














## COMMUNITY RESOURCES FOR FAMILY NEEDS

### Table of Contents:

 Mental Health.....	1
 Physical Health.....	2
 Crisis Assistance.....	2
 Food,  Clothing,  Housing.....	3
 \$ Employment, Financial Support.....	4
 Education,  Child Care.....	4
  After-School and/or Summer Camp Programs.....	5
 Parenting and Prenatal Programs.....	5
 Other.....	6

### Mental Health

- **Quad cities:**
  - [Bethany for Children & Families](#)
    - 309-797-7700
    - Bethany for Children & Families is a private child welfare, mental health, community education, and social services provider that has offered aid and support to children and families in western Illinois and eastern Iowa since 1899.
  - [Robert Young Center](#)
    - 309-779-3000
    - The Robert Young Center, part of UnityPoint Health – Trinity, provides care for every behavioral health need. Our team specializes in mental health, substance abuse and crisis services for children, adolescents and adults.
- **Peoria, IL:**
  - [Children’s Home Association of Illinois](#)
    - 217-592-0389
    - The Children’s Home Association of Illinois provides community support services to at-risk youth, the people who love and care for them, and the people who no longer can.

- Services/Programs: Prenatal and postpartum services; leadership programs for youth; crisis intervention for at-risk youth; Mental Health Juvenile Justice (MHJJ) program; Academy for Autism; school-based therapy; in-home therapy; Family Based Intervention (FBI); Intensive Placement Services (IPS); Family Support Programs (FSP); Mobile Crisis Response (MCR); Supervised Independent Living program (SILP); Professional development for childhood caregivers.
- [Tri-County Urban League](#)
  - 309-673-7474
  - Therapeutic supervised visitations for children in foster care; family habilitation; Teens Organized for Pride and Success (TOPS)



## Physical Health

- **Quad cities:**
  - [Community Health Care, Inc.](#)
    - 563-336-3000
    - The mission of Community Health Care, Inc. is to provide the communities we serve with excellence in patient-centered medical, dental and behavioral health care that is compassionate, affordable and accessible.
    - COVID-19 testing and vaccination.
- Bureau, LaSalle, Marshall, Putnam, Stark counties
  - [Illinois Valley Center for Independent Living](#)
    - 815-224-3126
    - The Illinois Valley Center for Independent Living (IVCIL) is a nonprofit service and advocacy organization that assists persons with disabilities in opening doors to their independence. We provide services for persons with disabilities, their families, and the community in Bureau, LaSalle, Marshall, Putnam, and Stark counties.
    - Provides resources for assistive technology (e.g., wheelchair, hearing aid).

## Crisis Assistance

- **Across IL**
  - [Family Resources Survivor Services](#)
    - 24-Hour Crisis Line: 309-797-1777
    - Family Resources provides free, confidential services to survivors of domestic abuse, sexual abuse, human trafficking, homicide, and other violent crime.
- **Quad cities:**
  - [SAL Community Services' Open Door Crisis Assistance](#)
    - 309-793-8201
    - Open Door is a one-stop resource to connect to food, clothing, finding a safe home, transportation, and other immediate crisis needs.
- **Peoria:**
  - [Dream Center Peoria](#)
    - 309-676-3000

- Crisis support for families experiencing homelessness; after-school programming and summer camp, vocational courses, The Hope Store – free clothing and household items
- [Crittenton Centers](#)
  - Crisis Nursery Hotline: 309-674-4125
  - Family Center

 Food,  Clothing,  Housing

- **Across IL**
  - [Buy Nothing](#)
    - App where you can donate, borrow, and receive free resources and services.
  - [WIC](#)
    - 1-800-843-6154
    - helps pregnant woman and children under the age of 5 years old with some of their food needs.
- **Ottawa, IL**
  - [Community Food Basket](#)
    - 815-431-0155
    - At the Community Food Basket of Ottawa our mission is to unite the community in a cooperative effort to feed those in need in a spirit of love and compassion.
- **Ottawa and Peru, IL**
  - [Lily Pads Too](#)
    - 815-313-5776
    - This is a resale store in the area that supports the homeless shelter. There is one located in Peru and another located in Ottawa. Both towns have a homeless shelter affiliated with the store.
- **Quad cities:**
  - [Youth Hope](#)
    - 309-762-4577
    - This organization provides services to the community via food pantry and clothing give aways. They also have a youth group that provides a safe environment for youth to gather.
  - [The Salvation Army](#)
    - 1-800-725-2769
    - Provides food boxes and pantry items; shelter and housing programs
- **Peoria, IL**
  - [Riverside Community Church- Community Fridge](#)
    - 309-676-7700
    - Community Fridge that provides free food for anyone who needs it.
  - [Peoria Citizens Committee for Economic Opportunity \(PCCEO\)](#)
    - Services include Food Voucher Assistance, Food Bank, Affordable Housing Programs.
  - [Peoria Area Food Bank](#)

- 309-671-3906
- [East Bluff Community Center](#)
  - Contact: 309-839-0781; email: ebcc@eastbluffcommunitycenter.org
  - Food pantry, community garden
    - 8:30 a.m. to Noon
    - First four Saturdays of the month.

## **Employment, Financial Support**

- **Across nation**
  - [Low Income Home Energy Assistance Program \(LIHEAP\)](#)
    - 1-866-674-6327
    - The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. LIHEAP provides federally funded assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs.
  - [Goodwill](#)
    - Skills development and digital trainings; resume assistance; job application assistance
- **Henry, Mercer, and Rock Island counties, IL**
  - [Project Now](#)
    - Offers utility assistance; Head Start; homeless services; senior services; Eviction Diversion Program; Rural Public Transport
- **Quad cities**
  - [Martin Luther King \(MLK\) Center](#)
    - 309-732-2999
    - Tax help for families without fees
- **Peoria, IL**
  - [Tri-County Urban Leage](#)
    - 309-673-7474
    - Job placement and referral service; pre and post job guidance; men's suits for job interviews provided.
  - [Peoria Citizens Committee for Economic Opportunity \(PCCEO\)](#)
    - Services Include Rental/Mortgage Assistance, Water Bill Assistance, Energy Assistance, Food Voucher Assistance, Food Bank, Prescription Vouchers, Telephone Assistance, Disinfectant/Cleaning Supplies, and Diaper Voucher Assistance.

## **Education,** **Child Care**

- **Peoria, IL**
  - [Tri-County Urban Leage](#)
    - 309-673-7474
    - Free GED courses and exam; parent education classes
  - [Peoria Citizens Committee for Economic Opportunity \(PCCEO\)](#)
    - Offers Head Start and Early Head Start for low-income families.

- **Quad cities**
  - [Martin Luther King \(MLK\) Center](#)
    - 309-732-2999
    - Free GED courses offered for people aged 16-24



### After-School and/or Summer Camp Programs

- **Peoria, IL**
  - [George Washington Carver Community Center](#)
    - 309-839-0722
    - After School Program: cost is \$1/day, 2 to 6pm, tutoring available
    - Summer Camp: cost is \$15/week, weekdays 7:30am – 4pm for kids 5-14 years old.
  - [Tri-County Urban League](#)
    - 309-673-7474
    - After-school tutoring; Summer Youth Employment Program (SYEP); Community Technology Center (CTC)
  - [East Bluff Community Center](#)
    - Contact: 309-839-0781; email: ebcc@eastbluffcommunitycenter.org
    - Youth programs
      - Free evening youth program, free summer basketball league, Boys & Girls Club after-school program, Boxing Club, Girl Scouts Troop, art guild classes and camps.
- **Quad cities**
  - [Martin Luther King \(MLK\) Center](#)
    - 309-732-2999
    - Rock island/Milan counties: After-School Program free for children in Kindergarten- 9<sup>th</sup> grade; Summer Day Camp free for children 5-14 years old
    - Boy scouts



### Parenting and Prenatal Programs

- **Peoria**
  - [Smart Start for Healthy Children & Families](#) (Facebook page)
    - 309-673-3769 Monday-Friday 8:30am-4:30pm
    - Prenatal classes are offered: Call 309-404-5170
    - Free referrals for pregnant women and families with infants under one year. Referrals include housing, transportation, counseling, shelter, food, medical care, postnatal and infant care. Home visiting available.
  - [Southside Community Center](#)
    - 309-713-3715
    - Faith-based organization offering youth and parenting programs
      - [Pregnancy Resource Center](#)
        - (309) 270-6111

## Other

- **Across IL**

- [Tri County Opportunity Council \(TCOC\)](#)
  - This site will take you to the main office in Rockfalls IL. This site has information for businesses, individuals, and communities depending on which tab you click on. This organization has means to help in many ways as long as a person qualifies.
- [Heart of Illinois United Way 211](#)
  - This site offers referrals to resources for families including food, healthcare, housing, and utilities in Marshall, Peoria, Putnam, Stark, Tazewell, and Woodford Counties in Illinois.
- [TASC](#)
  - English: 1-855-827-2444; Español: 1-312-573-2961
  - TASC offers a variety of services in locations across Illinois. If you or someone you know may need help, please contact your local TASC Area Office, or call us.