

## Counseling

### **Clear Point Financial Solutions**

1999 Wabash, Ste 208, Springfield, IL 62704  
793-9809 or 1-877-877-1995

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

*Budget & credit counseling, bankruptcy counseling & debt management plans via phone, internet or face to face.*

### **TSP-HOPE, Homeownership Credit**

1507 E. Cook, Springfield, IL 62703  
523-6960

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

*Home ownership program that includes credit counseling, home maintenance education & predatory lending prevention to facilitate homebuyer equality.*

### **Senior Center Services**

701 W. Mason, Springfield, IL 62702  
528-4035

<http://ssoci.org/>

*Case Coordination Unit - Sangamon, Logan, Mason & Menard counties The Case Coordination Unit provides a variety of services to individuals age 60 and older that are designed to assist senior citizens in remaining more independent.*

### **Prairie Center Against Sexual Assault**

3 W. Old State Capitol Plaza, 62701 Springfield,  
744-2560, 24 HR Hotline, 217-753-8081

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

*Sexual Assault Counseling - Adults, adolescents, and children receive help in the recovery process through listening, encouraging, validating feelings, providing resources, and assisting with a safety plan.*

### **Youth Service Bureau**

2901 Normandy Rd, 62703 Springfield, IL,  
529-8300

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

*Services provided include: •24-hour crisis intervention •Individual and family counseling*

**Tower of Refuge / Ex-offender & Family**

329 S. New, 62704-1910 Springfield, IL,  
241-9911

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

*Tower of Refuge provides a continuum of services to address the complete needs of individuals who are incarcerated, once were incarcerated and their families.*

**Living Hope Counseling Center**

3000 Lenhart Rd, 62711 Springfield, IL,  
787-1446

<http://www.hope-church.ws/counseling>

*Serving Families, Couples & Individuals Our Vision is... to serve hurting individuals and families by providing Living Hope through Biblically based professional counseling.*

**Phoenix Center**

109 E. Lawrence, Springfield, IL,  
528-5253

*Springfield's LGBT Community Center*

**Dental****La Familia**

802 N. 9th St  
801-9077

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

*Accepts Medicaid. Open Monday - Saturday, M-F 9am - 6pm & Sat 9am - 4pm*

**Capital Township**

901 S. 11th, Springfield, IL 62703  
525-1736

<http://www.co.sangamon.il.us/captwnshp/ga-categories.htm>

*MUST be a resident of Capital Township. Limited Emergency dental care is available to individuals who are deemed eligible. Client must provide proof of income for the past 30 days, or complete a "No Income Form".*

**St. Clare's Health Clinic**

700 N. 7th St, Springfield, IL 62702  
523-1474

<http://www.cc.dio.org/programs.htm#stclare>

*Economically disadvantaged children, including Medicaid & All Kids recipients. Preventative, restorative & referrals. Call for an appointment.*

**Central Counties Health Centers**

2239 E. Cook, Springfield, IL,  
788-2300

<http://www.centralcounties.org>

*CCHC serves adults and children. A child's first visit should be by age 1. Appointment Hours : Monday, Tuesday and Friday 8am-5pm; Wednesday 10am -7pm; Saturday 9am-1pm. Medicaid, Medicare private insurance and cash accepted. Persons without health insurance are accepted.*

**Sangamon County Community Resources**

2833 S. Grand Ave East, Suite C100, 62701  
535-3120

<http://www.co.sangamon.il.us/cr/resource.asp>

*Call for an appointment 2nd and 4th Thursday of the month. Appointment will be for the following Monday. For emergency dental assistance call for an appointment on the 2nd and 4th Friday of the month to secure an appointment the following Monday.*

**DentaQuest**

888-286-2447

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

*Public Aid/Medicaid*

**Clearlake Township**

4260 Old Rt 36, Springfield, IL,  
523-4210

<http://clearlaketownship.net/>

*Township residents with verifiable dental emergency once every 12 months.*

**Noll Dental Clinic for children with disabilities**

5220 S. 6th, Springfield, IL,  
588-7640

<http://nolldentalclinic.net>

## **SIU Alton School of Denistry**

2800 College Ave., 62002 Alton, IL,  
618-474-7000

<http://www.siu.edu/dentalmedicine/patients.shtml>

## **Disabilities**

### **Springfield Center for Independent Living**

330 S. Grand Ave W, Springfield, IL 62704  
523-2587 v/tty, 1-800-447-4221 v & 523-4032 tty

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

*SCIL's 4 Core Services are Advocacy (individual & systemic), Information and Referral, Peer Counseling, and Independent Living Skills Training.*

### **Community Action Partnership of Central**

1800 Fifth St.  
217-732-2159

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

*Assists disabled persons to acquire free government-supported cell phone and minutes. The cell will also come with voice mail, carryover minutes, call waiting and national and international long distance service. Ask for Michelle Pickford.*

### **Coalition of Citizens with Disabilities**

300 E. Monroe  
522-7016, or 800-433-8848

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

*The Coalition of Citizens with Disabilities in Illinois is a not-for-profit, grassroots organization dedicated to providing a united voice for the rights and equality of individuals with disabilities in Illinois.*

### **Illinois Assistive Technology Project**

1 West Old State Capitol Plaza, Suite 100, 62701  
522-7985

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

*The Illinois Assistive Technology Program (IATP) is a not-for-profit agency that promotes the availability of assistive technology services and programs for people with disabilities. IATP serves all people with disabilities in the state of Illinois, their families, service providers, state agencies, private industry, educators, and other interested individuals, regardless of age or income. M - F, 8am - 4:30pm*

**SPARC**

232 Bruns Ln, 62702 Springfield, IL,  
793-2100

<http://www.spfldsparc.org/about-us/>

*Sparc provides services to several hundred individuals with developmental disabilities. Sparc programs include 24-Hour Residential Support, Developmental Training, Supported Living, Respite, Supported Employment, Family Support and the Epilepsy Resource Center.*

**Epilepsy Resource Center**

232 Bruns Ln, 62702 Springfield, IL,  
726-1839

*Serving children and adults with epilepsy. Support groups, community education and job placement program for adults with any disability.*

**The Autism Program - TAP**

5220 S. 6th, Suite 1700, 62703 Springfield, IL,  
525-8332

*Services for Children and Families including diagnosis/assessment, social skills groups and family-focused consultations. Community Training for parents, educators, child care providers, physicians, first responders and more. Innovative Initiatives such as the Consensus for Autism and Community Accessibility Project. Valuable Resources including family/community resource*

**United Cerebral Palsy**

101 N. 16th, 62703 Springfield, IL,  
525-6522

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

*Services include therapy, job training and placement, assistive technology, summer camps, residential support, day services, respite, case management, and advocacy.*

**ERC Job Placement Program**

232 Bruns Ln., 62702 Springfield, IL,  
726-1839

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

*Intellectual or developmentally delayed individuals in this program are supported through each step of the employment process with the goal of securing and maintaining employment. Sparc staff helps individuals develop and refine job skills that suit their personal strengths.*

**Lincolnland Stroke Support Network, LSSN**

3233 Mathers Rd, 62711 Springfield, IL,  
217-793-2000

<http://www.dreamsuitezzz.com/lssn/lincolnland-stroke-support-network/>

*This network of stroke survivors and interventionists meets monthly, in our 1500-foot meeting space, to promote stroke prevention and education; encourage healthy sleep habits, and to provide strength to those living with the aftermath of this life changing affliction.*

## Food

### **Abundant Faith Manna**

301 W. Reynolds  
525-2100

<http://abundantfaith.org/>

*Must be in School District #186*

### **Auburn Pantry**

125 E. Washington, Auburn, IL  
438-3785

*Monday, 12:30 - 2:30pm*

### **Capital Township**

901 S. 11th  
525-1736

<http://www.co.sangamon.il.us/captwnshp/ga.htm>

*Perishable food for those awaiting SNAP. Requires DHS verification, piece of mail received prior 30 days, 30 day proof of income or No Income Form. \$41 family benefit once every 4 months.*

### **Catholic Charities Holy Family Food Pantry**

1023 E. Washington, 62703 Springfield, IL,  
523-4551

<http://www.cc.dio.org/>

*Intake at Crisis Office 9am - noon on MWF, also 2nd & 4th Tuesday, 2-5pm.*

### **Contact Ministries**

1000 E. Adams, Springfield, IL,  
753-3939

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

*Referrals for those eligible*

**First Presbyterian**

*Monday - Thursday, 9 am - 11 am*

321 S. 7th, Springfield, IL,  
528-6201

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

**Freedom in Holiness**

*3rd Wednesday of the month from 10 - 11:30 am &  
1 - 3:30 am*

1430 Loveland Ave, Springfield, IL,  
522-2527

**Grace Lutheran Church**

*Once every 30 days with a referral & ID for all  
recipients. M, Tu, Th from 11 am - 2:30 pm & Wed  
from 11 am - 1 pm.*

714 E. Capitol, Springfield, IL,  
522-9707

<http://www.gracelutheran-springfield.com/>

**Kumler Neighborhood Ministries**

*M - F, 9-12 pm, 3rd Th 5:30 - 6:30 pm with referral*

303 N. Grand, Springfield, IL,  
523-2269

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

**Loami Area Pantry**

106 S. Main, Loami, IL,  
624-9900

<http://www.foodpantries.org/li/the-loami-area-community-pantry>

**Fifth Street Renaissance**

*Wed, 11 am - 1 pm with ID. One bag per client, no  
referral needed.*

1315 N. 5th, Springfield, IL,  
544-5040

<http://www.fsr-sara.org/>

**Senior Services Daily Bread Program**

701 W. Mason, 62702 Springfield, IL,  
528-4035

[http://ssoci.org/html/daily\\_bread.html](http://ssoci.org/html/daily_bread.html)

*60 yrs or older with no income qualifications, homebound & restricted diet included. Voluntary \$2.50 donation suggested.*

**Serving Jesus Willingly**

2027 S. Grand Ave East, 62703 Springfield, IL,  
753-0430

<http://www.sjwum.org/SJWUM-givefood.html>

*The fourth Monday of each month, SJWUM gives food to needy people.*

**Salvation Army**

530 N. 6th, 62702 Springfield, IL,  
525-2196

<http://www.tsaspringfield.org/index.html>

*Every 3 months: Mon-Wed-Fri, 9 am - 11:30 am & 1 - 2:30 pm ID's required*

**Lawrence Ave Church of Christ**

1400 E. Lawrence, 62703 Springfield, IL,  
525-6156

*3rd Saturday of the month, 10 am - noon*

**Springfield Township**

3298 Terminal, 62707 Springfield, IL,  
525-1464

<http://www.springfield-township.com/default.htm>

*Residents income eligible with photo ID's every 2 yrs.*

**Washington Street Mission - AM Coffee &**

408 N. 4th, 62702 Springfield, IL,  
544-9011

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

*Neighborhood Coffee Hour: Each weekday morning from 7:00 to 11:00 a.m. coffee and doughnuts are served at the Mission. Everyone is welcome! Expanded restroom, shower and laundry facilities were officially added in 2008 to serve those visiting the morning coffee.*



## Healthcare

### **Central Counties Health Centers**

2239 E. Cook St, Springfield, IL 62703  
788-2300

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

*Provides quality, affordable primary health care and dental care to the uninsured and underinsured.*

### **Express Care**

3132 Old Jacksonville Rd  
588-2600

<http://www.memorialmedical.com/Medical-Services-Programs/ExpressCare>

*Daily, 9am - 8pm, walk-in. Medicaid accepted.*

### **Pregnancy Care Center of Springfield**

700 N. 7th St, Suite B, Springfield, IL  
525-5630

*Offers Lamaze classes, maternal health and counseling, nutrition, prenatal vitamins and physician referrals. Tues - Thurs, 9am - 4:30pm*

### **Memorial Home Services - Hospice**

720 N. Bond, Springfield, IL,  
788-4663

*Terminally ill patients & families receive help with respite care, companionship, transportation & bereavement.*

### **CATCH - Sangamon County Medical Society**

, Springfield, IL,  
726-5106

<http://www.scmsdocs.org/catch.htm>

*Adult residents of Sangamon County with income at or below 200% of poverty, currently uninsured, not eligible for Medicare or Medicaid. Offers information on physicians and community health resources in Sangamon Co. CATCH (Community Access to Coordinated Health) is a collaboration of volunteer physicians, hospitals and social service agencies to provide a medical home to low-income residents.*

**St. Clare's Health Clinic & Med Assist**

700 N. Seventh St., 62702 Springfield, IL,  
523-1474 for clinic, 241-0214 for MedAssist or  
866-606-9692  
<http://www.cc.dio.org/programs.htm#stclare>

*Health clinic provides health care services for economically disadvantaged adults and children, including Medicaid recipients. Physical, lab tests, hearing and vision screening. Med Assist provides help to low-income people of all ages.*

**Capital Township, MD & RX assist**

901 S. 11th, Springfield, IL,  
525-1736  
<http://www.co.sangamon.il.us/captwnshp/ga.htm>

*Capital Township residents only with piece of current mail, a current rent receipt or valid lease. Assistance for emergency office visits to a doctor. Applicant must meet income criteria with proof of income for past 30 days or complete a "no income form".*

**Clearlake Township**

4260 Old Rt 36, Springfield, IL,  
523-4210

<http://www.clearlaketownship.net/>

*Township residents with verifiable emergency need once every 12 months for physician, prescription or dental.*

**Kumler Neighborhood Ministries RX Assist**

303 N. Grand, Springfield, IL,  
523-2269  
<http://www.kumlerministries.org/>

*Helps people with no health insurance coverage pay for prescriptions for acute conditions, such as pain or infection, or for chronic conditions, such as diabetes and high blood pressure. Kumler's medicine program, which is open Monday through Friday from 9 a.m. to noon and 1 p.m. to 3 p.m., is two-pronged: 1) emergency prescription needs and 2) long-term prescription needs.*

**Children's Healthcare Partnership, Noll**

5220 S. 6th St., Springfield, IL,  
Children's Center for Mental Health, 757-7700 or  
after hours 525-1789 or SIU School of Medicine,  
<http://noll.thehopeinstitute.us/>

*Provides coordinated healthcare services for children with developmental disabilities and/or mental illness.*

**SIU Pediatrics**

St. John's Pavilion - 4A, Springfield, IL,  
545-4238  
<http://www.siumed.edu/peds/>

*At SIU, we are committed to providing excellent care to the children of central and Southern Illinois, graduating the finest pediatric physicians, and contributing to the world of knowledge in pediatric medicine.*

**Sangamon County Community Resources**

2833 S. Grand Ave East, Springfield, IL,  
535-3120

<http://www.co.sangamon.il.us/cr/resource.asp>

*Short-term prescription medication assistance, call on Wednesday for intake appointment. Call any Wednesday for Thursday appointments if medication assistance is needed.*

**Salvation Army Senior Med Assist**

530 N. 6th, 62702 Springfield, IL,  
525-2196

<http://www.tsaspringfield.org/index.html>

*55 and older with a valid prescription*

**Housing****Contact Ministries**

1100 E. Adams  
753-3939

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

*Transitional shelter for women and children*

**Inner City Mission**

720 N. 7th, Springfield, IL 62702  
525-3940

<http://www.innercitymission.net/>

*Transitional for single women or women & children*

**Habitat for Humanity**

1514 W. Jefferson  
523-2710

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

*12 - 24 month process & must be income eligible*

**MERCY Communities**

108 E. Cook, 62704 Springfield, IL,  
744-1128, Intake Coordinator or Cook St. Office,  
753-1358  
<http://www.mercycommunities.org/>

*Transitional housing programs & permanent supportive programs for women & children.*

**Phoenix Center**

109 E. Lawrence, 62704 Springfield, IL,  
528-5253

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

*Transitional housing for men & women HIV positive and homeless or near homeless with case management.*

**Ronald McDonald House**

610 N. 7th, 62702 Springfield, IL,  
528-3314

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

*Private rooms for long distance families with critical care children hospitalized in Springfield. Free or sliding scale donation.*

**Salvation Army - Adult Rehabilitation**

221 N. 11th, Springfield, IL,  
528-7573

<http://springfield.satruck.org/>

*Shelter, food & clothing for adults willing to participate, contribute, cooperate & stay until well-being is restored.*

**Salvation Army Citadel**

530 N. 6th, 62702 Springfield, IL,  
525-2196

<http://www.tsaspringfield.org/index.html>

*Emergency & transitional shelter for adult singles.*

**Sojourn Shelter**

1800 Westchester Blvd., 62704 Springfield, IL,  
726-5100, Hotline 726-5200

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

*Emergency shelter for women & children experiencing domestic violence.*

**Helping Hands**

1015 E Madison Springfield, IL 62703  
217-522-0048 Shelter  
217-744-0470 Administrative Office  
<http://www.helpinghandsofspringfield.org/>

*Emergency & permanent supportive housing for single adult males & females with supportive services.*

**Springfield Housing Authority**

200 N. 11th, 62703 Springfield, IL,  
753-5757  
  
<http://www.springfieldhousingauthority.org/>

*Affordable housing to those with low- and moderate-income. Sect. 8 applications taken on Mon, 1:15pm - 4pm & Tues, 8:30 - 11:30am and 1:15 - 4pm. Public Housing applications M - F, 8am - 4:30pm*

**Springfield Overflow Shelter**

1015 E. Madison, Springfield, IL,  
788-8485, 6pm - 6am. or Archie Ford during  
business hours, 525-2196x203

*Emergency shelter for adults Nov 1 until 3/31.*

**Youth Service Bureau**

2901 Normandy Rd, 62703 Springfield, IL,  
529-8300  
  
<http://www.ysbi.com/>

*Homeless Youth Services for those 16 to 24 yrs.*

**Beerlahai Roi - Maternity House**

7811 Olde Carriage Way, 62712 Springfield, IL,  
698-4194  
  
<http://www.beerlahairoi.com/>

*A place where homeless pregnant women can call home. Since 1998 Beerlahai Roi has provided shelter, food, clothing and mentoring to residents 18 and over.*

**Fifth St. Renaissance**

1315 N. 5th St., 62702 Springfield, IL,  
544-5040  
  
<http://www.fsr-sara.org/>

*Transitional housing for adult males and females. Housing advocacy for families working with DCFS and also, for youth that are former wards of the state. ISHOP, assists HIV+ individuals access housing.*

## Legal Assistance &

### **Sangamon County Clerk**

200 S. 9th, Rm 101, Springfield, IL

<https://www.sangamoncountyclerk.com/Default.aspx>

### **Vital Records for Illinois**

925 E. Ridgely, Springfield, IL 62703

*10am - 3pm, Birth records can be obtained online, by mail, fax and in person from the IL Dept of Public Health.*

<http://www.idph.state.il.us/vitalrecords/>

### **Land of Lincoln Legal Services**

3180 Adloff, Ste 201

1-800-252-8629

<http://lollaf.org/>

*Legal assistance with tenants rights, utilities, debt collection, public benefits & family law. Eligibility is based on income, assets, citizenship & problem. Does NOT handle traffic, criminal, personal injury, malpractice or workers' compensation cases.*

### **Office of the City Clerk, Springfield**

300 So. 7th Street, Room 106, 62701-1688

789-2144

### **State of Illinois ID for homeless citizens**

2701 S. Dirksen Parkway, 62723 Springfield, IL,

800-252-8980

## Mental Health

### **National Alliance on Mental Illness - NAMI,**

218 W. Lawrence, Springfield, IL 62704  
522-1403

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

*We are a grassroots, not-for-profit, volunteer organization dedicated to improving the lives of persons living with serious mental illness, and the lives of their families and friends.*

### **Mental Health Centers of Central IL**

710 N. 8th St.  
525-1064

<https://www.mhcci.org/Default.aspx>

*MHCCI offers individualized psychiatric and therapeutic services for the serious life problems of adults.*

### **Memorial Counseling Associates**

901 N. First, Suite 225 & 3225 Hedley Rd.  
788-4065

<https://www.mhcci.org/MCA/Default.aspx>

*Memorial Counseling Associates provides a variety of assessment and therapy services in Central Illinois. Our counseling services focus on treatment of anxiety, depression, grief, postpartum depression and relationship issues.*

### **The Warm Line: Peer & Family Support by**

866-359-7953

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

*The Warm Line is an opportunity in Illinois for persons with mental health challenges and their families to receive support by phone. Peer and Family Support Specialists are professionals who have experienced mental health recovery in their own lives as an individual or family member.*

### **Lincoln Prairie Behavioral Health Center**

5230 South Sixth St. Road, Springfield, IL,  
585-1180

**SIU School of Medicine, Div. of Child**

5220 South 6th St. Rd, Suite 1200 @ Noll  
545-6900

**Parenting Support**

**Adoptive Information Center of IL (AICI)**

120 W. Madison  
1-800-572-2390

<http://www.adoptinfo-il.org/>

**Healthy Families of Sangamon County**

2833 S. Grand Ave. E  
535-3100x3793

<http://www.scdph.org/health-services-health-families>

*Services are offered to first or second time pregnant parents, age 20-25, who receive WIC or Family Case Management through the Sangamon County Department of Public Health. Home visits promote positive parenting and provide information on child health and development. Referrals to other services are provided as needed.*

**Lutheran Child & Family Services Counseling**

*Adoption, foster care, pregnancy counseling & family life education*

544-4631 or 1-800-363-LCFS (5237)

<http://www.lcfs.org/page.aspx?pid=388>

**Secretary of State Drivers Services**

*Child car seat inspections - Call for car seat inspections.*

316 N. Klein, 62702 Springfield, IL,  
782-4850

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



**Dept. of Children & Family Services**

406 E. Monroe, 62701-1498 Springfield, IL,  
782-4000

<http://www.state.il.us/dcfs/index.shtml>

*Includes calls for intact family services, where there is no abuse or neglect indicated*

**Parent Help Line**

800 E. Carpenter, 62769 Springfield, IL,  
544-5808 or 1-888-727-5889

<http://www.parenthelpline.org/phl/home.aspx>

*Parenting questions or concerns? Call the free, confidential phone line from 10 a.m. to 10 p.m. - 7 days a week.*

**The Parent Place**

314 South Grand Ave West, 62704 Springfield,  
753-8730

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

*The Parent Place was established in 1974, in Springfield, Illinois to teach local parents and professionals who work with children effective parenting skills.*

**Fun Shop - Parent & Child Play Group**

Lincoln Park, Springfield, IL,  
753-6234

<http://springfieldparks.org/facilities/funshop/>

*For ages 16 months to five years, the Funshop program offers a unique education based environment where parents and children can play together.*

**Mini O'Beirne Crisis Nursery**

1011 N. 7th, 62702 Springfield, IL,  
525-6800

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

*Mini O'Beirne's mission is to prevent child abuse and neglect by providing emergency, temporary care, 24 hours a day, 365 days a year, for children who may be at risk or whose parents are experiencing some type of crisis.*

**Community Child Care Connection**

919 S. Spring, 62704 Springfield, IL,  
525-2805, or toll free 800-676-2805

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

*Community Child Care Connection, INC. provides referrals to parents looking for child care. All of the information that will be provided by the family will remain confidential.*

**Home Day Care Providers Association**

Springfield, IL,  
217-544-7348

*This association provides free referrals to parents looking for licensed child care providers. Listed providers have not been inspected by the association and you are encouraged to check with DCFS, 1-877-746-0829, to ensure the care you seek has a current/active license & has been compliant with DCFS standards.*

**Pregnancy Care Center**

700 N. 7th, Suite B, 62702 Springfield, IL,  
525-5630

*Counseling, education and material goods to support those expecting. Tues - Thurs, 9am - 4:30pm*

<http://springfieldpregnancy.org/home.htm>

**Area Agency on Aging for Lincolnland,**

3100 Montvale Dr., 62704 Springfield, IL,  
787-9234

*Assistance to meet individual needs of older persons living in a non-institutional setting and their caregivers for purposes of maintaining independence, providing a safe environment and/or delaying institutionalization.*

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

**Teen Parents as Teachers**

2501 S. 1st St., 62704 Springfield, IL,  
525-3315

*Parents as Teachers is A parent education program for District 186 families with children from before birth to age three. PAT helps parents give their children the best possible start in life, laying the foundations for later school success. Home visits, parent workshops, a drop-in playgroup, developmental screenings, a lending library and newsletter are offered.*

<http://www.sps186.org/schools/elc/>

**Early Intervention**

2833 South Grand Ave East, 62703 Springfield,  
535-3100

*Families with an infant or toddler, 0 - 3 years, may have their child tested for delays in movement, learning, behavior and self-help skills.*

<http://www.dhs.state.il.us/page.aspx?item=31183>

**Big Brother Big Sister**

928 South Spring, 62704 Springfield, IL,  
753-1216

*Big Brothers Big Sisters targets the children who need us most, including those living in single parent homes, growing up in poverty and coping with parental incarceration.*

<http://capbigs.org/>

## Recreation

### **Girls On The Run**

907 Clocktower Dr., Springfield, IL 62704  
726-9808

<http://gotrcentralillinois.org/>

*Positive youth development program which combines an interactive curriculum and running to inspire self-respect and healthy lifestyles in pre-teen girls.*

### **Springfield YMCA**

701 S. 4th & 4550 West Iles Ave., Springfield, IL

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

*Youth Development: Nurturing the potential of every child and teen*

### **Boys & Girls Club**

300 S. 15th St.  
544-0548

<http://bgccil.org/>

*Provides youth development programs that enable young people to acquire the skills and qualities needed to become responsible citizens and leaders.*

### **Illinois 4-H**

700 S. Airport Dr., 62707 Springfield, IL,  
782-4617

<http://web.extension.illinois.edu/state4h/>

*4-H's primary mission mandates: science, engineering and technology; healthy living; and citizenship*

### **Springfield Urban League**

100 N. 11th St., 62703 Springfield, IL,  
789-0830

<http://www.springfieldul.org>

*Education and youth empowerment, including summer programs*

**Springfield Park District**

2500 S. 11th St., Springfield, IL,  
544-1751

<http://www.springfieldparks.org>

*Offers a variety of educational and recreational programs, classes and events for people ranging in age from 6 months to seniors. The Park District partners with several local organizations and clubs to provide athletic programming .*

**Springfield Moms Webpage**

, Springfield, IL,  
<http://springfieldmoms.org>

*Extensive online resource network for families with kids of all ages (from birth to college-bound) and serves as the areas go-to website for What's Happening*

**Lincoln Library**

326 S. 7th St., 62701 Springfield, IL,  
753-0700

<http://lincolnlibrary.info>

*The Lincoln Library is Springfield, Illinois' public library.*

**Rent & Utility****Capital Township**

901 S. 11th, Springfield, IL,  
525-1736

<http://www.co.sangamon.il.us/captwnshp/ga-categories.htm>

*Must be resident of Capital Township. Rental Assistance to income eligible to defray expense of 1st month's rent & assistance for eviction notices. Must produce verifiable 60 days income, photo ID, social security cards, eviction notice or (if homeless) a written referral from a homeless shelter verifying current or recent residency.*

**Sangamon County Community Resources**

2833 South Grand Ave. East, Suite C100, 62701  
535-3120

<http://www.co.sangamon.il.us/CR/resource.asp>

*The LIHEAP program is designed to assist low-income households with winter energy services. A one-time benefit is provided to eligible households to be used for energy bills. Community Resources served approximately 4,416 households in program year 2012 with LIHEAP, PIPP, furnace assistance and cooling assistance*

**Springfield Township**

3298 Terminal, 62707 Springfield, IL,  
525-1464

<http://www.springfield-township.com/assistance.htm>

*The Township participates in an Emergency Energy and Rent Assistance Program. We work with local utilities to provide financial assistance to prevent interruptions of service to individuals during financial hardships. The program also works with local landlords to prevent evictions by negotiating with the landlords and providing some additional financial assistance in making lease payments.*

**Clearlake Township**

4260 Old Rt 36, 62707 Springfield, IL,  
523-4210

<http://www.clearlaketownship.net/>

*Daily 8am - 3pm for residents of the township*

**Woodside Township**

490 North St., 62704 Springfield, IL,  
522-3712

*Daily 8am - 3pm for residents of the township*

**Salvation Army**

530 N. 6th, 62702 Springfield, IL,  
525-2196

<http://www.tsaspringfield.org/index.html>

*NO RENT. Ameren assistance available for individuals and family households.*

**Land of Lincoln Goodwill Industries**

800 N. 10th, Springfield, IL,  
217-789-0400

<http://www.llgi.org/hand-up-program/>

*Are you struggling to pay a medical or utility bill? The Hand Up program has 3 different ways to help you pay the bill: 1. A 25 hour on-the-job work program 2; A four 4 week Career Pathways course which includes on the job work program 3; An eight week Career Pathways and Job Readiness courses which includes on the job work program*

**Fifth St. Renaissance/Sara Center**

1315 North 5th St., 62702 Springfield, IL,  
544-5040

<http://www.fsr-sara.org/>

*On behalf of the Heartland Continuum of Care, 5th St. operates the DHS and ESG Homeless Prevention Programs which offer rent, utility and security deposit assistance and case management services to individuals and families experiencing homelessness or near homelessness due to a household crisis.*

**Catholic Charities***ONLY AS FUNDS ARE AVAILABLE*

1023 E. Washington, 62703 Springfield, IL,  
523-4551

<http://www.cc.dio.org/programs.htm>

**Contact Ministries***AS FUNDS ARE AVAILABLE*

1100 East Adams, 62703 Springfield, IL,  
753-3939

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

**School Support &****Lincoln's Challenge - Boot Camp**

100 N. 11th, 62702 Springfield, IL,  
528-7875

<http://www.ngycp.org/site/state/il/>

*Train, mentor & develop applicants into contributing members of their community. Interested youth, 16 - 18yrs of age, must volunteer to attend, not be currently involved in the legal system & cannot have a court case pending, must be a resident of IL & a legal US citizen, pass a medical screening & drug test during the first week of the academy and be a high school dropout.*

**WIA Training Programs**

1300 South 9th St, 62703 Springfield, IL,  
558-4278

<http://www.worknet20.org/>

*Education funding available for ages 18 - 21yrs. for those who meet WIA guidelines & have the ability to succeed in training. Examples of funded training programs includes: HVAC technician, Registered Nurse, Medical Assistant, Teacher, Auto Mechanic, Accountant, Licensed Practical Nurse, C.N.A., Business Administrator, Truck Driver, Surgical Technologist.*

**Brainfuse Tutoring ONLINE @ Lincoln Library**

326 S. 7th, 62701-1691 Springfield, IL,  
753-4900

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

*Homework Help - Interact with live tutors in math, science, reading/writing, social studies, PSAT/SAT, ACT, AP and state standardized tests.*

**Sangamon County Community Resources**

2833 S. Grand Ave East, Springfield, IL,, 62703  
535-3120

<http://www.co.sangamon.il.us/CR/resource.asp>

*Scholarship applications available to income eligible Sangamon Co. residents for graduating H.S. seniors and adults annually in January. Evaluation and selection begins in May and awards are announced in July.*

**Illinois Work Net Center**

1300 S. Ninth St., 62703 Springfield, IL,  
782-3846

<http://www.worknet20.org/>

*Personal assessments and job referral assistance  
Education and training program enrollment Job-specific training.*

**Lincoln Land Community College Adult**

5250 Shepherd Rd., 62794 Springfield, IL,  
786-2349

<http://www.llcc.edu/>

*Refresh your reading, writing and math skills and prepare for the GED tests. Eligible LLCC GED graduates may take advantage of Lincoln Land's six credit-hour tuition waiver, and are also eligible to apply for competitive scholarships.*

**Lawrence Adult Education - GED**

101 E. Laurel, 62704 Springfield, IL,  
525-3233

<http://www.sps186.org/schools/lawrence/>

*Instruction in reading, writing, literature, mathematics, science and social studies in preparation for the GED.*

**Business Education Partnership**

1011 S. 2nd St., 62704 Springfield, IL,  
525-1173

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

*Scholarship/Financial Aid •Illinois Career Resource Network •The Greater Springfield Scholarship Directory •2012 Illinois Women in Leadership Chrysalis Award •Focus on Your Future Scholarship Awards*

**Computer Banc**

1023 E. Washington, 62703 Springfield, IL,  
528-9506

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

*Computers offered to low income households. Cost is based on sliding scale.*

**Regional Office of Education #51**

2201 Toronto Road, 62703 Springfield, IL,  
756-6620

<http://roe51.org>

*Educator Licensure, GED exams, school background checks, bus driver training, truancy and alternative education.*

**Job Corps**

, Chicago, Joliet & Golconda, IL,  
800-733-5627

<http://www.jobcorps.gov/home.aspx>

*Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.*

**Goodwill**

1220 Outer Park Dr., 62704 Springfield, IL,

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

*Anyone with a barrier to employment and in need of assistance in preparing for and getting a job can receive assistance and training from the Goodwill Workforce Development Program Staff. M-F, 8 am -4:30 pm*

**Sexuality****Phoenix Center**

109 E. Lawrence, 62704 Springfield, IL,  
528-5253

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

*LGBTQ Youth Group for 13 - 17 yrs. every Friday, 7 - 11pm.*

**Fifth Street Renaissance**

1315 N. 5th St, Springfield, IL,  
544-5040

<http://www.fsr-sara.org/>

*On-site HIV/AIDS testing and counseling is offered free of charge from 9am-3pm Monday-Friday or by appointment at the administrative offices. Group prevention and support, risk and harm reduction counseling and HIV testing services are also offered at various outreach sites throughout Springfield and in the Sangamon County Jail.*



**Sangamon County Public Health**

2833 So. Grand Ave. East, 62703 Springfield, IL,  
535-3100

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

*Pregnancy Testing & Prenatal - Urine pregnancy tests are available during regular clinic hours. Enrollment in WIC may be completed according to the client's wishes. STD testing - Anyone over the age of 12 who may have been exposed to a sexually transmitted disease is encouraged to utilize our walk-in clinic.*

**Planned Parenthood**

1000 E. Washington St., 62703 Springfield, IL,  
544-2744

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

*Birth Control, HIV Testing, Men's Health Care, Morning-After Pill (Emergency Contraception), Pregnancy Testing & Services STD Testing, Treatment & Vaccines, Women's Health Care, Birth Control and Abortion Services. Mon, Tues, Fri 8 am - 4 pm, Wed 12 pm - 7 pm & Thurs 9 am - 5p m*

**Substance Abuse**

**Abundant Faith Ministries**

301 W. Reynolds, , Springfield,  
585-4000

<http://www.abundantfaith.org/ministries>

*Overcomers meeting Fridays, 6:30pm - 8:30pm*

**Al-Anon**

420 North 1st, 62702 , Springfield, IL  
241-8491

**Alcoholics Anonymous**

, , ,  
525-5795

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

**Alcohol & Addiction Center**

525 S. Grand Ave W., , Springfield,  
525-5041

**Gateway Foundation**

2200 Lake Victoria Dr, , Springfield,  
529-9266

<http://recovergateway.org/>

*Residential for adolescents & outpatient for adults & youth*

**Hope Evangelical Church**

3000 Lenhart Rd, , Springfield,  
787-1446

<http://www.hope-church.ws/>

*Celebrate Recovery*

**IL Institute for Addiction Recovery**

3050 Montvale Dr, Springfield, ,  
726-6611

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

*Private pay & some Medicare*

**IL Substance Abuse**

, , ,  
1-(877) 345-3221

<http://www.rehabandtreatment.com/illinois>

**Federal Substance Abuse & Mental Health**

, , ,  
1-800-662-4357

**Prevention First***literature & videos*

2800 Montvale, Springfield, ,  
793-7353

<https://www.prevention.org/default.aspx>

**Salvation Army Adult Rehabilitation**

11th & Jefferson, Springfield, ,  
528-7573

<http://www.tsaspringfield.org/index.html>

**Triangle Center**

120 N. 11th, Springfield, ,  
544-9858

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

**Thrift Stores & Free****Laketown Ministries**

2617 Stevenson Dr, Springfield, Il,  
679-5006

*Not-for-profit store started by Woodside United Methodist Church. 10am - 6pm Tuesday through Friday, 9am - 5pm Saturday. Donations accepted from 10am - 2pm Saturday or by appointment.*

**Avenue Thrift Shop**

719 W. Jefferson, Springfield, IL,  
528-8580

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

*Avenue Thrift Shop offers quality clothing, accessories, and more to the Springfield, IL area. We also offer used furniture and household goods. We guarantee excellent products and service at reasonable rates. Our friendly staff is ready to assist you.*

**Goodwill**

815 N. 11th, 62702 Springfield, IL,  
789-0400

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

**Goodwill**

2001 W. Wabash, 62704 Springfield, IL,  
787-7496

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

**Goodwill**

2531 N. Dirksen Parkway, 62702 Springfield, IL,  
753-3620

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

**No Mountain Too High Ministries**

301 S. Main St, 62675 Athens, IL,  
416-9605, ONLY between 7am & 7:30am

*Distributes & collects donated household furniture free of charge. Ask for Pastor Merle Buerkett.*

**Washington Street Mission**

408 N. 4th, 62702 Springfield, IL,  
544-9011

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

*Free Clothing Shop: Clothing and household items are available without charge. Men may come on Mondays and Thursdays from 10:00 to 11:00 a.m. Women may come on Tuesdays and Fridays from 10:00 to 11:00 a.m. Children's clothing is available during women's shopping hours.*

**Sangamon County Community Resources**

2833 South Grand Ave. East, Suite C100, 62701

*school uniform vouchers*

<http://www.co.sangamon.il.us/cr/resource.asp>

**Kumler Outreach Ministries**

303 N. Grand Ave. East, 62702 Springfield, IL,  
523-2269

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

*Free clothing, personal care items and baby layette program.*

**Contact Ministries**

1100 East Adams, 62703 Springfield, IL,  
753-3939

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

*Free clothing once a month; Women shoppers, W & F 9:30am - 11am. Men shoppers, Tues 9:30 - 11:30am. Need photo ID, medical card for children.*

**St. Martin De Pores Center**

1725 S. Grand Ave East, 62703 Springfield, IL,  
528-2851

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

**Salvation Army**

530 N. 6th St., 62702 Springfield, IL,  
525-2196 x205

<http://www.tsaspringfield.org/index.html>

*Free clothes for homeless individuals, disaster households and back to school clothing.*

**Transportation****Springfield Mass Transit District, SMTD**

928 S. 9th St., 62703 Springfield, IL,  
522-5531

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

**ACCESS Springfield, Para Transit Service**

928 S. 9th St., 62703 Springfield, IL,  
522-6087 to apply or 522-8594, if approved

<http://www.smttd.org/displayPage.asp?pID=17>

*Access Springfield provides transportation for persons with disabilities who are unable to use the SMTD fixed-route bus service. Individuals with disabilities must apply to become eligible to use the service.*

**First Student School Buses**

555 So. Dirksen Parkway, 62703 Springfield, IL,  
522-1312

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

*School transport for Springfield School District #186*

**Life Line Pilots**

6100 W. Dirksen Parkway, 61607 Peoria, IL,  
800-822-7972

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

*LifeLine Pilots will fax a Financial Verification Form to a member of the clergy, medical discharge planner, physician, social service worker (someone other than a family member, friend or neighbor) who must complete, sign, and fax this back to our office prior to flight approval. Since our pilots donate their time and flying expenses, it is important that we verify the financial need.*

**Salvation Army**

530 N. 6th St., 62702 Springfield, IL,  
525-2196

<http://www.tsaspringfield.org/index.html>

*Gasoline for emergency travel, medical appointments & funerals. Bus tickets for funeral, or medically stranded individuals, family emergency. Bus tokens for working individuals.*

**Greyhound Bus Service @ Shanner's Tire**

2815 N. Dirksen Parkway, 62702 Springfield, IL,  
528-1569

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

*The largest North American intercity bus company, with 16000 daily bus departures to 3100 destinations.*

**AMTRAK**

100 N. 3rd St., 62701 Springfield, IL,  
800-872-7245

<http://www.amtrak.com/home>

**Senior Services for Central IL**

701 W. Mason, 62702 Springfield, IL,  
528-4035 x128

<http://ssoci.org/>

*Senior Transport provides transportation to participants, age 60 or older, living in Sangamon County. Vans are wheelchair accessible. Policies are provided to participants with information regarding priorities and daily scheduling of appointments.*

**Violence****Parent Help Line**

800 E. Carpenter, 62769 Springfield, IL,  
544-5808

<http://www.parenthelpline.org/phl/home.aspx>

*Help line for parents, caregivers or professionals helping parents.*

**Preventing Abusive Relationships Inc. (PAR)**

522 E. Monroe Suite 306, 62701 Springfield, IL,  
528-0461

*Helping adolescents learn anger management, coping skills & healthy relationships in the community.*

**Prevention First (videos and books)**

2800 Montvale Dr, 62704 Springfield, IL,  
793-7353x108 or 1-800-525-8951x108

<https://www.prevention.org/default.aspx>

*Free brochures, posters & books for IL residents + news & research information for educators, parents, counselors, social workers and youth.*

**Parent Place**

314 S. Grand Ave W., 62704 Springfield, IL,  
753-8730

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

*Individualized Family Coaching & Family Mediation*

**Prairie Center Against Sexual Abuse**

3 W. Old State Capitol Plaza, #206, 62701  
744-2560 or hotline, 753-8081

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

*24-hour Hotline. Assisting men, women, children & their families with ER response, medical advocacy & counseling for sexual assault.*

**Childhelp National Child Abuse Hotline**

15757 N. 78th St., Suite #B, 85260 Scottsdale,  
1-800-422-4453

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

*Hotline counselors provide anonymous help for youth, parents & professionals 24/7.*

**National Ctr for Missing & Exploited Children**

699 Prince St., 22314-3175 Alexandria, Virginia,  
1-800-843-5678

<http://www.missingkids.com/home>

*includes assistance with child pornography & on-line predators*

**DCFS Child Abuse Hotline**

406 E. Monroe, 62701-1498 Springfield, IL,  
1-800-252-2873, 1-800-25ABUSE

<http://www.state.il.us/dcfs/index.shtml>

*24/7 hotline - You should call the child abuse hotline whenever you believe that a person who is caring for the child, who lives with the child, or who works with or around children has caused injury or harm or put the child at risk of physical injury as defined in the Abused and Neglected Child Reporting Act. Some situations do not require calling the hotline. Use good judgement.*

**Prevent Child Abuse Illinois**

528 S. 5th, Suite 211, 62701 Springfield, IL,  
522-1129

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

*Prevention education & community outreach*

**Child Advocacy Center**

1101 E. Monroe, 62703 Springfield, IL,  
522--2241

<http://sangamoncac.org/>

*Coordinates child sexual abuse investigation/prosecution*



**Primed For Life**

816 S. College, 62704 Springfield, IL,  
789-2980

<http://www.primed4life.org/>

*SAFE: Specifically designed for those who have witnessed or experienced life traumas, 12yrs & younger. Clinical services linkage*

**DCFS Advocacy Office & Youth Hotline**

406 E. Monroe, 62701-1498 Springfield, IL,  
1-800-232-3798

<http://www.state.il.us/dcfs/index.shtml>

**Fishes and Loaves**

1819 Stevenson Dr. , Suite 105, 62703  
529-3333

*This organization uses a holistic approach to help families transition out of a life cycle of poverty and violence to a life of self-sufficiency and empowerment.*

**Grounds of Grace**

P.O.Box 13472, 62791 Springfield, IL,  
314-472-5942

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

*Supportive program for victims of human trafficking ages 16yrs+*

**Sojourn**

1800 Westchester Blvd, 62704 Springfield, IL,  
726-5200

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

*Assistance in developing Safety Plans for those experiencing domestic violence. Through the Sojourn Advocate For Emergency Response (SAFER) program Sojourn provides an on-call advocate who responds directly to a secured scene of domestic battery.*

## Vision and Hearing

### **St. Clare's Health Clinic**

700 N. 7th, 62702 Springfield, IL,  
523-1474

<http://www.cc.dio.org/programs.htm>

*Vision clinic provides professional exams and eye glasses.*

### **VISION USA**

N. Lindbergh Blvd., 63141 St. Louis, MO, USA  
800-766-4466

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

*VISION USA provides a basic eye examination to low-income individuals in the US.*

### **Eye Care America**

P.O.Box429098, 94142 San Francisco, CA, USA  
877-887-6327

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

*This referral service is provided to US citizens and legal residents only.*

### **Memorial Hearing Center**

644 N. 2nd St., 62781 Springfield, IL,  
788-3767

<http://www.memorialmedical.com/Medical-Services-Programs/Hearing-Center>

*•Complete diagnostic audiological and hearing aid evaluations. •Pediatric evoked potentials. •Otoacoustic emission screenings. •Follow-up newborn hearing evaluations. •Hearing protective devices. brands of hearing aids. •Special consultations upon request*

### **Springfield Center for Independent Living,**

330 South Grand Ave. West, 62704 Springfield,  
523-2587

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

*Low vision, assistance & ITAC telephones (amplified)*