



Community Resource Guide

The organizations represented in this directory are resources that may be helpful to meet the needs of members of our community. Lemont Public Library District does not endorse any of the organizations represented. Please either phone ahead or visit the agency's website to make certain contact and service information has not changed.

Please see a reference librarian for free copies of any information available in this handbook.

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Crisis Intervention / Hotlines

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|---|-------------------------------------|
| Crisis Line of Will County (Any Crisis) | 815-722-3344 |
| Crisis Text Line | Text HELLO to 741741 |
| National Suicide & Crisis Lifeline | Dial 988 |
| Child Abuse Hotline (IL DCFS) | 800-252-2873 |
| National Domestic Violence Hotline | 800-799-7233 or Text START to 88788 |
| Illinois Domestic Violence Helpline | 877-863-6338 |
| Illinois Warmline (mental health/addiction recovery support) | 866-359-7953 |
| Illinois Call4Calm | Text TALK to 552020 |
| SAMHSA'S National Helpline (mental & substance use disorders) | 800-662-4357 |
| Crisis and Referral Entry Service (CARES-mental health/youth) | 800-345-9049 |
| Linden Oaks Hospital (Behavioral Health) Help Line | 630-305-5027 |
| National Sexual Assault Hotline: a service of RAINN | 800-656-4673 |
| National Human Trafficking Hotline | 888-373-7888 or Text HELP to 233733 |
| National Runaway Safeline | 800-786-2929 |

Mental Health/Counseling

| Name | Address/Location(s) | Contact Information | Services |
|--|--|---------------------|--|
| Finding Balance, Ltd. | 15419 127 th St., Lemont, IL 60439 | 630-777-7113 | Individual Counseling, Couples Counseling, Child & Teen Therapy, Divorce Coaching, Trauma & Rapid Resolution Therapy |
| Waterfall Counseling, LLC | 119 Stephen St., Lemont, IL 60439 | 630-257-5757 | Adult Therapy, Couples Counseling, Family Counseling |
| Counseling Works | 15900 W. 127th Street Suite 201 Lemont, IL 60439 1979 N. Mill Street, Suite 202 Naperville, IL 60563 9875 W. Lincoln Hwy, Suite 104 Frankfort, IL 60423 | 630-281-2496 | Counseling for Children, Adolescents, Adults, and Couples, Focus on Stress Management, Trauma, Relationships, Grief, Nutrition, etc. |
| Bright Futures Psychological Services | 14315 S. 108th Ave Suite 220 Orland Park, IL 60467 | 708-403-6796 | Children Therapy, Adolescent Therapy, Adult Therapy, Support with: Stress, Anxiety, Depression, ADHD, Eating Disorders, Etc. |
| V&R Behavioral Health Services | 700 Ravinia, Orland Park, IL 60467 | 708-226-0010 | Child and Adult Counseling, Meditation, Collaborative Mediation, Psychological Assessments, and Neuropsychological |
| Beyond Healing | 14933 S. Founders Crossing Homer Glen, IL 60491 | 708-837-3722 | Counseling Services for Children, Adolescents, and Adults, Wellness and Personal Development, Personal Coaching |
| Bridges to a New Day | 215 W Romeo Road, Romeoville, IL 60446 | 815-838-2690 | Counseling Services for Children, Adolescents, and Adults (Insurance based and Reduced Fees) Domestic Violence Counseling |
| Metropolitan Family Services (Southwest) | 10537 S. Roberts Road, Palos Heights, IL 60463 | 708-974-2300 | Child, Adolescent, and Adult Counseling, Parent Support, Economic Stability, Etc. |
| MiraCare Neuro Behavioral Health | 15419 E. 127th St. Lemont, IL 60439 | 708-671-8440 | Psychiatry, Individual Therapy, Group Therapy, Relationship Therapy, Psychological Testing, |

| | | | |
|--|--|------------------------------|--|
| | 11800 S. 75th Ave. 3rd Floor Palos Heights, IL 60463 9990 190th Street, Suite C Mokena, IL 60448 | | Psycho Neurotherapy, Etc. |
| <u>Advocate Health Care</u> | 4700 West 95th Street Oak Lawn Towers, Lower Level 5 Oak Lawn, IL 60453 440 Quadrangle Drive, Suite K Bolingbrook, IL 60440 | 800-323-8622 | Child Trauma, Family Counseling, Grieving Issues, Stress/Anxiety Support, Etc. |
| <u>Goodings Grove Psychology Associates, LLC</u> | 15915 S Crystal Creek Drive Suite C. Homer Glen, Illinois 60491 | 708-529-6976 708-529-1169 | Individual Therapy, Group Therapy, Couples Therapy, Family Therapy, Premarital Counseling, Social Skills Groups for Children, Evaluations for Children, etc. |

Shelters

You may also find help at: <https://www.homelessshelterdirectory.org/>

Groundwork, Guardian Angel Community Services

168 N Ottawa St, Joliet, IL 60435

Phone: 815-729-1228

Services Provided: 24 hour confidential domestic violence hotline, emergency shelter, individual and group counseling, legal advocacy, medical advocacy, education and violence prevention training, etc.

Website: www.guardianangelhome.org

Morning Star Mission Ministries, Inc

350 East Washington Street, Joliet, IL 60433

Phone: 815-722-5780

Services Provided: Food, shelter, counseling, clothing, seasonal programs and recovery programs

Website: www.morningstarmission.org

Daybreak Shelter

611 E. Cass Street Joliet, IL 60432

Phone: 815-774-4663

Services Provided: Emergency housing, and supportive services to individuals and families who are homeless.

Website: <https://catholiccharitiesjoliet.org/daybreak-center/>

Family Shelter Service of Metropolitan Family Services DuPage

605 E Roosevelt Rd, Wheaton, IL 60187

Phone: 630-221-8290

Services Provided: Economic stability, emotional wellness, mental health services, legal support, etc.

Website: <https://www.metrofamily.org/FSSofMFSD/>

Local Cooling Centers

- Core Athletic Center - 16028 127th St., Lemont, IL
- Lemont Township Offices - 1115 Warner Ave., Lemont, IL

When temperatures in Cook County are expected to rise to unsafe levels, the County's Department of Emergency Management and Regional Security provides an updated list of cooling centers for residents who do not have access to air conditioning.

During hot weather, residents are reminded to:

- Drink plenty of fluids
- Try to stay in the shade or indoors as much as possible
- If working outside, take frequent breaks, preferably in an air-conditioned space
- Check on elderly neighbors and those with functional needs
- Take pets indoors and make sure they have plenty of water
- Never leave children or pets unattended in a vehicle

Residents who need to seek shelter at a cooling center should contact the center first to verify availability and hours of operation.

Local Warming Centers

- Lemont Township Offices - 1115 Warner Ave., Lemont, IL
- Lemont Community Center - 16300 Alba St., Lemont, IL
- Lemont Public Library - 50 E. Wend St., Lemont, IL

When temperatures in Cook County are expected to dip to unsafe levels, the County's Department of Emergency Management and Regional Security provides an updated list of warming centers for residents to protect themselves and their families.

Residents should also keep the following tips in mind through the cold winter months:

- Never use your oven for heat.
- Never bring charcoal or gas grills indoors (they are a carbon monoxide hazard).
- Make sure all portable heaters are unplugged when not in use.
- Use electric space heaters with extreme caution – avoid placing them near curtains or other flammable materials and turn them off before going to bed.
- Keep heat at adequate levels or leave faucets open with a slight drip to prevent pipes from freezing.
- Keep moving. Your body generates its own heat when you engage in physical activities.

Food

For a complete listing of food pantries in Illinois, you can go to: <http://www.foodpantries.org/st/illinois>

SNAP (Supplemental Nutrition Assistance Program)

TANF (Temporary Assistance for Needy Families)

Lemont Open Food Pantry - Bethany Lutheran Church

500 Lemont Street Lemont, IL 60439

Phone: 630-257-7953

Services Provided: Food distribution Tuesday - Thursday from 8:30am - 12:00pm.

Website: <https://www.foodpantries.org/li/lemont-open-food-pantry-lemont-united-methodist-church>

Lemont Open Food Pantry - Lemont United Methodist Church

25 West Custer Lemont, IL 60439

Phone: 630-257-5210

Services Provided: Food distribution Tuesday - Thursday from 8:30am - 12:00pm.

Website: <http://www.lemontumc.org/>

West Suburban Community Pantry

6809 Hobson Valley Drive Woodridge, IL - 60517

Phone: 630-512-9921

Services Provided: Various Days and shopping hours. Photo ID and proof of residency needed each time.

Website: <https://wscpantry.org/>

Angel Food Ministries

2437 Plainfield Rd, Joliet, IL 60435

Phone: 815-740-1108

Services Provided: Provides low cost groceries to all individuals/families. No income requirements.

Website: <http://www.americantowns.com/il/joliet/organization/angel-food-ministries-host-site>

Daybreak (Shepherd's Table)

611 E. Cass Street, Joliet, IL 60432

Phone: 815-774-4663

Services: Pantry and Soup Kitchen

Hours: Pantry M-F 8:30-4:30 (Serving Times: Everyday 11:00am-11:00pm)

Requirements: None

Power Connection

999 Remington Blvd. Suite F Bolingbrook, IL 60440

Phone: 630-679-6899

Services Provided: Food Pantry (Weekly Extension Food Connection and Large Food Connection)

Hours: *Weekly Food Pantry:* Open Monday (except 2nd & 4th Monday), Tuesday and Thursday from 10:00am - 12pm, and Thursday from 4pm-7pm. *Large Food Pantry:* (Up to \$250 worth of groceries) Open the 2nd and 4th Mondays of the month from 1:00pm – 6:45pm.

Website: <http://www.thepowerconnection.org/food-clothing-pantries>

Financial & Housing Services

Illinois Department of Human Services

Phone: *IDHS Help Line* 800-843-6154

Services Provided: Illinois housing help, emergency and transitional housing, in-home supports, etc.

Website: <https://www.dhs.state.il.us/page.aspx?item=29723>

Catholic Charities Daybreak Center/Emergency Services

611 East Cass, Joliet, IL 60432

Phone: 815-774-4663 Ext 3100

Services Provided: Shelter, food, emergency services to help prevent homelessness (mortgage, rental, utilities, food, and clothing assistance), etc.

Website: www.cc-doj.org

The Lemont Township Human Services Department provides financial assistance and referral information to Lemont Township individuals and families during severe economic crises.

General Assistance is a financial aid program that helps residents meet basic needs until employment or another source of income, such as Social Security, disability or public aid, is obtained. Eligibility is determined by established guidelines based on income, assets and household size. Applicants should have no other potential means of income and should have applied for all possible benefits to be eligible.

Emergency Assistance is financial aid granted to qualified individuals and families on a short-term basis to alleviate life-threatening circumstances or to assist residents in returning to self-sufficiency. If an individual or family is eligible, they may receive assistance once in an 18-month period to meet basic expenses.

To be eligible for either General Assistance or Emergency Assistance, the applicant must meet certain financial and non-financial eligibility requirements and must supply his or her Social Security card, a lease or mortgage statement, pay stubs (for the past 30 days), bank statements, and proof of registry with Public Aid and the Illinois Job Service.

The list of required documentation to apply for General Assistance or Emergency Assistance is located on the Human Resources page of the Lemont Township website. To apply you must stop in the office and pick up the General Assistance Application.

Medical

All Kids

Phone: All Kids Hotline 1-866-ALL-KIDS (1-866-255-5437) TTY: 1-877-204-1012

Services Provided- Offers many Illinois children comprehensive healthcare that includes doctors visits, hospital stays, prescription drugs, vision care, dental care and medical devices like eyeglasses and asthma inhalers. Some families pay monthly premiums for the coverage, but rates for middle-income families are significantly lower than they are on the private market.

Medicaid/Application for Benefits Eligibility (ABE)

Phone: 1-800-843-6154

Services Provided- Healthcare coverage, SNAP, cash assistance, and/or Medicare savings program.

Website: <https://abe.illinois.gov/abe>

Adventist Bolingbrook Hospital

500 Remington Boulevard, Bolingbrook, IL 60440

Phone: 630-312-5000

Services Provided: Emergency Department, Full service hospital, Chronic Disease Management Center

Website: www.keepingyouwell.com

Silver Cross Hospital

1900 Silver Cross Boulevard, New Lenox, IL 60451

Phone: 815-300-1100

Services Provided: Substance Abuse Programs & General Hospital Services

Website: www.silvercross.org

Will County Health Department - Bolingbrook Branch

323 Quadrangle Drive, Bolingbrook, IL 60440

Phone: 630-679-7000

Services Provided: Health care, mental health services. Bilingual Services

Fee for Services: Sliding scale

Website: www.willcountyhealth.org

Linden Oaks at Edward

801 South Washington, Naperville, IL 60540

Phone: 630-305-5500

Services Provided: Linden Oaks at Edward offers Inpatient, Outpatient and Intensive Outpatient (IOP) services in the Chicago area. Programs include: Eating disorders, compulsive overeating, Chemical Dependency & Anxiety, Aspergers, (Adolescent & Adult), Self-Injury and Geriatrics. A team of twelve psychiatrists-Linden Oaks Medical

Group (LOMG) provides services in Naperville, Plainfield, St. Charles, and Woodridge. Free Level of Care Assessments available 24 hours a day, 7 days a week. Translation Services provided as needed

Website: www.edward.org

Clothing & Furniture

Sharing Connections Furniture Bank

5111 Chase Ave, Downers Grove, IL 60515

Phone: 630-971-0565

Services Provided: Provides furniture and household items to low-income families helping them transform a bare apartment or house into a home. Most of our families are coping with crises like domestic violence, job loss, or financial hardship.

Website: <http://sharingconnections.org>

New Song Church

151 E Briarcliff Rd, Bolingbrook, IL 60440

Phone: 630-739-2824

Services Provided: Food and Clothing Pantry for those in need. The pantry is open on Thursdays 7-9pm.

Website: <http://newsong-church.com/>

Goodwill Industries

1146 State St, Lemont, IL 60439

Phone: (630) 257-5608

Services Provided: Provide training, employment and supportive services for people with disabilities or disadvantages who seek greater independence. Provide values and service to our customers

Website: www.goodwill.org

Morning Star Treasure Center

2221 W. Jefferson, Joliet, IL 60435 and 2571 East Lincoln Hwy., New Lenox, IL 60451

Phone: 815-725-6702

Services Provided: From shoes to shirts, to dresses, appliances collectables and more, you'll find tremendous values throughout the store. Families who can't afford clothing or furniture can come to the Mission where they are given an emergency voucher redeemable at our Treasure Chest Store.

Website: <http://morningstarmission.org/>

Child Care Resources

Child Care Assistance Program (CCAP)

Cook County Illinois Action for Children (IAFC) 1340 South Damen Avenue, 3rd Floor, Chicago, IL 60608

Phone: 312-823-1100

Services Provided: Financial assistance for child care

Website: <https://www.dhs.state.il.us/page.aspx?item=30355>

Family Resources

Planned Parenthood

Planned Parenthood Orland Park Health Center

Call (708) 349-2227

11470 S. La Grange Rd., Suite 101, Orland Park, IL 60462

This location offers in-person and Telehealth visits

Services Offered:

- Abortion
- Birth Control
- HIV Services
- Men's Health Care
- Morning-After Pill (Emergency Contraception)
- Pregnancy Testing & Services
- STD Testing, Treatment & Vaccines
- Transgender Hormone Therapy
- Women's Health Care