



# Community Resource Guide

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Updated 2025

## Evergreen Park Community Resource Guide

Updated in 2025 with organizations for a wide variety of resources, needs, and initiatives.

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# Adult Education/GED/Literacy Information and Resources

## **EP Library, Career Online High School**

Accredited online high school diploma for adults 21+

[Career Online High School - Evergreen Park Public Library](#)

Evergreen Park Public Library

Jenna Harte-Wisniewski

[Hartj@evergreenparklibrary.org](mailto:Hartj@evergreenparklibrary.org)

**Learning Express Library** - variety of practice resources for GED

[Online Resources - Evergreen Park Public Library](#)

Evergreen Park Public Library

Jenna Harte-Wisniewski

[hartj@evergreenparklibrary.org](mailto:hartj@evergreenparklibrary.org)

**Udemy** - access to over 20,000 professional/personal development videos.

[Online Resources - Evergreen Park Public Library](#)

Evergreen Park Public Library

Jenna Harte-Wisniewski, [hartj@evergreenparklibrary.org](mailto:hartj@evergreenparklibrary.org)

## **VCC/GED/Diploma Program**

[Adult Basic Education - Moraine Valley Community](#)

# Alcohol and Drug Information and Resources

## **Illinois Dept. of Human Services**

Office of Alcohol and Substance Abuse

101 S. Clinton St

Chicago, IL 60607

State of Illinois Voice Mail System

312-814-3840

## **Caritas Central Intake**

140 N. Ashland

Chicago, IL 60607

1-800-962-1126

312-850-9411

## **Little Company of Mary Hospital**

Behavioral Health Service

2800 W. 95" st.

Evergreen Park, IL 60805

708-422-0110

Office # 708-450-1880

## **Nar-Anon**

1126 N. Maple

LaGrange, IL 60525 -708-848-4884

## **New Hope Recovery Center: Chicago**

<https://nhcsc-chicago.org/>

773-737-9555

## **South Suburban Counsel on Alcohol and Substance Abuse**

<https://sscouncil.org/>

1909 Checker Square

East Hazelcrest, IL 60429

708-647-3333

## **Substance Abuse Prevention**

<http://candorhealthed.org>

## **Solly's Place**

4239 W 95th St

Oak Lawn, IL 60453

(708) 529-0188

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

# Anonymous Groups

## **Alcoholics Anonymous**

<https://www.chicagoaa.org/>

312-346-1475

## **Narcotics Anonymous**

708-848-4884

<https://na.org/> or

<https://www.nar-anon.org/find-a-meeting>

800-477-6291

Main Office #: 708-450-1880

## **Rice Child & Family Center**

<https://rice.district65.net/>

1101 Washington St.

Evanston, IL 60202

847-859-8700

## **Overeaters Anonymous**

Chicago South Suburban Intergroup

P.O. Box 257

Oak Lawn, IL 60453

[www.OA.org](http://www.OA.org)

708-346-0000

## **Little Company of Mary Hospital & Health Care Centers**

708-229-5480

The following support groups hold meetings at Little Company of Mary Hospital, but are not affiliated with the hospital. They invite walk-ins.

## **Alcoholics Anonymous**

312-346-1475

# Bereavement

## **Children's Grief**

### **RAINBOW**

1007 Church St Suite 408

Evanston, IL 60201

<https://rainbows.org/>

## **Barr Harris Children's Grief Center at Little Company of Mary Hospital & Health Centers**

312-922-7474 ext. 310

Counseling for Death or Divorce

Separation for Children

[www.barrharris.org](http://www.barrharris.org)

## **Heart Connection at Little Company of Mary**

708-229-5484

## **Living When a Loved One Has Died at Little Company of Mary Hospital & Health Centers**

708-229-5484

Support Group for Parents of Murdered Children

Contact Person: Pat Nichols

708-720-6104

## **Compassionate Friends @ LCMH**

Richalena Taylor

708-748-6840

# Blindness

Illinois Society for the Prevention of Blindness

Prevent Blindness America

211 W. Wacker Suite #1700

Chicago, IL 60606

<https://eyehealthillinois.org/>

# Blood Pressure

## **Blood Pressure Screenings At Little Company of Mary**

Call for days and times  
708-229-5830

## **National High Blood Pressure Education Program**

National Heart, Lung, and Blood Institute  
Building 31  
31 Center Drive  
Bethesda, MD 20892  
<https://www.nhlbi.nih.gov/>

# Bones

## **National Resources on Osteoporosis & Related Bone Diseases**

2 AMS Circle  
Bethesda, MD 20892  
202-223-0344  
<https://www.niams.nih.gov/health-topics/bone-health-and-osteoporosis>

# Cancer Information

## **American Cancer Society**

17060 Oak Park, IL 60477  
Tinley Park, IL 60477  
708-633-7770

## **American Cancer Society**

225 N. Michigan Suite #1200  
Chicago, IL 60601  
312-641-6150

## **Medical Equipment Loaner Program of Evergreen Park (citizen services)**

Office of Citizen Services  
708-422-8776

## **Worth Township Medical Equipment Loaner Program**

708-371-2900

## **Hospice for Terminally Ill**

Little Company of Mary Hospital Home Based Services  
9800 Southwest Highway  
Oak Lawn, IL 60453

708-229-4663

**Leukemia & Lymphoma Society of Illinois**

651 W. Washington Suite #400  
Chicago, IL 60661  
312-651-7350

**Mammogram Testing: Central Scheduling**

Little Company of Mary Hospital  
708-499-8550

**Illinois Breast and Cervical Cancer Screening Program**

<https://dph.illinois.gov/topics-services/life-stages-populations/womens-health-services/ibccp.html>  
888-522-1282

**Illinois Department of Public Health Women's Health Line**

<https://dph.illinois.gov/>  
888-522-1282

**American Cancer Society**

Hotline Breast Cancer  
1-800-227-2345  
[www.illinoiscancerhelp.org](http://www.illinoiscancerhelp.org)

**Oncology Support Groups at Little Company of Mary Hospital & Health Care Centers**

708-229-6015

**C.H.E.E.R. (Choices, Humor, Enhancement, Education, Renewal for Patients and Families Living with Chronic Illness.**

Meets at Little Company of Mary Hospital  
708-423-5774

**Free Wig Program for Cancer patients**

American Cancer Society  
Oak Forest IL.  
[www.cancer.org](http://www.cancer.org)  
{doctors order required}

**Look Good, Feel Better (LGFB)**

1875 Connecticut Street Suite #730  
Washington, D.C. 20009  
{Division Service Center} [www.cancer.com](http://www.cancer.com)  
1-800-395-5665

**Prostate Cancer Support Group**

Co-sponsored by Us Too International at Little Company of Mary Hospital  
Kelly Walsh

708-229-6015

Meets the first Thursday of each month

**Prostate Cancer Help Line**

**1-800-808-7866**

Us too international support group

Cancer Resource Center

888-227-6333

[www.ustoo.org](http://www.ustoo.org)

ACS City patient services center

**National Association for Continence Bowel and Bladder**

450 W. Hwy 22

Barrington, IL 60010

[www.nafc.org](http://www.nafc.org)

1-800-252-3337

**Women's Health Line**

Illinois Breast & Cervical Cancer Screening Program

[PPH.owhline@illinois.gov](mailto:PPH.owhline@illinois.gov)

888-522-1282

**Pancreatic Cancer Action Network**

2141 Rosecrans Ave. #700

El Segundo, CA 90245

310-725-0025

**Cancer Center: Integrative Therapy Department At Little Company of Mary Hospital**

708-229-6015

**Little Company of Mary Physical Therapy Lymphedema Program**

Janelle Trippany PTDPT, CLT

Chamaine Boncaron CT, CLT Occupational Therapy

708-229-5525

708-229-5645

**Cancer Support Center:**

Homewood Location

2028 Elm Rd. Homewood, IL. 60430

708-798-9171

Mokena Location

19657 S. LaGrange Rd.

Mokena, IL. 60448

708-478-3529

Website: [www.cancersupportcenter.org](http://www.cancersupportcenter.org)

**Free Mammograms**

[www.sistersnetworkchicagochapter.org](http://www.sistersnetworkchicagochapter.org)

# Child and Family Guidance

## **Institute for Psychoanalysis**

Barr Harris Children's Grief Center at Little Company of Mary Hospital & Health Care Centers  
Counseling for Death, Divorce, Separation for Children

[www.barrharris.org](http://www.barrharris.org)

312-922-7474

## **Fit Matters Program**

At La Rabida Hospital

773-363-6700

## **Care & Counseling Center**

Evergreen Park Ministry, Inc.

3900 W. 95" St

Evergreen Park, IL 60805

708-425-3999

## **Rainbow**

Purpose: Support group for children who have experienced a change in their life through divorce or death.

1360 Hamilton Parkway

Itasca, IL 60143

847-952-1770

## **Cook County Dept. of Public Health**

Kathy Dunn, Nursing Supervisor

1022 S. 76th Ave. Room #250

Bridgeview, IL 60455

708-974-6160

## **Chicago Christian Counseling**

Children's Grief Program at Little Company of Mary Hospital & Health Care Centers

708-229-5480

## **Anger Behavioral Specialist: Leann Mackovitch**

3522 w. 111st Chicago, IL. 60655 -708-203-6621

For adults & children court ordered programs

## **LOSS: Loving Outreach to Survivors of Suicide**

721 North LaSalle St.

Chicago, IL 60654-1257

312-655-7283

<https://www.catholiccharities.net/behavioral-health-programs/loss-loving-outreach-to-survivors-of-suicide/>

**Cook County Department of Health Hot Line**

1010 Lake Street Oak Park, IL

<https://cookcountypublichealth.org/>

**Women, Infant & Children Program (WIC)** Free supplemental food program for women & children in financial need

Free supplemental food program for women & children in financial need

**Children's Home & Aid Society**

125 S. Wacker Dr.

Chicago, IL 60606

312-424-0200

**Emergency Financial Assistance**

Salvation Army

Village Pantry Coalition

Office of Citizens' Services

Beth Novotney 229-3369

**Catholic Church - St. Vincent DePaul**

Most Holy Redeemer Church

Queen of Martyrs Church

St. John Fisher church

**Evergreen Park Youth Commission**

3450 W. 97<sup>th</sup> St.

Evergreen Park, IL 60805

708-229-3377

**Heart Connection**

Jacobs Well Church

[www.chicagochristiancounseling.org](http://www.chicagochristiancounseling.org)

**Teen LGBTQ Mental Health Resources**

[It Gets Better](#)

**SXU Birth to Three PI Grant Program**

Lori Winkler

[SXU Birth to Three Program Brochure](#)

**Recreation/Sports**

EP REC DEPT

708-229-3373

<https://www.evergreenpark-ill.com/176/Recreation-Department>

**EP Youth Department**

708-229-3377

<https://www.evergreenpark-ill.com/182/Youth-Department>

### **Before-and/or After-School Programs**

[All Schools Before Care](#)

[All but CMS Aftercare](#)

Lisa Lopez - [ellopez@d124.org](mailto:ellopez@d124.org) - 708-423-0950 x2145

### **Woori Taekwondo**

Grandmaster Kwan Pil Kim

(708) 422-0078

<https://www.woorimartialarts.com/>

### **EP Library**

#### **Tutoring/Remedial Education**

Brain Fuse Help Now -online tutoring for students K-College

<https://home.brainfuse.com/>

[Online Resources - Evergreen Park Public Library](#)

#### **[Seaside Learning Center](#)**

Meredith McBride

#### **Mango Learning-12 Languages**

[Online Resources - Evergreen Park Public Library](#)

<https://mangolanguages.com/k12/>

EP Learning Center

## Dental

American Dental Association

211 E. Chicago Ave

Chicago, IL 60111

[www.ada.org](http://www.ada.org)

(312) 440-2500

## Dermatology

#### **American Academy of Dermatology**

9500 W Bryn Mawr Ave

Suite 500, Rosemont, IL 60018

(847) 330-0230

<https://www.aad.org/>

#### **Skin Cancer Foundation**

149 Madison Ave. Suite #901

New York, NY 10016

[www.skincancer.org](http://www.skincancer.org)

212-725-5176 - 1-800-962-3260 - Donation pickup center

# LITTLE COMPANY OF MARY HOSPITAL HEALTH EDUCATION CENTER

708-423-5774

## **Regular Health Services**

Healthy Heart Lab Screening  
Blood Pressure Testing  
Thyroid Screenings  
Annual Men's Wellness Event  
Low dose CT Lung Cancer Screening  
Wake Up Call Screening  
Vitamin D. Screenings  
A1C Screenings  
Thyroid Screenings

## **Lifestyle Programs**

Smoking Cessation  
Hypnosis  
Nutrition Counseling  
708-229-5429

<https://www.osfhealthcare.org/hospitals/little-company-of-mary/programs-services/nutrition>

## **Specialty Programs**

Special Events/Programs  
Wellness Lectures  
Weight Management  
Diabetes Management

<https://www.osfhealthcare.org/hospitals/little-company-of-mary/programs-services>

## **Children's Programs**

LCM Babysitting Class  
Fitness  
Low impact exercise classes  
Tai Chi

<https://www.osfhealthcare.org/hospitals/little-company-of-mary>

## **AT LITTLE COMPANY OF MARY HEALTH EDUCATION CENTER**

Stress Relief  
Hypnosis:for Weight and Smoking  
Massage Therapy

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

## **Women's Wellness Consultants Community Lectures**

Signature events:

Girls Night Out: September  
Celebrate the Heart of Woman: February  
708-423-5774  
708-229-5830

### **Maternal Child Education Programs**

Baby Care Basics  
Birthing Basics  
Lamaze Refresher  
Parenting Classes  
Sibling Classes  
Having a Baby at LCMH Tour  
Hypnobirthing  
708-423-3070  
773-620-3829

## Digestive Disorders

### **Celiac Sprue Assn.**

P.O. Box 31700  
Omaha, NE 86131-0700  
[http://www.csaceliacs.org/about\\_us.jsp](http://www.csaceliacs.org/about_us.jsp)

### **National Digestive Disease Information**

<https://www.niddk.nih.gov/health-information/digestive-diseases>

## Dietary Help

### **Overeater Anonymous**

Linda R. Harper, Ph.D. and Mario M. Gaito, Ph.D.  
Licensed Clinical Psychologists 3830 W. 95" St.  
Evergreen Park, IL 60805  
708-346-0000  
708-423-5330  
<https://www.healthgrades.com/providers/linda-harper-3jbch>

### **Little Company of Mary Hospital Bariatric Centers**

2850 w 95" st.  
Evergreen Park, IL 60805  
708-229-5969  
[Little Company of Mary Hospital Bariatric Centers](#)

### **University of Illinois Eating Disorder Clinic**

912 S. Wood St.  
Chicago, IL 60612 =[University of Illinois Eating Disorder Clinic](#)

**Lil's Dietary Specialty Store**  
2738 W. 111<sup>st</sup>.  
Chicago, IL 60655  
[www.lilsdietaryshop.com](http://www.lilsdietaryshop.com)  
773-239-0355

## Diabetes Center

**Little Company of Mary Hospital**  
2800 W. 95th St.  
Evergreen Park, IL 60805  
708-229-5629

**Nutritional Counseling at Little Company of Mary Hospital and Health Care Centers**  
708-229-5629

**Nutritional Hotline at Little Company of Mary Hospital and Health Care Centers**  
708-229-5429

**Diabetes Support Group at Little Company of Mary Hospital**  
708-229-5629

## Family Crisis

**Child Abuse/Neglect**  
Illinois Dept. of Children and Family Services Chicago, IL 60616  
Hotline: Springfield, IL  
1-800-252-2873

**Domestic Violence**  
Crisis Center for South Suburbs  
708-429-7233  
[Crisis Center for South Suburbia](#)

**Domestic & Sexual Violence Hotline**  
1-877-863-6338  
24/7 MULTILINGUAL: Illinois Resident  
[www.batteredwomensnetwork.org](http://www.batteredwomensnetwork.org)  
Domestic Violence Outreach Ministry Archdiocese of Chicago  
[Domestic Violence Outreach - Parish Vitality and Mission](#)

**Catholic Charities South Regional Services**  
South Suburban Services  
16100 Seton  
South Holland, IL 60473  
708-333-8379

**Catholic Charities Southwest Region Office**

7000 W. 111 SE

Worth, IL 60482

Call for supplemental food packages:

9AM-Noon and 1-4PM

Mon, Thurs, and Fri

708-430-0428

**Domestic Violence (National)**

TTY (Deaf)

1-800-787-3224

**YMCA**

UIC Counseling Center

1200 West Harrison Street

2010 SSB, (MC 333)

Chicago, Illinois 60607

Phone: (312) 996-3490

**Loving Outreach to Survivors of Suicide (LOSS)**

Catholic Charities - Cook County

721 N. LaSalle St.

Chicago, IL 60654

[www.catholiccharities.net/loss](http://www.catholiccharities.net/loss)

312-655-7283

**South Suburban Family Shelter**

P.O. Box 937

Homewood, IL 60430

708-335-3028

**Family Services/Family Crisis**

Oak Lawn Family Services

9401 S. 53rd Court

Oak Lawn, IL 60453

<https://www.genesistherapy.org/>

708-423-3361

**Rainbow House**

4149 W. 26th St

Chicago, IL 60623

Women's Crisis Center

<https://www.iiconline.org/charities/rainbow-house/>

**YMCA**

Women's Services  
1 N LaSalle St #1700  
Chicago, IL 60602  
312-372-6600 Ext. 272 & 273  
Crisis Line: 888-293-2080

**Parenting**

Parents Without Partners  
<https://parentswithoutpartners.org/>  
1-800-637-7974  
(Support, social and educational Activities for single parents)

**Parenting Education**

EP Library, Parenting Collection  
Laura Meyer, meyerl@evergreenparklibrary.org  
<https://www.evergreenparklibrary.org/about-us/more-information/meet-our-staff>

**A New Direction**

Beverly Morgan Park  
Rita Ryan  
773-253-7226  
(Certified Domestic Violence Professional) Email: ritaryan500@gmail.com  
<https://www.anewdirectionbmp.org/>

**Shelters:**

[South Suburban Pads](#)  
708-754-4357  
Free emergency overnight shelter from 7 pm to 7am October 1 thru April 30

**Certified/Licensed Marriage and Family Counselors****Thomas K. Jacobs, M.A., L.C.P.C.**

**Office:** 20 N Clark St Ste 2650, Chicago, IL 60602  
**Counselor Office:** 3759 W 95th St Ste 3  
Evergreen Park, IL 60805-2000  
Phone: (866) 296-5262

**Kathy Stathos, M.S., LMFT**

9901 S Western Ave Ste 207  
Chicago, IL 60643-1800  
Phone: (773) 238-9766

**Sister Jude Moore, R.N., LCSW, DCSW**

Ministry Office of Sacred Heart Parish

8245 West 111th Street

Palos Hills, IL.

708-974-3336, EXT 222

Fees are negotiable; scheduling is flexible.

**Vet Center /Trauma Center**

7731 S. Halsted St Chicago, Il. 60620

773-962-3740

<https://www.va.gov/chicago-health-care/locations/auburn-gresham-va-clinic/>

**Gleaves Consulting**

Nancy Gleaves, L.C.P.C, R.A.D.C.

Kenneth Gleaves Ph.D.,L.C.P.C., C.A.D.C

3220 W. 98" St. Suite # 204 & 206

Evergreen Park, Il. 60805

708-422-2885

<https://evergreenparktherapy.com/>

**The Center for Self-Actualization**

Individual and group counseling & yoga

Tammy Bobel

<https://www.forselfactualization.com/>

# Food and Nutrition

## **Aging Care Connections**

111 W. Harris Ave LaGrange, IL 60525

M-F 8:30A.M.-4:30P.M.

[www.agingcareconnections.org](http://www.agingcareconnections.org)

312-744-5000 (311 Call Center for City of Chicago)

## **Emergency Food Shelter**

(Chicago Residents Only)

Dept. of Human Services

1-800-654-8595

Aging Care Connections - 708-354-1323 - [www.cityofchicago.org](http://www.cityofchicago.org)

## **Evergreen Park Community Center**

Food Pantry

2700 W. 98th

Evergreen Park, IL 60805

Open Fridays only from 10am-Noon and 2-4pm

Contact: Mary Ann Diehl - <https://www.eppantry.org/> - [epfoodpantry@evpkadm.org](mailto:epfoodpantry@evpkadm.org) - 708-629-8526

## **Plows/Meals on Wheels**

Meals on Wheels

Dept of Aging: Palos, Lemont, Orland, Worth Townships

(Referring Agency; will refer to meal providers)

[www.plows.org](http://www.plows.org)

708-361-0219

South Suburban

Senior Service of Catholic

Charities

15300 S. Lexington

Harvey, IL 60426

708- 596-2222

## **St. Blase Site**

Catholic Charities Southwest Main

Office Southwest Region

Food Pantry

708-430-0428

7438 S. 75th

Summit, IL

## **Catholic Charities Food Program**

Food pantry info: 708-563-2407

Main Office: 708-430-0428

**Chicago Dept of Aging – 312-744-4016**

# Hearing and Speech

## **Chicago Hearing Society**

2001 N. Clybourn

Chicago, IL 60614

Hours: 8:30 - 4:30 pm

[www.chicagohearingsociety.org](http://www.chicagohearingsociety.org)

## **Sertoma Speech & Hearing Center**

10409 Roberts Rd.

Palos Hills, IL 60465

[www.sertomacenter.org](http://www.sertomacenter.org)

708-599-9500

Fax: 708-599-2791

## **Speech, Swallowing, and Communicative Disorders**

at Little Company of Mary Hospital and Health Care Centers

2800 W. 95" St.

Evergreen Park, IL 60805

708-229-5285

# Home Health

## **Home Instead Senior Care**

12416 S. Harlem Suite #100

Palos Heights, IL 60463

708-671-2648

[Home Instead Palos Heights](http://HomeInsteadPalosHeights.com)

## **Little Company of Mary Hospital**

Home Based Services

9800 Southwest Highway

Oak Lawn, IL 60453

708-229-4663

## **Doubek Medical Supply and Pharmacy**

11350 S. Cicero Ave.

Alsip, IL 60803

708-293-1122

<https://doubekmedical.com/>

## **Little Company of Mary Hospital Mobile Medical Care**

708-229-6985

**Little Company of Mary Hospital**

Health Care Centers, Home Based Services & Hospice  
9800 Southwest Highway  
Oak Lawn, IL 60453  
708-229-4663

**Lutheran Social Services**

1001 E. Touhy # 50  
Des Plaines, IL 60018  
847-635-4600  
<https://www.lssi.org/>

**Caregivers Connection to Health**

**Sponsored by Little Company of Mary Hospital Home Health**  
(support group for families caring for loved ones)  
LCM Social Worker  
708-229-4663  
708-229-6913

## Hotlines

**Alcohol Anonymous**

[www.chicagoaa.org](http://www.chicagoaa.org)  
312-346-1475

**Al-Anon, Family, Al A Teen**

888-425-2666

**Spanish & French**

312-850-0949

**Adult Children of Alcoholics**

1-800-279-4440

**Narcotics Anonymous/24 hr hotline**

**Helpline & Treatment Program**  
708-848-4884

**Nar-Anon Referral World Service Office**

1-818-773-9999

**Abused/Battered Women & Children 24 hr. Hotline**

[www.cawc.org](http://www.cawc.org)  
773-278-4566

**Child Abuse Hotline**

1-800-252-2873

**Elder Abuse Hotline/Adult Protective**

(Illinois Dept. of Aging)

866-800-1409

**Chicago/Illinois Domestic Violence**

24/7; multilingual

877-863-6338

**Missing Children National Hotline**

Child Search

1-800-316-HOPE

**RAINBOWS for all children**

(Support Group for Loss or Divorce)

847-952-1770

**Breast Cancer Network of Strength**

(Support for all issues dealing with breast cancer)

212 W. Van Buren 5th Floor

Chicago, IL 60607

1-800-221-2141

<https://www.guidestar.org/profile/36-3049954>

**Prevent Blindness America**

225 W Wacker Dr #400, Chicago, IL 60606

1-800-331-2020

<https://preventblindness.org>

**National Osteoporosis Foundation**

[www.nof.org](http://www.nof.org)

1-800-223-9994

**HIV/AIDS - Illinois**

9am-9pm Mon-Sat

1-800-243-2437

<https://hivcareconnect.com/>

**American Psychological Assn.**

Public Information Line

[www.illinoispsychology.org](http://www.illinoispsychology.org)

1-800-964-2000

**A New Direction: Beverly Morgan Park**  
Certified Domestic Violence Professional  
<https://www.anewdirectionbmp.org/>  
Email: [ritaryan500@gmail.com](mailto:ritaryan500@gmail.com)  
773-253-7226

**Nursing Home Complaints**  
1-800-252-4343

**Organ Donation/Donate life**  
<https://donatelife.net/>  
804-377-3580

**Poison Centers Chicago**  
Area and State  
1-800-942-5969  
<https://www.illinoispoisoncenter.org/>

**STD (Sexually Transmitted Disease) Hotline**  
8am-10pm 7 days a week  
1-800-243-2437

**Loving Outreach Survivors of Suicide (LOSS)**  
Cook County  
312-655-7283

**The National Suicide Prevention Lifeline**  
Available 24/7  
Also Veterans Crisis Line  
1-800-273-8255

**Suicide/Crisis Prevention**  
988 Suicide & Crisis Lifeline  
[Get Help - 988 Lifeline](#)

**National Council on Alcoholism and Drug Dependence**  
[www.ncadd.org](http://www.ncadd.org)  
1-800-622-2255

**National Stroke Assn.**  
1-800-787-6537  
<https://www.stroke.org/en/>

**Suicide Hotline Crisis & Advocate Crisis Hotline (24/7)**  
773-296-5380

**Mental Health America**  
1-800-969-6642 <https://mhanational.org/>

**Alzheimer's Association**

1-800-272-3900

<https://alzfdn.org/>

**American Cancer Society**

1-800-227-2345

<https://www.cancer.org/>

**American Diabetes Assoc.**

1-800-232-3472

<https://diabetes.org/>

**American Dietetic Assoc.**

[www.eatright.org](http://www.eatright.org)

**American Heart & Stroke Assoc.**

1-800-242-8721

<https://www.heart.org/en/>

**Asthma & Allergy Foundation**

1-800-727-8462

<https://aafa.org/>

**Domestic Violence**

National Domestic Violence Hotline (available 24/7)

1-800-799-SAFE

<https://www.thehotline.org/>

**American Lung Association**

1-800-586-4872

<https://www.lung.org/>

**American Medical Assn.**

515 N State St

Chicago, IL 60610

312-464-5000

<https://www.ama-assn.org/>

**American Brain Tumor Assn.**

8550 W. Bryn Mawr Ave Suite 550

Chicago, IL 60631-3225

Fax #: 773-577-8738

<https://www.abta.org/>

**Cancer Information Services of National Cancer Institute**

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

1-800-422-6237

**National Dating Abuse (24/7)**

[www.loveisrespect.org](http://www.loveisrespect.org)

866-331-9474

**National Council on the Aging**

251 18th St. South Suite 500

Arlington, VA 22202

1-800-424-9046

Fax: 517-527-3901

<https://www.ncoa.org/>

**Multiple Sclerosis**

425 W. Monroe St.

Chicago, IL 60661

<https://donate.nationalmssociety.org/>

312-421-4500

1-800-344-4867

**Arthritis Foundation**

Available 24/7

1-800-283-7800

<https://www.arthritis.org/>

## Maternal, Child, and Infants

**Maternal/Child Baby line**

Little Company of Mary Hospital Baby Care

Breast Feeding Preparation for labor/birth

708-423-3070 Ext 2229

**Courage Unplanned Pregnancy**

Counseling and Advice

Free Pregnancy Testing

9711 S Kolin Ave, Oak Lawn, IL 60453

708-636-8001

<https://www.courageprogram.org>

**Program for Parents at Little Company**

Infant CPR

Parenting Classes

Feeling Good About Me

708-423-3070

**Archdiocese of Chicago**

Natural Family Planning

Respect Life Office

312-534-8273

312-534-5354

**Archdiocese of Chicago**

Family Ministries Office

**Marriage Preparation Program**

312-534-8351

<https://pvm.archchicago.org/>

Chicago Dept. of

**Public Health Administrative office:**

Nutrition Services/WIC program

333 S. St. St Room 200

Chicago, IL 60604

[www.cityofchicago.org/health](http://www.cityofchicago.org/health)

312-747-9140

Fax 312-747-8799

**Birth Certificate Copies for**

**Evergreen Park**

Evergreen Village Hall

9418 S. Kedzie

708-422-1551

Evergreen Park, IL 60805

(For Little Company of Mary Births Only)

**Peri-natal Bereavement of**

**Northwest Community**

**Hospital**

Anna Ven

Coordinator of services

Arlington Heights, IL

847-618-3208

**Postpartum Support International**

[www.postpartum.net](http://www.postpartum.net)

Jennifer Mudd Houghtaling

1-800-944-4773

**Postpartum Depression**

Hotline English/Spanish

866-364-6667

(24/7) interpreter

# Housing Assistance

## **Catholic Charities Southwest Region**

South Suburbs  
708-430-0428  
Client Services/Cook County  
312-655-7700

## **Dept of Human Services**

Emergency Shelter  
Chicago Residents ONLY  
Chicago #311  
<https://www.chicago.gov/city/en/>

## **The PORT Ministries**

5013 S. Hermitage  
Chicago, IL 60609  
[www.theportministries.org](http://www.theportministries.org)  
773-778-5955

## **PADS Programs**

10037 S. Ridgeland  
Oak Lawn, IL 60453  
North Tier PADS  
708-233-1221  
<https://www.sspads.org/>

## **Human Services Community Referrals**

Call: 211

# Legal Assistance

## **Advanced Directives**

Living Will & Durable Power of Attorney For Healthcare  
Little Company of Mary Hospital  
Pastoral Care Department  
708-229-5480

## **Attorney General's Office**

Senior Hotline  
Consumer Complaints  
1-800-243-5377

## **Call a Lawyer**

Chicago Bar Assn.  
Lawyer Referral Service  
321 Plymouth St.  
Chicago, IL 60604  
312-554-2001  
[Chicago Referral Service](#)

## **Legal Assistance Foundation**

Chicago South Office  
900 E. 162nd St.  
South Holland, IL 60473  
312-341-1070  
708-271-4950

## **Elder Abuse**

Illinois Dept of Aging  
421 E. Capitol Ave Suite #100  
Springfield, IL 62701-1789  
866-800-1409

## **Legal Aid Bureau**

Lawyer Referral Program  
Legal Bureau of United Charities  
121 N. LaSalle Room #100  
Chicago, IL 60603  
312-986-4200

## **City of Chicago Support and Family Services**

(Senior Division)  
312-744-4016

# Mental Health Resources

## **NAMI of Chicago**

National Alliance of Mental Illness  
1536 W. Chicago Ave.  
Chicago, IL 60622  
312-563-0445

## **National Institute of Mental Health**

American Psychological Assn.  
1-800-964-2000  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

**Behavioral Health at Little  
Company of Mary Hospital**  
708-422-0110

## **Beverly/Morgan Park Mental Health**

1987 W. 111<sup>th</sup> St. Suite 1  
Chicago, IL 60643  
312-747-1100

## **Counseling Center and Associates**

Susan Merl Nachison, M.S.  
10200 Cicero Ave Suite #201  
Oak Lawn, IL 60453  
708-423-1133

## **Department of Human Services**

For home services up to age 59  
Chicago Residents ONLY  
8600 S. Pulaski  
Chicago, IL 60652  
Ask for office in your zip code  
773-838-5660

## **Bipolar Support Group**

Meets 2nd and 4th Tues each month  
6:30-8:30pm FREE  
Silver Cross Hospital  
1200 Maple Rd  
Joliet, IL

## **Partial Psychiatric Hospitalization at Little**

Company of Mary Hospital  
708-422-0110

**National Assn. of Anorexia Nervosa and Associated Disorders**

[www.anad.org](http://www.anad.org)

**Catholic Charities Counseling**

South Suburban Regional Services

708-333-8379

**West Suburban Client Services**

1400 S. Austin

Cicero, IL

312-655-7725

**Center for Spiritual Health**

**Morgan Park Baptist Church**

11024 S. Bell

Chicago, IL 60643

[www.morganparkbaptist.org](http://www.morganparkbaptist.org)

773-445-9443

**Linda R. Harper, PH.D. Licensed Clinical Psychologist**

3830 W. 95th St Suite #110

Evergreen Park, IL 60805

708-423-5330

**Greater Lawn Mental Health**

4150 W. 55th St.

Chicago, IL 60632

312-747-1020

**Blue Cap**

2155 Broadway St

Blue Island, IL 60406

708-389-8137

<https://www.blue-cap.org/>

**Palos Psychiatric Recovery Inst.**

708-448-8470

***Temporarily closed***

**Metropolitan Family Services Southwest**

10537 S. Roberts Rd.

Palos Hills, IL 60455

708-974-2300

[https://www.metrofamily.org/community\\_center/southwest/](https://www.metrofamily.org/community_center/southwest/)

**Oak Lawn Family Services**

1111 E. 87th Suite 300

Chicago, IL 60619

773-413-1818

<https://greenwoodplacechicago.com/medical/>

**Hartgrove Hospital Intensive Outpatient Program**

5730 W. Roosevelt Rd

Chicago, IL. 60644

773-413-1720

<https://hartgrovehospital.com/our-programs/outpatient-services/>

**International Emotions Anonymous**

12 Step Program for anyone wanting emotional heal

P.O. Box 4245

St. Paul, MN 55104

651-647-9712

**Depression and Bipolar Support Alliance**

55 E Jackson Blvd #490

Chicago, IL 60604

(312) 642-0049

**Anxiety Disorder Assn.**

240-485-1001

<https://adaa.org/>

**Kolbe House Jail Ministry Assumption Church**

2434 S. California Ave

Chicago, IL 60608

773-247-0070

[kolbehouseministry.org](http://kolbehouseministry.org)

# Free Medicare or Sliding Scale Mental Health Clinics

## **Grand Prairie Services**

19530 Kedzie Ave.  
Flossmoor, IL 60422  
708-799-2200

## **Grand Prairie Services**

15406 Lexington  
Harvey, IL 60426  
708-596-5900

## **Metropolitan Family Services**

Midway Location  
3843 W. 63rd St.  
Chicago, IL 60617  
773-371-2900

## **Metropolitan Family Services**

Calumet Center  
235 E. 103rd St  
Chicago, IL 60628  
773-371-3600

## **Metropolitan Family Services**

Southwest Location  
13136 S. Western Ave  
Blue Island, IL 60406  
708-371-5170

## **Englewood Mental Health**

1140 W. 79<sup>th</sup> St.  
Chicago, IL 60620

## **Palos Township Services**

10802 S. Roberts Rd.  
Palos Park, IL 60465  
708-598-2441

## **Stickney Township: "for Stickney residents only"**

5636 State Rd  
Burbank, IL 60459  
708-424-9200

## **Worth Township**

11601 S. Pulaski Rd.  
Alsip, IL 60803

**Roseland Mental Health Center**

28 E 112 Place  
Chicago, IL 60628

**Pillars**

8020 W. 87" St  
Hickory Hills, IL 60457  
708-745-5277

## Health Related Programs and Services Affiliated with Little Company of Mary Hospital and Health Care Centers

**Care Station**

5660 W. 95" St  
Oak Lawn  
708-499-2273

**Oak Lawn Outpatient Care Center**

6700 W. 95th St.  
Oak Lawn, IL  
708-974-7600

**Free Pregnancy Testing (Courage)**

708-636-8001

**Case Management Dept.**

708-229-5700

**Little Company of Mary CHF Clinic**

708-229-4957

**Little Company Senior Services**

(Senior Services)  
Education Resources  
Medicare billing assistance/Insurance counseling  
708-229-5456

**Little Company of Mary Hospital & Health Care Centers Mobile Medical Programs**

708-229-6985

**Little Company of Mary Cancer Center & Integrated Therapy Programs**

Caregivers Support Group  
Kelly Walsh, M.S. LCPC  
708-229-6015

**Little Company of Mary Bariatric Surgery Center**

708-229-5969

**Home Based Services**

Skilled Nursing  
IV Therapy  
Physical & Occupational Therapy  
9800 Southwest Hwy.  
Oak Lawn, IL 60453  
708-229-4663

**Hospice Program**

9800 Southwest Hwy.  
Oak Lawn, IL 60453  
708-229-4663

## Organizations Related to Various Health Topics

**American Heart Association**

208 s. LaSalle St. Suite #1500  
Chicago, IL 60604  
312-346-4675  
1-800-242-8721

**American Cancer Society**

17060 S. Oak Park Ave.  
Tinley Park, IL 60477  
708-633-7770

**Academy of Nutrition & Dietetic Assn.**

120 S. Riverside Plaza Suite 2190  
Chicago, IL 60606  
312-899-0040

**Arthritis Foundation Greater Chicago Chapter**

205 N Michigan Ave  
Chicago, IL 60601  
312-372-2080

**Brain Injury Assn. of Illinois**

[www.biaill.org](http://www.biaill.org)  
312-726-5699

**Epilepsy Foundation of Greater Chicago**

17 N. State  
Chicago, IL 60602  
312-939-8622  
<https://epilepsy-chicago.org/>

**Illinois Departments of Women's Health**

9730 S. Western Ave  
Suite 700  
Evergreen Park, IL 60805  
(708) 425-1907  
Juvenile Diabetes Research Foundation  
11 S LaSalle St. Suite 1800  
Chicago, IL 60602  
(312) 346-3111

**St Leo's Residence For Veterans**

7750 S. Emerald  
Chicago, IL 60620  
773-651-9950

**Lupus Society of Illinois**

411 S Wells St Suite 503  
Chicago, IL 60607  
312-542-0002

**National Multiple Sclerosis Society Chapter Greater Illinois**

525 W Monroe St #1510  
Chicago, IL 60661  
800-344-4867

**National Kidney Foundation of Illinois**

215 W. Illinois St. Suite #1C  
Chicago, IL 60610  
312-321-1500

**Poison Center TTY/TDD**

1-800-222-1222

**American Parkinson's Disease Assn.**

at Central DuPage Hospital  
Glenview, IL 60026  
[www.apdaparkinson.org](http://www.apdaparkinson.org)  
1-800-223-2732

**Scleroderma Foundation of Greater Chicago**

1 S Dearborn St Suite 2000  
Chicago, IL 60603  
312-660-1131

**U.S. Department of Veterans Affairs**

**American Diabetes Assn.**  
55 E. Monroe Suite #3420  
Chicago, IL 60603  
1-800-827-1000  
312-346-1805

**North Shore University**

Medical Group  
Neurologic Institute  
1-847-657-5787

**Social Security**

1-800-772-1213

**March of Dimes**

111 W. Jackson Blvd. #1650  
Chicago, IL 60604  
312-435-4007

**Kidney & Urology Foundation**

63 West Main St Suite 6  
Freehold, NJ  
[www.kidneyurology.org](http://www.kidneyurology.org)  
1-800-633-6628  
212-629-9770

**American Liver Foundation**

67 East Madison St. Suite 1614  
Chicago, IL 60603  
[www.liverfoundation.org](http://www.liverfoundation.org)  
312-377-9030  
1-800-465-4837

## Respiratory Resources

**Respiratory Health Association of Metropolitan Chicago**

1440 W. Washington Blvd.  
Chicago, IL 60607  
312-243-2000

**Huff and Puff Club Pulmonary Function Lab**

Little Company of Mary Hospital & Health Care Centers  
2800 W. 95<sup>th</sup> St.  
Evergreen Park, IL 60805  
708-229-6558

# Respite Care Facilities

## **Good Shepherd Center for Exceptional Children**

17314 Kedzie Ave

Hazel Crest, IL 60429

708-335-0010 ext # 22

mmcloughlin@gscenter.org

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

For children ages 0-18 with Autism, Cerebral palsy, Epilepsy, or Mental Retardation

Email: mmcloughlin@gscenter.org

## **Homewatch Caregivers**

8723 W. 95" St

Hickory Hills, IL.

60457

708-448-4068

Fax:

708-443-4266

Website: <http://www.homewatchcaregivers.com/find-a-caregiver/llinois>

## **LARK**

19043 Wentworth Ave

Lansing IL. 60438

708-474-1540

Fax: 708-474-1586

Website: <http://larclansing.com/index.php>

Contact: Lora Hurling

Email: [lhayes@larclansing.com](mailto:lhayes@larclansing.com)

## **Lutheran Social Services of Illinois**

1001 E. Touhy # 50

DesPlaines, IL 60018

847-635-4600

Website: <https://www.lssi.org/services/>

Email: [info@lssi.org](mailto:info@lssi.org)

## **New Horizon Center for D.D.**

6737 W. Forest Preserve Ave Chicago IL. 60634

773-286-6226 ext # 223

Fax: 773-286-7674

Contact Alana Coco

Email: [ckilcoyne@algxmail.com](mailto:ckilcoyne@algxmail.com)

# Little Company of Mary Hospital -Case Management Department - Long Term Care Facilities

**Alden Wentworth Nursing Home**

201 W. 69th St.  
Chicago, IL  
773-487-1200

**Alden Princeton Nursing Home**

255 W. 69th St.  
Chicago, IL  
773-224-5900

**Aperion Care Oak Lawn**

9401 S. Ridgeland  
Oak Lawn, IL  
708-599-6700

**Aperion Care Burbank**

5701 W. 79th St.  
Burbank, IL  
708-499-5400

**Belhaven Convalescent Center**

11401 South Oakley  
Chicago, IL  
773-233-6311

**Bridgeview Healthcare Center**

8100 South Harlem  
Bridgeview, IL  
708-594-5440

**Bronzeville Nursing and Rehab**

3400 S. Indiana  
Chicago, IL  
312-842-5000

**California Gardens Nursing & Rehab Center**

2829 South California Blvd  
Chicago Ridge, IL  
773-847-8061

**Chicago Ridge Nursing Center**

10602 Southwest Highway  
Chicago Ridge, IL  
708-448-1540

**Concord Extended Care**

9401 South Ridgeland  
Oak Lawn, IL  
708-599-6700

**Crestwood Terrace**

13301 South Central  
Crestwood, IL  
708-597-5251

**Exceptional Healthcare**

5701 W 79th St  
Burbank, IL 60459  
708-499-5400

**Forest Edge Healthcare and Rehab**

8001 S. Western  
Chicago, IL  
773-436-6600

**Glenshire Nursing Center**

22660 Cicero & Imperial  
Richton Park, IL  
708-747-6120

**Lemont Center**

12450 S. Walker Road  
Lemont, IL  
630-243-0400

**Midway Neurological**

8540 S. Harlem  
Bridgeview, IL  
708-598-2605

# Sexually Transmitted Diseases - HIV and AIDS - Programs and Facilities

## **Alexian Brothers Bonaventure House**

HIV/AIDS Transitional Housing  
825 W. Wellington  
Chicago, IL 60657  
773-327-9921

## Senior Programs and/or Resources

### **Alzheimer's & Geriatrics**

Assessments at Little Company of Mary Hospital  
2800 W. 95" St.  
Evergreen Park, IL 60805  
708-229-5625

### **Alzheimer's Association**

1-800-272-3900  
<https://www.alz.org/>

### **American Association of Retired Persons**

222 N. LaSalle Street, Suite 710  
Chicago, IL 60601  
866-448-3613

### **Catholic Charities**

721 N. LaSalle  
Chicago, IL 60610  
312-655-7000  
<https://www.catholiccharities.net/>

### **Chicago Department of Senior Services**

6117 S. Kedzie  
Chicago, IL 60629  
312-747-0440

### **RTA Public Transportation**

Travel Information Center  
Chicago Suburbs  
312-836-7000  
<https://www.rtachicago.org/riders/how-to-ride>

### **Illinois Department of Aging**

160 N. LaSalle Suite #700  
Chicago, IL 60601

312-814-2630  
<https://ilaging.illinois.gov/>

**Illinois Department of Aging Helpline**  
1-800-252-8966

**Washington Aging & Disability Services**  
14 Jefferson Office Building #2  
Washington, D.C.

**Japanese Cultural Center/Classes Only**  
8512 S. Cicero Ave  
Burbank, IL 60459  
708-857-8577

**Leading Age**  
2519 Connecticut Ave NW  
Washington, D.C. 20008  
<https://leadingage.org/about-us/>  
202-783-2242

**Mobile Medical Care Program**  
Little Company of Mary Hospital & Healthcare Centers  
708-229-6985

**United States Social Security Administration**  
1-800-772-1213

**PLOWS Council on Aging**  
7808 College Dr. 5th Fl  
Palos Heights, IL 60463  
(Cook, Lemont, Orland, Worth Townships only)  
708-361-0219  
<https://pathlights.org/>

**Illinois Dept. on Aging**  
421 E. Capital  
Springfield, IL 62701-1789  
1-800-252-8966

**Office of Citizen Services**  
3450 W. 9th St.  
Evergreen Park, IL 60805  
708-422-8776

**Addus Healthcare Adult Day Services**  
11950 South Harlem Avenue  
Suite 202-4  
773-223-3337

**Villa at Evergreen Park**  
10124 S. Kedzie  
Evergreen Park, IL 60805  
708-907-7000

**St. Xavier University**  
**The Renaissance**  
(Senior Programs)  
3700 W. 103rd St.  
Chicago, IL 60655  
773-298-3149  
773-298-3050  
<https://www.renaissancechgo.org/>

**Aging Care Connections**  
111 W. Harris  
La Grange, IL 60525  
708-354-1323

**Arden Courts/Alzheimers**  
Assisted Living  
7880 W. College Dr.  
Palos Heights, IL 60463  
708-361-8070

**Home Instead Senior Care Facility**  
Brad Dahleen  
12416 S. Harlem #100  
Palos Heights, IL 60463  
708-671-2648

**Northside Community Nutrition Network**  
Meals on Wheels  
7222 Cermak Rd  
North Riverside, IL 60546  
(312) 207-5290  
<https://cnssa.org/>

**Worth Township Medical Equipment Loaner Program**  
(Clinic, Minibus service, etc.)  
708-371-2900

**The Eldercare Locator**  
U.S. Administration on Aging  
<https://eldercare.acl.gov/Public/Index.aspx>  
1-800-677-1116

# Support Groups

## **Little Company of Mary Hospital**

Caregivers Connection to Health

708-229-6913

Jessica Allison

## **Les Turner ALS Foundation**

5550 W. Touhy Suite #302

Skokie, IL 60077

847-679-3311

Meets 10 A.M.-Noon 3" Sat. of the month at LCMH

<https://lesturnerals.org/>

## **Alcohol Anonymous**

[www.chicagoaa.org](http://www.chicagoaa.org)

312-346-1475

## **Narcotics Anonymous/24 hr hotline**

Helpline & Treatment Program

708-848-4884

<https://na.org/>

## **Cocaine Anonymous**

312-346-1475

## **Al Anon/Al a Teen**

888-425-2666

## **AA Meetings Al Anon Al a Teen Services**

Chicago

[Niafg.org](http://Niafg.org)

312-409-7245

## **Adult Children of Alcoholics**

1-800-279-4440

[Adultchildren.org](http://Adultchildren.org)

## **L.O.S.S./Suicide: Catholic Charities**

**Support Group**

312-655-7725

<https://www.catholiccharities.net/behavioral-health-programs/loss-loving-outreach-to-survivors-of-suicide/>

## **Barr-Harris Children's Grief Counseling (LCMH)**

708 Church St Sat 203

Evanston, IL 60201

(312) 897-1420

<https://barrharriscenter.org/>

**Grief - Children**

4650 Sunset Blvd., MS #30  
Los Angeles, CA 90027  
877-536-2722  
<https://grievingstudents.org>

**Celiac Support Group**

3851 W 95th St  
Evergreen Park, IL 60805  
(708) 581-4911

**Compassionate Friends** (for bereaved parents and siblings)

At LCMHHCC  
Richelena Taylor  
708-748-6840  
<https://www.compassionatefriends.org/>

**CHEER** (Choices for Humor, Enhancement, Education, and Renewal for patients and families with life-threatening illness)

708-423-5774

**Divorce Recovery**

Christ Church of Oak Brook  
501 Oak Brook Road  
Oak Brook, IL 60523  
630-654-3233  
<https://www.christchurch.us/divorcecare>

**Emotions Anonymous**

847-370-6937  
Contact - Don M  
<https://emotionsanonymous.org/>  
(Emergency & Non-emergency)

**Grief Support Group/Pastoral Care**

Children & Adults (for children 5-17)  
at Little Company of Mary Hospital  
708-229-5480

**Laryngectomy/Speech Therapy**

Swallowing Disorders  
708-229-5285

**Metastatic Breast Cancer Support Group**

Meets 6:30P.M.-7P.M. 1st Tues. of the month at LCMH  
708-229-6015

**National Multiple Sclerosis Society (M.S.)**

312-421-4500

**Overeaters Anonymous**

Chicago South Suburban Intergroup  
www.region5OA.org  
708-346-0000

**Women and Children of Domestic Violence**

Advocate Health Care  
Message Center  
1-800-323-8622  
**Choices Family Program**  
708-429-7255

**Domestic Violence Center**

708-429-7255

**Healthy Advisory**

1-800-323-8622

**Depressive/ Bipolar Support Group**

800-826-3632

[Bipolardepressionoptions.com](http://Bipolardepressionoptions.com)

**Arthritis Foundation of Chicago**

35 E. Wacker  
Chicago, IL. 60601  
312-372-2080

**Brain Injury Assn. of Illinois**

[biail.org](http://biail.org)  
312-726-5699

**American Brain Tumor Assn.**

[ABTAhope.abta.org](http://ABTAhope.abta.org)  
800-886-2282

# Alzheimer Caregiver Support Groups

## **Villa Healthcare Evergreen Park**

10124 S. Kedzie

Evergreen Park, IL 60805

708-907-7000

<https://www.avantaraevergreenpark.com/>

## **Peace Memorial Village & Circle Inn**

Alzheimer's/Dementia Support Groups

10310 Village Circle Dr.

Palos Park, IL 60464

<https://peacevillage.org/>

Fred Greewe Community Center

708-671-2470

<https://www.seniorcare.com/assisted-living/il/palos-park/peace-village/17841/>

## **Arden Courts of Palos Heights**

7880 W. College Dr.

Palos Heights, IL 60464

708-361-8070

## **Alzheimer's Assn.**

National Headquarters

225 N. Michigan Ave Floor #17

Chicago, IL 60601

312-335-8700

## **ALIYA Healthcare on 87th**

2940 W. 87th St.

Chicago, IL 60652

773-434-8787

<https://www.aliyahc.com/aliya-on-87th>

## **Smith Village Therapy Department**

11308 S. Oakley

Chicago, IL 60643

(Meets 4th Tues of every month except May, June, July, and December)

6:30pm-7:30pm

773-474-7385

<https://smithvillage.org/>

## **Alzheimer Association Help Line**

847-933-2413 or 1-800-272-3900

**LaGrange**

Adventis LaGrange Memorial Hospital

5101 S. Willow Springs Rd.

7pm-8pm 1st Tues of the month

708-245-8083

<https://www.uchicagomedicineadventhealth.org/uchicago-medicine-adventhealth-la-grange>

**Southwest Suburban Center for Aging**

111 W. Harris Ave

708-354-1323

LaGrange, IL 60525

7-8 PM. First Friday of the Month

[www.agingcareconnections.org](http://www.agingcareconnections.org)

## Illinois Medicare Phone Numbers

**Social Security Admin. (SSA)**

[www.ssa.gov](http://www.ssa.gov)

1-800-772-1213

**General Medicare Questions**

1-800-633-4227

[www.medicare.gov](http://www.medicare.gov)

Railroad Retirees Part 8

Part A Claims DME Claims

**United Mine Workers America**

1-800-843-8109

Health and Retirement Funds

**Federal Black Lung Program**

US Dept. of Labor

1-800-638-7072

**Medicare Quality**

Improvement Organization (QIO)

Illinois Foundation for Quality Organization

Illinois Foundation for Quality Healthcare

[www.healthfinder.gov](http://www.healthfinder.gov)

**Illinois Dept. of Aging**

1-800-252-8966

[www.aoa.gov](http://www.aoa.gov)

**Office of the Secretary of State (Senior Veterans)**

Jesse White Office/Public Information Line

1-800-252-2904

**Office of the Attorney General**

Kwame Raoul

<https://www.illinoisattorneygeneral.gov/index>

1-800-386-5438

217-782-1090

**Illinois Dept. of Insurance**

217-782-4515

**Illinois Dept. of Aging**

<https://ilaging.illinois.gov/>

1-800-252-8966

## Vision Services

**Chicago Lighthouse for the Blind**

1850 W. Roosevelt Rd.

Chicago, IL 60608

312-666-1331

**Office of Rehabilitation**

**Blind Services Coordinator**

1010 Dixie Hwy

Chicago Heights, IL

4th Floor

708-709-3333

**Illinois Talking Book Outreach Center**

125 Tower Dr

Burr Ridge, IL. 60527

[www.illinoistalkingbooks.org](http://www.illinoistalkingbooks.org)

800-426-0709

**American Foundation for the Blind**

2 Penn Plaza Suite #1102

New York, NY 10121

<https://www.afb.org/>

**Eyecare Affordability**

Meyer Eyecare, Blue Island

Jill Meyer, Owner

<https://www.meyereyecare.com>

# Advocacy Groups

## **Arab American Action Network**

<http://aaan.org>

773-436-6060

## **Women Employed**

[www.womenemployed.org](http://www.womenemployed.org)

312-782-3902

## **NOW, Nat'l Org for Women-Chicago Chapter**

200 N. Michigan Suite #602

Chicago, IL 60601

<https://chinow.org/>

773-669-5114

## Sources and Information For Children With Special Needs

### **Autism Support Group**

Trinity Evangelical Covenant Church

9230 S. Pulaski Rd.

Oak Lawn, IL 60453

708-422-5111

### **Chicagoland Autism Connection**

<https://www.chicagoautism.org/>

### **National Center for Children with Disabilities**

Family Resource Center

20 E. Jackson Blvd Room 300

Chicago, IL 60604

[https://dsccl.uic.edu/dsccl\\_resource/family-resource-center-on-disabilities-frcd/](https://dsccl.uic.edu/dsccl_resource/family-resource-center-on-disabilities-frcd/)

312-952-4199

### **Asthma and Allergy Foundation of America**

[www.aafa.org](http://www.aafa.org)

800-727-8462

### **National Childhood Cancer Foundation**

Care Search

4600 E. West Hwy. Suite #600

Bethesda, MD 20814

1-800-458-6223

[www.nccf.org](http://www.nccf.org)

### **United Cerebral Palsy Association**

[www.ucp.org](http://www.ucp.org)

1-800-872-5827

**Muscular Dystrophy Association**

[www.mdausa.org](http://www.mdausa.org)

1-800-572-1717

**Cystic Fibrosis Foundation**

[www.cff.org](http://www.cff.org)

1-800-344-4823

**Easter Seals Society**

233 S. Wacker Dr Suite #2400

Chicago, IL 60606

[www.easterseals.com](http://www.easterseals.com)

**The Epilepsy Foundation of Greater Chicago**

17 N. State St Suite 650

Chicago, IL. 60602

800-273-6027

[www.epilepsy.com](http://www.epilepsy.com)

**Kids with Heart National**

**Organization Children with Heart**

**Disorders**

<https://kidswithheart.org/>

1-800-538-5390

**National Heart, Lung, and Blood Institute**

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

301-592-8573

**National Hemophilia Foundation**

[www.hemophilia.org](http://www.hemophilia.org)

212-238-3700

**National Kidney Foundation**

[www.kidney.org](http://www.kidney.org)

1-800-622-9010

**March of Dimes Birth Defects Foundation**

New York Division

[www.modimes.org](http://www.modimes.org)

212-353-8383

**National Organization for Rare Disorders**

[www.rarediseases.org](http://www.rarediseases.org)

1-800-999-6673

**Illinois Elks Children's Care**

Children's Orthopedic Clinic-Free

Call for Appointment

217-483-3020

**Spina Bifida Association of America**

www.sbaa.org  
1-800-621-3141

**Cure SMA**

925 Busse Rd.  
Elk Grove Village, IL 60007  
[www.cureSMA.org](http://www.cureSMA.org)  
1-800-886-1762

**National Spinal Cord Injury Association**

www.spinalcord.org  
1-800-962-9629

**Christopher and Dana Reeve Foundation**

<https://www.christopherreeve.org/>

**American Association on Intellectual and Developmental Disabilities**

[www.aaid.org](http://www.aaid.org)

**Oak Lawn Park District**

708-857-2200  
Special Olympics

**Stacks Social Club**

9400 S. Troy Ave.  
Evergreen Park, IL 60805  
(708) 422-8522  
Host: Mary Black  
Occurs only during school year

**Special Needs Recreation**

Spectrum of Smiles  
Knight AB Consulting - Accepts Medicaid

## Certified/Licensed Marriage and Family Counselors

**Thomas K. Jacobs, M.A.,L.P.C.**  
3759 W. 95" st. suite 3  
Evergreen Park, IL 60805-2000  
866-296-5262

**Patricia Maksoudian, M.S. LMFT CT**  
10654 S. Western Ave. Suite #3  
Chicago, IL 60643  
773-962-3759

**Michele L. Nowak, LCPC (staff member of The Holbrook Counseling Center of Catholic Charities)**  
7000 West 111" Street  
312-655-7725

**Kathy Stathos, M.S., LMFT**  
9901 S. Western Ave. Suite #207  
Chicago, IL 60643-1800  
773-238-9766 / Fees are negotiable; scheduling is flexible

## Village and Township Health Care Centers

**Palos Township**  
Health Service Department  
10802 S. Roberts Rd.  
Palos Hills, IL. 60465  
Jenette Leedy, R.N., B.S. - Director  
708-598-2441  
<https://www.palostownship.org>

**Stickney Township Clinic**  
5635 State Rd Burbank, IL. 60459  
[www.townshipofstickney.org](http://www.townshipofstickney.org)  
Sharon Foy, Director of Nursing Services  
708-424-9200 x 2136

**Worth Township**  
11601 South Pulaski Rd Alsip, IL. 60803  
Katie Elwood Clerk  
708-371-2900  
<https://worthtownship.com>