, Rockford</p> <p>815-968-9681</p> <p>Website</p>	<p>-Non-profit resource center for Latino clients of all ages: Education, advocacy, assistance in obtaining public aid, case management, home visiting, abuse prevention, and immigrant welcoming center</p>
<p>Refugee Resettlement Program - Diocese of Rockford Catholic Charities</p>	<p>815-399-1709</p> <p>Website</p> <p>Email</p>	<p>-Contact: Janet Biljeskovic</p> <p>-Assists refugee families with initial food, housing, enrolling children in school, obtaining legal documents, health screenings, and English lessons</p>

Intimate Partner Violence - Perpetrator Services

Children's Home + Aid	424 7th St, Rockford 815-962-1043 Website	-Partner Abuse Intervention Program (PAIP): primary aggressor groups -Turning Points: groups for women who have used violence in a relationship but are also determined to be victims
Remedies Renewing Lives	815-962-6102 Website	-Partner Abuse Intervention Program (PAIP)
YWCA	815-968-9681 Website	-Partner Abuse Intervention Program (PAIP) -Classes offered in English and Spanish

Legal

<p>Prairie State Legal Services</p>	<p>303 N. Main Street Suite 600, Rockford</p> <p>815-965-2134</p> <p>Website</p> <p>Apply Online</p>	<p>-Free legal services to low income and those over 60 who have serious civil legal problems</p> <p>-Safety services: orders of protection, divorce/custody/child support in case involving domestic violence or child endangerment, elder abuse, guardianships</p> <p>-Housing services: Evictions, housing protections, discrimination, foreclosure</p> <p>-Health services: denials, terminations, home care services, guardianships, power of attorney</p> <p>-Stability: expungements, sealing criminal records, SNAP and TANF denials, SSI denias, tax disputes</p> <p>-Does not handle: criminal, immigration, personal injury, malpractice, workers' comp, traffic violations, probate</p>
<p>Winnebago County State's Attorney</p>	<p>400 W State Street, Ste 619, Rockford</p> <p>815-319-4700</p> <p>Website</p>	<p>-Assistance to crime victims to better understand the criminal justice system, orders of protection, elder abuse, crime victims' rights and compensation</p>
<p>Family Peace Center</p>	<p>315 N Main St, Rockford</p> <p>779-384-7600</p>	<p>-Provides services to victims of inter-personal violence and their children</p>

LGBTQ Resources

<p>Harmony Center for Holistic Psychotherapy - Spectrum of Rockford</p>	<p>6625 North 2nd St, Loves Park 815-639-0300 Website</p>	<p>-Spectrum is a safe place for those who identify as Gay, Lesbian, Bisexual, Pansexual, Transgender, Gender diverse, Non-Binary, Genderqueer, or Intersex. Also welcomes those who are questioning their sexual orientation and/ or gender identity.</p> <p>-Counseling services: Individual therapy, Child/teen therapy, Couples therapy, Group therapy, Family therapy</p>
<p>The Liam Foundation - The Rockford Rainbow Book</p>	<p>Website</p>	<p>-These businesses and service providers have taken The LIAM Foundation pledge to support the LGBTQIA+ community and keep their places of business safe for LGBTQIA+ individuals and free from harassment</p>
<p>LGBT National Help Center</p>	<p>888-843-4564 Website Online Chat</p>	<p>-Serving the lesbian, gay, bisexual, transgender, queer & questioning community by providing free and confidential peer-support and local resources</p>
<p>Trevor Project Suicide Prevention Hotline</p>	<p>866-488-7386 Website</p>	<p>-Hotline is live 24/7, 100% free and confidential</p> <p>-The world's largest suicide prevention and crisis intervention organization for LGBTQ young people</p> <p>-Text "START" to 678-678</p>
<p>BlackLine</p>	<p>1-800-604-5841 Website Email</p>	<p>-Peer support, counseling, witnessing and affirming the lived experiences to folx who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens</p>

QTPOC	Email Facebook	-Hosts meditations for queer & trans people of color - Website for original art and writing
Harriet's Apothecary	Website	-An intergenerational healing collective led by Black Cis women, Queer and Trans healers, artists, health professionals, magicians, activists, and ancestors
Trans Lifeline	877-565-8860 Website	-Provides trans peer support run by and for trans people -Family & Friends hotline via main number
Trans Teens Online Talk Group	Website	-Weekly, moderated group for trans and gender expansive youth age 19 and younger
Transgender Law Center	Website	-Largest national trans-led organization advocating self-determination for all people
Black Trans Advocacy	855-624-7715 Website	-Live chat support and phone line open 3 days a week, search community resources, assistance finding health care and basic needs
DeQH	908-367-3374 Website	-Support for South Asian lesbian, gay, bi, queer, trans, non-binary, questioning individuals
Gender and Sexualities Alliance Network	Website	-Unites trans and queer youth for racial and gender justice through GSA clubs
Health Professionals Advancing LGBTQ Equality	-Find a Provider	-For lesbian, gay, bisexual, transgender, and queer individuals who are looking for a health professional

Association of LGBTQ Psychiatrists	Website	-A community of psychiatrists that educates and advocates on LGBTQ mental health issues.
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Health Care

<p>Crusader Community Health Clinic</p>	<p>Auburn HS Campus</p> <p>Crusader on Alpine</p> <p>Crusader Belvidere</p> <p>Crusader Loves Park</p> <p>Crusader on Broadway</p> <p>Crusader West State St</p> <p>815-490-1600</p>	<p>-Provides primary health care for all in need</p> <p>-Family practice, pediatrics, OB/GYN and midwife program, internal medicine, dentistry</p> <p>-Speciality programs: endocrinology (diabetes), HIV, homeless, behavioral health, neurology, optical, pain management, podiatry</p> <p>-Referrals available to off-site specialists</p> <p>-Scheduling line opens at 8:00am</p>
<p>The Bridge Clinic</p>	<p>318 N. Church Street, Rockford</p> <p>815-494-1592</p> <p>Website</p>	<p>-Open Saturdays 9am-1pm, walk-ins only</p> <p>-Free limited medical care to people 18+ with immediate medical needs and no insurance</p> <p>-Closed around certain holidays - call or visit website before going</p>
<p>Aunt Martha's Rockford Community Health Center</p>	<p>1401 E State St, 3rd Floor Suite 3000, Rockford</p> <p>877-692-8686</p> <p>Website</p>	<p>-Integrates medical care and social services to treat the entire patient</p> <p>-Primary care, mental health, family planning, OB/GYN, dental</p>
<p>Winnebago County Health Department</p>	<p>555 N Court St, Rockford</p> <p>815-720-4000</p> <p>Website</p> <p>Brochure</p>	<p>-Disease Control, Immunizations, Women's Health, Sexual Health, Emergency Preparedness, Environmental Health</p> <p>-See full list of services on website</p>

Medication Assistance

<u>Medicine Assistance Tool</u>	-Search engine designed to help patients and caregivers learn more about the resources available through the various biopharmaceutical industry programs
<u>NeedyMeds</u>	-Connects people to programs that will help them afford their medications and other healthcare costs.
<u>Rx Assistance</u>	-Web-based medication assistance resource center

Mental Health

Aspen Counseling	8616 Northern Ave, Rockford 815-399-9700 Website	-Counseling, TMS Therapy, Employee Assistance Program (EAP)
Alliance Counseling	415 S Mulford Rd #100, Rockford 815-399-5700 Website	-Individual, couples, and family counseling
Children's Home + Aid	424 7th St, Rockford 815-962-1043 Website	-School-based counseling and mentoring -Community-based counseling -Adoption Support and Preservation (ASAP): Counseling specifically for families who have adopted or have subsidized guardianship -Doula program : free and available to women 19 years and older in Winnebago, Boone, and DeKalb counties
Clarity Counseling	4835 Manhattan Dr, Rockford 815-520-2303 Website	-Individual, couples, and family counseling -EMDR (Eye Movement Desensitization & Reprocessing Therapy)
Dimensions of Wellness & Transformation	4249 E State St, Suite 201, Rockford 224-704-0909	-Provides mental health services to individuals, couples, and families in the English and Spanish speaking communities -Services include individual and group therapy and coaching
Family Counseling Services	631 N. Longwood, Suite 103, Rockford 2026 N State St, Belvidere	-Individual, couples, and family counseling

	815-962-5585 -Website	
Family Peace Center	315 N Main St, Rockford 779-384-7600 Website	-Provides services to victims of inter-personal violence and their children
Healing Pathways, PLLC	7310 N Alpine Rd, Loves Park 779-210-4897 Website	-Individual, family, and group counseling -Serves individuals ages 7-65+ who are dealing with trauma, grief/loss, anxiety, mood disorders, life stressors, and behavioral concerns -Trained in Brainspotting, TF-CBT, Play Therapy, and other modalities. See Flyer for more info
HOPE Child & Family Counseling	11447 2nd St Suite #9B, Roscoe 815-601-4673 Website	-Individual, couples, and family counseling -Group therapy, play therapy, early intervention, and alcohol and other drug therapy
KP Counseling	6392 Linden Rd, Rockford 692 N Perryville Rd, #4, Rockford 779-368-0060 Website	-Individual, couples, and family counseling
Marianne Geiger	1752 Windsor Rd #203, Loves Park 815-986-1113 Website	-Psychiatric evaluations, medication management, and psychotherapy services

Marshmallow's Hope	Website Email	<ul style="list-style-type: none"> -Suicide prevention education -Mentoring program for ages 9-19
Mercyhealth Glenwood Psychiatry Center	2819 Glenwood Ave, Rockford 815-971-4060 Website	<ul style="list-style-type: none"> -Outpatient psychiatry and behavioral health services -Telehealth appointments available
Montes Psychiatric Center	6090 Strathmoor Dr #1, Rockford 815-839-8180	<ul style="list-style-type: none"> -Psychiatric care, neuropsychological testing, individual and group therapy -Website, Email
National Alliance of Mental Health - Northern IL Chapter	815-963-2470 Website	<ul style="list-style-type: none"> -Nonprofit mental health organization dedicated to building better lives for those affected by mental illness. -Offers support groups, community education, outreach, and resources
Perryville Counseling Group	2990 N Perryville Rd, #4100A, Rockford 815-975-3330 Website	<ul style="list-style-type: none"> -Individual, couples, and family counseling
Remedies Renewing Lives	215 Easton Pkwy, Rockford 1908 Pierce Ct, Belvidere 815-962-6102 Website	<ul style="list-style-type: none"> -Rockford: Domestic Violence shelter, addiction treatment center, outpatient mental health -Belvidere: Outpatient mental health, gambling, and addiction services

<p>Resilience Counseling</p>	<p>129 S Phelps Ave, Building 10 Suite 1006, Rockford</p> <p>779-970-8372</p> <p>Website</p>	<p>-Family counseling</p> <p>-Attachment/trauma</p> <p>-Holistic care</p>
<p>Riverside Counseling Center</p>	<p>6653 Weaver Rd, Suite 12, Rockford</p> <p>815-201-2687</p> <p>Website</p>	<p>-Individual, couples, and family counseling</p> <p>-Serves ages 10+</p>
<p>Rock River Family Psychiatric Center</p>	<p>5758 Elaine Dr Ste 1, Rockford</p> <p>815-395-1008</p> <p>Website</p> <p>Email</p>	<p>-Child/adolescent and adult psychiatrist</p>
<p>Rockford Sexual Assault Counseling</p>	<p>5301 East State St, Suite 301, Rockford</p> <p>815-636-9811</p> <p>Website</p>	<p>-Services for survivors of sexual assault and abuse in Winnebago, Boone and Ogle Counties</p> <p>-Services include therapy by Master level therapists for survivors and significant others age 3-adult, 24-hour crisis intervention by phone and at the hospital, legal advocacy, prevention education, institutional advocacy, and professional training</p>
<p>Stepping Stones</p>	<p>4317 Maray Dr, Rockford</p> <p>779-970-5605</p> <p>Website</p> <p>Brochure</p>	<p>-Outpatient counseling for ages 6 and up</p> <p>-Provides residential mental health services to those with serious, persistent mental illness</p>

<p>Swedish American Hospital</p>	<p>1401 East State St, Rockford</p> <p>779-696-2273</p> <p>Website</p>	<p>-Inpatient behavioral health services</p>
<p>Willow Creek</p>	<p>5804 Elaine Dr, Rockford, IL 61108</p> <p>779-210-3453</p> <p>Website</p>	<p>-Individual/family/group counseling services</p> <p>-Serves DCFS and court-involved families</p>
<p>Youth Services Network (YSN)</p>	<p>107 N 3rd St, Rockford</p> <p>815-986-1947</p> <p>Website</p> <p>Email</p>	<p>-Counseling, case management, early intervention, homeless services, juvenile justice, crisis intervention, and school-based services</p> <p>-Youth Trauma Clinic: Open to youth ages 0-21 who have experienced a traumatic event (bullying, abuse, neglect, violence, death, covid-related trauma, etc)</p>

Phone Apps


notOK	Android & iOS	<ul style="list-style-type: none"> -Suicide prevention -Large red button to let friends and family know when help is needed -Sends message along with current GPS location
What's Up?	Android & iOS	<ul style="list-style-type: none"> -Habit tracker -Uses Cognitive Behavioral Therapy and Acceptance Commitment Therapy methods to help cope with depression, anxiety, stress, and more
Twenty-four hours a day	Android & iOS	<ul style="list-style-type: none"> -\$5.99 -Daily meditations to make it easier for people in addiction recovery to focus on sobriety
Mind Shift	Android & iOS	<ul style="list-style-type: none"> -For teens and young adults with anxiety -Stresses the importance of changing how you think, ride out intense emotions, and face challenging situations
CBT Thought Record Diary	Android & iOS	<ul style="list-style-type: none"> -Document negative emotions, analyze flaws in thinking, and re-evaluate thoughts
eMoods	Android & iOS	<ul style="list-style-type: none"> -For people diagnosed with bipolar disorder -Track symptoms, moods, identify triggers and better understand fluctuating moods -Color coded monthly summary of moods
Happify	Android & iOS	<ul style="list-style-type: none"> -Psychologist approved mood training program -Engaging games, activity suggestions, gratitude prompts, etc. to train your brain to overcome negative thoughts

Virtual Hope Box	Android & iOS	-Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content
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Senior Services

Boone County Council on Aging / Keen Age Center	2141 Henry Luckow Ln, Belvidere 815-544-9893 Website	-Services: Transportation, information and resources, home services, lending closet of medical equipment, Keen Age Center educational and recreational programs
Lifescape Community Services	705 Kilburn Ave, Rockford 815-963-1609 Website	-Meals on Wheels, Adult Protective Services, Adult Day Program, resources, case management, AmeriCorps senior volunteer program
Northwestern IL Area Agency on Aging	1111 S Alpine Rd Ste. 600, Rockford 815-226-4901 Website	-Aging and Disability Resource Center: advocates for seniors, coordinates programs and services, develops new services, provides information and assistance, caregiver assistance, and employment services -Home Care Guide

Social Services

<p>Lutheran Social Services</p>	<p>308 W State St, Ste. 250, Rockford</p> <p>815-969-8836</p> <p>Website</p>	<p>-Family support services, foster and adoption services, crisis intervention, home day care services for seniors, mental health services, services for adults with disabilities, affordable housing services, and supportive living</p>
<p>United Way 2-1-1 Call Center</p> 	<p>Dial 211</p> <p>Website</p>	<p>-Information and crisis referral call center</p> <p>-Adult protective services</p> <p>-Homeless Services</p> <p>-Drug crisis line</p>
<p>Carpenter's Place</p>	<p>1149 Railroad Ave, Rockford</p> <p>815-964-4105</p> <p>Website</p>	<p>-Day Room: Positive environment serving breaks and lunch, provides showers, change of clothes, and phone use M-F 8:30am-3:30pm</p> <p>-Case management, support and education, employment training, housing, family services, women's and Veterans transitional housing</p>
<p>Youth Services Network (YSN)</p>	<p>107 N 3rd St, Rockford</p> <p>815-986-1947</p> <p>Website</p>	<p>-Counseling, case management, early intervention, homeless services, juvenile justice, crisis intervention, and school-based services</p>
<p>Family Peace Center</p>	<p>315 N Main St, Rockford</p> <p>779-384-7600</p>	<p>-Provides services to victims of inter-personal violence and their children</p>

YWCA Family Advocacy Center	4990 E State St, Rockford 815-484-9448 Website	-Parenting classes, case management, community referrals, Healthy Families home visiting program - Flyer (English and Spanish)
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Substance Abuse

Rosecrance	Multiple Locations 866-330-8729 Website	-Outpatient and residential treatment programs for youth and adults
SAMHSA	https://www.samhsa.gov/	-Help to find mental health treatment and information about substance abuse -Find help and treatment (free, 24 hours): 800-622-4357, TTY: 800-487-4889
Alcoholics Anonymous	Website Rockford Chapter	- Find local meetings , information on addiction and sobriety
Narcotics Anonymous	Website Rockford Chapter	- Find local meetings , information on addiction and sobriety
Al-Anon	Website	-Support program for people whose lives have been affected by someone else's substance abuse, such as drinking and drug use - Alateen : For young people aged 13 to 18 who have been affected by someone else's drinking
Treatment alternatives for safe communities (TASC)	401 W State St Suite 700, Rockford 815-965-1106 Website	-Screening, assessments, treatment, case management, and recovery support for those with substance use disorder -TASC serves anyone needing help with substance use or co-occurring mental health conditions, gambling disorders, or family health and reunification challenges, regardless of justice system status, insurance, or income.

Technology

Access by AT&T	Website	-Low cost wireless home internet for qualifying low-income households
Emergency Broadband Benefit (EBB)	Website	-Up to \$50/mo discount on home internet for qualifying low-income households
xfinity Internet Essentials	Website	-Internet service for \$9.95/ month with no contract, credit check, or installation fees for low income households
Spectrum internet assist	Website	-Provides internet to low-income families, students, and seniors for \$14.99/month -Optional in home wifi for \$5/month
PCs for people	Website	-Receive a credit ranging up to \$150 for purchasing a computer

Transportation

<p>Rockford Mass Transit District</p>	<p>520 Mulberry St, Rockford</p> <p>815-961-9000</p> <p>Website</p>	<p>-Travel info, tickets, trip planner, notifications, traffic alerts, mobile app</p> <p>-RPS 205 students and Veterans may use public transit for free</p> <p>-Veterans need a photo ID and proof of military service. RPS 205 students need a valid student photo ID</p>
<p>Stateline Mass Transit District</p>	<p>11722 Main St, Roscoe</p> <p>779-771-6778</p> <p>Website</p>	<p>-Services South Beloit, Rockton, and Roscoe areas</p>
<p>Boone County Public Transportation</p>	<p>815-975-9059</p> <p>Website</p>	<p>-County-wide service available to all residents of Boone County, regardless of age.</p> <p>-Door-to-door service, which means the bus picks you up where you request and drops you off at your desired destination.</p> <p>-24 hour advanced registration required</p>
<p>Seabreeze Non-Emergency Medical Transport</p>	<p>815-708-7807</p> <p>Website</p> <p>Serves Winnebago, Boone, and McHenry Counties</p>	<p>-For those who need assistance attending medical/dental/mental health appointments, such as the elderly, special needs, anyone who is impaired and cannot drive safely</p> <p>-Operates 7am-7pm</p> <p>-This is NOT for emergency care</p>

1-800-CharityCars	1-800-242-7489 Website	<p>-Provides free vehicles to a wide array of vehicles to qualified low income clients and families</p> <p>-Typical recipients: victims of domestic violence, medically needy, victims of natural disasters, families transitioning from public assistance to work, families living in transitional living shelters, working poor, non-profit organizations, veterans/military families</p>
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Vocational

Rockford Career College	1130 S Alpine Rd #100, Rockford 888-680-6682	- Programs
Kishwaukee College	21193 Malta Rd, Malta 815-825-2086	- Programs
Cosmetology and Spa Academy	657 Highgrove Place, Rockford 815-307-3622	- Programs
Saint Anthony College of Nursing	3301 N Mulford Rd, Rockford 815-282-7900	-Graduate and Undergraduate Programs -Private school
Tricoci University of Beauty Culture	5485 East State St, Rockford 815-226-9848	- Programs
Educators of Beauty	2601 N. Mulford Rd, Rockford 815-639-9200	- Programs