Resources for Parents and Staff

Grant Township:  [http://www.granttownshipcenter.org/Links/links.htm](http://www.granttownshipcenter.org/Links/links.htm)

Social Services Agencies

- Community Action Partnership
  - (224) 412-8945
  - [https://www.caplakecounty.org/](https://www.caplakecounty.org/)
  - Assistance programs

- PADS Lake County
  - (847) 689-4357
  - [http://www.padslakecounty.org/](http://www.padslakecounty.org/)
  - Emergency shelter and homeless resource

- Family Service Agency of North Lake County
  - 2504 Washington St., Waukegan, IL 60085
  - (847) 662-4464
  - [http://www.communityresources.net](http://www.communityresources.net)

- Illinois Migrant Council
  - 1320 N. Seminary Ave., Woodstock IL 60098
  - (815) 943-6841
  - [http://www.illinoismigrant.org/](http://www.illinoismigrant.org/)
  - 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
  - [http://nicasa.org/](http://nicasa.org/)
  - DUI services, violence reduction services, family services, parent training and employment assistance services

- Twice As Nice Mother and Child
  - (224) 637-1644
  - [http://www.twiceasnicemc.org/](http://www.twiceasnicemc.org/)
  - Clothing for mothers and children, infant essentials, diaper bank
• Love INC: Gurnee
  (847) 782-8630
  www.loveincklakecounty.org
  Support for clothing, furniture, household items, and more

**Help/Crisis Hotlines**

• General Crisis Intervention Hotline (Lake County Health Department)
  Adult services: (847) 377-8088
  Youth Services: (847) 377-8950

• 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

• National Hopeline Network
  (800) SUICIDE or (800) 784-2432
  www.hopeline.com

• Online Chat: Suicide Prevention: https://suicidepreventionlifeline.org/

• Online Chat: Adolescent Depression https://www.erikaslighthouse.org/
  ○ Parent handbook on childhood and teen depression:

• A Friend’s Place-specializing in domestic violence, counseling, and intervention
  24 hour helpline (800) 603-HELP or (800) 603-4357

• 24 Hour National Runaway Crisis Line (800) RUNAWAY or (800) 786-2929

• 24 hour Chicago Rape Crisis Hotline (888) 293-2080

• A Safe Place-Lake County Crisis Center (24 hour helpline)
  (847) 249-4450

• Connection Resource Services Inc. (24 hour helpline)
  (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
• 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)
  Sexual abuse center

Federal Agencies
• Illinois Department of Human Services
  3235 W. Belvidere Rd., Waukegan IL 60085
  (847) 336-5212
  http://www.dhs.state.il.us

• 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
• Open Arms (Antioch and Lake Villa Townships)
  1548 S Main Street (Route 83), Antioch, IL

• Grant Township
  26725 W. Molidor Rd., Ingleside, IL

• Helping Hands Food Pantry
  2505 Spring Ridge Drive, Spring Grove, IL

• Chapel Community Care
  25270 West IL Route 60
  phone: 847-201-2777

• Plan (People Lending Assistance Network)
  1892 Nicole Lane, Round Lake Beach, IL
**Grief Assistance**

- **Willow House**
  (847) 236-9300
  [http://www.willowhouse.org](http://www.willowhouse.org)
  Provides individual and group grief services (children and adults)

- **Journey Care**
  (224) 770-2489
  [https://journeycare.org](https://journeycare.org)
  Provides child and family illness and grief services

**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

**Counseling Community Resources**

*If finances are limited, please ask the agency if they operate on a sliding scale basis; agencies often adjust fees according to your income level. If you have insurance, contact the insurance company first to determine if they cover part or all of counseling services.*

- **Allendale Association/Bradley Counseling Center**
  420 West Grand Ave., Lake Villa, IL 60046
  (847) 356-3322
  [https://www.allendale4kids.org/](https://www.allendale4kids.org/)

- **Gurnee Counseling Center**
  (847) 336-5621

- **Spring Grove Wellness**
  2440 Westward Drive Suite B, Spring Grove, IL 60081
  (847) 445-0023
  [http://sgwellness.com/](http://sgwellness.com/)
• **Center for Wellness Counseling and Education**  
  700 North Lake Street, Mundelein, IL 60060  
  (847) 949-0063  
  Family, Individual and Addictions

• **One Hope United**  
  215 North Milwaukee Ave., Lake Villa, IL 60046  
  (847) 245-6567  
  [https://onehopeunited.org/](https://onehopeunited.org/)

• **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  
  [www.allkids.com](http://www.allkids.com)  
  (866) 255-5437

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

• Tabor Therapy Group  
(815) 331-8768  
http://tabortherapygroup.com/

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

- Mercy Health Urgent Care-McHenry
  3922 Mercy Drive, McHenry IL 60050
  (815) 578-2020

- Vista Freestanding Emergency Department
  1050 Red Oak Lane Lindenhurst, IL 60046
  (847) 356-4700

- Northwestern Medicine Emergency Center
  1475 E. Belvidere Road Suite 1268 Grayslake, IL 60030
  (847) 535-8950

**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

- Willow Oak Pediatrics
  311 W. Depot Street Antioch, IL 60002
  (847) 838-7337
*For wellness checks and immunizations, The Advocate Ronald McDonald Mobile Clinic typically visits Lotus and Stanton one to two times year. Children who have no insurance or medicaid are seen on a first-come-first-serve basis.

**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

- **Clinic at Walmart (2 locations)**
  2680 N IL-83 Round Lake Beach, IL 60073
  3801 Running Brook Farm Blvd Johnsburg, IL 60050

**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 will come to Lotus and Stanton schools on a yearly basis (typically in February)**
  exact dates TBD (information sent home January)

- **Dental Lifeline Network**
  [https://dentallifeline.org/](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

● VSP Vision-free vouchers for low income families to provide vision exams and 1 pair of eyeglasses. Limited amount of vouchers are available, please contact Mrs. Lanners for more information.

Prescription Assistance

● Good RX
  Website www.goodrx.com
  Type in name of medication into website, will give a coupon to print and bring to pharmacy.
  *Cannot use in combination with insurance plans

● Salvation Army
  Waukegan Township: 149 S. Genesee St., Waukegan IL
  (847) 244-4900
  www.sawaukegan.org

● Partnership for Prescription Assistance: 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: 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 or your doctor’s office.

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

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/simplycookingkids

• Gardens  
  www.heart.org/teachinggardens  
  www.annies.com
• Weight Loss Programs for Kids/Families
  www.proactivekids.org

Wellness Resources for Families

• CDC Fruits and Veggies: More Matters Initiative
  https://www.fruitsandveggiesmorematters.org/cdc-resources/

• Living Fit Program:
  http://www.usaflivingfit.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.asatonline.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

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/
LGBTQ

- **Links Northshore**- Pride Youth Program (Support group in Gurnee); website: [linksyouth.org](http://linksyouth.org)

- **PFLAG Council of Northern Illinois: Gurnee/Lake County**- Monthly Chapter Meetings open to anyone who wishes to share, offer or receive support, learn, educate others, and/or advocate for LGBTQ Community; website: [www.pflaglakecounty.org](http://www.pflaglakecounty.org)

- **The It Gets Better Project**- Website: [www.itgetsbetterproject.com](http://www.itgetsbetterproject.com)


- **Welcoming Schools**- Website: [http://www.welcomingschools.org/](http://www.welcomingschools.org/)

- **LGBTQ Hotlines**
  - Lifeline- 24/7 hotline to talk about a variety of issues: (800) 273-TALK *(800-273-8255)*
  - The Trevor Project- LGBTQ 24/7 Crisis Line: (866) 4-U-TREVOR *(866-488-7386)*
  - LGBT National Youth Talkline: 1-800-246-PRIDE *(800-246-7743)*; website: [https://www.glbthotline.org/talkline.html](https://www.glbthotline.org/talkline.html)

**Education and Referral Services**

- **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