

Resources for Parents and Staff

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

Social Services Agencies

- Community Action Partnership
(224) 412-8945
<https://www.caplakecounty.org/>
Assistance programs
- PADS Lake County
(847) 689-4357
<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>
- Illinois Migrant Council
1320 N. Seminary Ave., Woodstock IL 60098
(815) 943-6841
<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/>
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/>
Clothing for mothers and children, infant essentials, diaper bank

- Love INC: Gurnee
(847) 782-8630
www.loveinclakecounty.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:
https://www.erikaslighthouse.org/wp-content/uploads/2018/07/EL_ParentsHandbook_2016.pdf
- 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>
Provides individual and group grief services (children and adults)
- Journey Care
(224) 770-2489
<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/>
- Gurnee Counseling Center
(847) 336-5621
www.Gurneecounselingcenter.com
- Spring Grove Wellness
2440 Westward Drive Suite B, Spring Grove, IL 60081
(847) 445-0023
<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/>
- Community Youth Network
18640 West Belvidere Road, Grayslake, IL 60030
(847) 548-6000
<http://www.cyngrayslake.org/>
- 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
(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/>
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/simplecookingkids
- 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.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.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
- 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/>

LGBTQ

- **Links Northshore-** Pride Youth Program (Support group in Gurnee); website: 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
- **The It Gets Better Project-** Website: www.itgetsbetterproject.com
- **River Rock Psychotherapy & Consulting-** Website: <http://www.riverrocktherapy.com/resources.php>
- **Welcoming Schools-** Website: <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>

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