## Resources Serving the Des Plaines Community

*Table of Contents*

- Activity Programs for Children
  - Programas de Actividad para Niños(as)
- Crisis Assistance Programs
  - Programas de Asistencia para situaciones de Crisis
- Childcare Services
  - Servicios de Cuido Infantil
- DHS Office Locator
  - Localizador de Oficinas DHS
- Domestic Violence Support
  - Apoyo contra la Violencia Domestica
- Emergency Assistance
  - Asistencia de Emergencia
- Food Resources
  - Recursos de Comida
- Home Visiting Programs
  - Programas de Visitas a la Casa
- Hotline Numbers
  - Números de Línea Directas
- Housing Assistance
  - Asistencia de la Vivienda
- Support for Families with a Family Member *Incarcerated*
  - Apoyo para Familias con un Miembro de la Familia *Encarcelado*
- Job Training/Job Assistance Programs
  - Programas de Entrenamiento de Trabajo/Asistencia de Trabajo
- Library
  - Biblioteca
- Legal Aid Assistance
  - Asistencia Legal de Ayuda
- Mentor Programs
  - Programas de Mentores
- National Association Websites
  - Sitios Web de Asociaciones Nacional
- Nutrition Counseling
  - Consejería de Nutrición
- Parenting Support
  - Apoyo para Padres
- Psychiatry
  - Psiquiatría
- Renters Right Information
  - Información Correcta de los Inquilinos
- Respite Services
  - Servicios de Respiro
- SASS/Cares Line
  - Línea de SASS/Cares
- Special Needs Support
  - Apoyo para Necesidades Especiales
- Therapy
  - Terapia
- Township
  - Municipio
- Utility Assistance
  - Asistencia de Utilidad
- WIC
  - WIC
Resources Serving the Des Plaines Area

**Activity Programs for Children / Programas de Actividad para Niños(as):**
- Des Plaines Park District  
  (Various different location and activities, please visit website for more details)  
  Web: [http://www.dpparks.org/parks-facilities/](http://www.dpparks.org/parks-facilities/)
- Lattof YMCA of Metro Chicago  
  300 E. Northwest Highway, Des Plaines, IL 60016  
  Phone: (847) 296-3376  
  Web: [http://www.ymcachicago.org/lattof](http://www.ymcachicago.org/lattof)
- Mountain View Adventure  
  510 E. Algonquin Rd., Des Plaines, IL 60016  
  Phone: (847) 391-5733  
  Web: [http://www.dpparks.org](http://www.dpparks.org)
- Party Time Palace  
  723 W Golf Road, Des Plaines, IL 60016  
  Phone: 847-437-3100  
  Fax: (847) 600-4365  

**Crisis Assistance Programs / Programas de Asistencia para situaciones de Crisis:**
- Maryville Academy Children’s Crisis Nursery  
  (Serving 0-6 yrs old and family)  
  6650 W Irving Park Rd, Chicago, IL 60634  
  Contact: Family Advocate  
  Phone: (773) 205-3637 (Hot Line)  

**Childcare Services / Servicios de Cuido Infantil:**
- Full day Childcare: IL Action for Children’s  
  Phone: (312) 823-1100, option 3  
  Fax: (312) 823-1200  
  Web: [https://www.actforchildren.org/for-families/finding-child-care/](https://www.actforchildren.org/for-families/finding-child-care/)
- Half Day Childcare: Head Start  
  Phone: (866) 763-6484  
  Web: [https://eclkc.ohs.acf.hhs.gov/hslc/H](https://eclkc.ohs.acf.hhs.gov/hslc/H)

Please contact the Director of Behavioral Health with any questions on resources or referrals  
320 Lake Street | Oak Park, IL | 708.848.0528 ext. 225 | [www.childrenscliniciws.org](http://www.childrenscliniciws.org)

**DHS Office / Localizador de Oficinas DHS:**
- DHS Office (Serving zip codes 60016, 60017, 60018, and 60019)  
  8020 N. Saint Louis Ave, Skokie, IL 60076  
  Phone: (847) 745-3200  
  TTY: (866) 321-8261  

**Domestic Violence Support / Apoyo contra la Violencia Domestica:**
- Life Span  
  708 Lee St, #700 Des Plaines, IL 60016  
  Hotline: (847) 824-0382,  
  TTY Hotline: (847) 824-01 89  
  E-Mail: life-span@life-span.org  
- Mujeres Latinas en Accion  
  7222 W. Cermak Rd., Ste. 509, North Riverside, IL 60546  
  Phone: (708) 442-1299  
  Hotline: (312) 738-5358  
  Fax: (708) 442-3442  
  Mail: mail@mujereslat.org  
  Web: [http://www.mujereslatinasesencion.org/Contacts/contact.aspx](http://www.mujereslatinasesencion.org/Contacts/contact.aspx)

**Emergency Assistance / Asistencia de Emergencia:**
- Broadway Youth Center (Specialty in serving the LGBTQ community ages 12-24 years of age)  
  (Provides transit cards, refuge, medical care, social services, clothes, and etc.)  
  4025 N. Sheridan Road, Chicago, IL 60613  
  Phone: (773) 388-1600  
  Fax: (773) 388-1602; Medical Fax: (773) 388-8936  
  Web: [http://howardbrown.org/byc/](http://howardbrown.org/byc/)
### Food Resources / Recursos de Comida:
- Catholic Charities Food Pantry  
  1717 Rand Rd, Des Plaines, IL 60016  
  Phone: (847) 376-2101  
  Web: [https://www.catholiccharities.net/](https://www.catholiccharities.net/)  
- TSA: Des Plaines Food Pantry  
  609 W Dempster St., Des Plaines, IL 60016  
  Phone: (847) 981-9111, Ext. 104

### Home Visiting Programs / Programas de Visitas a la Casa:
- Firman Community Services (Chicago Family Case Management Program, 0-1 yrs)  
  4705 S. State Street, Chicago, IL 60609  
  Phone: (773) 373-3400  
  Fax: (773) 373-6749  
  Web: [http://www.firmancs.org/programs_cfcmp.html](http://www.firmancs.org/programs_cfcmp.html)

### Hotline Numbers / Números de Línea Directas:
- Alcohol and Drug Abuse 800.234.0420  
- Alcoholics Anonymous 800.371.1475  
- CARES Line (SASS) 800.345.9049  
- Child Abuse, National 800.422.4453  
- Crisis Center of South Suburbia 708.429.7233  
- Crisis Counseling, General 847.228.6400  
- Crisis Counseling, Teens 847.228.8996  
- Crisis Counseling, Children 847.228.5437  
- DCFS Hotline 800.252.2873  
- Domestic Violence - General 800.799.7233  
- Domestic Violence Hot Line-Chicago 800.603.4357  
- Homeless Hotline – 800.654.8595  
- Sexual Assault, General (RAINN) 800.656.4673  
- Sexual Assault Hotline - Chicago 888.293.2080  
- National Suicide Prevention Lifeline 800.273.8255  
- Police, Fire, or Medical Emergency 911  
- Runaway Switchboard 800.786.2929  
- Trans Lifeline 877.565.8860  
- Trevor Hotline/ Gay Youth (866) 488-7386

### Housing Assistance / Asistencia de la Vivienda:
- Catholic Charities  
  1717 Rand Road, Des Plaines, IL 60016  
  Phone: (847) 376-2100  
  Fax: (847) 390-8214  
  Web: [https://www.catholiccharities.net/GetHelp/OurServices/EmergencyAssistance.aspx](https://www.catholiccharities.net/GetHelp/OurServices/EmergencyAssistance.aspx)  
- Chicago House [TransLife Center] (Specialty in serving the LGBTQ Community)  
  1925 N. Clybourn, Chicago, IL 60614  
  Phone: (773) 248-5200  
  Web: [http://www.chicagohouse.org/cause/shousing/](http://www.chicagohouse.org/cause/shousing/)  
- The Crib (Specialty in serving the LGBTQ Community) (Serving 18–24 yrs of age)  
  4711 N. Ravenswood Ave., Chicago, IL 60640  
  Phone: (773) 784-9000  
  Web: [http://www.thenightministries.org](http://www.thenightministries.org)  
- Homeless Hotline (24-hour)  
  Phone: (800) 654-8595  
- The Harbour (Serving teens 16 – 21 years of age pregnant and/or parenting)  
  1440 Renaissance Drive, Suite 240, Park Ridge, IL 60068  
  Phone: (847) 297-8540  
  Web: [https://theharbour.org/index.html](https://theharbour.org/index.html)  
- Journeys Shelter (Families with children, young adults, and Senior Citizens)  
  1140 E. Northwest Highway, Palatine, IL 60074  
  Phone: (847) 963-9163  
  Web: [https://www.journeystheroadhome.org](https://www.journeystheroadhome.org)  

### Support for Families with a Family Member Incarcerated / Apoyo para Familias con un Miembro de la Familia Encarcelado:
- Rainbows Headquarters (Group for 3rd, 4th, 5th, 6th graders)  
  147 Circle Ave. Forest Park, IL, 60130  
  Phone: (708) 366-5704  
  Web: [https://rainbows.org/services/find-a-group](https://rainbows.org/services/find-a-group)

Please contact the Director of Behavioral Health with any questions on resources or referrals  
320 Lake Street | Oak Park, IL | 708.848.0528 ext. 225 | [www.childrenscliniciws.org](http://www.childrenscliniciws.org)  
Rev: 04/2018
Job Training/Assistance Programs / Programas de Entrenamiento de Trabajo/Asistencia de Trabajo:
- Chicago House [TransLife Center] (Specialty in serving the LGBTQ Community)
  1925 N. Clybourn, Chicago, IL 60614
  Phone: (773) 248-5200 Intake Line
  Web: http://www.chicagohouse.org/cause/shousing/
- Illinois Employment and Training Center (Serving cook county)
  2138 S. 61st Court, S:301, Cicero, IL 60804
  Phone: (708) 222-3100
- Oakton Community College (WIOA) Programs
  1600 E. Golf Road, Des Plaines, IL 60016
  Phone: (847) 635-1600
- Safe Haven
  2750 W. Roosevelt Rd, Chicago, IL 60608
  Phone: (773) 435-8300
  Fax: (773) 435-8415
  Web: http://www.asafehaven.org/job-training-and-placement/
- Westside Health Authority
  5417 W. Division Chicago, IL 60651
  Contact: Jaidalyne Rand-Ousley
  Phone: (773) 786-0249
  Fax: (773)-786-2752
  Email: jrand-ousley@healthauthority.org
  Web: www.healthauthority.org

Legal Aid Assistance / Asistencia Legal de Ayuda:
- Center on Halsted (Specialty in serving the LGBTQ Community)
  3656 N Halsted St, Chicago, IL 60613
  Phone: (773) 472-6469
  Email: legal@centeronhalsted.org
  Web: http://www.centeronhalsted.org/legal.html
- Illinois Legal Aid Online (ILAO)
  Web: https://www.illinoislegalaid.org/
- Lambda Legal (Specialty in serving the LGBTQ Community)
  Midwest Regional Office
  105 W Adams, 26th FL, Chicago, IL 60603
  Phone: (312) 663-4413; toll-free (866) 542-8336; Fax: (312) 663-4307
  Web: http://www.lambdalegal.org/
- Legal Assistance Foundation of Metropolitan Chicago (LAF) (Serving the Cook County area)
  120 S LaSalle St, Ste. 900, Chicago, IL 60603
  Phone: (312) 341-1070
  Fax: (312) 341-1041
  Email: webmaster@lafchicago.org
  Web: https://www.lafchicago.org/

Library / Biblioteca:
- Des Plaines Public Library
  1501 Ellinwood Ave, Des Plaines, IL 60016
  Phone: (847) 827-5551
  Web: http://dppl.org/

Mentor Programs / Programas de Mentores:
- Big Brother Big Sister of Metropolitan Chicago – Contact Anne
  1700 Ballard Rd., Park Ridge, IL 60068
  Phone: (847) 297-2510, Ext. 272
  Email: acamarano@mainetown.com
  Web: http://www.mainetownship.com/services/mainestay/mentoring.shtml

National Association Websites / Sitios Web de Asociaciones Nacional:
- Alcoholics Anonymous (AA)
  http://www.aa.org/
- American Art Therapy Association
  http://www.arttherapy.org/
- American Foundation for Suicide Prevention
  http://www.afsp.org/
- Learning Disabilities Association of America (LDA)
  http://ldaamerica.org/
- Mental Health
  http://www.mentalhealth.gov/
- National Alliance on Mental Illinois
  http://il.nami.org/
- National Association for Loss and Grief

Please contact the Director of Behavioral Health with any questions on resources or referrals
320 Lake Street | Oak Park, IL | 708.848.0528 ext. 225 | www.childrenscliniciws.org
Rev: 04/2018
• National Assoc. of Anorexia Nervosa and Associated Disorders (ANAD) http://www.anad.org/
• National Attention Deficit Disorder Association http://www.add.org/
• National Children’s Advocacy Center http://www.nationalcac.org/
• National Eating Disorder Association https://www.nationaleatingdisorders.org/learn
• National Institute on Drug Abuse http://www.drugabuse.gov/
• National Institute on Mental Health http://www.nimh.nih.gov/index.shtml
• National Runaway Switchboard http://www.1800runaway.org/
• Substance Abuse and Mental Health Services Admin http://www.samhsa.gov
• Trans Lifeline http://translifeline.org

Nutrition Counseling / Consejería de Nutrición:
• IWS Children’s Clinic : Wendy Castro-Harris 320 Lake Street, Oak Park, IL 60302 Phone: (708) 848-0528 Email: wcastro@childrenscliniciws.org Web:http://childrenscliniciws.org/index.php

Parenting Support / Apoyo para Padres:
- Breast Feeding Support
  • La Leche League @ Buzz Café and Belmont Village
    - 905 S Lombard, Oak Park, IL 60301 (Buzz Café, first Friday of the month)
    - 1035 Madison St. Oak Park, IL 60302 (Belmont Village, third Tues of each month)
  Contact: Maria (773) 936-4763, Mary Anne via (708) 299-4317 or email mary.anne.zeh@gmail.com, Jennie (773) 532-9065, Jennifer via (708) 567-3484 or email jhawk_77004@yahoo.com Web: http://www.llli.org/

- Car Seats
  • Stroger Hospital (Low cost car seats) Distribution only on certain days
    1969 W. Ogden, Chicago, IL 60612
  Phone:(312)864-2016 or (312)8654-6000

Please contact the Director of Behavioral Health with any questions on resources or referrals
320 Lake Street  Oak Park, IL 708.848.0528 ext. 225  www.childrenscliniciws.org

Rev: 04/2018
Renter’s Rights Information / Información Correcta de los Inquilinos:

- Des Plaines Township Community in Economic Department
  1420 Miner St., Des Plaines, IL 60016
  Phone: (847) 391-5300
  Web: http://www.desplaines.org/

Respite Services / Servicios de Respiro:

- ARCH National Respite Network and Resource Center
  Various Different locations depending on area (on website you will put your address and it will provide respite in your area)
  Phone: (703) 256-2084 (Contact: Jill Kagan)
  Email: jkagan@archrespite.org
  Web: https://archrespite.org/respite-locator-states?true&prox_country_id=1228&prox_state_province_id=1012

SASS/CARES LINE / Línea de SASS/Cares:

- SASS: (800)345-9049 (Voice)
  (773) 523-4504 (TTY)
  Web:http://www.dhs.state.il.us/page.asp x?item=64971

Special Needs Support / Apoyo para Necesidades Especiales:

- Education Support
  - Autism Spectrum Therapies (AST)
    (Family support, early intervention, after school programs, Autism diagnosis, Counseling for those with and without special needs) (Serving ages 2yrs-22 yrs of age)
    (Insurance Info: Currently in-network with BCBS, Aetna, Cigna, United/Optum, Humana/Lifesynch, Magellan, Prime, and MultiPlan. Does not take the medical card)
    670 W Hubbard st, suite 200, Chicago, IL
    Phone: 866-727-8274 or 312-635-8989
    (Contact Person: Angelina Guzman)
    Fax: 626-239-7344
    Email: chicagoland@autismtherapies.com
    Web: http://autismtherapies.com/
  - Illinois State Board of Education – Special Education Support Services Division
    100 N. 1st Street., Springfield, IL 62777
    Phone: (866) 262-6663, (217) 782-4321
    100 W. Randolph, Suite 14-300, Chicago, IL 60601
    Phone: (312) 557-6763
    Web: https://www.isbe.net/

-Therapy / Terapia:

- Clinical Setting
  - Advocate Children’s Hospital: Sibsensations
    (Group Therapy for children who have siblings with Special Needs) (Serving 8yrs to 13yrs)
    (Insurance Info: N/A $5 fee per session)
    Advocate Children’s Hospital – Oak Lawn Conference Center – 93rd and Kilbourne Ave; Entrance F
    Phone: 708-684-3225 (Contact: Carolyn McCormick)
    Email: Carolyn.McCormick@advocatehealth.com
    Web: https://www.advocatehealth.com/
  - All Bright Therapies (Speech, Occupations, Group, Feeding, and fine motor therapy, Free Screenings) (Serving children birth to teens)
    (Insurance Info: All major insurance; private rates, BCB and Humana)
    1957 W Dickens Ave, Chicago, IL 60614
    Phone: 312-848-6315 (Contact: Amanda Albright)
    Fax: 877-227-0804

Please contact the Director of Behavioral Health with any questions on resources or referrals
320 Lake Street | Oak Park, IL | 708.848.0528 ext. 225 | www.childrenscliniciws.org

Rev: 04/2018
Email: Amanda.a@allbrighttherapies.com
Web: https://allbrighttherapies.com/

- Autism Assessment, Research, Treatment, and Services Center at Rush (AARTS)  
(Evaluations, therapy, and medication management for those with Autism. Parent workshops) (Serving children 8yrs -11yrs) 
1645 W Jackson Bld, S:603, Chicago, IL 60612 
Phone: 312-942-0819 (Contact Person: Holly Lechniak or Jane Lee) 
Fax: 312-942-2410 
Email: Holly_N_Lechniak@rush.edu or Jane_W_Lee@rush.edu 
Web: www.rush.edu/autism 
More Information for referrals to Rush: https://www.rush.edu/services-treatments/psychiatry/autism-resource

- Autism Spectrum Therapies (AST)  
(Family support, early intervention, after school programs, Autism diagnosis, Counseling for those with and without special needs. 2yrs-22 years of age) (Insurance Info: Currently in-network with BCBS, Aetna, Cigna, United/Optum, Humana/Lifewatch, Magellan, Prime, and MultiPlan. Currently does not take the medical card) 
670 W Hubbard st, suite 200, Chicago, IL 
Phone: 866-727-8274 or 312-635-8989  
(Contact Person: Angelina Guzman) 
Fax: 626-239-7344 
Email: chicagoland@autismtherapies.com 
Web: http://autismtherapies.com/

- Center on Halsted (Specialty in serving the LGBTQ Community, ages 13-24) 
3656 N Halsted St, Chicago, IL 60613 
Phone: (773) 472-6469 Ext. 460 
Email: behavioralhealth@centeronhalsted.org 
Web: http://www.centeronhalsted.org/behavioralhealth.html

- Chicago Dance Therapy  
(Dance/Movement therapy and Counseling for those with and without special needs) 
(Servicing children from Birth to adulthood) 
(Insurance Information: Accepts BCBS, UHC, Cigna, and Sliding fee available) 
1847 Oak Street, Northfield, Illinois 60093 
(Inside Chicago Sports Institute–appoint. only) 
Phone: 847-848-0697 (Contact: Erica Hornthal) 
Email: info@chicagodancetherapy.com 
Web: http://www.chicagodancetherapy.com/

- ChiME: Chicago Center for Music Education (Music Therapy for those with and without special needs) (Serving children from 6 months to adulthood) (Insurance information: Does have tuition Assistance/currently $41/session) 
1148 W. Chicago Ave, Chicago, IL 60642 
Phone: 312-738-2646 (Contact: Alli Dunn) 
Email: info@chimemusic.org 
Web: http://www.chimemusic.org/

- Concordia University Chicago (Training Site for community. Individual, Couple, Family therapy, and limited Psychological Services. Services provided free with limited openings) 
7401 ustsa Rd., River Forest, IL 60305, 
Christopher Center Rm 263 
Phone: (708) 525-0291; (Contact Dr. Edgar Ramos) 
Email: dredgararamos@gmail.com

- Corner Stones (ABA and Behavioral Therapy, Family Support for those with Autism)  
(Serving children 2.5 yrs to 24 yrs) (Insurance Info: UHC, BCBS PPO, Aetna, Cigna, medical card coming soon) 
7360 N Lincoln Ave, S: 110, Lincolnwood, IL 60712 
Phone: 855-855-2712 
Fax: 847-893-8438 
Email: crystal@cornerstonesil.com 
Web: https://www.cornerstonesil.com/

- Dynamic Lynks (Music Therapy, Family Yoga, Social Skills for those with autism, developmental differences, and challenges with sensory motor skills) (Serving children from birth to adulthood) 
1100 Lake Street, 100 C, Oak Park, IL 6030 
Phone: 708-620-2373 (Contact: Alyssa Wilkins) 
Email: alyssa@dynamiclynks.com 
Web: www.dynamiclynks.com

Please contact the Director of Behavioral Health with any questions on resources or referrals 
320 Lake Street | Oak Park, IL | 708.848.0528 ext. 225 | www.childrenscliniciws.org

Rev: 04/2018
Family Service and Mental Health Center of Cicero
5341 W. Cermak Road, Cicero, IL 60804
Phone: (708) 656-6430
Web: http://www.cicerofs.org/

Individual and Family Connection (Play therapy, Cognitive Behavioral Therapy, Parent Coaching, Family Therapy and Trauma Therapy for those with special needs and without special needs) (Serving children from 18 months to adulthood) (Medical Ins.: BCBS and Aetna. Bills out providers directly. Do not accept Medicaid; sliding fee is $155)
2865 N Clybourn Ave, Chicago, IL 60618
Phone: 773-270-0469
Email: hello@ifccounseling.com
Web: http://www.ifccounseling.com/

Jewish Child and Family Services (Psych/Neuro Evaluation, Therapy, Family Support for those with and without special needs) (Serving children 2yrs to adulthood of any religion and background)
6639 N. Kedzie, Chicago, IL 60645
(Multiple different locations)
Phone: 855-275-5237
Email: ask@jcfs.org
Web: www.jcfs.org

LYDIA homes
4300 W Irving Park Rd, Chicago, IL 60641
Phone: (773) 653-2261
Web:http://www.lydiahome.com/counseling-centers

North Shore Pediatric Therapy
950 Lee St., Des Plaines, IL 60016
Phone: (877) 486-4140
Web: Info@NSPT4kids.com

Pillars Community Health (children, adults, families) (Addiction treatment for teens 12-17 and adults diagnosed with mild or severe substance use disorder) (Early Childhood Mental Health Services for children 4-18yrs), (Outpatient Mental Health)
-6918 Windsor Avenue, Berwyn, IL 60402
(The Fillmore Center)

Please contact the Director of Behavioral Health with any questions on resources or referrals
320 Lake Street | Oak Park, IL | 708.848.0528 ext. 225 | www.childrenscliniciws.org

Rev: 04/2018
Chicago Lakeshore Hospital/ Children’s Pavilion (Inpatient services, Partial Hospitalization and Intensive outpatient)
4720 North Clarendon, Chicago IL 60640
Intake: (800) 888-0560
Phone: (773) 878-9700
Web: www.chicagolakeshorehospital.com

Hartgrove Hospital: Austin Family Counseling Center (Serving 4 yrs and over)
4909 W. Division St, S:405, Chicago, IL 60651
Phone: (773) 921-7805
Web: http://www.hartgrovehospital.com/

River Edge Hospital (Group Therapy, Inpatient, Outpatient programs)(ages 3-17 yrs)
8311 W. Roosevelt Road, Forest Park, IL 60130
Phone: (708) 771-7000
Web: https://www.riveredgehospital.com/

Des Plaines Township
1420 Miner St., Des Plaines, IL 60016
Phone: (847) 376-2100
Web: https://www.hartgrovehospital.com/

Catholic Charities
1717 Rand Road, Des Plaines, IL 60016
Phone: (847) 376-2100
Web: https://www.hartgrovehospital.com/

CEDA
6141 W Roosevelt Rd, Cicero, IL 60804
Phone: (708) 222-3824
Web: http://www.cedaorg.net

CEDA - Des Plaines WIC
400 O’Connor Drive, Des Plaines, IL 60016
Phone: (847) 294-1802
Web:http://www.dhs.state.il.us/page.aspx?item=30513