

RIVERSIDE TOWNSHIP Community Resource Guide



Revised December 7, 2020

The Riverside Township Mental Health Board

In the early 1970's, the people of Riverside Township were early to recognize that a healthy community is one where people have access to healthcare and human services that focus on the whole person – including their mental health and related needs.

In 1972, Township voters approved a referendum that allowed for the creation of the Riverside Township Mental Health Board. Since that time, volunteer board members have worked to identify the mental health, substance abuse and developmental and intellectual disability needs of our community and contract for services to meet those needs.

Riverside Township Mental Health Board Members

Barbara Nepil, President

Timothy W. Heilenbach, Vice President & Township Liaison

Ruth Kross, Secretary & Treasurer

Thomas F Dunleavy, LCPC, CRC

Les McDonald

Jane Smith

Adam Wilt

Joseph E. Troiani, Ph.D., CADC – Consultant

Vera Wilt, Township Supervisor

The Community Resource Guide is a collaboration between the Riverside Township Mental Health Board and the following Agencies:



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Important Numbers for Individuals in Crisis

- **National Suicide Prevention Hotline** - (800) 273-8255 (TALK)
For TTY Users: Use your preferred relay service or dial 711 then (800) 273-8255.
Free, available 24/7
- **SUPPORT4U Teen Text Line** - Text TALK to 844-670-5838
- **Crisis Text Line** - Text Hello to 741741
or message Crisis Text Line on Facebook
- **Trevor Lifeline/Trevor Project** - (800) 488-7386 OR Text START to 678678
Available 24/7 for LGBTQIA + kids/teens
- **Childhelp National Child Abuse Hotline** - (800) 422-4453
- **SAMHSA (Substance Abuse and Mental Health Services Administration)**
National helpline: (800) 622-HELP (4357)
For TTY Users: (800) 487-4889
Free, confidential, available 24/7
- **Veterans Crisis Line** - (800) 273-8255 (press 1) or Text : 838255
Support for deaf and hard-of-hearing: (800) 799-4899
Available toll-free, 24/7
- **Illinois Alliance on Problem Gambling Hotline** -
(800) GAM-BLER (800-426-2537) or Text: ILGAMB to 53342



Local Community Hotlines

- **Pillars 24-hour Mobile Crisis Services Hotline - (708) 745-5277**
- **Pillars 24-hour Sexual Assault Hotline - (708) 482-9600**
- **Pillars 24-hour Domestic Violence Hotline - (708) 485-5254**
- **CARES Hotline - (800) 345-9049**
- **Mujeres Latinas en Accion**
24-hour Illinois Domestic Violence Hotline - (877) 863-6338
- **Mujeres Latinas en Accion**
24-hour Chicago Rape Crisis Hotline - (888) 293-2080

Aging Services

Aging Care Connections

111 W. Harris Avenue

LaGrange, IL 60525

Website: www.agingcareconnections.org

Phone: (708) 354-1323

Fax: (708) 354-0282

Since first opening its doors, Aging Care Connections has grown and developed to offer a comprehensive range of programs and services specifically designed to meet the changing needs of the older adult population. As a resource for older adults and their families, Aging Care Connections' professional staff provides needed support through services offered and through linkage with other community organizations.

Aging Care Connections' mission is to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well.



Interfaith Community Partners

P.O. Box 310

La Grange, IL 60525

Website:

www.interfaithcommunitypartners.org

Phone: (708) 354-9328

The mission of Interfaith Community Partners is to maximize the independence and well-being of older adults by enabling connections with others in their community. Interfaith Community Partners is a non-profit organization that works together with volunteers to provide rides to older adults in the Lyons Township, south Proviso and Riverside townships. Over 115 volunteers provide accompanied transportation to medical appointments, and life-enhancing errands such as the grocery store, hairdresser, bank, and church. Interfaith Community Partners has united with four local libraries to offer home-bound delivery service for older adults, 60 and better, with the intention of providing library materials to people who would have no other way to receive them. These partnering libraries include **Brookfield, Hodgkins, La Grange, La Grange Park, North Riverside, Western Springs, and Westmont**. We also partner with area teens to create an inter-generational experience for all clients and young adults.

PeopleCare

60 Akenside Road

Riverside, IL 60546

Website: www.peoplecareinc.org

Phone: (708) 442-1223

Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services. Currently PeopleCare offers the following services and initiatives throughout the communities of Brookfield, LaGrange, LaGrange Park, Lyons, North Riverside, Riverside, and Westchester: Cooperative Group Grocery Shopping (in partnership with Cantata Adult Life Services), Friendly Home Visitation, Information and Referral, Volunteer Transportation, Voucher Taxi Program (in partnership with Aging Care Connections).

Solutions for Care

7222 Cermak Road, Suite 200 N

North Riverside, IL 60546

Website: <https://solutionsforcare.org/>

Phone: (708) 447-4228

Solutions for Care is committed to preserving the independence and dignity of all older adults and those living with disabilities, being their advocate and working to find the best available resources that lead to greater self-sufficiency and a higher quality of life.



Debt Counseling

Financial Counseling Association of America (FCAA)

Website: <https://fcaa.org/>

The FCAA is a member-supported national association representing financial counseling companies that provide consumer credit counseling, housing counseling, student loan counseling, bankruptcy counseling, debt management, and various financial education services.

National Foundation for Credit Counseling (NFCC)

Website: <https://www.nfcc.org/>

Our programs and services are accessed through our national network of nonprofit member agencies. Each agency is staffed by NFCC Certified Financial Counselors. These individuals are financial advocates who can help you get started with a financial review and establish a budget and a personalized financial action plan.

Every NFCC member agency must obtain and maintain accreditation by the Council on Accreditation, Inc. (COA). COA is an independent third-party not-for-profit accrediting organization that has reviewed more than 1,500 social service programs to ensure compliance with rigorous best-practice standards. All NFCC member agencies must be re-accredited by COA every four years.

Local Member agencies:

GreenPath Financial Wellness

20 N. Wacker Drive, Suite 1631
Chicago, IL 60606
Phone: (800) 550-1961
(By appointment only)

Money Management International

401 N Michigan Avenue, Suite 1200
Chicago, IL 60611
Phone: (312) 443-1326



Dental Services (Low-Cost)

CEDA Dental Care Program

Website: www.cedaorg.net

Phone: (800) 571-2332

Provides financial assistance to address an oral health issue.

Chicago Dental Society Foundation Clinic

416 E. Roosevelt Road, Suite 102

Wheaton, IL 60187

Website: <https://www.cds.org/smile/low-cost-free-services>

Phone: (630) 260-8530

Basic primary dental care, oral exams, cleanings, x-rays, basic restorative treatment (fillings), clients must meet income guidelines.

Dental Lifeline Network

Inside Chicago Area:

Debbie Bland, DDS Coordinator

Phone: (847) 498.0385

Fax: (847) 498-0394

E-mail: dbland@DentalLifeline.org

Pillars Community Health Dental Center

27 Calendar Court

La Grange, IL 60525

Website: <https://pillarscommunityhealth.org/services/health-center-services/dental/>

Phone: (708) 745-5277

Pillars Community Health Family Health Center at Anne M. Jeans Elementary School

16W631 91st Street (Door 12)

Willowbrook, IL 60527

Website: <https://pillarscommunityhealth.org/services/health-center-services/dental/>

Phone: (708) 745-5277



Developmental Disability Services

Community Support Services

9021 Ogden Avenue

Brookfield, IL 60513

Website: www.cssservices.org

Phone: (708) 354-4547

Fax: (708) 354-7412

Community Support Services is a private, nonprofit service agency that initiates, provides and promotes services for people with intellectual/developmental disabilities and their families, within their communities, in order to strengthen their independence, self-esteem, and ability to participate in and contribute to community life.



Helping Hand Center

9649 W 55th Street

Countryside, IL 60525

Website: www.hhcenter.org

Phone: (708) 352-3580

Fax: (708) 352-3763

Helping Hand Center is a nonprofit organization dedicated to improving the lives of children and adults with disabilities in suburban Cook County and greater Chicagoland communities. We offer a wide range of person-centered programs and services that enhance the educational, therapeutic, residential, and employment opportunities for those we serve. Our programs and services include a school for children with autism, an outpatient clinic, high school transition services, community living homes, adult day and after hours programming, and employment services.

Oak-Lyden Developmental Services

411 Chicago Ave.

Oak Park, IL 60302

Website: <https://www.oak-leyden.org/>

Phone: (708) 524-1050

For 60 years, Oak Lyden has been providing a wide range of vocational and residential services for adults with developmental disabilities, as well as comprehensive therapeutic, educational, and family support services for infants and young children.



Suburban Access Inc.

1 Westbrook Corporate Center STE, A-820

Westchester, IL 60154

Website: www.subacc.org

Phone: (708) 449-7257

All of us have a story to tell, and our clients are no different. Since 1989, the staff of Suburban Access has advocated for individuals with intellectual disabilities. We work hard every day so that these amazing individuals can receive acknowledgment, assistance, and access to life-changing services. We do this work so that their stories may not only continue, but be extraordinary.

UCP Seguin of Greater Chicago

3100 S. Central Ave.

Cicero, IL 60804

Website: www.ucpseguin.org

Phone: (708) 863-3803

Fax: (708) 863-3863

We believe that all people, regardless of ability, deserve to achieve their potential, advance their independence and act as full members of the community. We stop at nothing to provide life skills training, assistive technology, meaningful employment and a place to call home for people with disabilities. We place and support them in community jobs throughout the Greater Chicago area, including in our own social enterprises, Seguin Auto Center and Seguin Garden and Gifts. We ensure that adults with disabilities can live and socialize within their community, by offering residential services in multiple small, community-based homes. And we support their physical and mental well-being and vocational needs with training centers across the region. We also give a home to children and adolescents, with nurturing foster care from birth to 21, including specialized care for children with behavior or medical challenges. Our goal: life without limits for people with disabilities.

Special Recreation Associations

SEASPAR South East Association for Special Parks And Recreation

serving Brookfield residents

Website: www.seaspar.org

Phone: (630) 960-7600

Programs for People with Disabilities - Arts/Trips/Social Clubs/Sports/Fitness. Special Events. Special Olympics. Weekly Programs. Sensory Room. Types: Multi-Sensory Room, Special Olympics Training, Day Camps, Weekly Programs, Special Events.

WSSRA - West Suburban Special Recreation Association

serving Riverside and North Riverside residents

Website: www.wssra.net

Phone: (847)455-2100

A cooperative program between nine park districts and one village in near West Cook County that provides community based recreation and leisure programs for children, teens and adults with any kind of special education need or disability.



Challenger Baseball

Website: <https://www.lagrangelittleleague.com/>

The Challenger Division was established in 1989 as a separate division of Little League to enable boys and girls with physical and mental challenges to enjoy the game of baseball along with the millions of other children who participate in the sport worldwide. Teams are set up according to abilities, rather than age, and can include as many as 15-20 players. LGLL Challenger games are t-ball or coach pitch. One of the benefits of having a Challenger Division is that it encourages the use of "buddies" for Challenger players. The buddies, who are typically older, assist the Challenger players on the field but whenever possible, encourage the players to bat and make the plays themselves. However, the buddy is always nearby to help when needed. Please contact John Walsh at jvwalsh546@gmail.com for further information about our Challenger Division.

Food Pantries

Riverside Township Food Pantry

Riverside Town Hall
27 Riverside Road
Riverside, IL 60546

Website: <https://riversidetownship.org/resident-services/food-pantry/>

Phone: (708) 442-4400

People in need may come in once per month to pick up two tote bags full of assorted food items. We ask no questions, but verify your residency within the township. The food pantry also offers items for holiday meals at Thanksgiving and at Christmastime.

Open Mon-Weds 9 am-3:30 pm, Thurs 9 am-4:30 pm, and Fri 9 am-2:30 pm

Faith Lutheran Church

Share Food Share Love Food Pantry

3801 Madison Avenue
Brookfield, IL 60513

Phone: (630) 347-5390

Open Saturday mornings from 10 am–12 pm

Residents of McCook, Brookfield, La Grange Park, Lyons, North Riverside, Riverside. Must provide proof of residency.

St. Barbara's Food Pantry

9300 W. 47th St
Brookfield, IL. 60513

Website: <http://hgaparish.org/en/community-outreach/food-pantry>

Phone: (708) 295-7336

Contact: Aida Gatch

Open on Mondays from
9am-3pm



Domestic Violence

Mujeres Latinas en Accion

7222 W. Cermak Rd., Suite 509

North Riverside, IL 60546

Website: www.mujereslatinasenaccion.org

Phone: (708) 442-1299

24 Hour Crisis Hotline: (312) 738-5358

Mujeres' Domestic Violence Program works to eliminate domestic violence and assists survivors to break the cycle of abuse in their families and in their lives. It provides comprehensive services to survivors and victims of domestic violence, from information and referrals to crisis intervention, legal advocacy, individual and group counseling to access to our **24 hour crisis hotline at (312) 738-5358.**

Pillars Community Health

23 Calendar Ave.

LaGrange, IL 60525

Website: www.PillarsCommunityHealth.org

24-hour domestic violence hotline: (708) 485-5254

Since 1979, we have worked to create a safe environment where domestic violence survivors are encouraged to learn about their options for change and empower themselves to make informed decisions about their future. Services are provided at NO COST and are available in English, Spanish, and Arabic. Services include:

- A domestic violence shelter, Constance Morris House, a place for survivors to find refuge as they flee abusive relationships
- Crisis intervention
- Case management
- Individual, family, and group therapy
- Legal and medical advocacy
- Onsite health care and referrals for shelter residents including wellness exams, triage and treatment for acute illness, and prenatal care
- Links to ongoing support services such as emergency financial assistance, substance abuse counseling, and housing programs
- Community education and prevention, to drive a unified response to domestic violence

Sarah's Inn

Website: <https://sarahsinn.org/>

Office Phone: (708) 386-3305

Text Line: (708) 792-3120

24 Hour Crisis Line: (708) 386-4225

Sarah's Inn offers comprehensive domestic violence support and services through intervention, training, education, and prevention programs. Sarah's Inn provides services for families affected by domestic violence in order to safely navigate crisis, effectively process trauma and ensure self-sufficiency.

Health/Mental Health Services

ACCESS Des Plaines Valley Health Center

7450 W. 63rd Street,

Summit, IL 60501

Website: <https://www.achn.net/>

Phone: (708) 458-0757

For more than 25 years, ACCESS has been on the frontlines of community-based health care. ACCESS provides a continuum of care model that connects patients to health care resources both within and beyond the walls of our 34 federally-qualified health centers (FQHCs).

ACCESS' services are designed to address the health of our underserved communities in such areas as preventive care, chronic disease management, and support services. To address patients' comprehensive health needs, ACCESS physicians, nurse practitioners, midwives and other providers are teamed with outreach staff, case managers, social workers and substance abuse counselors to advance a continuum of care.



ACCESS to Care

2225 Enterprise Drive, Suite 2507

Westchester, IL 60154

Website: www.accesstocare.org

Phone: (708) 531-0680

E-mail: info@accesstocare.org

Access to Care is a non-profit organization providing primary care to low-income, uninsured, and under insured residents of suburban Cook County and northwest Chicago for over 30 years. Our mission is to facilitate access to primary health care services for residents of suburban Cook County and northwest Chicago who lack such access because of financial barriers.

Chicago Center for Family Health

20 N. Wacker Drive, Suite 1442

Chicago, IL 60606

Website: www.ccfhchicago.org

Phone: (312) 372-4731

Fax: (312) 372-4732

Email: ccfh.admin@ccfhchicago.org

A collaborative team in psychiatry, family medicine, nursing, psychology, and social work can help when a child, adolescent, spouse/partner, sibling, or parent is facing chronic and/or life-threatening illness, or disability. Counseling services are available for individuals, couples and families, addressing: caregiving and relationship challenges; loss of functioning with disability; threatened loss, death, and bereavement; cognitive impairment; couples' issues of communication, intimacy, and sexual dysfunction; adjusting to new work and family roles; illness-related behavioral or school problems; challenges of growing older, helping aging parents. Counseling services are provided by CCFH Family-Based Collaborative Healthcare Doctoral Fellows, as well as our Affiliated Therapists.

Children's Clinic

320 Lake Street

Oak Park, IL 60302

Website: www.childrenscliniciws.org

Phone: (708) 848-0528

Fax: (708) 848-5855

Children's Clinic has a primary focus on ensuring your child's continued well-being, through preventative healthcare and education. The staff is committed to providing quality comprehensive services in a kid friendly space. Services offered include: pediatrics, dentistry, behavioral health, accommodations for special needs, referrals for nutritional counseling, and bilingual staff.



Healthcare Alternative Systems

1915-1917 W. Roosevelt Rd.

Broadview, IL 60155

Website: <https://www.hascares.org/>

Phone: (708) 498-0200

Healthcare Alternative Systems, Inc. (H.A.S.) provides a continuum of multicultural and bilingual (English/Spanish) behavioral care and social services that empower individuals, families, and communities. Healthcare Alternative Systems, Inc. (H.A.S.) seeks to implement sustainable programs that benefit society by improving the well-being and recovery efforts of those individuals, families, and communities impacted by behavioral health problems.

Illinois Mental Health Collaborative

Website: <http://www.illinoismentalhealthcollaborative.com/>

Phone: (866) 359-7953 (select option #5)

The Illinois Mental Health Collaborative's **Warm Line** is a non-crisis service that connects individuals and families with specialists and mentors who can help support you or a family member who is living with mental illness.

Mujeres Latinas en Accion

7222 W. Cermak Rd., Suite 509

North Riverside, IL 60546

Website: www.mujereslatinasenaccion.org

Phone: (708) 442-1299

Mujeres Latinas en Accion, a bilingual/bicultural agency, empowers Latinas by providing services which reflect their value and culture and being an advocate on the issues that make a difference in their lives. Founded in 1973, Mujeres is the longest standing incorporated Latina organization in the nation. Over the years, Mujeres has developed a comprehensive array of social services and advocacy initiatives that promote non-violence, reproductive health and leadership development. Mujeres offers services that support all programs, which include general intake, volunteer training and childcare. Childcare is provided for clients while they are receiving services.

NAMI - National Alliance on Mental Illness

Website: www.namimetsub.org

The mission of NAMI is to improve the quality of life for individuals, families and communities affected by mental illness by providing free education, support and advocacy. All services free of charge.

Drop-In Center

814 Harrison Street
Oak Park, IL 60304
Phone: (708) 524-2582

Community Wellness Center/The Living Room in La Grange

4731 Willow Springs Road
La Grange, IL 60525
Phone: (708) 582-6434

The Living Room in Broadview

1917 W. Roosevelt Rd.
Broadview, IL 60155
Phone: (708) 498-0200

National Crisis Text Line

Text "NOW" to 741-741

Pillars Community Health Behavioral Health Services

23 Calendar Ave.
LaGrange, IL 60525

Website: <https://pillarscommunityhealth.org/services/behavioral-health-and-support-services/>

Phone: (708) 745-5277



Outpatient mental health, crisis services, psychiatry, substance use disorder services, IPS employment services, community based mental health services, childhood bereavement support groups, and more

Pillars Community Health Medical Center

23 Calendar Ave.

LaGrange, IL 60525

Phone: (708) 745-5277

Website: <https://pillarscommunityhealth.org/services/health-center-services/medical>

Pillars Community Health Family Health Center at Anne M. Jeans Elementary

16W631 91st Street (Door 12)

Willowbrook, IL 60527

Riveredge Hospital

8311 W. Roosevelt Rd

Forest Park, IL 60130

Website: <https://riveredgehospital.com/>

Phone: (708) 209-4181

Riveredge Hospital offers a comprehensive continuum of inpatient and outpatient care for children, adolescents and adults with behavioral health issues. We are also proud to offer the only specialized inpatient behavioral health program for adults with an intellectual or developmental disability in the state. The multidisciplinary teams of mental health professionals provide compassionate, holistic treatment and supervision in a structured environment. Continued ongoing care is provided post-discharge through an enhanced discharge process with bridge appointments, specialized group therapy meetings and wellness checks. Group meetings are each designed to meet the specific needs of a particular patient type and facilitate a successful adjustment back to healthy daily activities. The program's goals are to provide structure, education, guidance and support so patients can return to their daily lives as quickly as possible with the tools they need to have healthy productive futures.

The Family Institute at Northwestern University

Through research, education, and clinical services, The Family Institute at Northwestern University is one of the nation's leading relationship-based behavioral health organizations committed to strengthening and healing children and adolescents, couples, families, and individuals. We are deeply committed to strengthening and healing the whole family system by bringing together the right partners to support children, adults, couples and families across the lifespan. As researchers, educators and therapists, we work with our clients and partner to see change.

Bette D. Harris Family and Child Clinic

We are committed to helping regardless of the ability to pay. Through the Bette D. Harris Clinic located within each of our four locations, therapists-in-training provide services on a sliding fee scale. Our staff therapists provide ongoing supervision and regular consultation. In the most complex cases, we provide team therapy with both a student and experienced therapist

working side-by-side. The Clinic is staffed by Northwestern University graduate level therapists-in-training, who are educated and supervised by highly trained licensed therapists. Research conducted at The Family Institute at Northwestern University has found that therapy provided by our graduate student therapists is significantly effective in reducing client distress and improving their relationships. Feedback from clients confirms high levels of satisfaction, and our largest source of referrals is from recommendations from former clients.

Upon assessment at the Clinic, a therapist-in-training will work with you to create a tailored treatment plan and goals, which you will work on over the course of the therapist-in-training's tenure at the Clinic (up to a year to a year and a half).

Our therapists-in-training work closely with expertly trained, licensed therapists to create a collaborative, deeply impactful, affordable therapy experience. At the end of your therapist's training, they will consider what further treatment options are recommended.

Fees in the Clinic are determined by your current financial situation and gross combined household income. Our lowest fees start at \$5 per session.

Local office:

Westbrook Corporate Center
One Westbrook Corporate Center
Tower One, Suite 300
Westchester, IL 60154
Website: www.family-institute.org
Phone: (847) 733-4300 (*Main intake #*)

Screening, Assessment and Support Services

The SASS initiative is a cooperative partnership between the Department of Children and Family Services (DCFS), the Department of Healthcare and Family Services (HFS) and the Department of Human Services (DHS). The development of the tri-department SASS program created a single, statewide system to serve children experiencing a mental health crisis whose care will require public funding from one of the three agencies. This program features a single point of entry (Crisis And Referral Entry Service, **CARES**) for all children entering the system and ensures that children receive crisis services in the most appropriate setting.

You can call the **CARES hotline** if you or someone you know is presenting in crisis and demonstrates at least one of the following risk factors: aggressive behavior with a plan or the means to carry out a plan that is likely to cause harm to self or others, even if that is not the intent; suicidal or homicidal behavior with a plan or the means to carry out the plan; or psychotic or displaying dissociative behaviors that are likely to require hospitalization to stabilize or prevent harm to self or others. The crisis worker can help the individual and/or family make a plan to help the individual remain in the community.

CARES hotline: (800) 345-9049

Thrive Counseling Center

120 South Marion Street

Oak Park, IL 60302

Website: <https://www.thrivecc.org/>

Phone: (708) 383-7500

Thrive Family Service is a comprehensive mental health center in Oak Park, Illinois. Located just steps from downtown Oak Park, our center is easily accessible from both Chicago and the near west suburbs. Thrive Counseling Center is a 501(c)(3) non-profit organization that has served the community since 1898.

Thresholds

4102 North Ravenswood Ave

Chicago, IL 60613

Website: www.thresholds.org

Phone: (773) 572-5500

Thresholds provides healthcare, housing, and hope for persons with mental illness and substance use conditions. Thresholds offers a variety of services including community outreach, case management, housing and residential programs, supported employment, integrated primary healthcare, substance use treatment, mental health therapy, and psychiatry.

Housing

Beds Plus

9601 Ogden Ave.

La Grange, IL 60525

Website: www.beds-plus.org

Phone: (708) 354-0858

BEDS Plus Care provides Emergency Overnight Shelter, Daytime Support and food at 19 locations in Chicago's southwest suburbs. BEDS Plus provides Homelessness Prevention help for people who are losing their homes due to a job loss, accident, unpaid medical expenses and other emergencies that have put their homes at risk.

Housing Forward

1851 S. 9th Ave.

Maywood, IL 60153

Website: www.housingforward.org

Phone: (708) 338-1724

Since 1992, we have transformed the lives of close to 15,000 people by helping them meet their immediate housing and crisis needs, addressing their health and income needs and transitioning them back to housing stability. Today, we're having a long-term impact on the communities of west Cook County by 1.) preventing the loss of housing before it occurs, 2.) alleviating the need for long-term shelter, 3.) moving people into sustainable permanent housing solutions and 4.) improving housing retention. Our mission is to transition people from housing crisis to housing stability. We offer a full range of programs and services that are 1) participant-centered, 2) integrated, 3) modeled using best practices and 4) designed to reduce the length of time and impact of trauma associated with homelessness and housing instability.



Legal Service Organizations (Free or Low-Cost)

Legal Aid Chicago

120 S. LaSalle Street, 10th Floor

Chicago, IL 60603

Website: www.legalaidchicago.org

Phone: (312) 341-1070



Legal Aid Chicago resolves critical legal problems that trap people in poverty. Legal Aid Chicago staff prevent unfair evictions from the only decent housing our clients can afford; protects survivors of sexual assault, human trafficking and domestic violence; secures or preserves desperately needed benefits such as veterans' benefits, social security or health benefits; assists senior citizens who have been swindled by consumer scams or robbed of their livelihoods through fraudulent consumer scams; and helps children receive the education they need to succeed. As advocates for people living in poverty, Legal Aid Chicago witnesses how structural racism thwarts the health and stability of low-income communities and perpetuates the cycle of poverty. Free legal aid is a tool to fight racism in all its forms. Legal Aid Chicago joins with legal aid organizations across the country to speak out and work against racial injustice, including racially-biased policing. Legal Aid Chicago strengthens the social safety net in our community and ensures that people living in poverty have a voice in the justice system. Each year it makes equal justice a reality for thousands of Cook County families

Chicago Volunteer Legal Services (CVLS)

33 N Dearborn Street, Suite 400

Chicago, IL 60602

Website: www.cvls.org

Phone: (312) 332-1624

CVLS is comprised of 2,400+ volunteer attorneys who donate free services to thousands of low-income Chicagoans annually. Our services are 100% free, accessible & real. We have done our best to bring together all the resources of the great city of Chicago. We do this by utilizing our small staff to support and train a pool of thousands of volunteer attorneys from more than 990 firms, companies, and organizations throughout the city. We support, organize and train these wonderful volunteers in order to make the biggest impact in the most cost-effective way possible. CVLS has 24 legal clinics across the Chicago area, hosted evenings and weekends at community organizations and churches, where you can talk with an attorney about your legal problem.

Nearby Clinic Locations:

Tressler LLP Legal Clinic at First Congregational Church of LaGrange

100 S 6th Avenue, LaGrange, IL 60525

Meets the 2nd Saturday of every month from Noon - 1:00 p.m.

Walk-ins welcome.

Housing Forward / St. John's Lutheran Church

305 Circle Avenue, Forest Park, IL 60130

Meets every 1st Friday of every October - May from 6:30 p.m. - 10:30 p.m.

Walk-ins welcome

The Chicago Legal Clinic

211 W. Wacker Dr., Suite 750

Chicago, IL 60606

Website: <http://www.clclaw.org/>

Phone: (312) 726-2938 (24/7 Intake Line)

Chicago Legal Clinic's mission is to identify legal needs and provide community-based quality legal services and education to the underserved and disadvantaged in the Chicago area, thereby promoting justice through greater access to the legal system. Our attorneys provide free or low-cost legal consultations and high quality representation. In support of our mission, we also provide free educational seminars on legal topics. Through our efforts, hundreds of thousands of clients have received legal assistance in a wide range of areas, including: immigration, protection from domestic violence, adoption, foreclosure, divorce, child support, guardianships, consumer issues, relief from criminal records, and the quest for social security disability benefits.

Legal Advocates for Seniors and People with Disabilities – (LASPD)

180 N. Michigan Ave., Suite 908

Chicago, IL 60601

Website: www.mylegaladvocates.org

Phone: (866) 785-3328

Fax: (312) 263-1637

E-mail: info@mylegaladvocates.org.

LASPD is a **nationwide** program of the Chicago Legal Clinic, Inc., a not-for-profit law office, offering low-cost legal services to qualified seniors and people with disabilities. Founded in 1981 by two law school classmates, Most Rev. Thomas J. Paprocki and Edward Grossman, to provide low-cost legal services, the Clinic now serves more than 25,000 clients each year.

Legal Services - Protection and Advocacy

Equip for Equality

20 N. Michigan Avenue, Suite 300

Chicago, IL 60604

Website: www.equipforequality.org

Phone: (312) 341-0022

Voice: (800) 537-2632

TTY: (800) 610-2779

We are an independent agency and our primary goal is to protect the civil and human rights of people with disabilities. We accomplish this through five strategies: self-advocacy assistance, legal services, public policy, monitoring, and training.

Lending Closets

Riverside Township Nurse's Closet

Riverside Town Hall

27 Riverside Road

Riverside, IL 60546

Website: www.riversidetownship.org

Phone: (708) 442-4400

E-mail: supervisor@riversidetownship.org

Nurse's closet provides durable medical equipment to township residents at no charge for up to 3 months. Examples include: walkers, knee scooters, crutches, canes, wheelchairs, bath/shower chairs, commodes, toilet seat risers, grabbers, and bed rails. Nurse's closet hours:

Mon-Weds 9:00 am – 3:30 pm

Thurs 9:00 am – 4:30 pm

Fri 9:00 am – 2:30 pm

St. Barbara's Medical Lending Closet

4008 Prairie Ave

Brookfield, IL. 60513

Website: <https://hgaparish.org/en/community-outreach/medical-lending-closet>

Phone: (708) 295-7336

Items available for lending include wheelchairs, walkers, commodes, transfer benches for bathtubs, toilet seat risers, etc.

Contact Aida Gatch to inquire about availability of needed equipment and to make an appointment for equipment pickup.

Hours: Tues. Weds. Thurs. 10am-2pm

United Cerebral Palsy/Infinitec DME Program

7550 W. 183rd Street (4 blocks west of Harlem)

Tinley Park, IL

Website: <http://www.infinitecdme.org/>

Phone: (708) 444-8460 ext. 230

Contact: Matina Travis, Program Facilitator E-mail: mtravis@upcnet.org

The mission of Infinitec's DME project is to provide a durable medical equipment resource to benefit children and adults with permanent or temporary disabilities, and to provide an outlet for individuals to donate durable medical equipment. The Durable Medical Equipment Exchange is a free service that connects people with disabilities to organizations, companies and individuals who have available durable medical equipment they can use. Equipment includes items such as: wheelchairs, scooters, walkers, canes, crutches, power chairs, commodes, seating and positioning items.

Pet Resources

A.D.O.P.T. Pet Shelter - Blessed Bonds Crisis Assistance Program

420 Industrial Dr.

Naperville, IL 60563

Website: www.adoptpetshelter.org

Phone: (630) 355-2299

We believe in keeping people and pets together. The vision of our Blessed Bonds crisis assistance program is to keep pets out of the animal welfare system and in homes where they belong. One of the top ten reasons people give up their pets is because of personal problems/medical crisis; for example, someone going into a hospital for two weeks or losing their home to foreclosure. Blessed Bonds offers temporary assistance to those who want to keep their animal companions but are having difficulties that interfere with their ability to meet their pet's daily needs.

Anti-Cruelty Society SAFE Program

510 N. LaSalle St.

Chicago, IL 60654

Website: <https://anticruelty.org/>

Phone: (312) 644-8338



Short-term accommodations for emergencies:

Whether because of a house fire, natural disaster, medical condition, or domestic violence, people from all walks of life can find themselves temporarily displaced from their home. Recognizing that there is a need for emergency sheltering of pets, The Anti-Cruelty Society has established the SAFE program. Providing 30 days of free care to approved applicants, this invaluable service keeps pets safe while their owners seek out new housing.

General Information:

- The Anti-Cruelty Society will provide daily food, water, socialization, exercise, and basic preventive medical care for pets in the program.
- Pets admitted into the program will also receive vaccinations, spay/neuter surgery, and a microchip, free of charge, if needed.
- Confidentiality is of utmost importance. Only the referring agency and The Anti-Cruelty Society's program coordinators will have any client identifying information.
- Animals who are admitted into the program are either housed on-site or are placed in one of our licensed foster homes.
- Owners whose pets remain on-site are encouraged to visit weekly.

Program Guidelines:

- The SAFE Program is for one-time use. Applicants who have utilized the service in the past will not be eligible to enroll again.
- SAFE clients are required to communicate their housing status weekly.
- Pets who are entering the program must be in good health and behaviorally sound.
- Pets who are housed in foster care are not available for visitation.
- Program space is limited. Clients are served on a first-come, first-serve basis.

Additional Considerations:

The Anti-Cruelty Society provides the best possible care for each animal during their sheltering period. Potential clients should, however, note that there are inherent risks in boarding any animal, including but not limited to changes in the animal's behavior or weight, or contraction of a contagious illness. For this reason we encourage pet owners to exhaust every other option before applying to enter their pet into the SAFE Program. In the event that an animal's health or behavior suddenly declines, The Anti-Cruelty Society may request that an animal be removed from the program. The SAFE Program provides housing for a maximum of 30 days. If an owner is unable to find new accommodations after a month has elapsed The Anti-Cruelty Society reserves the right to place the animal up for adoption.

Link to the SAFE program application:

https://anticruelty.org/sites/default/files/ACS-Documents/SAFE_Program_Application_TYPABLE_2019.pdf

Phone: (312) 645-8092 (for questions)

Fax: (312) 644-3878

Email: foster@anticruelty.org

Drop off at the Adoption Center: 510 N. LaSalle Street,
Chicago, IL 60654

Postal Address: 157 W. Grand Avenue Chicago, IL 60654



PAWS Chicago

1997 N. Clybourn Ave.

Chicago, IL 60614

Website: www.pawschicago.org

Phone: (773) 935-PAWS

Fax: (773) 549-5760

PAWS Crisis Care Program

When faced with financial hardship, feeding and caring for a family pet can be difficult, sometimes impossible. Sadly, beloved pets who would otherwise be sources of companionship and support during these trying times are often given up. Our ***Pet Food Bank*** is here to help people keep their pets.

Our Pet Food Bank provides emergency assistance to families facing unemployment, foreclosure, or other financial crises, enabling pets to stay in their home. We offer pet food and supplies, such as cat litter and litter boxes, leashes, collars, cat carriers, and other essentials until the family is back on their feet and can once again provide for their pet. In addition, we provide free spay/neuter and vaccinations for pets of families in need. When crisis hits, animals need help, often in the form of temporary homes. A crisis can be as big as a natural disaster or hoarding situation, in which many animals need help at the same time. Or it can be a family hit with a short-term financial hardship that has left them temporarily unable to care for their pet. PAWS has a ***foster program*** to assist those needing a safe place for their pet to stay temporarily.

Website: <https://www.pawschicago.org/our-work/crisis-support/crisis-care-program/>

Phone: (773) 475-9426

Red Door Animal Shelter Café Program

2410 West Lunt Avenue

Chicago, IL 60645

Website: <http://www.reddoorshelter.org/>

Phone: (773) 764-2242

E-mail: info@RedDoorShelter.org

CAFÉ is a pet food assistance program for low-income or fixed-income families and individuals. CAFÉ can provide between 7 to 10 days of cat or dog food per month to help clients keep their pets despite financial difficulties. This program is not intended to provide all the food necessary to sustain a pet; rather, CAFÉ offers a supplement to help in difficult times.

Clients of CAFÉ must meet the following requirements:

- Clients must show proof of their low-income or fixed-income status. This includes Social Security letters, Unemployment Awards letters, Disability Award letters, Medical cards, etc., plus proof of address.

- All animals belonging to clients must be spayed or neutered and clients must provide verification.

Individuals who meet these requirements are eligible to receive food once a month through CAFÉ. **Food is distributed the last Friday of the month, 1 p.m., at Howard Area Community Center [www.howardarea.org], 7648 N. Paulina, Chicago.** New clients may sign up for CAFÉ on that last Friday at Howard Area Community Center.

Substance Abuse Centers

Illinois Helpline for Opioids & Other Substances

Website: www.HelplineIL.org

Phone: (833) 2FINDHELP

Text "HELP" to 833234

Gateway Foundation

Websites: www.GatewayFoundation.org or www.recovergateway.org

Phone: (877) 505-HOPE (4673)

Aurora

400 Mercy Ln.

Aurora, IL 60506

Phone: (630) 966-7400

Fax: (630) 897-7539

Chicago River North

415 N. Dearborn St.

Ste. 510

Chicago, IL 60654

Phone: (312) 464-9451

Fax: (312) 464-9547

Independence

3828 W. Taylor St.

Chicago, IL 60624

Phone: (773) 318-6201

Haymarket Center

932 W. Washington

Chicago, IL 60607

Website: <http://www.hcenter.org/>

Phone: (312) 226-7984

Fax: (312) 226-0047

The mission of Haymarket Center is to aid people with substance use disorders in their recovery by providing comprehensive behavioral health solutions.

Thresholds

4102 North Ravenswood Ave
Chicago, IL 60613
Website: www.thresholds.org
Phone: (773) 572-5500

Thresholds provides healthcare, housing, and hope for persons with mental illness and substance use conditions. Thresholds offers a variety of services including community outreach, case management, housing and residential programs, supported employment, integrated primary healthcare, substance use treatment, mental health therapy, and psychiatry.

Rosecrance

Website: www.rosecrance.org
Phone: (815) 928-5278
Email: info@rosecrance.org

Rosecrance is a private not-for-profit organization offering behavioral health services for children, adolescents, adults, and families. Rosecrance offers comprehensive addiction and mental health services through a variety of programs. Rosecrance has more than 50 locations in Illinois, Wisconsin, and Iowa.

WayBack Inn

Website: www.waybackinn.org
Phone: (708) 344-8422 ext. 1 for intake
Fax: (708) 344-2944
Email: wbi@waybackinn.org

The Way Back Inn and Grateful House serves adult men and women who are suffering from alcohol, drug, and gambling dependence. The Way Back Inn and Grateful House has recovery programs in Oak Park, Maywood, Forest Park, Melrose Park, and Chicago, Illinois. Our overall goal is to help clients achieve continuous sobriety. Everyone is welcome.

Veterans Services

Edward Hines, Jr. VA Hospital

5000 South 5th Avenue

Hines, IL 60141

Website: <https://www.hines.va.gov/>

Phone: (708) 202-8387



Edward Hines, Jr. VA Hospital, located 12 miles west of downtown Chicago on a 147-acre campus, offers primary, extended and specialty care and serves as a tertiary care referral center for VISN 12. Specialized clinical programs include Blind Rehabilitation, Spinal Cord Injury, Neurosurgery, Radiation Therapy and Cardiovascular Surgery. The hospital also serves as the VISN 12 southern tier hub for pathology, radiology, radiation therapy, human resource management and fiscal services. Hines VAH currently operates 483 beds and six community based outpatient clinics in Hoffman Estates, Kankakee, Oak Lawn, Aurora, LaSalle, and Joliet. More than 850,000 patient visits occurred in fiscal year 2017 providing care to more than 57,000 veterans, primarily from Cook, DuPage and Will counties.

Hines VA Hospital Veterans Food Pantry

5000 S. 5th Avenue, Auditorium, Bldg 9, Section D (past the Canteen)

Hines, IL 60141

Phone: (708) 202-8387, ext. 21024

Every Thursday: 10:00 a.m. – 1:00 p.m

Veterans only (*Bring ID: VA ID card, DD214 and photo ID, VA appointment slip and photo ID*)
No income requirement; provides meat, fresh produce, eggs. Veterans may access the pantry once per month.

Midwest Veterans Closet

2323 Green Bay Road

North Chicago, IL 60064

Website: <http://www.midwestveteranscloset.org/>

Phone: (847) 354-2108

Midwest Veterans Closet is a not-for-profit Rapid Response Resource organization taking the lead in impacting Veterans' lives by providing life's basic needs to enlistees, families, and Veterans – clothing household items, shoes and boots, linens, books, music and movie cd's – DVD's and food from our Food and Nutrition Resource Center. Also housing and employment

assistance as available. Always with integrity, we collaborate with people like you to impact the lives of families of heroes who serve(d) America. We serve them with weather appropriate clothing, household items, furniture, food, and job and housing leads when available, but always hope and dignity. We are located in North Chicago, Illinois near the Captain James A. Lovell Federal Healthcare Center and Naval Station Great Lakes. We are proud of our Drop-In Center and Career Closet where Veterans and active-duty military come for basic computer training, job search assistance and sometimes placement, professional wear for job searches and interviews, a cup of coffee and snacks when available, lots of conversation and very much needed camaraderie.

The Road Home Program at Rush University Medical Center

1645 West Jackson Boulevard - Suite 602
Chicago, IL 60612

(Easily accessible by public transportation. Parking is available across the street)

Website: <https://roadhomeprogram.org/>

Phone: (312) 942-8386

Email: team@roadhomeprogram.org

The Road Home Program at Rush (member of the Warrior Care Network) provides comprehensive, evidence-based treatment in a safe and supportive environment. We understand that it takes courage to seek treatment and we are committed to helping you through this difficult time. We take the time to learn your unique situation and tailor our care to best serve your individual needs. The Road Home Program offers specialized mental health care and social service programs that help military veterans and their families make a healthier transition to civilian life. The Road Home Program helps fill gaps in mental health care not provided by the Veterans Administration (VA). Services at the Road Home Program are provided regardless of the veteran's discharge status or ability to pay.

West Suburban Road Home Program

1917 W. Roosevelt Road
Broadview, IL

Website: www.roadhomeprogram.org

Phone: (312) 942-8387 (VETS)

The West Suburban Road Home Program provides counseling, support and mental health care services to veterans regardless of discharge status or ability to pay. Our services are available at Healthcare Alternative Systems Building on Thursdays from 11:00 am – 7:00 pm. Come in anytime or call ahead for an appointment. For public transportation (RTA routes and schedules) call (312) 836-7000.



If you are in immediate need of help, call 911 or the Veteran Crisis Center at (800) 273-8255 (press 1) or the National Suicide Prevention Hotline at (800) 273-8255 (TALK), all are available toll-free 24 hours every day.

Veterans Crisis Line

Website: <https://www.veteranscrisisline.net/>

Phone: **(800) 273-8255 (and press 1)**

Support for deaf and hard-of-hearing: **(800) 799-4899**

Text: **838255**

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of them are Veterans themselves.

This free, confidential support is available every day, 24/7; it serves all Veterans, all Service Members, National Guard and Reserve, and their families members and friends.

Vocational Rehabilitation/Employment/Advocacy Services

Illinois Department of Human Services - Vocational Rehabilitation

Website: <https://www.dhs.state.il.us/page.aspx?item=29737>

IDSH Helpline: (800) 843-6154

TTY: (866) 324-5553

We help people with disabilities find and keep jobs. Our goal is to help our customers find quality employment that pays a living wage and offers a chance for advancement. Our staff talk to people about their employment needs and help them find a job or get ready to go to work. They also make sure that people have the supports they need to stay on the job.

We offer specialized VR services for people who are:

- [Blind or Visually Impaired](#)
- [Deaf or Hard of Hearing](#)
- [Hispanic or Latino with disabilities](#)

We help high school students who have disabilities plan for their futures after high school graduation through our Transition and STEP programs. Our Work Incentive Planning and Assistance Program helps people who receive SSDI/SSI benefits understand how working will affect their benefits. Our Supported Employment Program (SEP) serves eligible people with significant disabilities who want to go to work and need on-going support services to succeed on the job.

National Able Network

567 W. Lake Street, Suite 1150

Chicago, IL 60661

Website: <https://www.nationalable.org/>

Phone: (312) 994-4200 or toll free: (855) 994-8300

Our programs are designed to assist job seekers from all backgrounds, including the **unemployed, career changers, military veterans, seniors, and aspiring IT professionals.**

National Able Network® is a nonprofit agency working to serve individuals, families and communities by bringing together qualified job seekers and businesses.

Since 1977, Able's experienced, multicultural professionals provide the training, the personal skills, and the job search techniques that help people enter or re-enter the workforce as quickly and as easily as possible.

American Job Center - Southwest Suburban Cook County

7222 West Cermak Road - Suite #301

North Riverside, IL 60546

Website: <https://southwest-suburban-cook-county-american.business.site/>

Phone: (708) 222-3100

Employment resource center, we provide help, obtaining jobs and grants to attend school, for free. Our center, frequently hosts job fairs and career fairs. We provide all job information here at our center, whether it be flyers or direct phone calls at **708-222-3100**. Anyone is welcome to attend our career or job fairs.

Ticket to Work

Website: <https://choosework.ssa.gov/>

Phone: Call 1-866-968-7842

TTY: 1-866-833-2967

Social Security's Ticket to Work Program supports career development for Social Security disability beneficiaries age 18 through 64 who want to work. This is an employment resource for people who are receiving Social Security Disability benefits (SSDI, SSI) and wish to seek employment. The Ticket Program is free and voluntary. The Ticket Program helps people with disabilities progress toward financial independence.

Other Services

Illinois Department of Human Services Family Community Resource Center –FCRC

2701 W. Lake St.
Melrose Park, IL 60160
Phone: (708) 338-7600

This local FCRC can provide a doorway to a variety of benefits, programs, and services offered directly by the Department of Human Services, or through our contracted providers. Cash assistance, SNAP (Supplemental Nutrition Assistance Program) and medical assistance are three benefits our customers most often seek through this Division.

The Illinois Department of Children and Family Services

Website: <https://www2.illinois.gov/dcfs/Pages/default.aspx>
DCFS Info and Assistance (Advocacy Office): (800) 232-3798
Child Abuse Hotline: (800) 25-ABUSE (22873)

2020 W. Roosevelt
Chicago, IL 60608
Phone: (312) 793-3689

OR

1701 S. 1st Ave.
Maywood, IL 60153
Phone: (708) 338-6600

The mission of Illinois DCFS is to protect children who are reported to be abused or neglected and to increase their families' capacity to safely care for them; provide for the well-being of children in our care; provide appropriate, permanent families as quickly as possible for those children who cannot safely return home; support early intervention and child abuse prevention activities and work in partnerships with communities to fulfill this mission.

The Social Security Office

7222 Cermak Road, Suite 600
North Riverside, IL 60546
Website: <https://www.ssa.gov/>
Phone: (800) 772-1213

The United States Social Security Administration is an independent agency of the U.S. federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivors benefits.