

Resources for Parents and Staff

Grant Township: <http://www.granttownshipcenter.org/Links/links.htm>

Social Services Agencies

- Emergency Shelter (PADS Lake County)
(847) 689-4357
- Family Service Agency of North Lake County
2504 Washington St Waukegan, IL 60085
(847) 662-4464
Counseling for individuals, couples, and family
- Illinois Migrant Council
1320 N. Seminary Ave Woodstock IL 60098
(815) 943-6841
Job placement, basic training, ESL, emergency assistance, translations/interpretation, and referral to other agencies
- Northern Illinois Council on Alcoholism/Substance Abuse (NICASA)
31979 N. Fish Lake Rd. Round Lake, IL 60073
(847) 546-6450
DUI services, violence reduction services, family services, parent training and employment assistance services
- Twice As Nice Mother and Child
(224) 637-1644
Clothing for mothers and children, infant essentials, diaper bank
- Love INC: Gurnee
(847) 782-8630
www.lovinclakecounty.org
support to help get out of debt and off of support systems

Federal Agencies

- Illinois Department of Public Aid
3235 W. Belvidere Rd. Waukegan IL 60085
(847) 336-5212
- Secretary of State
428 Eastwood Dr, Woodstock, IL 60098 · (815) 338-2750
951 S Rand Rd, Lake Zurich, IL 60047 · (312) 793-1010

- Social Security Administration
1930 N. Lewis Avenue Waukegan IL 60085
(800) 772-1213
Social Security Numbers and Medicare
- Post offices
33 E Grand Ave, Fox Lake, IL 60020 · (800) 275-8777
604 Rollins Rd, Ingleside, IL 60041 · (800) 275-8777

Food Resources

- Grant Township
26725 W. Molidor Rd-Ingleside
- Helping Hands Food Pantry
2505 Spring Ridge Drive-Spring Grove
- COOL Trinity Food Pantry
25519 West Hwy 134-Ingleside
- Plan
1892 Nicole Lane-Round Lake Beach

Housing

- Housing Authority of the County of Lake
33928 N. Hwy 45 Grayslake, IL 60030
(847) 223-1170
Low Rent program, landlord-tenant disputes
- Catholic Charities
671 S. Lewis Waukegan, IL (847) 782-4000
116 Lincoln Ave, Round Lake, IL 60073 (847) 546-5733
- Foreclosure Prevention Network (855) 533-7411

Education and Referral

- Child Services
1103 Greenwood Waukegan, IL 60087
(847) 263-2200
Citizenship classes, information and referral to other agencies
- College of Lake County
19351 Washington Street Grayslake, IL 60030
(847) 223-6601
GED preparation, ESL classes

Health Care

- Lake County Health Department and Community Health Center
3010 Grand Ave Waukegan, IL 60085 (847) 344-8000
224 West Clarendon Drive Round Lake Beach, IL 60073 (847) 984-5100
<http://www.lakecountyil.gov/150/Health-Services>
Family medicine, dental services, prenatal care and counseling
- Condell Medical Center
801 South Milwaukee Ave Libertyville, IL 60048
(847) 362-2900
<http://www.advocatehealth.com/condell>
hospital services
- Centegra Northern Illinois Medical Center
4201 W Medical Center Dr, McHenry, IL 60050 (815) 344-5000
<https://centegra.org/>
hospital services
- Advocate Condell Immediate Care Center
2 E Rollins Rd, Round Lake Beach, IL 60073
(847) 740-2500
Acute care services

Counseling Community Resources

*If finances are limited, please ask the agency if they operate on a sliding scale basis-they adjust their fees according to our income level. If you have insurance, you may want to contact your company first because they may cover part of all of counseling services.

Allendale Association/Bradley Counseling Center

420 West Grand Ave.
Lake Villa, IL 60046
847-356-3322

Gurnee Counseling Center

Gurneecounselingcenter.com
(847) 336-5621

Spring Grove Wellness

2440 Westward Drive Suite B
Spring Grove, IL 60081
847-445-0023
<http://sgwellness.com/>

Center for Wellness Counseling and Education
Melanie Dylan (Family, Individual and Addictions)
700 North Lake Street
Mundelein, IL 60060
847-949-0063

One Hope United
215 North Milwaukee Ave.
Lake Villa, IL 60046
847-245-6567

Community Youth Network
18640 West Belvidere Road
Grayslake, IL 60030
847-548-6000

Arbor Counseling Center, Ltd.
Locations in Gurnee and Crystal Lake
847-913-0393

Family Stress Clinic
1641 North Milwaukee Ave. Suite #7
Libertyville, IL 60048
847-362-6919

Lake County Behavioral Health Services
3010 Grand Avenue
Waukegan, IL 60085
847-377-8950

Youth and Family Counseling
1113 South Milwaukee Ave. Suite #104
Libertyville, IL 60048
847-367-5991

All Kids, Family Care, Moms & Babies Insurance Programs through the State of IL.
Local Office # 847-336-5212
1-866-255-5437
www.allkids.com

Horizons Behavioral Health
Dr. Matamala-Psychiatrist
970 S. McHenry Ave.
Crystal Lake, IL 60014
815-455-7100

Family Services & Health Center
5320 West Elm (Route 120)
McHenry, IL 60050
815-385-6400

Northwestern Lake Counseling
17 W. Grand Ave.
Fox Lake, IL 60020
847-587-8400

Counseling Connections
31480 N. US Highway 45
Libertyville, IL
847-680-2715
<http://counselingconnections.net/>

Myers Counseling Group
501 N. Riverside Suite 208
Gurnee, IL 60031
847-263-1269
www.myerscounseling.com

Blending Families
800 Main Street
Antioch, IL
847-838-9904

Health Reach Clinic
1800 Grand Avenue
Waukegan, IL 60085
847-360-8800

Provides medical services at a very low cost to Lake county residents

Doctors in the Area

- **Mundelein Pediatrics**
1170 E. Belvidere Rd. Suite #106 Grayslake, IL 60030
(847) 548-7337
- **Lake Forest Pediatrics**
870 West End Court Suite 100 Vernon Hills, IL
2592 Grand Ave, Lindenhurst, IL 60046
(847) 295-1220
- **Dr. Bianconi**
4309 W. Medical Center Dr. Suite B310 McHenry, IL 60050
(815) 344-0090

Health Care Clinics

*Handles immediate minor concerns, physicals, and immunizations

- CVS Minute Clinic
34344 North Highway 45, Third Lake, IL 60030 (847) 543-5441
2020 E Grand Ave, Lindenhurst, IL 60046 (847) 356-4302
- Walgreens Take Care Clinic
305 W Rollins Rd Round Lake, IL (800) 323-8622

Dental Resources

- Lake County Health Department:
Belvidere Medical Building
2400 Belvidere Rd Waukegan, IL 60085
(847) 377-8410

Mid-Lakes Medical and Dental Building
224 Clarendon Ave Round Lake Beach, IL 60073
(847) 984-5130
- Smile Dentist at the schools yearly. Dates TBD. Information will come home January.
- Dental Lifeline Network
<https://dentallifeline.org/>
dental care for permanently disabled, elderly, medically at risk, or lack adequate income

Vision

- All Kids & Department of Health Care and Family Services
(800) 226-0768
- Walmart/Sam's Club stores-inexpensive eye exams and glasses
- America's Best Eyewear-2 pair of glasses with free eye exam. Check out the website for details
<http://www.americasbest.com>

Prescription Assistance

- Salvation Army
www.sawaukegan.org
Waukegan Township: 149 S. Genesee St. Waukegan IL (847) 244-4900
- Partnership for Prescription Assistance: offers a single point of access to more than 275 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies
<https://www.pparx.org>
- Together Rx Access: a free savings program that helps eligible participants save approximately 25-40% and sometimes more on over 275 brand-name prescription drugs and other prescription products, as well as savings on a wide range of generic drugs. This program is for families and individuals without prescription drug coverage
www.togetherrxaccess.com
- Many pharmaceutical companies offer free or discounted prescription drugs to low-income families. Please contact the company.

Churches

- Fox Lake Community Church
25 W Big Hollow Rd, Fox Lake, IL 60020
(847) 587-1331
- Edge Church
25 Forest Ave, Fox Lake, IL 60020
(630) 287-1592
- Lutheran Church of All Saints
5800 State Park Rd, Fox Lake, IL 60020
(847) 587-7727
- Crosspoint Church
27430 W Nippersink Rd, Ingleside, IL 60041
(847) 587-7722
- St. Bede Church
36455 N Wilson Rd, Ingleside, IL 60041
(847) 587-2251
- St. Peter's Church
2118 Main St, Spring Grove, IL 60081
(815) 675-2288

Jobs

- SER/Job for Progress Inc.
117 N. Genesee St. Waukegan IL 60085
(847) 336-1004

Help/Crisis Hotlines

- General Crisis Intervention Hotline (Lake County Health Department)
(847) 377-8088
- 24 Hour Haven Youth Services-specializing in youth counseling
7560 Green Bay Rd Suite #10, Winnetka IL 60093
(847) 446-4606
- 24 Hour Nationwide Suicide Prevention Hotline (800) 273-TALK or (800) 273-8255
- A Friend's Place-specializing in domestic violence, counseling, and intervention
24 hour help line (800) 603-HELP or (800) 603-4357
- 24 Hour National Runaway Hotline (800) 621-3230 or (800) 621-4000
- 24 hour Chicago Rape Crisis Hotline (888) 293-2080
- A Safe Place-Lake County Crisis Center
24 hour help line (847) 249-4450
- Connection Resource Services Inc.
24 hour help line (847) 689-1080
Student hotline (800) 310-1234
3001 Green Bay Rd. Building #5 North Chicago, IL 60064
- Domestic Violence Information (847) 377-3000
- AL-ANON/ALATEEN (847) 680-4640
- ANAD (Eating Disorders) (847) 831-3438
- Alcoholics Anonymous (847) 362-1811
- Cocaine Anonymous (312) 202-8898
- DCFS (800) 25-ABUSE or (800) 252-2873
- Lutheran Recovery Services (847) 634-2020
- Omni Youth Services (847) 949-1020

- National Hopeline Network
(800) SUICIDE or (800) 784-2432
www.hopeline.com
- S.A.F.E. Alternatives-Self Abuse Finally Ends
www.selfinjury.com
- Childhelp-National Child Abuse Hotline
www.childhelp.org
(800) 4-A-CHILD or (800) 422-4453
- National Domestic Violence Hotline
www.ndvh.org
(800) 799-SAFE or (800) 799-7233
- Rape, Abuse, & Incest National Network
www.rainn.org
(800) 656-HOPE or (800) 656-4673
- National Eating Disorders Association
www.nationaleatingdisorders.org
(800) 931-2237
- The Trevor Helpline (LGBTQ)
(888) 4-U-TREVOR or (866) 488-7386
- Mothers Trust Foundation
(847) 482-9189
Provides immediate assistance to those in crisis
- Zacharias Center
(847) 244-1187
(847) 872-7799 (24 hour support line)

Wellness Resources For Kids

- Alliance for a Healthier Generation
www.healthiergeneration.org
- Childhood Nutrition/Childhood Obesity
www.heart.org/healthierkids
www.healthywaytogrow.org
www.voicesforhealthykids.org

- Physical Activity
www.fueluptoplay60.org
www.heart.org/jump or www.heart.org/hoops
www.playworks.org
- Healthy Cooking
www.heart.org/simplecookingkids
- Gardens
www.heart.org/teachinggardens
www.annies.com
- Weight Loss Programs for Kids/Families
www.proactivekids.org

Wellness Resources for Families

- Living Fit Program:
 - <http://www.usalivingfit.com>
 - <http://www.usaffitfamily.com/home-2014>
 -
- Alliance for a Healthier Generation
www.healthiergeneration.org
- Salud America! Latino Obesity website
www.salud-america.org

Health Conditions Resources

Diabetes

- www.diabetes.org
- Apps for counting carbohydrates:
 - Calorie King
 - Allrecipes.com
 - The Daily Plate
 - Go Meals

Autism

- www.cdc.gov/ncbddd/autism/index.html
- www.autismspeaks.org
- www.autismillinois.org
- www.teacch.com (Behavioral plan for autism students)
- www.asaonline.org (To evaluate health information and alternative treatments for autism)

Food Allergies

- www.foodallergy.org
- www.allergy.mcg.edu

- www.aafa.org/home
- www.foodallergyinitiative.org
- FARE Allergy Field Guide (downloadable pdf that gives information on food allergies)
<https://www.foodallergy.org/newly-diagnosed/food-allergy-field-guide>

Celiac Disease

- Pediatric Celiac Center-Advocate Children's Hospital
www.advocatechildrenshospital.com/ach/care-treatment/celiac-center
- Celiac Disease Foundation
www.celiac.org
(818) 990-2354
- Gluten Intolerance Group of North America
www.gluten.net
(253) 833-6655
- Gluten-Free Drugs
www.glutenfreedrugs.com

Asthma

- Centers for Disease Control and Prevention-asthma information
<https://www.cdc.gov/asthma/default.htm>
- American College of Allergy, Asthma, and Immunology
www.acaai.org/asthma
- Iggy and The Inhalers (website/program with free downloads and videos geared towards kids)
<https://iggyandtheinhalers.com/>

Seizures

- The Epilepsy Foundation
www.epilepsy.com

Emergency Preparedness

- <http://www.healthmattersatwork.org/Emergency-Preparedness>
- CDC's Emergency Preparedness and Response
<https://emergency.cdc.gov/>
- Ready.gov: prepare, plan, and stay informed
<https://www.ready.gov/>