

COMMUNITY RESOURCE BOOKLET



*This booklet lists numerous resources and services available at
Carl Sandburg College and the surrounding area.*

This is not an all-inclusive list of the resources available in the community.

To search within this document, press Ctrl+F to bring up the search bar

**SOME AGENCIES MAY CHANGE SERVICES, AVAILABILITY, ETC. AFTER THE
DATE THIS BOOKLET IS PUBLISHED.
CONTACT AGENCY FOR CURRENT INFORMATION.**

**In case of an emergency, go to the nearest emergency room or
call 911.**

211 HELP LINE *(Funded by United Way)*

Call 211 toll free and get connected to a live community resource specialist.

All calls are private & confidential. Or search for services by zip code at

<https://www.navigateresources.net/path/>

THE FOLLOWING WEBSITES LIST COUNTY HEALTH DEPARTMENTS:

Fulton County

<http://fultoncountyhealth.com/>

Hancock County

<http://www.hancockcountyhealth.info/>

Henderson County Health Department

<http://www.hendcohealth.com/>

Knox County

<https://www.knoxcountyhealth.org/>

Mercer County

<http://www.mercercountyil.org/Departments/Health.aspx>

Henry & Stark County

<http://www.henrystarkhealth.com/>

McDonough County

<http://www.mchdept.com/>

Warren County

<http://www.warrencountyil.com/>

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1. Adult Education

I. Educational supports

- **Branch Campus**

- **Online Tutoring**

- Offered through Brainfuse. Most subjects have tutors available 24/7. Sign into MySandburg to see the Brainfuse link on your home page.

- **Tutoring**

- face-to-face tutoring or Skype sessions with the Galesburg campus tutors. Contact Main office 217.357.3129.

- **Carl Sandburg College Main Campus**

- 2400 Tom L. Wilson Blvd., Galesburg. <http://www.sandburg.edu/>

- **Academic Support services**

- Provides disability support, tutoring, academic equipment loans, and referrals for learning disabilities testing. Room B68. 309.341.5262.

- **Carl Sandburg College Counselors** Counseling services available to address obstacles to academic success. 309.341.5237. <http://sandburg.edu/Services/Counseling-Services/index.html>

- **Galesburg Promise Scholarship**

- First come, first served scholarship for all Galesburg District #205 graduates. Aid based on years of attendance and is applied after other financial aid. Must complete the Free Application for Federal Student Aid (FAFSA) and the Sandburg scholarship application. Must apply within 2 years of high school graduation.

- <http://sandburg.edu/Services/Financial-Aid/Foundation-Scholarships/Galesburg-Promise.html>

- **Sampson Promise Scholarship**

- Open to graduates of United High School and Monmouth- Roseville high schools, or home school within district boundaries. Funds are awarded on a first come, first serve basis. <http://www.sandburg.edu/Services/Financial-Aid/Foundation-Scholarships/Sampson-Promise.html>

- **Trio Student Support Services**

Non-financial support for first-generation college students and income eligible students pursuing transfer degree programs. Application required. 309.341.5362.
<http://sandburg.edu/Services/TRIO-Programs/TRIO-SSS/index.html>

Tutoring Services

Located in B72, open 9-4 Monday – Thursday and 11-3 on Friday. To schedule an appointment outside of these hours call 309.341.5454
<http://sandburg.edu/Services/Tutoring-Services/index.html>

- **Family Literacy Program**

105 North E Street, Monmouth, IL
(309)734-6822
121 South Prairie St. Galesburg, IL
(309)345-3828

<https://www.roe33.net/familyliteracy>

This program increases literacy skills for families enrolled in the Adult Education or GED classes through workshops, playgroups and strong connections with our local libraries.

- **Galesburg Public Library**

40 E. Simmons St., Galesburg, IL 61462
309.343.6118

<https://galesburglibrary.org/>

Offers test prep, career planning and academic performance resources. Access to the Lingo Lite online center. Lingo Lite teaches basic vocabulary in over 30 languages.

- **Illinois AHEC Scholars**

1601 Parkview Ave. Rockford IL 61107
888-395-6424

<https://ilahec.uic.edu/ahec-scholars/#be-more>

Competitive two-year program for students who are committed to improving health care in rural and underserved communities.

- **ISA Corps**

<https://www.isac.org/students/before-college/isacorps/>

SA Corps helps with career planning, college planning, and assisting with applying for financial aid.

ISA Corps Recommended Websites:

<https://www.isac.org/>

<https://www.cps.edu/academics/career-and-technical-education/>

<https://www.collegechangepseverything.org/>

- **RAES EAST and RAES WEST**
 105 North E Street, Monmouth, IL
 (309)734-6822
 121 South Prairie St. Galesburg, IL
 (309)345-3828
<https://www.roe33.net/raes>
 alternative day school offering high school diploma curriculum. Serving students living in the service areas of Henderson, Knox, Mercer, and Warren counties who for a variety of reasons need an alternative educational setting to be successful academically.
- **Regional Office of Education**
 105 North E Street, Monmouth, IL
 (309)734-6822
 121 South Prairie St. Galesburg, IL
 (309)345-3828
<https://www.roe33.net/adulteducation>
 Offers Adult education programs for students 16 and up. Services include: High School Equivalency classes, English as a second language classes, and career readiness courses.
- **Truancy & Homeless Education**
 105 North E Street, Monmouth, IL
 (309)734-6822
 121 South Prairie St. Galesburg, IL
 (309)345-3828
<https://www.roe33.net/truancyhomelesseducation>
 Services also include workforce training to secure employment as well as support to homeless students. Contact Janine Harkness or Lorenzo Pugh at the Regional Office of Education #33
- **Workforce Office (WIOA)**
<http://www.illinoisworknet.com/>
Knox County Office - 311 East Main Street, Suite 612, Bondi Bldg., Galesburg. 309.343-9832. Warren and Henderson Office: 1025 South 2nd, Jamieson Center, Monmouth 309.734.4745. Offers educational assistance & support services. Serving ages 17+, including high school dropouts, low income individuals and dislocated workers who have lost employment through no fault of their own. Must meet eligibility requirements. Assistance dependent upon assessment and availability of funds.

II. Intercultural Supports

- **Adult Education English as a Second Language**
 105 North E Street, Monmouth, IL
 (309)734-6822
 121 South Prairie St. Galesburg, IL
 (309)345-3828
<https://www.roe33.net/esl>
 English as a Second Language (ESL) courses help educate non-English speaking students how to speak, read, and write English. ESL classes, with an approved curriculum, offer several levels of instruction. Also helps with career transitioning and on the job training.
- **IL State Board of Education**
<https://www.isbe.net/keeplearning>
 Resource for language learners
- **Illinois Welcoming Center**
 Help Line: (800)-843-6154
<https://www.dhs.state.il.us/page.aspx?item=124289>
 Refugee and Immigrant Services - a state operated one-stop human service center designed to help immigrants navigate state services and coordinate those state services with non-profit community social service.

III. Money Management

- **Cash Course**
<https://www.cashcourse.org/>
 Online financial educational course. Topics include: budgeting, saving, investing methods for paying for higher education and more.
- **University of Illinois Extension Office – Finances**
<https://extension.illinois.edu/finances>
 U of I extension, offers podcasts, mentoring and workshops to help improve financial health at all stages of life.

2. Child & Family Services

I. Childcare Supports

- **Activities for kids- U of I extension**
<https://extension.illinois.edu/hkmw/resources>

Educational Resources for kids in grade school to high school. Activities include robotics, coding, STEM, finance, and wellness.

- **Big Brothers Big Sisters of Knox County**

Galesburg: 815.348.9343

www.hoibbbs.org

a youth mentoring organization that creates and supports one-to-one mentoring relationships that ignite the power and promise of youth. BBBSKC makes meaningful, monitored matches between adult volunteers (“Bigs”) and youth in the Knox County community (“Littles”). This program is free.

- **Car Seat Safety**

105 North E Street, Monmouth, IL

(309)734-6822

121 South Prairie St. Galesburg, IL

(309)345-3828

<https://www.roe33.net/carseatsafety>

Helps families Understand proper passenger safety and stay up to date on current laws. Provides car seat safety checks upon request.

- **Center for Youth & Family Solutions**

Galesburg: 292 N. Chambers Street Galesburg, IL 61401

(309) 342-1136

Macomb: 123 S. McArthur Street Macomb, IL 61455

(309) 833- 1791

<https://www.cyfsolutions.org/>

Offers a full array of services through the following programs: Counseling (individual, couples, family, and group), Adoption, Intact Family Intervention, Foster Care, Youth, Family and Community Outreach Services, Pregnancy Planning and Family Support Services. Insurance, EAP (Employee Assistance Program), sliding fee scale

- **Child Abuse Hotline**

Hotline available 24/7. 1.800.25. ABUSE (800-252-2873)

<https://www2.illinois.gov/dcfs/safekids/reporting/Pages/index.aspx>

Calls are confidential. If you believe a child is in immediate danger call 911 first.

- **Childcare Resource & Referral**

<https://www.childcareillinois.org/>

3800 Avenue of the Cities, Suite 102 Moline, IL 61265

(866) 370-4556

Not-for-profit social service agency that offers financial assistance, and advocacy on behalf of children and families.

- **Department of Children and Family Services (DCFS)**
<https://www2.illinois.gov/dcfs/Pages/default.aspx>
Offers assistance in pursuing emergency/respice foster care License, adoption , and or a “traditional” foster care license.
- **Early Childhood Preschool Program**
105 North E Street, Monmouth, IL
(309)734-6822
121 South Prairie St. Galesburg, IL
(309)345-3828
<https://www.roe33.net/earlychildhoodprogram>
Offers developmental screenings, hearing and vision screenings, family education, personal visits, family goal setting, and assistance getting connected with other community resources as needed. For ages 3-5.
- **Family Planning Service of Western Illinois**
311 East Main St. Galesburg IL 61401
(309) 343-6162
<https://npin.cdc.gov/organization/family-planning-service-western-illinois>
Offers confidential, low-cost services such as reproductive health exams, STD testing treatment, pregnancy testing,
- **Galesburg Public Library**
40 E. Simmons St. Galesburg IL 61401
(309) 343-6118
<https://galesburglibrary.org/>
Offers activities for children in person and online, along with educational materials. Free internet access.
- **Galesburg Youth Athletic Club**
64 South Prairie St, Suite 402, Galesburg IL 61401
(309) 368-2536
<https://galesburgyouthathleticclub.com/>
Program designed to help youth learn respect, responsibility and the steps needed to get and stay on the path to success through Olympic style boxing and mentoring
- **Girl Scouts of Eastern Iowa & Western Illinois**
<https://www.girlscoutstoday.org/>

Helps girls build confidence, courage and character through a variety of programs. Available to girls in grades K-12.

- **Good Guides Youth Mentoring**

(309) 682- 1113

youthservices@goodwillpeo.org

<https://www.goodwillpeo.org/services/youth-services/>

Goals of Good Guides program: help students improve and maintain their grades, motivate them to stay in school until graduation/completion, assist youth in finding information on post-secondary education or careers and to be an overall positive role model. This service is offered in Peoria, IL.

- **Head Start/Early Head Start**

309- 734-3151

Galesburg: 277 East Tompkins Street Galesburg, IL 61401

Monmouth: 321 East Euclid Avenue. Monmouth, IL 61462

<https://www.wccshheadstart.org/>

Head start curriculum focuses on the development of school readiness goals. See website for application and more details.

- **KindNest**

(518) 406- 3323

<https://www.kind-nest.com/>

A hub of pregnancy, parenting, fertility, healing and wellness resources and expertise located in Ballston Lake, NY. However virtual sessions are offered for those who live elsewhere.

- **Learning Connections Child Care Center**

849 S. Henderson Street Galesburg, Illinois 61401

(309) 343-3014

<http://www.learningconnectionscalesburg.org/>

Early learning center for children 6 weeks to 5yrs. During the summer, a summer camp is offered for school aged children.

- **Loving Bottoms Diaper Bank**

77 S. Henderson St. Galesburg, IL 61401

(309) 287-4754

<https://lovingbottoms.org/>

Supports the Fulton, Henderson, Henry, Knox, Mercer, Peoria, Tazewell, and Warren counties. Supporting the community by providing diapers, wipes, senior incontinence supplies, period hygiene products, education and advocacy.

- **Lutheran Social Services of Illinois**

256 S. Soangetaha Rd. #107, Galesburg, IL 61401
(309) 343- 7681

<https://www.lssi.org/services/>

Provides supports for at risk youth, children, individuals struggling with addiction, seniors requiring at home-based support, adults with intellectual and developmental disabilities. LSSI also offers low income housing for seniors and adults with disabilities.

- **Mom2Mom**

1196 N Academy Street, Galesburg, IL

Check Facebook for Monmouth meeting information

(309) 342-3166

<https://mybethel.com/mom2mom>

Christian support group for moms in all stages from newborn to grandchildren. Free childcare provided for nursery, preschool and homeschooled elementary aged children.

- **Pathways**

<https://pathways.org/>

Provides free tools to maximize all children's motor, sensory, and communication development.

- **Prenatal to Age 3 Program (ROE 33)**

105 North E Street, Monmouth, IL

(309)734-6822

121 South Prairie St. Galesburg, IL

(309)345-3828

<https://www.roe33.net/prenataltoage3>

Family Educators will work with the families at home visits on establishing goals centered around family well-being, child development, Parent-Child Interactions, and common areas of concern for parents.

- **OSF Resource Link**

(309) 624- 9781

<https://www.osfhealthcare.org/childrens/services/behavioral-health/resource-link/>

Serves children ages 0-18. Free service that provides case coordination services for families and their children. OSF Resource Case Coordinator will complete an assessment of child's needs; along with the family, develop an action plan for services; make necessary referrals; and work with the family focusing on problem resolution. Coordinator can assist anyone in locating any social service program in the area.

- **SSI (Supplemental Security Income) for Children**

800-772-1213

<https://www.ssa.gov/benefits/disability/apply-child.html>

Provides monthly cash payments to help meet the basic needs of children who have a physical or mental disability. If you care for a child or teenager with a disability, and have limited income and savings or other resources, your child may be eligible.

- **Women’s Pregnancy Center of Galesburg**

1252 West Fremont Street, Galesburg, IL
(309) 343-4739 After hours line: (800) 712-4357

<https://womenspregnancycenterofgalesburg.org/index.html>

Offers pregnancy support including testing, clothing, counseling and unplanned pregnancy services.

- **YES (Youth Empowerment Services)**

<https://www.bway.org/?page=education/yes>

For youth under 21, includes early intervention for at risk youth, and intervention/support for youth and families with severe, chronic behavioral needs.

II. Supports for Children with Disabilities

- **Balance Autism**

4959 Utica Ridge Rd, Davenport, IA
(563) 362-9631
(888)228-8476 (alternative funding line)

<https://www.balanceautism.org/>

Offers clinical, community and home supports for children with autism and their families. Accepts Medicaid.

- **Center for Disabilities and Development**

(877)686-0031

<https://uihc.org/childrens/services/center-disabilities-and-development>

Provides a variety of supports for children with disabilities and their families, including physical therapy, occupational therapy, social services, audiology, dentistry, nutrition and speech-language pathology. Services vary by location, please visit the website above to find your local office.

- **Easter Seals – Central Illinois**

507 East Armstrong Avenue Peoria, IL
(309)686-1177

<https://www.easterseals.com/ci/>

Helps children with developmental delays, disabilities, and other special needs to reach their full potential through a variety of services including but not limited to: therapy (speech, physical, occupational, feeding and counseling), aquatic programs, early intervention programs, and social skills groups.

- **Galesburg Public Library**
40 E. Simmons St., Galesburg, IL 61462
309.343.6118
<https://galesburglibrary.org/>

ASD Resource Collection

Located in the Children's Room, this collection contains books and audio-visual materials focusing on the autism spectrum of disorders and other related issues, and is intended to provide information for individuals and families who live and work with children with autism. All books and audio-visual materials in the collection are available for loan to Galesburg Public Library cardholders.

In-house Sensory Kit

The Children's Room maintains a self-serve sensory kit for in-house use, includes sensory stimulating and reduction tools, such as fidget toys or noise canceling headphones.

- **SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance)**
Toll free: (800)772-1213
TTY: (800)325-0778
People can apply for SSI benefits, and for other benefit programs, through a telephone appointment with the agency.
 - **People Helping Others** - a resource for anyone who could assist another person with accessing Social Security's programs and services.
<https://www.ssa.gov/thirdparty/>
 - **Outreach Material for People facing Barriers** – a resource for partner groups to access informational materials to share through their networks, including resources tailored to specific vulnerable populations. <https://www.ssa.gov/thirdparty/groups/vulnerable-populations.html>
 - **Faith Based & Community Groups** – a resource for faith based and community groups to assist members of their community with awareness of and applying for SSI benefits.
<https://www.ssa.gov/thirdparty/groups/faithandcommunity.html>
 - **SSI for Children** - provides monthly cash payments to help meet the basic needs of children who have a disability or mental disability or who are blind. If you care for a child or teenager with a disability, and have limited income and savings or other resources, your child may be eligible. <https://www.ssa.gov/benefits/disability/apply-child.html#soci>

- **The Autism Program of Illinois (TAP) Service Network**

5220 S. 6th Street, Suite 2300B Springfield IL
(217)953-0894x 30477

<https://tap-illinois.org/tap-central-office/>

The Autism Program of Illinois serves and supports persons with autism spectrum disorder and their families through a coordinated network of providers, parents, and university programs while developing, utilizing, and sharing best and promising practices.

III. Senior Services

- **Alternatives**

(309) 277-0167

<https://alternativesforyou.org/>

Promotes the independence and quality of life of adults, age 60 or older, and their families. Programs include care coordination, nursing home ombudsman, money management assistance, Adult Protective Services, caregiver programs for those caring for a senior loved one and/or grandparents raising grandchildren. We have Spanish speaking employees to help you. *Nosotros contamos con empleados que hablan español para ayudarle.*

- **Caring Senior Service**

311 E Main St. Suite 30, Galesburg
(309)-228-4222

<https://www.caringseniorservice.com/galesburg>

Personal Care, transportation, meal preparation and planning, medication reminders, companionship, respite care, errand service, and light housekeeping to seniors that would like to remain in their home.

- **The Alzheimer's Association**

(800)272-3900

<https://www.alz.org/illinois>

Provides education programs about dementia, how to deliver quality care, and provide support groups for those living with the disease and their care takers. Seven regional offices across Illinois.

- **Galesburg Public Library**

40 E. Simmons St., Galesburg, IL 61462
309.343.6118

<https://galesburglibrary.org/>

Offers book, audiobook, and DVD delivery service to qualifying homebound seniors without transportation.

- **Galesburg Transit City Bus**
https://www.ci.galesburg.il.us/services/galesburg_bus/
 Seniors Ride Free Program. Must be age 65 or older. Must show a photo ID when getting on the bus or at the office.

- **Gordon Behrents Senior Center**
 2015 Windish Dr - Galesburg, IL
 (309)344-2520
<https://www.kccdd.com/gordon-behrents>
 Mission is to keep people in their homes. Provides activities for maintaining independence, prevention of premature nursing home placement and provides respite for families. Transportation and hot noon meal provided. Licensed nursing staff on site for health monitoring and medication administration.

- **Loving Bottoms Diaper Bank**
 77 S. Henderson St. Galesburg, IL 61401
 (309) 287-4754
<https://lovingbottoms.org/>
 Supports the Fulton, Henderson, Henry, Knox, Mercer, Peoria, Tazewell, and Warren counties. Supporting the community by providing diapers, wipes, senior incontinence supplies, period hygiene products, education and advocacy.

- **Lutheran Social Services of Illinois**
 256 S. Soangetaha Rd. #107, Galesburg, IL 61401
 (309) 343- 7681
<https://www.lssi.org/services/>
 Provides supports for at risk youth, children, individuals struggling with addiction, seniors requiring at home-based support, adults with intellectual and developmental disabilities. LSSI also offers low income housing for seniors and adults with disabilities.

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 People can apply for SSI benefits, and for other benefit programs, through a telephone appointment with the agency.

 - **People Helping Others** - a resource for anyone who could assist another person with accessing Social Security's programs and services.
<https://www.ssa.gov/thirdparty/>
 - **Outreach Material for People facing Barriers** – a resource for partner groups to access informational materials to share through their networks, including resources tailored to specific vulnerable populations. <https://www.ssa.gov/thirdparty/groups/vulnerable-populations.html>

- **Faith Based & Community Groups** – a resource for faith based and community groups to assist members of their community with awareness of and applying for SSI benefits.
<https://www.ssa.gov/thirdparty/groups/faithandcommunity.html>
- **SSI for Children** - provides monthly cash payments to help meet the basic needs of children who have a disability or mental disability or who are blind. If you care for a child or teenager with a disability, and have limited income and savings or other resources, your child may be eligible. <https://www.ssa.gov/benefits/disability/apply-child.html>

- **VNA Community Service**
 2262 Grand Ave, Galesburg
 300 N. Jefferson St., Abingdon
 1613 State Route 167 Victoria, IL
 (309)342-1152
<https://volunteernetworkonaging.org/>
 VNA Community Services provides home delivered meals for qualifying homebound seniors, congregate meals at three locations in Galesburg, Abingdon and Victoria, senior center activities, Information and Assistance, options counseling (in-depth counseling and connections to resources) family caregiver services, transportation with handicap-accessible van available for both local and out-of-town medical appointments, Warm Neighbors/Cool Friends (heating and cooling assistance) for Ameren customers, fitness center for those age 55 and older, Med D Enrollment Counseling, Benefit Access application assistance (formerly known as Circuit Breaker), and recreational events.

- **Western Illinois Area Agency on Aging – (WIAAA)**
 729 34th Avenue, Rock Island, IL
 (309)793-6800
 (800) 322-1051
<https://www.wiaaa.org/>
 Services as home delivered meal, congregate meals, transportation, legal assistance, outreach, options counseling, senior center, and family caregiver support programs. Covers a 10-county area that include Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island and Warren counties.

- **Whiting Hall Senior Apartments**
 19 E. Tompkins Galesburg, IL
 (309)-342-6400
<https://ccinvest.com/properties/whiting/>
 Low income housing for the elderly and/or disabled. Not affiliated with Knox County Public Housing.

3. COVID Related Assistance

- **Covid H.E.L.P.**
<https://covidhelpillinois.org/>
Free legal aid in the following subjects: Consumer (including bankruptcy), employment, unemployment, housing (including eviction and foreclosure), and probate (estate planning).
- **Emergency Broadband Benefit**
<https://www.fcc.gov/broadbandbenefit>
This program helps households struggling to pay for internet services cover a portion of their internet cost up to \$30/month. Must meet eligibility requirements. To see requirements please visit the website above.
- **Funeral Expense Reimbursement**
<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>
This program helps cover funeral expenses that incurred after January 20,2020 for Covid-19 related deaths. Eligible applicants are able to receive up to \$9,000 per funeral and a maximum of \$35,000 per application.
- **The Immigration Project**
immigrationproject.org
Provides financial assistance including rent and utility payments for immigrants in Illinois regardless of citizenship status.
- **Salvation Army Life Center**
510 N. Kellogg St. Galesburg
(309) 342-9168
<https://centralusa.salvationarmy.org/360lifecenters/galesburg/>
Community food pantry supporting Knox county residents facing food insecurity. Photo ID and proof of residence needed. Also offers rent, mortgage and utility assistance for Knox county residents.

4. Crisis Resources

I. Child abuse, Domestic Violence & Sexual Assault

- **CASA of West Central Illinois**
<https://www.casaofwestcentralillinois.org/>

Serving Knox, Warren, Henderson, McDonough, and Fulton counties. The program recruits, trains, and supports volunteers to provide individualized advocacy for child victims of abuse and neglect.

- **Child Abuse Hotline**

Hotline available 24/7. 1.800.25. ABUSE (800-252-2873)

<https://www2.illinois.gov/dcfs/safekids/reporting/Pages/index.aspx>

- **Knox County Child Advocacy Center**

139 S Cherry Street Galesburg, IL 61401

(309) 344-8416

<https://www.paladincac.org/>

Provides a space for children who are victims of sexual or physical abuse to talk about their experiences. The CAC stays with the child and their care giver for throughout the life of their case.

- **Knox County State's Attorney Victim Advocate**

200 South Cherry Street Galesburg, IL 61401

(309) 345-3880

<https://co.knox.il.us/states-attorney/>

Provides emotional support, court advocacy, service referrals, case status updates and scheduling info for victims of violent crimes once the criminal case has been filed.

- **Prairie State Legal Services**

311 E. Main St., Suite 302, Galesburg, IL

(309)343-2141

<https://pslegal.org/>

Provides free legal services in civil matters for persons in Henderson, Knox, McDonough and Warren counties who have incomes below 200% of the federal poverty guideline, and for senior citizens, age 60 and older.

- **Safe Harbor Family Crisis Center**

1188 West Main St. Galesburg, IL

(309) 343-7233

<http://www.safeharbordv.org/>

Provides confidential help to individuals who are experiencing violence in their relationships through court advocacy, a 24-hour crisis line, emergency safe house, counseling, food and clothing and referral services. Walk-ins welcome.

- **Love is Respect**

(866) 331-9474

<https://www.loveisrespect.org/>

Offers information on how to recognize dating violence and how to seek help.

- **National Center for Victims of Crime**

(202) 467- 8700

<https://victimsofcrime.org/>

Providing referrals and direct assistance to help victims of crime rebuild their lives.

- **The National Domestic Violence Hotline**

(800)799-7233

<https://www.thehotline.org/>

Provides tools and support for domestic violence survivors. Live chat also available online.

- **National Suicide Prevention**

988

<https://988lifeline.org/>

Hotline that provides free and confidential emotional support to people in distress.

- **The Office on Violence Against Women**

<https://www.justice.gov/ovw>

Established to reduce violence against women and strengthen resources for all survivors of sexual assault, domestic violence, dating violence and stalking.

- **Rape, Abuse and Incest National Network (RAINN)**

(800) 656.4673

<https://hotline.rainn.org/online>

Hotline that provides anonymous support to victims of sexual assault and their friends/families.

- **WIRC Victim Services**

Crisis intervention, legal/medical advocacy, prevention education services, and follow-up counseling services. Services are free and confidential.

24-Hour Free and Confidential Crisis Hotline: (309) 837-5555

Domestic Violence Services

- Hancock County: (309) 837-6622
- Henderson County: (309) 837-6622
- McDonough County: (309) 837-6622

- Warren County: (309) 837-6622

Sexual Assault Services

- Fulton County: (309) 333-1934
- Hancock County: (309) 836-2148
- Henderson County: (309) 836-2148
- Knox County (Primary): (309) 331-4716
- Knox County (Secondary): (309) 343-3337
- McDonough County: (309) 836-2148
- Warren County: (309) 836-2148

II. Clothing & Household Items

- **Abingdon United Methodist Church Cupboard and Closet Ministry**
(309) 462-3444
<https://www.abingdonumc.net/need-help>
Free resource for food and clothing. Offers a food pantry and provides seasonal clothing, shoes and coats.
- **Community Treasures Thrift Shop**
444 East Main Street, Galesburg
(309) 342-9018
<https://yourgcf.org/community-treasures/>
Offers a variety of merchandise, including men's, women's, and children's apparel, accessories, linens, housewares, collectibles, books, stationery, toys.
- **Galesburg Rescue Mission**
435 E. 3rd Street Galesburg, IL
(309) 343-4151
<http://www.galesburgrescuemission.org/>
Provide food, clothing, shelter and counseling free of charge to those in need.
- **Goodwill Thrift Store**
1338 N Henderson St. Galesburg, IL
(309) 344-4717
<https://www.goodwillpeo.org/thrift-stores-galesburg-il/>
Provides new and gently used clothing.
- **The Purple Hanger**

(309) 343-0065

169 North Broad St. Galesburg

<https://www.safeharborfcc.org/new-page-3/>

Provides new and gently used clothing, household items and furniture at a very low cost. All proceeds benefit the Safe Harbor Family Crisis Center.

- **Salvation Army Store**

(309) 343-0721

520 Home Blvd Galesburg, IL

<https://satruck.org/>

Provides new and gently used clothing, household items and furniture at low cost.

III. Food Assistance & Meal Services

- **Abingdon United Methodist Church Cupboard and Closet Ministry**

(309) 462-3444

<https://www.abingdonumc.net/need-help>

Free resource for food and clothing. Offers a food pantry and provides seasonal clothing, shoes and coats.

- **Alexis/North Henderson Area Food Pantry**

2704 1st Ave, Alexis, IL 61412

(309)337-5574

<https://www.vbcalexis.com/food-pantry.html>

Village Baptist Church. 1st and 3rd Wednesdays, 8-9 a.m.; 2nd and 4th Wednesdays, 6-7 p.m. Or by appointment. Deliveries available.

- **Carl Sandburg College Resource Room**

(309)341-5332

Room B003

<https://www.sandburg.edu/Services/Take%20Charge%20of%20Hunger.html>

Open to any Sandburg student or employee in need. Food and toiletries available. Must have Sandburg ID to check in.

- **Find Food Illinois**

<https://eat-move-save.extension.illinois.edu/#find-food-il>

Community food map that those in need of or those searching for resources such as food pantries, school and summer meal sites, farmers markets, SNAP and WIC offices, etc.

- **FISH of Galesburg**
 876 W. Main St. Suite A Galesburg, IL
 (309) 343-7807
<https://fishofgalesburg.org/>
 An emergency food pantry that offers non-perishables, frozen foods and vouchers for milk and eggs to individuals and families.
- **Find Food Pantries**
<https://www.foodpantries.org/>
 Online food bank directory by state and city.
- **Galesburg Rescue Mission**
 435 E. 3rd Street Galesburg, IL
 (309) 343-4151
<http://www.galesburgrescuemission.org/>
 Provide food, clothing, shelter and counseling free of charge to those in need.
- **Jamieson Community Center**
 1025 S. Second St., Monmouth, IL
 309-734-4251
<https://www.jamiesoncommunitycenter.org/>
 Food pantry is available weekly to families with children and 2x a month for families without children. Other supports include assistance paying for water bills, prescriptions (limited funding may be available to other household bills) school supplies and Christmas assistance where families can receive a holiday meal basket or shopping at the community Christmas store.
- **Knoxville Community Food Pantry**
 303 S. Broad St., Knoxville
 (309) 289-6313
<http://knoxvilleumc.org/serveothers/foodpantry/>
 Walk in or by appointment. Call for hours. Located at the Knoxville United Methodist Church.
- **River Bend Food Bank**
 563.345.6490
<https://riverbendfoodbank.org/>
 Serving 22 counties in Iowa and Illinois, including Knox, Warren, Mercer, Hancock, Henderson and McDonough counties.

- **Salvation Army Life Center**
510 N. Kellogg St. Galesburg
(309) 342-9168
<https://centralusa.salvationarmy.org/360lifecenters/galesburg/>
Community food pantry supporting Knox county residents facing food insecurity. Photo ID and proof of residence needed. Also offers rent, mortgage and utility assistance for Knox county residents.

- **St. Vincent de Paul Society Food Pantry** 273
South Prairie St, Galesburg, IL
(815) 200-4911
Weekly (Wednesdays from 1PM toll 2 PM) grocery distribution for individuals and families in need. Not required to call ahead, but calling will speed up the process.

MEAL SERVICES

- **Jamieson Community Center**
1025 S. Second St., Monmouth, IL
309.734.4251
<https://www.jamiesoncommunitycenter.org/>

Offers senior nutrition program for individuals age 60+ in Warren and Henderson counties, summer meals for children age 1-18, and weekend meals for students in pre-k – 6th grade in the Monmouth-Roseville School District

- **Knox Prairie Community Kitchen (KPCK)**

169 S. Cherry Street
<https://www.knoxprairiekitchen.org/>

Dedicated to serving free, nutritious meals and addressing hunger issues in the Galesburg and Knox County area. Doors open at 5:00 pm. Meals are on the 2nd and 4th Thursdays of each month at the First Baptist Church.

- **VNA Community Service**
2262 Grand Ave, Galesburg
300 N. Jefferson St., Abingdon
1613 State Route 167 Victoria, IL
(309)342-1152
<https://volunteernetworkonaging.org/>

VNA Community Services provides home delivered meals for qualifying homebound seniors, congregate meals at three locations in Galesburg, Abingdon and Victoria, senior center activities, Information and Assistance, options counseling (in-depth

counseling and connections to resources) family caregiver services, transportation with handicap-accessible van available for both local and out-of-town medical appointments, Warm Neighbors/Cool Friends (heating and cooling assistance) for Ameren customers, fitness center for those age 55 and older, Med D Enrollment Counseling, Benefit Access application assistance (formerly known as Circuit Breaker), and recreational events.

IV. Housing Insecurity & Financial Assistance

- **Apartment & House Rental Websites:**
 - <https://www.apartmentguide.com/>
 - <https://www.apartments.com/>
 - <https://www.trulia.com/>
 - <https://www.zillow.com/>

- **CCHN (A Christian Community for Helping Neighbors)**
(309) 351-8693
<https://www.cchngalesburg.org/>
This program helps households in the City of Galesburg with emergency financial needs such as rent/mortgage, power bills, and water bills.

- **Christmas in Action**
(309) 343-8722
<http://business.galesburg.org/list/member/christmas-in-action-5148>
Christmas in Action is a volunteer group who works only on outside home repair projects to help the elderly and/or disabled stay in their homes. The working month for the organization is April of each year.

- **Galesburg Rescue Mission**
435 E. 3rd Street Galesburg, IL
(309) 343-4151
<http://www.galesburgrescuemission.org/>
Provide food, clothing, shelter and counseling free of charge to those in need.

- **Habitat for Humanity of Knox County**
(309) 343-2242
<https://www.habitatknox.org/>
Habitat for Humanity is an international, not-for-profit Christian ministry that builds homes in partnership with low-income families. Volunteers join partner families in building their homes and families then repay Habitat by making monthly payments on

an interest-free mortgage. Habitat believes and insists on nondiscriminatory family selection criteria for all homeowner families and follows fair housing laws.

- **Help for Illinois Families**

<https://dceo.illinois.gov/communityservices/homeweatherization/communityactionagencies/helpillinoisfamilies.html#:~:text=The%20Help%20Illinois%20Families%20initiative,LIHEAP%20and%20For%20CSBG%20programs>

Assists families with locating/applying for utility assistance, rental assistance, employment training food vouchers, and temporary shelters.

- **Jamieson Community Center**

1025 S. Second St., Monmouth, IL
309-734-4251

<https://www.jamiesoncommunitycenter.org/>

Food pantry is available weekly to families with children and 2x a month for families without children. Other supports include assistance paying for water bills, prescriptions (limited funding may be available to other household bills) school supplies and Christmas assistance where families can receive a holiday meal basket or shopping at the community Christmas store.

- **Knox County Health Department**

1361 W Fremont St, Galesburg, IL
(309) 344-2224

https://www.knoxcountyhealth.org/public_health/energy_assistance.php

Offers a variety of utility assistance programs for eligible homeowners and renters.

- **Knox County Housing Authority**

Affordable income-based housing for families, singles, the elderly and persons with disabilities. Rent is income based. Federal eligibility verification and screening guidelines for all sites. Applications

- **Family Housing** — three developments of Family Housing offering 2-5-bedroom units in townhouse style apartments. On-site Maintenance, playgrounds and community spaces.
- **Housing Choice Voucher Program (Formerly Section 8)** — A rent subsidy program. Participants are able to find their own housing with an owner who accepts HCVP.
- **Individual Housing** — Offers 1-3-bedroom apartments for individuals including seniors and individuals with disabilities.

- **Lutheran Social Services of Illinois**
 256 S. Soangetaha Rd. #107, Galesburg, IL 61401
 (309) 343- 7681
<https://www.lssi.org/services/>
 Provides supports for at risk youth, children, individuals struggling with addiction, seniors requiring at home-based support, adults with intellectual and developmental disabilities. LSSI also offers low income housing for seniors and adults with disabilities.
- **Red Cross**
<https://www.redcross.org/local/illinois.html>
 Community preparedness information and resources. Provides assistance to those impacted by house fires, floods, winter storms, tornadoes, etc.
- **Salvation Army Life Center**
 510 N. Kellogg St. Galesburg
 (309) 342-9168
<https://centralusa.salvationarmy.org/360lifecenters/galesburg/>
 Community food pantry supporting Knox county residents facing food insecurity. Photo ID and proof of residence needed. Also offers rent, mortgage and utility assistance for Knox county residents.
- **The Town of the City of Galesburg's Office of General Assistance**
 121 W Tompkins Street, Galesburg, IL
 (309) 343-9059
<https://www.toi.org/township/knox-county-town-of-the-city-of-galesburg/knox-county-town-of-the-city-of-galesburg-general-assistance-office/>
 Provides general assistance to residents who are going through financial hardship. General assistance is designed to be a safety net after all other resources have been exhausted. Office also keeps a list of local job opening and food pantries.
- **VNA Community Services**
 2262 Grand Ave, Galesburg
 300 N. Jefferson St., Abingdon
 1613 State Route 167 Victoria, IL
 (309)342-1152
<https://volunteernetworkonaging.org/>

VNA Community Services provides home delivered meals for qualifying homebound seniors, congregate meals at three locations in Galesburg, Abingdon and Victoria, senior center activities (including classes on tech use), Information and Assistance, options counseling (in-depth counseling and connections to resources) family caregiver services,

transportation with handicap-accessible van available for both local and out-of-town medical appointments, energy assistance program, fitness center for those age 55 and older, Med D Enrollment Counseling, Benefit Access application assistance (formerly known as Circuit Breaker), and recreational events.

- **Warm Neighbors Cool Friends**

<https://www.ameren.com/illinois/company/community/warm-neighbors-cool-friends/apply>

helps low-to-moderate income individuals and families who don't qualify for federal assistance cover utility costs.

- **Western Illinois Regional Council**

(309) 837-2997

<https://wirpc.org/community-action/>

Assistance with rent/mortgage, food, water/sewer payments, and educational scholarships available.

- **Whiting Hall Senior Apartments**

19 E. Tompkins Galesburg, IL

(309)-342-6400

<https://ccinvest.com/properties/whiting/>

Low income housing for the elderly and/or disabled individuals. Not affiliated with Knox County Public Housing.

5. Disability Supports

I. Educational & Employment Supports

- **Balance Autism**

4959 Utica Ridge Rd, Davenport, IA

(563) 362-9631

(888)228-8476 (alternative funding line)

<https://www.balanceautism.org/>

Helps adults with autism obtain and retain the right job for them. Offers 24/7 care and occasional support to adults with autism living in the community. Also offers a campus style environment that offers both residential and vocational opportunities.

- **Bridgeway**

301 Industrial Park Road, Monmouth. IL

(309) 734-9461

2323 Windish Drive, Galesburg, IL
(309) 344-2323
(800)322-7143 (emergency service)
<https://www.bway.org/>

Individual placement and support (IPS) assists individuals with disabilities find and maintain employment. Other services include community day services, community housing, mental health treatment, and mobile crisis response.

- **Carl Sandburg College Academic Support Services**

Room B64 in the Crist Student Center
(309) 341- 5454
TTY: (309) 341-5400
Serving students with disabilities and/or learning disorders.

- **Illinois Guardianship and Advocacy Commission**

(866) 274-8023
(866) 503-9078 (after hours)
<https://gac.illinois.gov/>
Investigates alleged violations of the rights of individuals with disabilities by providers of services.

- **Division of Rehabilitation Services (DRS)**

477A E Main St. Galesburg, IL
(309) 343 2193
<https://www.dhs.state.il.us/page.aspx?item=29736>
DRS works in partnership with people with disabilities and their families to assist them in making informed choices to achieve full community participation through employment, education, and independent living opportunities.

- **KCCDD**

2015 Windish Drive, Galesburg, IL
(309) 344-2600
<https://www.kccdd.com/>
Empowering people through knowledge, creativity, caring, development and dedication. Provides services for adults with various disabilities. Services include employment skills training, job coaching, life skills training, job placement assistance and respite.

- **PSCI - Prairieland Service Coordination, Inc.**

244 E Main St. Galesburg, IL

(309) 921-9102

(800) 866-8779

<http://psci.info/>

Provides lifespan service coordination to individuals with Intellectual and developmental disabilities

- **SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance)**

Toll free: (800)772-1213

TTY: (800)325-0778

People can apply for SSI benefits, and for other benefit programs, through a telephone appointment with the agency.

- **People Helping Others** - a resource for anyone who could assist another person with accessing Social Security's programs and services.
<https://www.ssa.gov/thirdparty/>
- **Outreach Material for People facing Barriers** – a resource for partner groups to access informational materials to share through their networks, including resources tailored to specific vulnerable populations. <https://www.ssa.gov/thirdparty/groups/vulnerable-populations.html>
- **Faith Based & Community Groups** – a resource for faith based and community groups to assist members of their community with awareness of and applying for SSI benefits.
<https://www.ssa.gov/thirdparty/groups/faithandcommunity.html>
- **SSI for Children** - provides monthly cash payments to help meet the basic needs of children who have a disability or mental disability or who are blind. If you care for a child or teenager with a disability, and have limited income and savings or other resources, your child may be eligible. <https://www.ssa.gov/benefits/disability/apply-child.html>

- **Stone-Hayes Center for Independent Living**

39 North Prairie Street, Galesburg, IL

(309) 344-1306

<https://www.stone-hayes.org/>

Provides a variety of services for individuals with disabilities including, academic advocacy, employment placement and training, transition services for individuals in assisted living, independent living skills training and support groups.

II. Housing

- **Bridgeway**

301 Industrial Park Road, Monmouth. IL

(309) 734-9461

2323 Windish Drive, Galesburg, IL

(309) 344-2323

(800)322-7143 (emergency service)

<https://www.bway.org/>

Group homes for individuals with psychiatric and developmental disabilities. Other services include community day services, job placement and training, mental health treatment, and mobile crisis response.

- **Stone-Hayes Center for Independent Living**

39 North Prairie Street, Galesburg, IL

(309) 344-1306

<https://www.stone-hayes.org/>

Provides a variety of services for individuals with disabilities including, academic advocacy, employment placement and training, transition services for individuals in assisted living, locating and maintaining housing, independent living skills training and support groups.

- **Warren Achievement Center**

1220 East 2nd Avenue #2404, Monmouth, IL

(309) 734-3131 (corporate)

(309) 734-6001 (transportation)

(309) 734-8331 (case management)

<https://www.warrenachievement.com/>

Offers daily living skills training, case management, transportation, recreational outings/activities, residential services and community integration.

- **Whiting Hall Senior Apartments**

19 E. Tompkins Galesburg, IL

(309)-342-6400

<https://ccinvest.com/properties/whiting/>

Low income housing for the elderly and/or disabled individuals. Not affiliated with Knox County Public Housing.

II. Recreational

- **Bridgeway**

301 Industrial Park Road, Monmouth. IL

(309) 734-9461

2323 Windish Drive, Galesburg, IL

(309) 344-2323

(800)322-7143 (emergency service)

<https://www.bway.org/>

Group homes for individuals with psychiatric and developmental disabilities. Other services include community day services, job placement and training, mental health treatment, and mobile crisis response.

- **KCCDD**

2015 Windish Drive, Galesburg, IL
(309) 344-2600

<https://www.kccdd.com/>

Empowering people through knowledge, creativity, caring, development and dedication. Provides services for adults with various disabilities. Services include employment skills training, job coaching, life skills training, job placement assistance and respite.

- **Rainbow Riders Therapeutic Horseback Riding Center**

822 200th Avenue, Monmouth, IL
(309) 734-4849

<http://myrainbowriders.org/>

Rainbow Riders is a not-for-profit horseback riding program for individuals with special needs. Located on Bowman Meadow Farm.

- **Warren Achievement Center**

1220 East 2nd Avenue #2404, Monmouth, IL
(309) 734-3131 (corporate)
(309) 734-6001 (transportation)
(309) 734-8331 (case management)

<https://www.warrenachievement.com/>

Offers daily living skills training, case management, transportation, recreational outings/activities, residential services and community integration.

6. Employment & Training Services

- **Apprenticeships**

<https://www.apprenticeship.gov/>

Build your career and build your skills through an apprenticeship.

- **Bus Driver Training**

105 North E Street, Monmouth, IL
(309)734-6822

121 South Prairie St. Galesburg, IL
(309)345-3828

<https://www.roe33.net/busdrivertraining>

Offers initial school bus driver training and refresher course for those who have already obtained their permits.

- **Carl Sandburg College Office of Career Development**

(309) 341-5246

<https://www.sandburg.edu/Services/Career-Development%20/index.html>

Resume/cover letter assistance, interview preparation, internship assistance, federal work study and career expo. Off-campus job listings are available also.

- **Galesburg Public Library**

40 E. Simmons St., Galesburg, IL 61462

309.343.6118

<https://galesburglibrary.org/>

Offers test prep, career planning and academic performance resources. Access to the Lingo Lite online center. Lingo Lite teaches basic vocabulary in over 30 languages.

- **Illinois Department of Employment Security (IDES)**

<https://ides.illinois.gov/>

<https://illinoisjoblink.illinois.gov/ada/r/>

Provides numerous employment and career-related resources.

- **Division of Rehabilitation Services (DRS)**

477A E Main St. Galesburg, IL

(309) 343 2193

<https://www.dhs.state.il.us/page.aspx?item=29736>

DRS works in partnership with people with disabilities and their families to assist them in making informed choices to achieve full community participation through employment, education, and independent living opportunities.

- **Paraprofessional Testing (ROE 33)**

105 North E Street, Monmouth, IL

(309)734-6822

121 South Prairie St. Galesburg, IL

(309)345-3828

<https://www.roe33.net/paraprofessionalinformationtesting>

Provides information on and testing for ELS endorsement as a paraprofessional educator.

- **Substitute Teaching License**

105 North E Street, Monmouth, IL
(309)734-6822

121 South Prairie St. Galesburg, IL
(309)345-3828

<https://www.roe33.net/substituteteaching>

Provides information on requirements to become a substitute teacher in Illinois.

- **State of Illinois Workforce Portal**

<http://www.illinoisworknet.com/>

Access to career and labor market information, training/retraining, and job search assistance.

- **Student Work Permits Employment**

105 North E Street, Monmouth, IL
(309)734-6822

121 South Prairie St. Galesburg, IL
(309)345-3828

<https://www.roe33.net/studentworkpermits>

Provides information on legal working conditions and work permits for students under the age of 16.

- **The Town of the City of Galesburg's Office of General Assistance**

121 W Tompkins Street, Galesburg, IL
(309) 343-9059

<https://www.toi.org/township/knox-county-town-of-the-city-of-galesburg/knox-county-town-of-the-city-of-galesburg-general-assistance-office/>

Provides general assistance to residents who are going through financial hardship. General assistance is designed to be a safety net after all other resources have been exhausted. Office also keeps a list of local job opening and food pantries.

- **Truancy & Homeless Education**

105 North E Street, Monmouth, IL
(309)734-6822

121 South Prairie St. Galesburg, IL
(309)345-3828

<https://www.roe33.net/truancyhomelesseducation>

Services also include workforce training to secure employment as well as support to homeless students. Contact Janine Harkness or Lorenzo Pugh at the Regional Office of Education #33.

- **West Central Illinois AHEC (Area Health Education Center)**
www.mhtlc.org/news-resources/west-central-illinois-ahec/
<https://www.ilahecscholars.com/>
 Memorial hospital in Carthage, IL provides job shadowing, hands on training opportunities, career planning and internships. They also offer information on Rural Health Experiences, Preceptorships, and Health Career Camps for high school seniors. Additional training is free for AHEC scholars.
- **Workforce Office (WIOA)**
<http://www.illinoisworknet.com/>
Knox County Office - 311 East Main Street, Suite 612, Bondi Bldg., Galesburg. 309.343-9832.
Warren and Henderson Office: 1025 South 2nd, Jamieson Center, Monmouth 309.734.4745. Offers educational assistance & support services. Serving ages 17+, including high school dropouts, low income individuals and dislocated workers who have lost employment through no fault of their own. Must meet eligibility requirements. Assistance dependent upon assessment and availability of funds.
- **WIOA National Farmworker Jobs Program (NFJP)**
 (800) 279-8667
<https://www.umos.org/how-we-help/workforce-development/national-farmworker-jobs/>
<https://www.umos.org/nfjp-application/> (application)
 FREE training service. This is a WIOA program that helps eligible migrant and seasonal farmworkers and their family members get education and training, improve job skills, obtain good jobs with benefits, and/or advance in agricultural careers.
- **Warren Achievement Center**
 1220 East 2nd Avenue #2404, Monmouth, IL
 (309) 734-3131
<https://www.warrenachievement.com/>
 Internship opportunities, where students gain hands on experience supporting adults with cognitive and developmental disabilities are available. Great for those studying marketing, public relations, nursing, physical therapy, exercise science, psychology, education, and more.

7. Hotlines– Crisis and Emotional Support

- **Active Minds**
<https://www.activeminds.org/about-mental-health/being-there/coronavirus/chapter-student-remote-resources/>

Mental health support and advocacy.

- **Bridgeway Crisis Hotline**
(800) 322-7143
Crisis evaluation for anyone experiencing a mental health crisis.
- **Bridgeway Warm Support Line**
(866) 359-7953
A hotline for individuals needing emotional support, or just someone to talk to.
- **CARES Line**
(800) 345-9049
(773) 523-4504 (TTY)
You may use the 24-hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional if your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families. Accepts Medicaid.
- **Crisis Text Line**
Text HOME to 741741
Offers support to anyone in any type of crisis.
- **Deaf and Hard of Hearing Suicide Prevention Hotline**
TTY Users: Use your preferred relay service or dial 711 then 988
Or you can use the online chatroom
<https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/>
- **Domestic Violence Hotline**
(800)799-7233
Confidential support line.
- **LGBT Hotline**
(888)843-4564 (National hotline)
(800) 246-7743 (youth hotline)
(888)234-7243 (Senior Hotline)
(888)688-5428 (Coming out support hotline)
<https://www.lgbthotline.org/>
Offers online chats, support rooms and hotlines for LGBT individuals of all ages.

- **Maternal Mental Health Hotline**
 (833)943-5746
<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
 TTY users can use a preferred relay service or dial 711 and then 833-943-5746.
 Offers support before, during and after pregnancy.
- **National Eating Disorders Association (NEDA) Helpline**
 (800)931-2237
<https://www.nationaleatingdisorders.org/>
 Online chat, call or text services available.
- **Postpartum Support International**
 (800)944-4773
 Text HELP to (800)944-4773
<https://www.postpartum.net/>
 Offers online support groups in addition to the hotline.
- **Safe Harbor Domestic Violence Crisis Line**
 (309) 343-7233
<http://www.safeharbordv.org/>
 Offers confidential services to individuals experiencing relationship violence.
- **Suicide Prevention Hotline**
 Call 988
<https://988lifeline.org/>
 Suicide prevention and crisis support.
- **The Trevor Project**
 (212) 695-8650
<https://www.thetrevorproject.org/contact-us/>
 Offers crisis and emotional support for the LGBTQ+ community
- **Victim Services**
 (309)837-5555
<https://wirpc.org/victim-services/>
 Sexual assault crisis hotline

8. Legal Services

- **Illinois Guardianship and Advocacy Commission**
 (866) 274-8023
 (866) 503-9078 (after hours)
<https://gac.illinois.gov/>
 Investigates alleged violations of the rights of individuals with disabilities by providers of services.

- **Illinois Legal Aid**
<https://www.illinoislegalaid.org/>
<https://www.illinoislegalaid.org/counties/Knox> (Knox County Legal Aid)
 Provides free legal information for individuals who are unable to find or afford attorneys. Resources assists individuals in representing themselves in court for simple legal matters. Offers online chat support. Knox county legal self help center include:

 - **Galesburg Public Library**
 40 E. Simmons St., Galesburg, IL 61462
 (309)343-6118
<https://galesburglibrary.org/>
 - **Knox County Courthouse**
 200 South Cherry St., Galesburg, IL 61462
 (309)345-3859
<https://co.knox.il.us/circuit-clerk/>

- **Knox County Child Advocacy Center**
 139 S Cherry Street Galesburg, IL 61401
 (309) 344-8416
<https://www.paladincac.org/>
 Provides a space for children who are victims of sexual or physical abuse to talk about their experiences. The CAC stays with the child and their care giver for throughout the life of their case.

- **Knox County State's Attorney Victim Advocate**
 200 South Cherry Street Galesburg, IL 61401
 (309) 345-3880
<https://co.knox.il.us/states-attorney/>
 Provides emotional support, court advocacy, service referrals, case status updates and scheduling info for victims of violent crimes once the criminal case has been filed.

- **Prairie State Legal Services**

311 E. Main St., Suite 302, Galesburg, IL
(309)343-2141

<https://pslegal.org/>

Provides free legal services in civil matters for persons in Henderson, Knox, McDonough and Warren counties who have incomes below 200% of the federal poverty guideline, and for senior citizens, age 60 and older.

9. LGBTQ+ Services

- **Gay - Straight Alliance Club at Carl Sandburg**

(309)341-5219

Advisor: Lara Roemer lroemer@sandburg.edu

Serves as a support group and socialization space to bring students of different backgrounds together. Works to raise awareness of barriers that the LGBTQ+ community faces.

- **GLAAD**

<https://www.glaad.org/>

Equips and empowers advocates and storytellers to strengthen their media impact and accelerate acceptance of the LGBTQ community. Offers a variety of resources.

- **GLSEN**

<https://www.glsen.org/>

Founded by a group of teachers in 1990 to create an affirming learning environment for LGBTQ youth. A national network of students, families, educators and education advocates focused on creating supportive K-12 schools.

- **It Gets Better Project**

<https://itgetsbetter.org/>

Offers education, resources, events and online community for LGBTQ+ individuals and allies.

- **LGBT Hotline**

(888)843-4564 (National hotline)

(800) 246-7743 (youth hotline)

(888)234-7243 (Senior Hotline)

(888)688-5428 (Coming out support hotline)

<https://www.lgbthotline.org/>

Offers online chats, support rooms and hotlines for LGBT individuals of all ages.

- **PFLAG – Galesburg**
(309)540-8237
<https://pflag.org/chapter/galesburg/>
Founded in 1973, PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families.
- **Safe Zone Project**
<https://thesafezoneproject.com/>
A free online resource for powerful, effective LGBTQ awareness and ally training workshops.
- **The Trevor Project**
(212) 695-8650
<https://www.thetrevorproject.org/contact-us/>
Offers crisis and emotional support for the LGBTQ+ community

10. Medical Equipment & Services

- **Affordable Dentures & Implants**
2807 W Townline Rd, Peoria, IL 61615
(309)324-7537
<https://www.affordabledentures.com/locations/il/peoria>
Provides affordable dental work. Offers financing as well.
- **Carl Sandburg College’s Dental Hygiene Clinic**
209 E. Main St., Galesburg
https://www.sandburg.edu/Services/DENTAL_HYGIENE_CLINIC.html
Provides low cost dental cleanings and x-rays during the spring semester. No insurance is necessary.
- **Eagle View Community Health System, Inc.**
<https://www.eagleviewhealth.org/>
Oquawka
(309)867-2202
1204 IL-164, Oquawka, IL 61469
Monmouth
(309)924-1381
230 S Main St, Monmouth, IL 61462
Stronghurst
(866) 346-1337

101 S Division St, Stronghurst, IL 61480

Affordable medical, mental health and dental care, regardless of income levels. Accepts Medicare, Medicaid and most insurance providers. Sliding scale discounts and payment plans available.

- **Kehoe Eye Care Clinic**

<https://visionsource-kehoeeyecare.com/>

Galesburg

261 N Broad St # 35, Galesburg, IL 61401

(309)343-1179

Monmouth

67 Public Square Monmouth, IL 61462

(309)734-3108

Provides vision exams, glasses, and vision therapy. Accepts Medicaid.

- **Knox Community Health Center**

1361 W Fremont St, Galesburg, IL

(309) 344-2225

https://www.knoxcountyhealth.org/community_health_center/index.php

Affordable medical, dental, behavioral health and pharmacy services. Accepts Medicaid and All Kids.

11. Mental Health & Wellness Services

I. Alternative Healing & Wellness

- **Eastern Therapeutic**

250 East Main St. Galesburg, IL

(309) 344- 7824

<https://www.eastern-therapeutic.com/>

Offers acupuncture, massage therapy (TuiNa), cupping, heat therapy, hot stone therapy and traditional Chinese herbs. Treats a wide range of conditions including anxiety, depression, stress, chronic headaches, digestive disorders, sleeping issues hormonal disorders and more.

- **Inner Wisdom**

44 N. Seminary St. Galesburg

(309) 343-8806

<https://www.innerwisdombookstore.com/>

Spiritual book and gift store that offers massage therapy, reiki, reflexology, tarot readings, oracle readings and chakra balancing.

- **Lavender Luxe**

1197 N. Henderson St. Galesburg
(309)431-1977

<https://www.facebook.com/Lavenderluxemassage/>

Offering Therapeutic Massage and Bodywork. Spa treatments include Hot stones, chilled marble face massage, sugar foot scrubs, Deep muscle therapy, Assisted stretching, Prenatal and sport recovery massage. Please call or text for more information or to make an appointment.

- **Readings, Reiki & Gems**

412 North Henderson St. Galesburg, IL
(309)343-2600

<https://www.facebook.com/readingsreikiandgems/>

Offers individual services including Psychic and Mediumship readings, Reiki, Bemer sessions, energy clearing through multiple techniques and more. They also offer classes in metaphysical and spiritual practices with a goal of balancing and harmonizing the energetic system as well as learning what each person's unique gifts and abilities are.

- **Sandi's Healing Touch Massage**

1134 N Henderson St Ste D, Galesburg, IL
(309) 368-1060

<https://www.facebook.com/SandisHealingTouchMassage/>

Offering therapeutic massage, pure relaxation massage, integrative acupuncture, prenatal massage, chair massage sessions and foot massage.

- **The Crystal Butterfly**

3420 2nd Ave, Moline, IL
(309)737-5111

<https://thecrystalbutterfly.com/>

Offers Swedish massage, deep tissue massage. Hot Himalayan salt stone massage, aromatherapy massage, chair massage; in addition to energy work which includes reflexology, reiki, chakra balance, shiatsu/meridian work and cranial sacral therapy.

- **The Path**

112 East Main St. Galesburg
(309)343-2398

<https://www.thepathgalesburg.com/>

Offers holistic healing, including massage therapy, chiropractic work and Wu Wei Healing, a traditional Chinese medicinal practice.

- **Tina's Botanicals**

tinasbotanicals@gmail.com

(217)398-4149

<https://www.tinasbotanicals.com/>

A small herbal business that grows, harvests, and handcrafts herbal products, such as teas, salves, balms, and extracts. Offers herbal and earth centered education as well as yoga and therapeutic movement consultations and workshops.

II. Mental Health Services

- **Al-Anon Info Service**

(309) 342-0146

<https://al-anon.org/>

<http://www.niafg.org/>

<https://al-anon.org/newcomers/teen-corner-alateen/> (for teens affected by someone else's drinking)

Support for family and friends of persons who have been affected by someone else's drinking. Check the website or call for local group times.

- **Alcoholics Anonymous**

(800)839-1686

<https://alcoholicsanonymous.com/aa-meetings/illinois/>

Provides general support, a social network, and rehabilitation options for AA members.

- **Amy's gift**

(309)779-3077

<https://www.unitypoint.org/locations/unitypoint-health---robert-young-center/amys-gift>

Amy's Gift is a resource provider, not a treatment center, with the focus to educate the public by promoting awareness, understanding, diagnosis and treatment for eating disorders in our community.

- **Behavioral Health Support Services**

105 North E Street, Monmouth, IL

(309)734-6822

121 South Prairie St. Galesburg, IL

(309)345-3828

<https://www.roe33.net/behavioralhealth>

Offers services to help families and professionals build their capacity to support and sustain healthy social-emotional development and mental health. Focuses on helping increase skills and reduce family and educator stress surrounding behavioral health needs.

- **Betsy Zmuda-Swanson, LCSW**

1800 3rd Ave, Suite 412 Rock Island, IL

(309) 786-3006

<https://bzembodied.com/>

Private practice. Specializes in eating disorders, trauma, relationship and family issues.

- **Betterhelp**

<https://www.betterhelp.com/>

Online counseling for individuals, couples, and teenagers. Licensed and trained psychologists (PhD/PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW/LMSW), and board licensed professional counselors (LPC).

- **Bridgeway**

301 Industrial Park Road, Monmouth. IL

(309) 734-9461

2323 Windish Drive, Galesburg, IL

(309) 344-2323

(800)322-7143 (emergency service)

<https://www.bway.org/>

Outpatient counseling for individuals and couples focusing on a variety of mental illnesses and stressors.

- **Bridgeway System of Care**

2323 Windish Drive, Galesburg, IL

(309) 368-2305

<https://www.bway.org/>

Serves adults ages 21 and up. Funded through the Galesburg Community Foundation's Hunger Collaborative, this system of care is a network of community-based services and providers that is organized into a coordinated network, builds meaningful partnerships and helps adults in need of multiple resources and supports simultaneously. This assistance helps them to elevate barriers to services and function better in all areas of life.

- **Camp Kesem**
 440 N Barranca Ave #2273, Covina, CA
 (253)736-3821
<https://www.kesem.org/>
 A free week-long summer camp for children ages 6-18 who have been affected by a parent's cancer.
- **Carl Sandburg College Counselors**
 309.341.5237
<https://www.sandburg.edu/Services/Counseling-Services/index.html>
 Carl Sandburg College employs Masters-level counselors who are able to provide brief solution-focused counseling services. They are not licensed therapists and do not provide diagnoses nor are they able to prescribe medications. If you require more intensive intervention or possibly need medication, counselors can work with you to refer you to a local counseling agency that can better meet your needs.
- **Center for Youth & Family Solutions**
 Galesburg: 292 N. Chambers Street Galesburg, IL 61401
 (309) 342-1136
 Macomb: 123 S. McArthur Street Macomb, IL 61455
 (309) 833- 1791
<https://www.cyfsolutions.org/>
 Offers a full array of services through the following programs: Counseling (individual, couples, family, and group), Adoption, Intact Family Intervention, Foster Care, Youth, Family and Community Outreach Services, Pregnancy Planning and Family Support Services. Insurance, EAP (Employee Assistance Program), sliding fee scale
- **Compassus**
<https://www.compassus.com/for-caregivers/hospice-grief-support/>
 Offers grief counseling for individuals and families grieving the loss of a loved one. Services include group or individual counseling, remembrance gatherings, specialized supports for children and teens, grief education and stress management. Locations vary, check the website to find your local office.
- **Crossroads Counseling and Life Coaching**
 575 N. Kellogg St., Suite 4 Galesburg, IL 61401
 (309) 343-0800
<https://crossroadslife.com/>

Spiritually based counseling, that helps address a wide variety of life situations, such as depression, anxiety, ADHD, dementia, sexual assault and abuse, parenting, traumatic events, marital/relationship problems, grief, finances and other difficult life transitions.

- **Eagle View Community Health System, Inc.**

<https://www.eagleviewhealth.org/>

Oquawka

(309)867-2202

1204 IL-164, Oquawka, IL 61469

Monmouth

(309)924-1381

230 S Main St, Monmouth, IL 61462

Stronghurst

(866) 346-1337

101 S Division St, Stronghurst, IL 61480

Affordable medical, mental health and dental care, regardless of income levels. Accepts Medicare, Medicaid and most insurance providers. Sliding scale discounts and payment plans available.

- **Eating Disorder Informational Resource Link**

<https://www.mswdegrees.org/resources/eating-disorders-and-how-to-help-a-comprehensive-guide/>

- **Grief Counseling – OSF**

<https://www.osfhealthcare.org/services/hospice/services/grief-counseling/>

Provides counseling and support to patients and family members prior to death and counseling for family up to 13 months after death. Offers a memorial service to honor the departed loved one and support groups. Locations vary, check the website above to find your local office.

- **Grief Share Support Group**

<https://www.griefshare.org/countries/us/states/il/cities/galesburg>

Grief Share is for people grieving the death of a family member or friend. A 13-week series offered to assist individuals thru the grieving process. Participation can start at any point. Check website for location.

- **Healing Touch Spiritual Ministry**

<https://www.ishahealing.com/find-a-practitioner>

Offers classes and practitioners who offer massage therapy and aromatherapy. Services vary by location, please visit the website above to find your local class and/or practitioner.

- **Help Guide**

<https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm>

Offers info on how to better handle difficult emotions, build resilience and cultivate positive moods.

- **Here to Help**

<https://www.heretohelp.bc.ca/wellness-modules>

These Wellness Modules aren't about managing a mental illness or other concern. They are simply four short pages to help you maximize good mental health and well-being so you feel your best.

- **Jeri Candor Consulting LLC, NBC-HWC, CMMI**

jericandorconsulting@gmail.com

<https://www.jericandor.com/>

Mayo Clinic Certified Wellness Coach. Specializing in Stress Response Management Training™, Compassion Fatigue and private coaching for anxiety, chronic pain, and health issues.

- **Knox Community Health Center**

1361 W Fremont St, Galesburg, IL

(309) 344-2225

https://www.knoxcountyhealth.org/community_health_center/index.php

Affordable medical, dental, behavioral health and pharmacy services. Accepts Medicaid and All Kids.

- **Lincoln Prairie Behavioral Health Center**

5230 S. Sixth Street Road, Springfield Illinois

(217)585-1180

(888)501-1180 (toll free)

<https://lincolnprairiebhc.com/>

Offers a number of mental health treatment programs and a full continuum of care for adolescents and children, ages 3-17. Following an initial assessment and admission, an individualized treatment plan is devised for each patient.

- **Lutheran Social Services of Illinois**

256 S. Soangetaha Rd. #107, Galesburg, IL 61401

(309) 343- 7681

<https://www.lssi.org/services/>

Provides supports for at risk youth, children, individuals struggling with addiction and/or mental illness/crisis, seniors requiring at home-based support, adults with intellectual and developmental disabilities. LSSI also offers low income housing for seniors and adults with disabilities.

- **Mental Health.gov**

<https://www.mentalhealth.gov/basics>

Learn about mental health as a piece of overall wellness, the early warning signs of mental health problems, myths vs facts and recovery options.

- **Navigating Mental Health Issues in College: A Comprehensive Guide**

<https://www.premiernursingacademy.org/resources/navigating-mental-health-issues>

In this free online guide, get info on the most common types of mental health issues affecting students. Information on conditions, warning signs, and how to help – both for people concerned about themselves or others – along with specialized resources. There are also dedicated sections focused on marginalized groups, info on how academic performance is affected, how to access accommodations, and students' rights.

- **OSF Healthcare**

<https://www.osfhealthcare.org/mental-health/>

<https://www.osfhealthcare.org/mental-health/services/navigators/>

Provides a wide range of mental health services including online and in person therapy, autism support for children and their families, inpatient treatment, addiction support, and support for individuals with eating disorders. OSF navigators can help patients overcome barriers to treatment from finances to finding appropriate resources. Locations for services vary.

- **OSF Resource Link**

(309) 624- 9781

<https://www.osfhealthcare.org/childrens/services/behavioral-health/resource-link/>

Serves children ages 0-18. Free service that provides case coordination services for families and their children. OSF Resource Case Coordinator will complete an assessment of child's needs; along with the family, develop an action plan for services; make necessary referrals; and work with the family focusing on problem resolution. Coordinator can assist anyone in locating any social service program in the area.

- **OSF HealthCare SilverCloud**

<https://www.osfhealthcare.org/mental-health/resources/silvercloud/>

An online tool, for adults 18 years of age and older, designed to provide easy and immediate access to a digital therapy program from the comfort of your home. The program offers supportive content for depression, anxiety and stress. Available 24/7 on

your computer, tablet or mobile phone. Silver cloud can be done independently or with support from an OSF behavioral health navigator.

- **Streamwood Behavioral Healthcare System**
1400 East Irving Park Road Streamwood, IL
(630)837-9000
<https://streamwoodhospital.com/>
Offers inpatient, outpatient, telehealth and partial hospitalization for children, adolescents and adults.
- **Traumatic Stress Education & Advocacy**
<https://www.sidran.org/resources/>
Provides info about trauma and its impact for survivors and loved ones, professionals, the media and students.
- **Trillium Place**
(88)311-0321
<https://trilliumplacehealth.org/>
Offers addiction recovery, in person and virtual mental health services and DUI services.
- **ULifeline**
<http://www.ulifeline.org/>
Offers wellness tools and resources as well as online self screeners for depression, anxiety, eating disorders and addiction.
- **Unity point**
<https://www.unitypoint.org/find-a-service/behavioral-health?>
Has a team of psychiatrists, psychologists, behavioral health therapists and substance use disorder professionals who offer a range of treatment options. Services vary by location, please see website above to find your local office.
- **Whole Life Solutions**
4211 N Prospect Rd. Peoria Heights, IL
(309)691-5502
<https://wholelifesolutions.net/>
Offers therapy addressing LGBTQ+ issues, women's issues, men's issues, trauma, children's trauma, grief and more. Whole life also offers reiki and group therapy.
- **West Central Illinois ROSC- Recovery Oriented System of Care**

<https://www.govst.edu/Recovery-Support/What-is-Recovery-ROSC/>

Offers a coordinated network of community-based services and supports that is person centered and builds on the strengths and resilience of individuals, families and communities to achieve abstinence and improved health, wellness and quality of life for those with or at risk of alcohol and drug problems. Visit the ROSC website to find your local ROSC council.

- **Web Healing**

<https://webhealing.com/>

An interactive grief web-site offers discussion boards, articles, book suggestions, and advice for individuals and families working through every stage of grief.

12. Transportation

- **Galesburg City Bus**

1025 Monmouth Blvd Galesburg, IL
(309)342-4242

https://www.ci.galesburg.il.us/government/community_development/public_transportation/index.php

Seniors age 65+, current Carl Sandburg Students, Faculty and Staff ride free with a valid ID. Disability reduced fair and ride free passes are available for those that qualify. Numerous pass options available. Passes can be purchased from a driver or at the Transit Office (1025 Monmouth BLVD). Service is provided Monday through Saturday 7:00 a.m. to 6:15 p.m. Call or visit website for routes, prices and program qualifying info.

Starting 7/1/23, the Office of General Assistance is offering the **Connecting Galesburg Bus Pass Program**. The program offers punch cards for free bus ridership for those who meet qualifications. Please visit the Office of General Assistance 121 W. Tompkins Street, Galesburg, IL during office hours: Monday-Friday from 8:00 am to 4:00 pm.

- **Galesburg Handivan**

1025 Monmouth Blvd Galesburg, IL
(309) 342-4242

https://www.ci.galesburg.il.us/government/community_development/public_transportation/paratransit.php

Available to all disabled persons and the elderly that are unable to utilize the bus system or other regular forms of transportation because of a permanent or temporary disability

that severely restricts his/her mobility. Handivan provides non-emergency, lift-equipped service to a variety of destinations within the city limits. Applications required and may be obtained at the Galesburg Transit Office.

- **VNA Community Services**

2262 Grand Ave, Galesburg
300 N. Jefferson St., Abingdon
1613 State Route 167 Victoria, IL
(309)342-1152

<https://volunteernetworkonaging.org/>

VNA Community Services provides home delivered meals for qualifying homebound seniors, congregate meals at three locations in Galesburg, Abingdon and Victoria, senior center activities, Information and Assistance, options counseling (in-depth counseling and connections to resources) family caregiver services, transportation with handicap-accessible van available for both local and out-of-town medical appointments, Warm Neighbors/Cool Friends (heating and cooling assistance) for Ameren customers, fitness center for those age 55 and older, Med D Enrollment Counseling, Benefit Access application assistance (formerly known as Circuit Breaker), and recreational events.

- **Warren County Public Transportation**

309-734-6001

<http://www.warrencountyil.com/about-us/public-transportation>

Offers a Monmouth, Galesburg Loop and Amtrak Station shuttle. Call to make an appointment.

13. Tech Repair & Services

- **Absolute Computers**

825 N Henderson St, Galesburg, IL
(309)343-0215
Phone, tablet and computer repair/virus removal.

- **Galesburg Public Library**

40 E. Simmons St., Galesburg, IL 61462
309.343.6118

<https://galesburglibrary.org/>

Offers tech tutor for individualized education on phone, computer, and tablet use.

- **The Phone Aholic**
705 E Fremont St. Galesburg, IL
(309) 351-2369
<https://www.facebook.com/ThePhoneAholic/>
Offers phone, tablet and computer repair in addition to selling preowned phones, tablets, and computers.

14. Veteran Services

- **American Red Cross**
<https://www.redcross.org/get-help/military-families/services-for-veterans.html>
The American Red Cross provides numerous services for veterans and their families. Services vary by location. Check the website above to find your local office.
- **Carl Sandburg College**
2400 Tom L. Wilson Blvd. Galesburg, IL Room E-101
309.341.5321
<https://www.sandburg.edu/Services/Financial-Aid/Veterans%20Support/index.html>
Provides an educational opportunity for students who have served or who are currently serving our country. We are committed to helping our Veterans, Military Personnel, and their dependents make an easy transition to college life. Students and prospective students are encouraged to speak to the Coordinator of Veterans and Military Services prior to enrollment each term.
- **Defenders of Freedom**
<https://www.defendersoffreedom.us/>
Helps Veterans Suffering from Traumatic Brain Injury (TBI) & Post-Traumatic Stress Disorder (PTSD). Defenders of Freedom's primary goals are to provide care, resources, and transitional support for our Troops and Veterans. Offers assistance with basic financial needs.
- **Illinois Department of Employment Security (IDES)**
<https://ides.illinois.gov/>
<https://illinoisjoblink.illinois.gov/ada/r/>
Provides numerous employment and career-related resources. Veterans given priority service. Locations vary, check the websites above to find your local office.
- **Illinois Department of Veterans' Affairs**
<https://veterans.illinois.gov/>

Assists veterans and/or their families apply for federal, state and local benefits ranging from healthcare and employment services to disability compensation, and tax exemptions. Locations vary, check the website above to find your local office.

- **Military One Source**

<https://www.militaryonesource.mil/>

Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a veteran or active member of the military you are eligible to use this Department of Defense-funded program anytime, anywhere. Offers support for tax services, spouse employment help, relocation and deployment tools, and more.

- **VA Outpatient Clinic**

310 Home Boulevard Galesburg, IL
(309)343-0311

<https://www.va.gov/iowa-city-health-care/locations/lane-a-evans-va-community-based-outpatient-clinic/>

Offers a variety of services including addiction/substance abuse rehabilitation, mental health care, physical and occupational therapy, primary care, radiology, social work, telehealth and nutrition/dietary care.

- **Veterans Assistance Commission**

121 South Prairie Street, Suite 3 Galesburg, IL
(309)345-3877

<https://co.knox.il.us/veterans-assistance-commission/>

Assists veterans with service and non-service connected claims, provides assistance with debt management issues.

- **Veterans Crisis Line**

Dial 988 then press 1
Text 838255

<https://www.veteranscrisisline.net/>

Provides support over the phone, over text or through online chat services. Available to veterans with and without VA benefits.

15. Volunteer Opportunities

- **Adult Literacy Tutor**

105 North E Street, Monmouth, IL
(309)734-6822

121 South Prairie St. Galesburg, IL
(309)345-3828

<https://www.roe33.net/avl>

Opportunity to assist students in advancing literary comprehension. Applications are available on the website listed above.

- **Alzheimer's Association**

https://www.alz.org/get_involved

Opportunities to support this organization are available through donations, volunteering at events, or by becoming an advocate.

- **CASA of West Central Illinois**

<https://www.casaofwestcentralillinois.org/>

Serving Knox, Warren, Henderson, McDonough, and Fulton counties. The program recruits, trains, and supports volunteers to provide individualized advocacy for child victims of abuse and neglect.

- **Community Treasures Thrift Shop**

309.342.9018

<https://yourgcf.org/community-treasures/>

Offers a variety of merchandise, included men's, women's, and children's apparel, accessories, linens, housewares, collectibles, books, stationery and toys. Owned and operated by the Galesburg Community Foundation and operated by volunteer efforts. All proceeds support the Foundation and provide grants to the area nonprofits and scholarships to students.

- **Department of Children and Family Services (DCFS)**

<https://www2.illinois.gov/dcfs/Pages/default.aspx>

Offers assistance in pursuing emergency/respice foster care License, adoption , and or a "traditional" foster care license.

- **FISH of Galesburg**

876 W. Main St. Suite A Galesburg, IL
(309) 343-7807

<https://fishofgalesburg.org/>

An emergency food pantry that offers non-perishables, frozen foods and vouchers for milk and eggs to individuals and families. Call for volunteer opportunities.

- **Galesburg Public Library**

40 E. Simmons St., Galesburg, IL 61462

309.343.6118

<https://galesburglibrary.org/>

Focus is to serve the community as a general center of information, and to provide opportunity and encouragement for people to use our services and materials to meet their educational, personal, professional, recreational and cultural needs. Volunteers can choose to Adopt-a-Shelf, fold newsletters, or ask about one of the special projects.

- **GoodGuides Youth Mentoring**

(309)682-1113

<https://www.goodwillpeo.org/youth-mentoring-peoria-il/>

Goals of Good Guides program: help students improve and maintain their grades, motivate them to stay in school until graduation/completion, assist youth in finding information on post-secondary education or careers and to be an overall positive role model. This service is offered in Peoria, IL. Call or visit website for volunteer opportunities.

- **Illinois Guardianship and Advocacy Commission**

(866) 274-8023

(866) 503-9078 (after hours)

<https://gac.illinois.gov/>

https://www.wevolunteer.org/agency/detail/?agency_id=63834

Investigates alleged violations of the rights of individuals with disabilities by providers of services. Call or visit the website for volunteer opportunities.

- **Habitat for Humanity of Knox County**

(309) 343-2242

<https://www.habitatknox.org/>

Habitat for Humanity is an international, not-for-profit Christian ministry that builds homes in partnership with low-income families. Volunteers join partner families in building their homes and families then repay Habitat by making monthly payments on an interest-free mortgage. Habitat believes and insists on nondiscriminatory family selection criteria for all homeowner families and follows fair housing laws. Visit website to find your local office for volunteer opportunities.

- **Knox Prairie Community Kitchen (KPCK)**

169 S. Cherry Street

<https://www.knoxprairiekitchen.org/>

Dedicated to serving free, nutritious meals and addressing hunger issues in the Galesburg and Knox County area. Doors open at 5:00 pm. Meals are on the 2nd and 4th

Thursdays of each month at the First Baptist Church. Call or visit the website above for volunteer information.

- **Loving Bottoms Diaper Bank**

77 S. Henderson St. Galesburg, IL 61401

(309) 287-4754

<https://lovingbottoms.org/>

Supports the Fulton, Henderson, Henry, Knox, Mercer, Peoria, Tazewell, and Warren counties. Supporting the community by providing diapers, wipes, senior incontinence supplies, period hygiene products, education and advocacy. Call or visit the website above for volunteer information.

- **The Purple Hanger**

(309) 343-0065

169 North Broad St. Galesburg

<https://www.safeharborfcc.org/new-page-3/>

Provides new and gently used clothing, household items and furniture at a very low cost. All proceeds benefit the Safe Harbor Family Crisis Center. Call or visit the website above for volunteer information.

- **Safe Harbor Family Crisis Center**

1188 West Main St. Galesburg, IL

(309) 343-7233

<http://www.safeharbordv.org/>

Provides confidential help to individuals who are experiencing violence in their relationships through court advocacy, a 24-hour crisis line, emergency safe house, counseling, food and clothing and referral services. Walk-ins welcome. Volunteers are offered a 40-hour domestic violence training, opportunities to mentor child clients and much more. Call or visit the website above for volunteer information.

- **Traditions Home Health & Hospice Care**

3000 N Main St. Unit C East Peoria, Illinois 61611

(309)698-3060

<https://www.traditionshealth.com/>

Provides total hospice care. Grief counseling and support groups available. Call or visit the website above for volunteer information.

- **VNA Community Service**

2262 Grand Ave, Galesburg

300 N. Jefferson St., Abingdon

1613 State Route 167 Victoria, IL

(309)342-1152

<https://volunteernetworkonaging.org/>

VNA Community Services provides home delivered meals for qualifying homebound seniors, congregate meals at three locations in Galesburg, Abingdon and Victoria, senior center activities, Information and Assistance, options counseling (in-depth counseling and connections to resources) family caregiver services, transportation with handicap-accessible van available for both local and out-of-town medical appointments, Warm Neighbors/Cool Friends (heating and cooling assistance) for Ameren customers, fitness center for those age 55 and older, Med D Enrollment Counseling, Benefit Access application assistance (formerly known as Circuit Breaker), and recreational events. Call or visit the website above for volunteer information.

- **Western Illinois Nature Group (WING)**

<https://www.blackthornhill.org/home>

A non-profit organization located in Galesburg, IL. The group is committed to protecting accessible natural areas and providing educational opportunities. WING owns and operated the beautiful 110-acre Blackthorn Hill Nature Preserve which is located just northwest of Galesburg in Warren County at 1590 Angling Road, Hwy 4, Alexis, IL 61412. Call or visit the website above for volunteer information.

Last Updated: 5/2023