



# **Family, Education, and Community Resources**

**English as a Second Language (ESL)  
and  
Bilingual Education Department**

**Mellon Administrative Center**

**703 S. New Street**

**Champaign, IL 61820**

**(217) 373-7357**

**Maria L. Alanis, Director**

# Caring for Children in Champaign, Illinois

## **Sleeping and Waking**

Younger children usually need more sleep than teenagers. In general:

- Children under age 5 need 10-12 hours of sleep a night.
- School age children need 9-10 hours of sleep a night.
- Teens need 8-9 hours of sleep each night.

Kids should reduce the usage of computers and electronics before bed as the noises and lights can stimulate the brain preventing a good night's rest. The night before school, some parents and children find it helpful to lay out the clothes and books they will need for school the next day.

## **Going to School**

All girls and boys in the U.S., including children with disabilities, are required by law to go to school. Children must arrive at school on time. Children who ride the bus to school should be at the bus stop five minutes before the bus is scheduled to come. If children are late or absent from school, parents should call the school to explain. Ask for an interpreter if needed. Never use a child as an interpreter.

## **Meals and Nutrition**

Children need to eat a healthy breakfast before school so they have energy to learn. Children in the U.S. usually eat 3 meals a day, with 1 or 2 snacks during the day. A meal should include a staple (rice, corn, or wheat); protein (meat or beans); and plenty of fruit and vegetables. Drink plenty of water and limited amounts of fruit juices and milk.

## **Street Safety**

Adults should help children cross the street safely. Use crosswalks, and teach young children to "stop, look and listen" before crossing the street. Make sure children have the clothing they need for the weather.

## **Car Safety**

**Never** leave children under 10 years old alone in a car.

## **Seatbelts**

In a non-commercial vehicle, the State of Illinois requires each driver and passenger to wear a fastened seatbelt. Each child under the age of 8 should be properly secured in an appropriate child restraint system. Parents and guardians should provide the appropriate child restraint system to anyone who is transporting their child. A child who weighs more than 40 pounds may be transported in the back seat and wear only a lap belt if the car they are in does not have a lap and shoulder belt for the back seat.

<http://www.healthychildren.org/English/safety-prevention/on-the-go/pages/Car-Safety-Seats-Information-for-Families.aspx>

## **Home Safety**

Put dangerous items where children cannot reach them, including matches, bleach, cleaning liquids, and medicines. Cover unused electrical outlets with outlet covers to prevent children from putting objects into the slots/holes. If a child swallows something that might cause harm, call 911 immediately.

## **Child Supervision**

Parents are expected to watch their children, know what their children are doing and know where they are at all times. It is not a neighbors responsibility to watch child(ren) unless they have been asked. Child supervision guidelines are different for every state. Here are some general guidelines:

- 7 and under – Do not leave alone.
- 8-10 years – Do not leave alone more than 90 minutes during the day or early evening.
- 11-12 years – May be left alone up to 3 hours, but not late at night.
- 13-15 years – May be left alone, but not overnight.
- 16-17 years – May be left alone, in some cases up to 2 overnights.

Children who are left alone should always know how to get in touch with parents or other responsible adults and to call 911 in case of an emergency. Children in the U.S. usually do not start baby-sitting until 11 or 12 and may not watch your children or infants until age 15.

## **Safety in Public Places**

Children under age 8 should be supervised at all times, especially in public places. Children over age 8 should ask parents' permission before going out alone or with friends. Parents should teach children not to take candy, gifts, or rides from people they do not know, and to tell a trusting adult if anyone makes them feel uncomfortable. Warn children about the danger of strangers, drugs, alcohol, and smoking.

## **Showing Children Attention**

Children of all ages will misbehave to get parents' attention. Children are happier when parents spend time with them, including talking, listening, and having fun together.

## **Discipline**

Harsh physical discipline, such as slapping, hitting, beating, or shaking hard enough to leave a mark or to injure a child, is illegal in the U.S. Certain people, such as teachers, doctors and social workers, must report marks on a child that could be signs of child abuse. Since any physical discipline can become harsh, and because children learn better from other methods of discipline, many people in the U.S. do not use physical

discipline today. The next three sections show common discipline methods used in the U.S.

### **Time Outs**

“Time outs” are often used for children up to age 8, by making a regular place where a child is sent to sit alone, calm down and think about his or her actions. Use the child’s age as a guide: for example, 2 minutes for a 2-year-old, and 3 minutes for a 3-year-old. Parents should explain calmly to the child how to behave correctly in the future.

### **Rewards and Consequences**

Children ages 6-12 can be disciplined with rewards and consequences. Reward children for good behavior, for example, letting them watch a special TV program for making their bed every day or allowing them to play with a friend if they help with the dishes. Take away something children like when they disobey parents, for example, not letting children play outside after school because they did not tidy their bedroom.

### **Privileges and Limits**

Teenagers can earn privileges when they obey parents’ rules and lose privileges when they disobey the rules. For example, teens who complete their chores, tell their parents where they are going, and come home on time can earn time on the computer, driving the car, using the phone, or with friends. If teens do not follow the rules, parents can take away these privileges. Be clear and consistent about expected behavior, house rules, rewards, and consequences.

### **Illinois Department of Children and Family Services (DCFS)**

Occasionally, a family that is reported for possible child abuse or neglect may get a home visit by a case worker or a police officer from Illinois Department of Children and Family Services (DCFS) to make sure that the child is safe.

Below are four types of harm to a child:

- *Physical abuse*: Injury to a child from action such as beating, kicking, hitting, biting, burning, shaking or other ways of physically harming a child.
- *Child neglect*: Abandoning, not supervising a child, not meeting a child’s physical, medical or emotional needs; poverty does not mean parents are neglectful.
- *Sexual abuse*: Any sexual activity between a child and an adult.
- *Emotional abuse*: Frequent screaming, name calling, or rejection of the child.

Most families are never visited by DCFS. However, families that are visited by DCFS should stay calm and cooperative, and should make sure the worker brings an interpreter or cultural liaison to help with communication and understanding (if needed). Children should never be used as interpreters. DCFS will help the family learn to resolve conflicts and use effective discipline methods with their children. They may help the family get needed services in the home or at an agency. If DCFS believes it is not safe for the child to remain in the home, the child will be placed with a relative, foster family or emergency shelter. If this happens, the parents should contact an elder or community leader and a lawyer to make sure both the family and DCFS have

enough information. There may be a court hearing where a judge decides whether it is safe for the child to return home. DCFS will work with the family to make the home safe for the child's return. Sometimes children threaten to call 911 when parents have not harmed them, in order to get something they want. Parent should know the laws and tell children that they can get into trouble making false reports.

### **Prepared to Learn**

Children who have daily routines, constant discipline, family meals, and are shown attention from their parents are happier and better able to learn in school.

### **School**

Schools expect parents to be involved in their children's education. Parents meet with teachers a few times each school year. In meetings with teachers or other school workers, ask for an interpreter if needed. Never use a child as an interpreter. Parents may be asked to volunteer at the school or donate certain things. This is voluntary. Parents are welcomed and encouraged to visit their child's school regardless of social or immigrant status.

### **After School**

Every day after school:

- Ask children about their school day ("What was the best/worst thing about school today? What made you laugh today? Who did you play with and why?")  
Help them complete homework. Check for notices send home from school.  
Supervise and set limits on TV, phones, video games, and computer usage.  
Schools and community centers often have after-school activities for children.

### **Junk Food**

After school, encourage children to eat healthy foods such as fruits and vegetables. Do not let children eat too many sweets treats (i.e. cookies, candy, sodas) or salty snacks (i.e. chips). Limit the portion size and number of meals at fast food restaurants (i.e. McDonald, Burger King).

### **Eating Together**

It is important for families to eat meals together. Cooking and sharing at least one meal each day can help make families strong, and can give time to enjoy cultural foods and traditions together.

### **Household Chores**

Share household responsibilities. For example, everyone can help to set the table and clean up after meals. Children often have household "chores," but their job is to help their parents, not to be fully responsible. Some families reward children for completing their chores by giving them a small money "allowance," or by letting them do some activity they enjoy.

### **Hygiene**

Teach children to wash their hands after playing outdoors, before meals, and after using the restroom. Children should shower regularly and brush their teeth twice a day.

### **Breastfeeding**

Breast milk is best for babies. When American mothers nurse in public, they often cover themselves with a blanket or go into another room to nurse their babies.

### **Bedtime**

Children do best with a regular schedule. Set a bedtime routine, such as brushing teeth, putting on pajamas, reading a story or singing before bed, and getting to sleep at the same time each night. Kids should reduce the usage of computers and electronics before bed as the noises and lights can stimulate the brain preventing a good night's rest. This can be a good time to share positive memories, stories, or songs from your culture with children.

*Adapted from Bridging Refugee Youth and Children's Services (BRYCS): Raising Children in a New Country: an **Illustrated Handbook***

## Schools / Education

### **Champaign Unit 4 Schools.....(217) 351-3800**

703 S. New St., Champaign, IL 61820

**Website:** [www.champaignschools.org](http://www.champaignschools.org)

Early Childhood Center .....	(217) 351-3881
Barkstall Elementary School .....	(217) 373-5580
Bottenfield Elementary School .....	(217) 351-3807
Carrie Busey Elementary School .....	(217) 351-3811
Centennial High School.....	(217) 351-3951
Central High School .....	(217) 351-3911
Dr. Howard Elementary School .....	(217) 351-3866
Edison Middle School .....	(217) 351-3771
Franklin Middle School .....	(217) 351-3819
Garden Hills Elementary School .....	(217) 351-3872
International Prep Academy .....	(217) 351-3995
Jefferson Middle School .....	(217) 351-3790
Kenwood Elementary School .....	(217) 351-3815
Novak Academy .....	(217) 352-4328
Robeson Elementary School.....	(217) 351-3884
South Side Elementary School .....	(217) 351-3890
Stratton Elementary School.....	(217) 373-7330
Washington Elementary School .....	(217) 351-3901
Westview Elementary School.....	(217) 351-3905

### **Champaign Unit 4 Family Liaisons .....(217) 351-3800**

Audrey Mock – Title 1 Family Liaison .....	(217) 649-6087
Levekie Johnson – Homeless Liaison.....	(217) 202-6639
Judith Martinez – English Learner Parent Liaison (Spanish Speaking) .....	(217) 649-6047
Carolina Arellano-Grant – English Learner Parent Liaison (Spanish Speaking) .....	(217) 722-5254

**Unit 4 Social Workers .....(217) 351-3800**

*Grades Pre-Kindergarten – 5<sup>th</sup>*

Early Childhood Center .....	(217) 351-3881
Barkstall .....	(217) 373-5580
Bottenfield .....	(217) 351-3807
Carrie Busey.....	(217) 351-3811
Dr. Howard.....	(217) 351-3866
Garden Hills .....	(217) 351-3872
International Prep Academy.....	(217) 351-3995
Kenwood .....	(217) 351-3815
Robeson .....	(217) 351-3886
South Side .....	(217) 351-3890
Stratton.....	(217) 373-7330
Washington.....	(217) 351-3901
Westview.....	(217) 351-3905

*Grades 6<sup>th</sup> – 8<sup>th</sup>*

Edison .....	(217) 351-3771
Franklin .....	(217) 351-3819
Jefferson.....	(217) 351-3790

*Grades 9<sup>th</sup> – 12<sup>th</sup>*

Centennial.....	(217) 351-3951
Central .....	(217) 351-3911
Novak Academy .....	(217) 352-4328

**Champaign County Regional Office of Education (ROE) .....(217) 893-3219**

*200 S. Fredrick St., Rantoul, IL 61866*

**Website:** [www.roe9.k12.il.us](http://www.roe9.k12.il.us)

**Illinois Association for Multilingual Multicultural Education (IAMME) .....(224) 366-8530**

*2626 S. Clearbrook Dr., Arlington Heights, IL 60005*

**Website:** [www.iamme.org](http://www.iamme.org)

**Illinois State Board of Education (ISBE) .....(312) 841-3850**

*100 W. Randolph St., Suite 14-300, Chicago, IL 60601*

**Website:** [www.isbe.net](http://www.isbe.net)



## Child Care

**Boys and Girls Club of Champaign .....(217) 355-5437**

201 E. Park St., Champaign, IL 61824

Positive place where kids can come for help, support, guidance and a whole lot of fun.

**Website:** <http://www.dmbgc-cu.org/>

**Child Care Resource Services (CCRS) .....(800) 325-5516 or (217) 333-3252**

314 Bevier Hall 905 S. Goodwin Ave., Urbana, Illinois 61820

Referrals to a variety of child care options. Financial assistance for child care is available for those who may qualify. M-W-Th-F 8:30 AM – 4:30 PM & Tuesday 11:00 AM – 4:30 PM

**Website:** <http://ccrs.hcd.uiuc.edu> **Email:** [ccrs@uiuc.edu](mailto:ccrs@uiuc.edu)

**Champaign County Head Start - Champaign.....(217) 328-3313**

809 N Neil St., Champaign, IL 61820

**Champaign County YMCA .....(217) 359-9622**

500 West Church St., Champaign, IL 61820

Website: [www.ccmca.net](http://www.ccmca.net)

**Champaign Park District.....(217) 398-2550**

706 Kenwood Rd., Champaign, IL 61821

Website: [www.champaignparkdistrict.com](http://www.champaignparkdistrict.com)

**C-U Special Recreation .....(217) 239-1152**

1311 W. Church St., Champaign, IL 61821

Provide quality recreational programs and services for Champaign-Urbana residents with disabilities.

**Website:** <http://www.cuspecialrecreation.com/>

**Chesterbrook Academy..... (217) 355-6601**

2208 S. Duncan Rd., Champaign IL 61822

Age Range: 0 to 12Y License Number: 267011 Capacity: 115

Normal Open Hours: 6:30 am - 6 pm

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 03/01/11.

District Office: Department of Children & Family Services

**Early Learning .....(217) 359-0300**

809 W. Kirby Ave., Champaign IL 61820

Age Range: 1Y to 6Y License Number: 6370 Capacity: 81

Normal Open Hours: 7:15am-5:45pm

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 07/01/11.

**Faithful Friends Preschool .....(217) 359-3631**

1719 S. Prospect Ave., Champaign, IL 61820

Age Range: 2Y to 6Y License Number: 476031 Capacity: 50

Normal Open Hours: 9 a.m. to 12 p.m.

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 09/02/11.

District Office: Department of Children & Family Services

**First United Methodist Day Care Center .....(217) 356-1247**

210 W. Church St., Champaign IL 61820

Age Range: 6W to 6Y License Number: 7062 Capacity: 112

Normal Open Hours: 7:30am-5:30pm

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 11/25/09.

**Great Beginning Learning Ctr. ....(217) 954-1530**

2909 Watterson Ct., Champaign, IL 61822

License Number: 495734 Capacity: 38 Enrolled in Subsidized Child Care Program:  
No

Additional Information: Provider First Licensed on 05/10/10.

District Office: Department of Children & Family Services

**Happy Time Day Care ..... (217) 352-8387**

1106 Birkdale Dr., Champaign IL 61822

Age Range: 6W to 6Y License Number: 290081 Capacity: 74

Normal Open Hours: Monday to Friday 7:00 AM to 5:30 PM

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 09/01/11.

District Office: Department of Children & Family Services

**Happy Time on Avondale ..... (217) 351-8387**

1010 Stratford Dr., Champaign IL 61822

Age Range: 6W to 6Y License Number: 290080 Capacity: 48

Normal Open Hours: Monday to Friday 7:00 AM to 5:30 PM

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 09/01/11.

**Kids Plus.....(217) 351-3719**

Champaign Unit #4 School District, 1103 N. Neil St., Champaign, IL 61820

Kids Plus is a before and after school program serving elementary age students in Champaign Unit 4 School District. Kids Plus provides an after school program at all eleven elementary schools and a before school program at five schools. Students participating in the program are exposed to recreational, educational and social opportunities. Kids Plus also provides full day programs on most days when school is

not in session. Fees apply. Financial assistance may be provided through CCRS (Child Care Resource Services).

**Website:** [www.champaignschools.org/afterschool/kidsplus.htm](http://www.champaignschools.org/afterschool/kidsplus.htm)

**Kids 1<sup>st</sup> Child Care Center Inc. ....(217) 351-5437**

4109 Colleen Dr., Champaign IL 61822

Age Range: 6W to 12Y License Number: 364521 Capacity: 95

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 04/24/12.

District Office: Department of Children & Family Services

**Kindercare Learning Ctr. ....(877) 959-6679**

410 Devonshire Dr., Champaign IL 61820

License Number: 084778 Capacity: 123

Normal Open Hours: 6:30 AM to 6:00 PM, M-F

Enrolled in Subsidized Child Care Program: No

District Office: Department of Children & Family Services

**La Petite Academy .....(800) 207-7313**

1713 Broadmoor Dr., Champaign IL 61821

Age Range: 6W to 12Y License Number: 170294 Capacity: 121

Normal Open Hours: 06:30 AM - 06:00 PM

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 03/16/12.

**Little Lamb Preschool.....(217) 356-4888**

509 S Mattis Ave., Champaign IL 61821

Age Range: 3Y to 6Y License Number: 189322 Capacity: 19

Normal Open Hours: 8:15am-3pm

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 04/07/12.

District Office: Department of Children & Family Services

**Mothers Morning Out, NFP .....(217) 356-7377**

1100 Broadmoor Dr., Champaign IL 61821

License Number: 498327 Capacity: 105

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 08/20/10.

**Next Generation Early Learning Inc. ....(217) 356-6398**

1201 Windsor Ct., Champaign IL 61821

Age Range: 6W to 6Y License Number: 292901 Capacity: 205

Enrolled in Subsidized Child Care Program: No

Additional Information: Provider First Licensed on 02/03/12.

District Office: Department of Children & Family Services

**Parkland College Child Development Center .....(217) 373-3777**

2400 W Bradley Ave., Champaign IL 61821

Age Range: 15M to 5Y License Number: 218713 Capacity: 70  
Normal Open Hours: 7:30 am - 4:30 pm • Monday through Friday  
Enrolled in Subsidized Child Care Program: No  
Additional Information: Provider First Licensed on 03/15/12.

**Peter Pan Too Learning Center .....(217) 363-3884**

502 W Clark St., Champaign IL 61820

Age Range: 0 to 6Y License Number: 446632 Capacity: 66  
Enrolled in Subsidized Child Care Program: No  
Additional Information: Provider First Licensed on 10/07/11.  
District Office: Department of Children & Family Services

**Urbana Park District .....(217) 367-1544**

1505 N. Broadway Ave., Urbana, IL 61801

Website: [www.prairienet.org/upd](http://www.prairienet.org/upd)

**Adult ESL**

**Conversational English Classes (ESL)..... (217) 954-1367**

304 South Race St, Urbana 61802

The First United Methodist Church of Urbana invites you to Conversational English class (ESL). This class offers assistance in better understanding the English language through fun and interesting conversation. (This is a free program.)

- **When:** (The Thursday morning class & playgroup is currently on a break until August 25th).
- **Every Monday** (enter through the door that's to the right of the red canopy double doors): 6:30 pm
- **Every Thursday** (enter through the red canopy doors): 10:00 am (Childcare available – see below)
- **Note:** Due to the church's security system, you will need to use the buzzer located next to each door and someone will let you in.
- **Thursday Morning Playgroup:**
  - For children ages infant through preschool.
  - The program begins at 10:00 am – Thursdays.
  - The playgroup has been scheduled to meet two need:
    1. For those parents attending Thursday morning ESL classes it will provide childcare.
    2. For others it will provide socialization for children and parents.
- All parents must remain on site in the church. Parents not attending ESL will remain in the classroom.
- So that we have activities prepared for the correct ages of the children attending, please register with Linda Bailey at [casadibailey@gmail.com](mailto:casadibailey@gmail.com)

**English Conversation - Mattis Avenue Free Methodist Church**

1913 S. Mattis Avenue, Champaign, IL 61821..... (217) 328-1770

Practice Oral English with Native English Speakers. Free on-going—join at any time

**Fall/Winter 2016**

**Sundays** 9:30 am, **Tuesdays** 4:00 pm (starts Sept 6), **Wednesdays** 7:00 pm,

**Thursdays** 10:00 am, **Fridays** 1:00 pm (Classes meet for one hour)

Call or email Helen Kaufmann 217-328-1770 helen.kaufmann@gmail.com

Need not be a “church” person or student to attend!

**English Corner.....(217) 344-5711**

810 W. Oregon Avenue, Urbana 61802

Provides gatherings for conversation practice, opportunities to learn about American culture, and field trips.

**English Center USA (UIUC) ..... (217) 344-3310**

1001 S. Wright Street, Champaign

**staff@englishcenter.com**

The English Center offers tutoring and both part-time and full-time English classes to international students, visiting scholars, and their families in Champaign-Urbana. Tuition fees apply. Please call for more information and class times.

**First Presbyterian Church of Champaign..... (217) 356-7238**

302 W. Church Street, Champaign 61820

Offers beginning English classes. Monday through Thursday; 1:00 pm – 3 pm. Childcare provided for children five years and under.

**First United Methodist Church of Urbana..... (217) 367-8384**

304 S. Race Street, Urbana 61802

Offers conversational English class twice a week: Monday at 6:30 pm and Thursday at 10 am

**International Coffeehouse (UIUC) Corner of Goodwin and Green (Wesley Foundation)**

Come enjoy free coffee, tea, fruit juice and snacks while practicing English with American volunteers and other students. This Coffeehouse happens every Friday. Time: 4- 6pm Cost: Free Visit their website at <http://wesleyui.org/international>.

**Intensive English Institute (UIUC) ..... (217) 333-6598**

616 E. Green Street, Suite 210, Champaign, IL 61820

**iei@illinois.edu**

The Intensive English Institute offers two main programs: The Intensive English Program and Special Group Programs.

**Mattis Avenue Free Methodist Church ..... (217) 355-5947**

1913 S. Mattis Avenue, Champaign 61821

Informal class provided on conversational English and American culture.  
Childcare provided.

**Parkland College (Champaign, IL)**

Intensive ESL offers FREE classes in Basic Communication Skills for Everyday Life to all refugees and immigrants, and non- native speakers with limited English proficiency. These are beginning to intermediate classes. Classes are schedule at various times and locations throughout Parkland's district.

Website: [www.parkland.edu/international/esl.aspx](http://www.parkland.edu/international/esl.aspx)

**Project Read.....(217) 353-2662**

Project Read provides free tutoring to adults seeking to improve their reading, writing, and/or ESL skills. Website:

<http://www.parkland.edu/resources/adulted/literacy.aspx>

**Urbana Adult Education (downtown Urbana) .....(217) 384-3530**

211 North Race Street, Urbana, IL 61801

Urbana Adult Education offers beginning, intermediate, and advanced level English classes. Sessions focus on listening, speaking, reading, and writing. Call 217-384-3530 to make an appointment for a placement test or for further information,

<http://urbanaadulteducation.org>

<h2 style="margin: 0;">Transportation</h2>
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**Car Seats for Children with Disabilities .....(217) 367-1544**

Developmental Services Center

1304 W. Bradley Av., Champaign, IL 61820

Adaptive car seats available to families of children with physical disabilities.  
(Referral from therapist or doctor is required).

**Champaign-Urbana Mass Transit District (MTD) .....(217) 384-8188**

45 E. University Ave., Champaign, IL 61821

Public transportation throughout Champaign-Urbana. They offer different token and pass programs for adults and school age children.

Website: [www.cumtd.com](http://www.cumtd.com)

**Champaign Unit 4 Transportation Department .....(217) 351-3993**

1400 Hagan Dr., Champaign, IL 61820

**Department of Motor Vehicles .....(217) 378-3344**

2401 W. Bradley Ave., Champaign, IL 61822

Website:

<http://www.cyberdriveillinois.com/departments/drivers/facilities/central/champaign.html>

## Health Care

**All Kids Health Insurance Program .....(866) 255-5437**

Public Health clinics, such as Frances Nelson & Champaign-Urbana Public Health District, accept All Kids Health Insurance. Parents can sign up for the All Kids Healthcare at the Champaign-Urbana Public Health District by asking for the All Kids Healthcare application.

**Website:** [www.allkids.com](http://www.allkids.com)

**Carle Clinic and Carle Foundation Hospital .....(217) 383-3313**

611 W. Park St., Urbana, IL 61801

**Community Care Discount Program .....(217) 326-2900**

**Website:** [www.carle.com](http://www.carle.com)

**Champaign Urbana Public Health Department .....(217) 352-7961**

201 W. Kenyon Rd., Champaign, IL 61820

Healthcare: Facility offers low-cost health care for adults and children and a prenatal program (WIC)

**Dental Health.....(217) 531-4279**

**Website:** [www.c-uphd.org](http://www.c-uphd.org)

**Planned Parenthood..... (217) 359-8022**

302 E. Stoughton St., Champaign, IL 61820

Provides family planning & reproductive health services for men and women.

Medical card accepted. Hours: M/T 9AM - 5PM, W/F 8AM - 4PM & TH 12PM - 7PM

**Website:** [www.plannedparenthood.org](http://www.plannedparenthood.org)

**Poison Control .....(800) 222-1222**

**Promise Healthcare .....(217) 356-1558**

819 Bloomington Rd., Champaign, IL 61821

Facility offers low-cost health care for adults and children on a sliding fee scale and a prenatal program.

Hours: M-TH. 8AM – 8PM; FRI. 8AM – 4:30PM; SAT. 8AM – 12PM.

**Website:** [www.promisehealth.org](http://www.promisehealth.org)

**Provena Covenant Medical Center .....(217) 337-2000 or (217) 337-4500**

1400 W. Park St., Urbana IL 61801

Emergency Department 337-2131, Case Management 337-2115, Hospice 337-2470, Home Health Service 355-4120.

**Website:** [www.provena.org/covenant](http://www.provena.org/covenant)

**Women, Infant, & Small Children (WIC) .....(217) 531-4308**

201 W. Kenyon Rd., Champaign, IL 61820

Nutrition assessment, counseling, and supplemental food vouchers for pregnant and postpartum women, infants and children up to age 5, who meet income and eligibility guidelines.

**Website:** <http://www.c-uphd.org/wic.html>

## Eye Care

**Bard Optical .....(217) 351-8822**

907 W. Marketview St., Champaign, IL 61820

Medical card accepted for exam and glasses.

**Dr. Lawrence Karl.....(217) 356-1543**

1210 N. Market St., Champaign, IL 61820

Medical card accepted for exam and glasses.

**Dr. Evelyn Moore.....(217) 351-4106**

501 S. Mattis Ave., Champaign, IL 61820

Medical card accepted for exam and glasses.

**Jones Optical .....(217) 359-2390**

1711 S. Neil St., Champaign, IL 61820

Medical card accepted for exam and glasses.

**The Eye Center .....(217) 352-2020**

403 Windsor Rd., Champaign, IL 61820

Medical card accepted for exam and glasses.

## Dental Care

**Promise Healthcare .....(217) 356-1558**

819 Bloomington Rd., Champaign, IL 61821

Facility offers low-cost dental care for adults and children on a sliding fee scale.

Hours: M-TH. 8AM – 8PM; FRI. 8AM – 4:30PM; SAT. 8AM – 12PM.

**Website:** [www.promisehealth.org](http://www.promisehealth.org)

**Parkland Dental Hygiene Clinic .....(217) 351-2221**

2400 W. Bradley Ave. Rm. #L148, Champaign, IL 61820

Exams, check-ups, x-rays, etc.

**Smile Healthy.....(217) 403-5477**



819 Bloomington Rd., Champaign, IL 61821

Provides free dental care through permanent clinics, mobile clinics, and their network of specialists. Also provides oral health promotion, including free dental supplies to those in need and education programs for all.

**Website:** [www.smilehealthy.org](http://www.smilehealthy.org)

## Community Services

**Austin's Place (First United Methodist Church of Champaign).....(217) 356-9078**

210 W. Church St., Champaign, IL 61820

An emergency shelter for single women, mothers and their children in Champaign Urbana.

**Website:** [www.chamapignfumc.org](http://www.chamapignfumc.org) or  
<http://shelter-austinsplace.weebly.com/index.html>

**American Red Cross .....(217) 351-5861**

404 Gingerbend Dr., Champaign, IL 61820

Emergency needs caused by natural disaster: health and safety courses; some military services. Educational classes and information are offered regarding health and safety issues, disaster, certified CPR and First Aid.

**Website:** [www.redcrossillinois.org](http://www.redcrossillinois.org)

**Center for Women in Transition.....(217) 352-7151**

508 E. Church St., Champaign, IL 61820

Provides food, shelter, and support services for homeless women and their children.

**Website:** [www.cuhomeless.com](http://www.cuhomeless.com)

**Champaign-Urbana Tenant Union.....(217) 352-6220**

44 E. Main St., Suite 208, Champaign, IL 61820

Assists with tenant/landlord concerns. Hours: M/W/F 9AM - 4:30PM & T/Th 9AM - 6PM

**Website:** [www.tenantunion.uiuc.edu](http://www.tenantunion.uiuc.edu)

**Crisis Nursery .....(217) 337-2730**

1309 W. Hill St., Urbana, IL 61802

Child abuse and neglect prevention program offering family support programs through short term emergency child care (24/7).

**Email:** [srecord@crisisnursery.net](mailto:srecord@crisisnursery.net)

**Website:** [www.crisisnursery.net](http://www.crisisnursery.net)

**Department of Human Services (DHS) .....(217) 278-5605 or (217) 278-3500**

801 N. Walnut St., Champaign, IL 61821

Food stamp program (Link card) and Medical Card. Please call ahead for type of service needed.

**Hotline..... (800) 843-6154**

**Website:** [www.dhs.state.il.us](http://www.dhs.state.il.us)

**East Central Illinois Refugee Mutual Assistance Center (ECIRMAC) .....(217) 344-8455**

*302 S. Birch St., Urbana, IL 61801*

Employment and adjustment services, refugee orientation, referral counseling, translations, support groups, and advocacy are all offered in several languages.

**Website:** [www.ecirmac.org](http://www.ecirmac.org)

**Emergency Rent Assistance Program .....(217) 328-3313**

*Champaign County Regional Planning Commission*

*1776 E. Washington St., Urbana, IL 61802*

A one-time bi-annual rent assistance for first month or past due rent. Appointment is required. Please call with questions.

**Website:** [www.ccrpc.org/socialservices/programs/rentassistance.php](http://www.ccrpc.org/socialservices/programs/rentassistance.php)

**empty tomb inc. ....(217) 356-2262**

*301 N. Fourth St., Champaign, IL 61820*

Serves the local community through programs such as the Helping Fund, free clothing, furniture, referrals, and the home maintenance program.

Walk-in basis M-S. Please call for more information.

**Website:** [www.emptytomb.org](http://www.emptytomb.org)

**Low Income Home Energy Assistance Program (LIHEAP).....(217) 384-1226**

*1776 E. Washington St., Champaign, IL 61802*

Help for eligible low-income households to pay for energy services.

**Website:** [www.ccrpc.org/socialservices/liheap.php](http://www.ccrpc.org/socialservices/liheap.php)

**Restoration Urban Ministries .....(217) 355-2662**

*1213 Parkland Court, Champaign, IL 61821*

Provides food pantry, clothing, support groups, youth programs and transitional housing program.

**Website:** [www.restorationurbanministries.org](http://www.restorationurbanministries.org)

**Salt & Light.....(217) 355-5654**

*1512 W. Anthony Dr., Champaign, IL 61820*

Provides food, clothing, household items on a first come first serve basis, also offer financial services to clients.

**Website:** [www.saltandlightministry.org](http://www.saltandlightministry.org)

**Supporting Positive Change Program .....(217) 398-3011**

*103 Country Fair Dr., Champaign, IL 61821*

Assists children between the ages of 10-15 year old that are exhibiting behavioral problems that are affecting their school performance.

## Food Pantries / Soup Kitchens

- Apostolic Life Church** .....(217) 367-4533  
 2107 N. High Cross Rd., Urbana, IL 61802  
 Call for appointment
- Champaign Church of the Brethren** .....(217) 356-3852  
 1210 N. Neil St., Champaign, IL 61820  
 Call for appointment
- Daily Bread (Soup Kitchen)** .....(217) 356-7687  
 124 W. White St., Champaign, IL 61820  
 Walk-in, Monday-Friday, 11AM - 12:30PM
- Emmanuel Memorial Episcopal Church (Sack Lunch)** .....(217) 352-9827  
 208 W. University Ave., Champaign, IL 61820  
 Walk-in, Monday-Friday, 9AM – 10:00PM
- Faith Baptist Church Pantry** .....(217) 367-9918  
 4601 N. Market St., Champaign, IL 61820  
 Call for appointment
- Grace Lutheran Church (Food Pantry)** .....(217) 356-6232  
 313 S. Prospect Ave., Champaign, IL 61820  
 Walk-in, Thursday, 10AM – 12PM
- Grandma’s Soup Kitchen @ Salem Baptist Church (Soup Kitchen)** .....(217) 356-8176  
 500 E. Park St., Champaign, IL 61820  
 Walk-in, Saturday, 12PM – 2PM
- Greater Holy Temple Church (Food Pantry)** .....(217) 384-1069  
 1409 W. Dublin St., Urbana, IL 61802  
 Walk-in, 2<sup>nd</sup> Monday of the Month, 9AM – 11AM
- Lighthouse Restoration Center (Food Pantry)** .....(217) 356-3255  
 1 Henson Place Suite 10, Champaign, IL 61820  
 Walk-in, 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the Month, 6:30PM – 8:30PM, 1<sup>st</sup> & 3<sup>rd</sup> Saturday of the Month, 9AM – 11AM
- Pennsylvania Ave Baptist Church** .....(217) 367-5924  
 600 E. Pennsylvania, Urbana, IL 61802  
 Call for appointment
- Salt & Light (Food Pantry)** .....(217) 355-5654  
 1512 W. Anthony Dr., Champaign, IL 61820

Walk-in, Wednesday, 1PM – 5PM

**Salvation Army Pantry (Food Pantry).....(217) 373-7825**

2212 N. Market Ave., Champaign, IL 61820

Walk-in, Monday 9AM – 4PM, Tuesday-Friday 9AM – 6PM

**St. Luke Christian Methodist Episcopal Church (Food Pantry).....(217) 356-4922**

809 N. 5<sup>th</sup> St., Champaign, IL 61820

Walk-in, 3<sup>rd</sup> Saturday of the Month, 10AM – 12PM

**St. Vincent DePaul – Champaign (Food Pantry).....(217) 352-8748**

405 W. Clark St., Champaign, IL 61820

Call for appointment

**St. Vincent DePaul – Urbana (Food Pantry) .....(217) 367-2665**

708 W. Main St., Urbana, IL 61802

Walk-in, Monday-Thursday, 4PM – 5PM

**Stone Creek Food Pantry (Food Pantry).....(217) 344-5455**

2004 Philo Rd., Urbana, IL 61802 (Inside Grace & Quest Church Building)

Walk-in, Mondays 10AM – 1PM

**The Vineyard Food Pantry (Food Pantry)** .....(217) 384-3070  
1802 N. Lincoln Ave., Urbana, IL 61802  
Walk-in, Wednesday 10AM – 12PM & 5PM – 6PM

**Windsor Road Christian Church (Food Pantry)**.....(217) 359-2122  
2501 Windsor Rd., Champaign, IL 61822  
Call for appointment

**Wesley Pantry @ Parkland College (Food Pantry)** .....(217) 344-1120  
2400 W. Bradley Ave., Champaign, IL 61820  
Walk-in, Saturdays 10AM – 12PM

**Summer Meals for Kids (18 yrs & younger)** .....(800) 359-2163  
Call or text FoodIL to 877877 for location.

**Adult Education / Employment Assistance**

**Illinois Employment and Training Center (IETC)** .....(217) 278-5700  
1307 N. Mattis Ave., Champaign, IL 61821  
Employment and training programs, job search assistance and referrals.  
**Website:** <http://www.ides.state.il.us/worknet/default.asp>

**Manpower**.....(217) 352-7875  
810 W. Springfield Ave., Champaign, IL 61820  
Employment and training programs, job search assistance.  
**Website:** [www.manpower.com](http://www.manpower.com)

**Parkland College** .....(217) 351-2200  
2400 W. Bradley Ave., Champaign, IL 61821  
Beth Chepan and Charles Larenas – admissions.  
Free English & GED classes..... (217) 351-2580  
Career Center..... (217) 351-2536  
**Website:** [www.parkland.edu](http://www.parkland.edu)

**Urbana Adult Education Center** .....(217) 384-3530  
211 N. Race St., Urbana, IL 61801  
Open to anyone living in Champaign County, free classes include GED, HS  
Diploma, job placement classes, typing skills, certified nursing assistant programs,  
Adult Basic Education & ESL classes.  
**Website:** [www.usd116.org/adult](http://www.usd116.org/adult)

## Early Childhood Services

**Champaign Early Childhood Center** .....(217) 351-3881

809 N. Neil St., Champaign, IL 61820

Classroom instruction for all students designed to target the Illinois Early Learning Standards

**Website:** [www.champaignschools.org/schools/home/?id=08](http://www.champaignschools.org/schools/home/?id=08)

**Even Start** .....(217) 384-3530 or (217) 840-3530

211 N. Race St., Urbana, IL 61801

Education program that provides free services; bus transportation, child care/education (2 months-5 years), child lunch meals, parent/student classes.

**Head Start (Administrative Office)** .....(217) 328-3313

1776 E. Washington St., Urbana, IL 61802

Child development program provides part-time and full time services for income-eligible children ages 6 weeks to 5 years. Please call for information about sites, programs or any other Head Start services.

**Website:** [www.ccrp.org](http://www.ccrp.org)

**Hoopeston Migrant Head Start** .....(815) 984-3706

Head Start services for children ages 6 weeks to 6 years of migrant workers (staff speaks Spanish).

## Libraries

**Champaign Public Library (Main Branch)** .....(217) 403-2070

200 W. Green St., Champaign, IL 61820

Lends books, CDs, videos, audio books, magazines, and materials in Spanish. Free internet access and assistance on finding information. Free educational and entertainment events for all ages.

**Website:** [www.champaign.org](http://www.champaign.org)

**Urbana Free Library** .....(217) 367-4057

210 W. Green St., Urbana, IL 61801

Lends books, CDs, videos, audio books, magazines, Free internet access and assistance on finding information. Free educational and entertainment events for all ages.

**Website:** [www.urbanafreelibrary.org](http://www.urbanafreelibrary.org)

## Legal Assistance

- Consulate General of México** .....(312) 738-2383  
204 S. Ashland Ave., Chicago, IL 60607  
Website: [www.consulmexchicago.com](http://www.consulmexchicago.com)
- Consulate General of Poland** .....(312) 337-8166  
1530 N. Lake Shore Dr., Chicago, IL 60610  
Website: [www.polishconsulatechicago.org](http://www.polishconsulatechicago.org)
- Consulate General of Korea** .....(312) 822-0443  
455 N. City Front Plaza Dr. #2700, Chicago, IL 60611-4311
- Consulate General of China** .....(312) 803-0095  
100 W. Erie St., Chicago, IL 60610  
Website: [www.chinaconsulatechicago.org/eng](http://www.chinaconsulatechicago.org/eng)
- Consulate General of India** .....(312) 595-0405  
455 N. City Front Plaza Dr. # 850, Chicago, IL 60611  
Website: [www.indianconsulate.com/index.html](http://www.indianconsulate.com/index.html)
- Hebrew Immigrant Aid Society** .....(312) 357-4666  
216 W. Jackson Boulevard, Suite 700, Chicago, IL 60606  
Website: [www.hiaschicago.org](http://www.hiaschicago.org)
- Illinois Attorney General** .....(312) 814-3000  
100 W. Randolph St., Chicago, IL 60601
- Champaign Regional Office** .....(217) 278-3366  
1776 E. Washington St., Urbana, IL 61802  
Website: [www.illinoisattorneygeneral.gov](http://www.illinoisattorneygeneral.gov)
- Illinois Coalition for Immigrant and Refugee Rights** .....(312) 332-7360  
55 E. Jackson Boulevard, Suite 2075, Chicago, IL 60604  
Website: [www.icirr.org](http://www.icirr.org)
- Mexican American Legal Defense and Education Fund** .....(312) 427-0701  
11 E. Adams St., Suite 700, Chicago, IL 60603  
Website: [www.maldef.org](http://www.maldef.org)

**(USCIS) Unites States Citizenship and Immigration Services .....(800) 375-5283**

Provides information about citizenship, lawful permanent residency, family and employment related immigration, employment authorization, inter-country adoptions, asylum and refugee status, replacement of immigration documents and foreign student authorization.

**Website:** <http://uscis.gov>

<b>Champaign County Help Book</b>
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**Website:** [www.helpsource.org](http://www.helpsource.org)

<b>Illinois 800 Phone Numbers</b>
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(800) 447-4221	ABLE DATA	disability, medical supplies
(800) 514-0301	ADA Information Line	disability
(800) 638-2229	Addicted Babies	substance abuse
(800) 862-3678	Adoption Center, National	children, adoption
(800) 572-2390	Adoption Information	children, adoption
(888) 251-0075	Adoption Information Clearinghouse, National	children, adoption
(800) 321-9511	Adult Basic Education	education
(800) 982-2437	AIDS (providers who voluntary test)	health, aids
(800) 342-2437	AIDS/HIV Hotline (national)	health, aids
(800) 344-7432	AIDS/HIV Hotline (Spanish)	health, aids
(800) 234-8336	AIDS/HIV Hotline (teens)	health, aids
(312) 926-7380	AIDS/HIV Hotline (Perinatal)	health, aids
(800) 344-2666	Al-Anon	substance abuse
(800) 252-8951	Alcohol & Babies Don't Mix	substance abuse, children
(217) 782-0685	Alcohol and substance abuse	substance abuse
(800) 272-3900	Alzheimer's Association	health, seniors, Alzheimer's
(800) 886-2282	American Brain Tumor Ass.	health, other
(800) 227-2345	American Cancer Society	health, cancer
(800) 942-6985	American Cancer Society (Batavia Office)	health, cancer
(800) 242-8666	American Council of the Blind	disability, blindness
(800) 342-2383	American Diabetes Foundation	health, diabetes
(800) 242-8721	American Heart Association	health, other
(800) 241-6993	American Heart Disease	health, other
(800) 586-4872	American Lung Association	health, other
(312) 464-4523	American Medical Association	health
(800) 225-0292	American Paralysis Association	disability, health, other
(800) 638-8255	American Speech-Hearing-Language Assoc.	disability
(800) 638-6620	Army National Flood Insurance	emergency, disaster
(800) 252-2947	Arson Hotline	emergency, legal, disaster
(800) 735-0096	Arthritis Foundation	health, other
(800) 852-5110	Assistive Technology	disability, medical devices



(800) 355-2725	Assistive Technology for Seniors	disability, senior, medical devices
(800) 233-4050	Attention Deficit Disorder	children, mental health, disability
(800) 243-0607	Attorney General's Office – Carbondale	legal, state, consumer fraud
(800) 243-0618	Attorney General's Office-Springfield	legal, state, consumer fraud
(800) 386-5438	Attorney General's Office-Chicago	state, legal, consumer fraud
(800) 328-8476	Autism Society of America	disability, children
(888) 327-4236	Auto Safety Hotline	safety, auto
(877) 787-1912	Bayer Reimbursement Help Line	diabetes
(800) 283-7902	Blue Cross/Blue Shield	insurance
(800) 269-4019	Breast Mammograms and Cervical Cancer Info.	health, cancer, breast
(800) 545-7892	CACFP-child and adult care food program	food
(888) 511-0290	Campaign for Better Health Care-Children Health	insurance, children
(888) 544-8269	Campaign for Better Health Care-Managed Care	insurance, senior
(888) 544-8271	Campaign for Better Health Care-Medicare Helpline	insurance, senior
(888) 544-8272	Campaign for Better Health Care-uninsured helpline	insurance
(800) 471-9424	Census Information	state
(800) 843-5763	Child Abduction – I-SEARCH	safety, children
(800) 843-5678	Child Abduction – I-SEARCH Spanish	safety, children, Hispanic
(800) 252-2873	Child Abuse – DCFS – SAFE HAVEN	violence, children
(800) 422-4453	Child Abuse Hotline / Childhelp USA, National	violence, children
(800) 447-4278	Child Support Hotline	children, state
(800) 543-7362	Children-glasses, dental, ear (kids doctor)	health, children
(800) 232-9474	Children's Make-A-Wish Foundation International	health, children
(800) 624-2459	Circuit Breaker	emergency, energy assistance
(800) 732-8866	Circuit Breaker (revenue)	state, emergency, energy assistance
(800) 623-3112	Citizens Complaints (Governor's office)	state, legal
(800) 669-5556	Citizens Utility Board	emergency, energy assistance
(800) 433-8848	Coalition of Citizens w/Disabilities in IL	disability
(800) 262-2463	Cocaine (info, treatment, referral)	substance abuse
(800) 445-2653	Cocaine-State	substance abuse
(877) 877-3724	College Assistance/Financial	education
(800) 492-5465	Comlink: homeless women and children	emergency, housing
(800) 252-2923	Commerce and Community Affairs	state, employment
(800) 584-9911	Contraception Emergency Line	family planning

(877) 447-4221	CORNERSTONE HELPLINE	state
(800) 228-3368	Crime Victim Clearinghouse	violence
(815) 547-7867	Crimestoppers (Boone County)	crime
(888) 228-4488	Crimestoppers (Lee-Ogle Counties)	crime
(888) 769-7867	Crimestoppers (Rockford)	crime
(309) 263-0701	Daycare Resources-Central IL	children, child care
(877) 476-0829	DCFS / DAY CARE HOTLINE	children, state, child care
(312) 793-8600	DCFS / Day Care Licensing (agency based)	state, children, child care
(312) 328-2464	DCFS / Day Care Licensing (home) Chicago	state, children, child care
(217) 785-2688	DCFS / Day Care Licensing (home) Springfield	state, children, child care
(800) 624-5437	DCFS / Foster Care Information	state, children
(800) 232-3798	DCFS / OMBUDSMAN	state, children, child care
(800) 252-2930	Dental Society Referral Services	health, dental
(800) 654-4620	Department of Labor	state, employment
(800) 457-6273	DHS / Bureau of Collections	state, financial aid
(800) 720-4166	DHS / Change Report Hotline	state, financial aid
(800) 252-8942	DHS / Drug Approval Line	state
(800) 358-1463	DHS / Inspector General – complaints	state, fraud
(800) 678-5465	DHS / LINK Helpline	financial aid, state
(877) 823-4369	DHS / Link Vendor helpline	state, financial aid
(800) 418-8000	DHS / Link Vendor problems	state
(800) 804-3833	DHS / Non Medical Provider Line / Child Care	child care, state, financial
(800) 352-8823	DHS / Provider Restriction Line	state
(800) 843-6154	DHS / Public Assistance	financial aid, state
(800) 252-8903	DHS/ Welfare & Medical Fraud	state, financial aid, fraud
(888) 344-3434	Diabetic Health Care Services	diabetes
(800) 233-3425	Disabled Individual Asst. & Unemployment	disability, employment
(800) 252-4822	Displaced Homemakers	employment
(800) 322-3722	Division of Special Care for Children	disability
(217) 789-2830	Domestic Violence Hotline – IL Coalition	violence
(800) 799-7233	Domestic Violence Hotline, National	violence
(800) 787-3224	Domestic Violence Hotline – TTY	violence
(888) 286-2447	Doral Dental	health, dental
(800) 662-4357	Drug and Alcohol Abuse, National-& during Pregnancy	substance abuse, pregnancy
(800) 662-9832	Drug and Alcohol Abuse, Spanish	substance abuse
(203) 365-7161	Drug and Alcohol Abuse – financial Assistance	substance abuse
(800) 367-6789	Dyslexia	children, disability, mental health
(800) 852-4302	Early Childhood Intervention Clearinghouse	children, early intervention
(800) 634-8540	Early Intervention (Central Billing Office)	state, children, early intervention
(800) 851-6197	Early Intervention-Child Find – materials	children, early intervention
(800) 701-0995	Early Intervention Credential Information	children, early intervention
(800) 252-5711	Eastern Illinois University	education
(800) 677-1116	Elder Care Locator	senior
(800) 782-7860	Emergency Management Agency	emergency
(888) 967-5729	Employer Clearinghouse	employment

(800) 332-1000	Epilepsy foundation of America	disability
(800) 669-4000	Equal Employment Opportunity	employment
(800) 222-3937	Eye Care	health, vision
(800) 955-5466	Eye Care-Lions Club	health, vision
(800) 290-4964	Eye Glasses (kids not on PA)	health, children, vision
(800) 952-4199	Family Resource Center on Disabilities	disability
(800) 688-9889	Federal Information Center	state
(800) 929-4040	Food Allergy Network	food, health
(888) 411-4272	Gang Prevention Hotline	violence
(800) 252-4847	Genetics	health, other
(877) 305-5145	Health Care Hotline	health
(800) 336-4797	Health Information, National	health
(800) 325-9564	Healthcare Hotline	insurance, health
(800) 526-5812	Healthy Kids	health, children
(800) 884-5437	Healthy Moms/Healthy Kids	health
(217) 782-2043	HIPPA-Marilyn Thomas	legal, state insurance
(866) 783-2645	Hispanic Family Health Helpline, National	health, Hispanic
(800) 226-7212	HoMed Pharmacy Services ext:3422	diabetes, prescriptions
(703) 243-5900	Hospice National Information	health
(800) 942-8439	Housing Authority	emergency, housing
(800) 669-9777	Housing Discrimination	emergency, housing
(202) 708-1112	HUD Housing and Urban Development	housing
(800) 359-2163	Hunger Coalition	food
(800) 252-8643	IHEAP Energy Assistance and Weatherization	emergency, energy assistance
(618) 396-7500	Illinois Center for Autism	disability, autism
(800) 642-3112	Illinois Citizens Assistance	state, diabetes
(800) 782-4767	Illinois State Medical Society	financial aid, health
(800) 366-2478	Illinois State University	education
(800) 257-1405	Immigration and Amnesty	state
(800) 375-5283	Immigration and Naturalization	state
(800) 526-4372	Immunizations	health, immunizations
(866) 814-1113	Inspector General, Office	state
(866) 468-7543	KIDCARE	insurance, state health
(800) 368-4404	Lamaze Educators	pregnancy
(800) 252-6300	Legislative Information	legal
(800) 366-7529	Lekotek-national toys for disabled	disability, medical devices
(800) 328-0001	Lekotek-state	disability, medical devices
(800) 398-6514	Liberty Medical Supply	disability
(800) 228-8813	Literacy Helpline	education
(800) 573-3383	LRE Clearinghouse-Least Restrictive Environment	disability
(800) 222-5864	Lung disorders	health
(800) 253-6233	MADD/Mothers Against Drunk Driving	substance abuse
(888) 440-6233	MADD-areas 618,309, 217	substance abuse
(888) 663-4637	MARCH OF DIMES	pregnancy
(800) 969-8872	Medical Equipment	disability, medical devices
(800) 647-8089	Medicare Beneficiary Hotline	financial aid, senior

(800) 633-4227	Medicare Consumer Helpline	financial aid, senior
(800) 270-2313	Medicare Equipment Complaints	financial aid, senior
(800) 447-8477	Medicare Fraud and Abuse	financial aid, senior, fraud
(800) 808-0772	Medicare Railroad Retirement	financial aid, senior
(800) 692-6930	Medicare-part a & b claims	financial aid, senior
(800) 368-1463	Mental Home Neglect	disability, state
(800) 322-7619	Motorcycle Safety Project	safety
(800) 922-0484	Multiple Sclerosis Society	disability
(800) 422-6237	National Cancer Institute (Cancer Information)	health, cancer
(800) 222-2225	National Institute on Aging	senior
(800) 969-6642	National Mental Health Assoc.	mental health, disability
(217) 522-1129	Never Shake a Baby	safety, children, parenting
(800) 892-3050	Northern Illinois University	education
(800) 346-4542	Nuclear Safety	state
(800) 252-4343	Nursing Home Hotline-Medical facilities	senior, state
(800) 356-4674	OSHA	state, safety
(888) 727-5889	Parent Helpline	parenting
(800) 583-4135	Parent Information Network, National	children, parenting
(800) 334-4543	Parents Anonymous	parenting
(888) 855-2858	Paternity Establishment	parenting
(800) 717-6005	Pfizer's Medication Program (if no insurance)	senior, insurance, health
(800) 230-7526	Planned Parenthood	family planning
(800) 222-4767	PMS	health
(800) 523-3463	Poison Control Center	safety, health
(800) 543-2022	Poison Control Center- downstate	safety, health
(800) 252-2022	Poison Control Center, Illinois	safety, health
(800) 222-1222	Poison Control, National	safety, health
(800) 942-5969	Poison Information Hotline	safety, health
(805) 967-7636	Postpartum Support International	parent, pregnancy
(800) 942-4612	Prairie State Legal Services	legal
(800) 842-1461	Provider Health Care Hotline	health
(800) 420-2574	Putative Father Registry	parent
(800) 346-2742	Rehabilitation Information Center, National	disability
(800) 526-0844	Relay Center-TTY	disability
(800) 838-5351	Rosecrance Treatment Center and SAMSHA Referrals	substance abuse
(800) 621-4000	Runaway Switchboard, National	safety, mental health
(866) 215-3462	RX Buying Club (prescription help)	insurance, senior, prescription
(800) 477-0024	School Violence Tipline	violence, children
(800) 638-6833	Second Opinion Surgery	health
(800) 322-6274	Self-Help Hotline	health, other
(800) 243-5377	Senior Citizens Consumer Fraud Helpline	health, other
(800) 584-9034	Senior Health Insurance Programs (SHIP)	senior, insurance
(800) 252-8966	Senior Helpline	senior
(800) 227-8922	Sexually Transmitted Disease, National	health, aides, STD
(800) 243-2437	Sexually Transmitted Disease, State	health, aids, STD
(800) 637-5508	Share Work for Food Program	food

(800) 221-7437	SIDS Alliance Hotline	children, safety
(800) 722-1213	Social Security Administration	state
(800) 269-0271	Social Security Administration Fraud Hotline	state, fraud
(800) 447-7483	Southern Illinois University- Edwardsville	education
(800) 962-9629	Spinal Cord Injury, National	health, disability
(800) 233-2329	Sponge	family planning
(800) 641-3929	SSI- Rights, Services, Rehab, Homecare	state, disability
(800) 637-8856	SSI-Eligibility Line	state
(800) 225-3607	SSI-Information Line	state
(800) 227-7537	STARnet	education, early intervention
(800) 787-6537	Stroke Association, National	health, stroke
(800) 248-7475	Suicide	mental health
(800) 784-2433	Suicide, National Hopeline Network	mental health
(217) 252-1789	Suicide-Springfield	mental health
(800) 829-1040	Taxpayer Assistance, National	state
(800) 637-0701	Teen Help	children, mental health
(800) 729-4227	Teen Hotline	children, mental health
(312) 996-5332	Terotogen	pregnancy
(800) 223-0121	Tourism Events Hotline	state
(877) 785-9339	TTY-Carbondale	disability
(800) 964-3013	TTY-Chicago	disability
(877) 844-5461	TTY-Springfield	disability
(800) 638-2772	U.S. Consumer Products Safety Commission	safety, state
(800) 872-5827	United Cerebral Palsy Association	children, disability
(800) 564-5733	UNITED WAY	emergency
(800) 411-8329	UNITED WAY, National	emergency
(800) 525-8533	University of Illinois at Springfield	education
(800) 535-4555	USDA meat & Poultry Food Safety Hotline	food, safety
(800) 827-1000	Veterans Affairs	legal, state, housing
(800) 766-4466	Vision USA	health, vision
(888) 522-1282	Women's Health Helpline	women, health
(800) 221-2141	Y-ME National Breast Cancer Organization	health, cancer
(800) 868-9505	Y-ME National Breast Cancer Organization (Spanish)	health, cancer