

Community Resources in the Galesburg, Illinois Community

Galesburg High School Counseling Department 2016-2017

At different times in life, anyone can use a helping hand. Thankfully the Galesburg community is full of resources to help those in need, many of which incur no cost. The school counselors at GHS frequently provide referrals to students with needs that are both educational and those requiring a referral to a community-based provider. While this document aims to provide resources and services available in Galesburg and the surrounding areas that may benefit the entire family, we cannot assume responsibility for the quality of services provided by agencies or websites listed. Additionally, this list is in no way comprehensive, so please reach out to your student's counselor if you need additional information.

For Information Regarding Any Community Resource or Need

- **211 HELP LINE (Funded by United Way)** Call 211 on your telephone toll free and get connected to a live community resource specialist. All calls are private & confidential. Or search for services by zip code at www.findhelp211.org

Counseling/Mental Health/Addiction Services

(Please call 9-1-1 or go to the Emergency Department in case of a mental health crisis or emergency)

- **Knox Community Health Center** — Behavioral health services are coordinated between on-site licensed counselors and staff medical doctors to ensure the best physical and mental/emotional health. Accepts Medicaid and All Kids. 1361 W. Fremont St., Galesburg. www.knoxcountyhealth.org. 309.344.2224.

- **GLBT National Hotline** — Peer counseling, information and local resources. 1.888.843.4564.
- **National Suicide Prevention Hotline** — 1.800. 273.8255
- **Al-Anon Info Service and Alateen** — Support for family, friends, and children of persons who have been affected by someone else's drinking. For local group times, visit: www.niafg.org; www.al-anon.alateen.org or call 309.342.0146.
- **Alcoholics Anonymous** — Usually one or more meetings daily in Galesburg, Monmouth, Knoxville, Oquawka and Abingdon. Times and locations vary - Call 24 hr. answering services 309.343.1530 or 309.337.2711 for information or assistance.
- **Bridgeway, INC** — Outpatient counseling for mental health and addiction treatment and services. 2323 Windish Dr., Galesburg. Call 309.344.2323, dial 0 and ask for Intake.
- **Narcotics Anonymous** — Check www.centralillinoisna.org or call for local meeting times. 1.800.539.0475.

Homeless Shelter/Clothing

- **Galesburg Rescue Mission** — Provides free shelter and clothing to those in need. 435 East Third St., Galesburg. 309.343.4151.

Child/Domestic/Sexual Abuse

- **Illinois Department of Children and Family Services (DCFS)** Report suspected child abuse by calling 1.800.25.ABUSE. Reports may be made confidentially.
- **CASA of Knox County** — CASA is the Court Appointed Special Advocates Program. The program recruits, trains, and supports volunteers to provide individualized advocacy for child victims of abuse and neglect. Advocates ensure that these abused and neglected children are afforded safe, permanent, and loving homes in the least amount of time possible. www.casaofknoxco.com.
309.343.4299
- **Galesburg Public Library** - Provides material for dealing with abuse, including books and legal resources. Free internet access is available.
309.343.6118.
- **Knox County Child Advocacy** - Child Advocacy Center - Providing services to child victims of sexual abuse and serious physical abuse cases in Knox, Warren and Henderson Counties. www.paladincac.org. 309.344.8416
- **Knox County State's Attorney Victim Advocate** — Provides emotional support, court advocacy, service referrals, case status updates and scheduling info for victims or survivors of violent crimes once the criminal case has been filed.
309.345.3886.
- **Safe Harbor Family Crisis Center, 24-Hour Crisis Line** — 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. 1188 W. Main St., Galesburg.www.safeharbordv.org. 309.343.SAFE.

- **Love Is Respect Website** – Offers information on how to recognize dating violence and how to seek help. <http://www.loveisrespect.org>
- **The National Domestic Violence Hotline** – <http://www.thehotline.org/>. 1.800.799.7233 1.800.787.3224 (TTY).

Mentoring, Childcare, and Youth Services

- **Big Brothers Big Sisters of Knox County** – Provides children and youth a no-cost, professionally supported, one-to-one relationship with a caring adult who will help and assist them in achieving their highest potential. The goal is to provide successful mentoring relationships for all children to ensure bright futures and stronger communities for all. 2101 Windish Drive, Galesburg. www.hoibbbs.org. 309.344.2252
- **Bright Futures** – Educational opportunities available for children in Knox and Warren counties. 932 Harrison St., Galesburg. <http://brightfutures205.weebly.com/>. 309.973.2031.
- **Carver Community Action Agency** – Offers a variety of programming for youth, including: summer, food & recreation program, tutoring programs - for all ages, and social and physical fitness programs open to 5-18 years old. Located at 424 Depot St., Galesburg. www.carvercaa.com. 309.342.0150.
- **Center for Youth & Family Solutions** – Offers a full array of services through the following programs: Counseling (individual, couples, family, 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. 292 N. Chambers, Galesburg, 309.342.1136.

- **Childcare Resource & Referral** — Are you looking for childcare? Do you need help paying for childcare? Numerous services and resources available. 1.866.324.3236. Creative Childhood Center — Preschool/childcare for ages 2-12 years. Application required. www.bway.org/childcare. 309.344.KIDS.
- **Head Start** — West Central Community Services — Free comprehensive preschool program for children ages 3-5 in Knox, Warren and Henderson counties. Family size and income determines eligibility. Head Start serves at least 10% children with disabilities. <http://www.wccsheadstart.org/>. 277 E. Tompkins St., Galesburg. 309.343.6102.
- **Lutheran Social Services of Illinois, Single Parent Program** — Provides educational and support services to single-parent families in Knox and Warren counties. 167 N. Kellogg St., Galesburg. 309.343.7681.
- **Mom2Mom Support Group**— Free Christian-based support group designed to support moms in all seasons of motherhood. Free childcare offered during meetings. Held on the 1st & 3rd Fridays from 9:00 - 11:00 am. To register go to the program website: mybethel.com/mom2mom. For additional info e-mail: bethelmom2mom@gmail.com. Bethel Baptist Church. 1196 N. Academy 309.342.3166.
- **OSF 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 family's needs and create an action plan as well as provide additional referrals. Coordinator can assist anyone in locating any social service program in the area to assist families. OSF Healthcare

System, 3405 North St., Galesburg. ryan.l.williams@osfhealthcare.org.
309.202.1648.

- **Salvation Army** — Offers youth programs and a summer youth camp. Three satellite programs for children kindergarten through sixth grade at the community rooms at Cedar Creek (McKnight), Woodland Bend (Iowa Ct.) and Whispering Hollow (South & Berrien). Programs include snacks, homework time and emblem-earning activity. Summer camp programs for grades 1-12 available at the Salvation Army Eagle Crest Camp in Washburn. Call for hours and details. 510 N. Kellogg St., Galesburg. 309.342.9168.

Computer Skills/Usage

- **Carver Community Action Center** — Computer lab and computer literacy programs available. Located at 424 Depot St., Galesburg. www.carvercaa.com. 309.342.0150.
- **Galesburg Public Library** — Lends books and videos offering instruction on topics such as keyboarding and basic computer skills, Internet use, email access, and Windows operating systems. Also coordinates the Tech Tutor program for individualized technology tutoring for phones, computers, tablets, eReaders and more (offered seasonally). 40 E. Simmons St., Galesburg. 309.343.6118.
- **Goodwill Learning Center** — Offering free, instructor-led, basic computer classes and more advanced workshops. Basic classes cover introductory computer concepts. Workshops may include topics such as Word, Excel, (PowerPoint), job preparation skills, resume writing, cover letters, interviewing and job searching. 1931 Grand Ave., Galesburg. For info visit www.goodwillpeo.org or call 309.342.1055.

- **Knox County Housing Authority Neighborhood Network Center** — For KCHA Residents only. Offers computer classes, typing classes, internet and email workshops, open lab hours in their fully networked computer lab with high-speed bandwidth internet access. Woodland Bend Community Center, 480 Iowa Ave, Galesburg. 309.344.0152.

Services for Those with Disabilities

- **Bridgeway, INC.** — Community Employment Program (IPS) provides vocational assessment, job finding support and job retention support. www.bway.org. 2323 Windish Drive, Galesburg 309.344.4247.
- **Carl Sandburg College Academic Support Services** — Galesburg Campus, Rm Bo68. Serving students with disabilities or diagnosed learning disorders. Jake Runge, Coordinator. 309.341.5262.
- **Galesburg Transit City Bus** — Enroll at Galesburg City Hall (55 W. Tompkins St.) or at the Transit Office (567 S. Farnham St.) 309.342.4242. Persons with disabilities (not on Circuit breaker) can obtain papers from Galesburg City Hall.
- **People with Disabilities Ride Free Program** — A physician's verification of disability form is required to prove eligibility. Rider must also be registered with the Illinois Circuit Breaker Program which can be obtained through VNA at 309.342.1152.
- **Head Start** — West Central Community Services — Free comprehensive preschool program for children ages 3-5 in Knox, Warren and Henderson counties. Family size and income determines eligibility. Head Start serves at least

10% children with disabilities and may serve 10% over income families.
www.wccsheadstart.org. 277 E. Tompkins St., Galesburg. 309.343.6102.

- **Illinois Dept. of Human Services/Division of Rehabilitation Services (DRS)** — 477 E. Main St., Galesburg. Vocational rehabilitation and home services 309.343.2193.
- **KCCDD** — 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 and job placement assistance. 2015 Windish Dr., Galesburg. 309.344.1700.
- **Stone-Hayes Center for Independent Living** — 39 N. Prairie St., Galesburg. For all disability-related issues, all disabilities, all ages, no cost.www.stone-hayes.org. 309.344.1306.
- **CAMP KIDS** — 6 week summer day camp for children with disabilities ages 5-21. Operated jointly by Bridgeway, KCCDD and Warren Achievement Center. 2015 Windish Dr., Galesburg. 309.344.2600.
- **VNA Community Services** — VNA Community Services provides information and assistance to persons and families with disabilities. Family caregiver services. Handicap-accessible van available for both local and out-of-town trips and appointments with advance notice. 2262 Grand Ave., Galesburg. Medicare D and Circuit Breaker sign up. Free amplified phones for the hard of hearing. 309.342.1152.

- **Western Illinois Area Agency on Aging (WIAAA) & Disability Resource Center** — Provides easy access to information and assistance, referrals, benefits check-up, individual options counseling and specialized care coordination for persons with disabilities. Covers a 10 county area.
www.wiaaa.org. 1.800.322.1051 or 309.793.6800.

Community-based Educational Resources

- **Carl Sandburg College Academic Support Services** — Provides disability support, tutoring, academic equipment loans, and referrals for learning disabilities testing. Room B68. 309.341.5262.
- **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. For more info.
<http://sandburg.edu/financial-aid/galesburg-promise>.
- **Galesburg Community Foundation** — Offers scholarships to students in Knox and Warren counties and the surrounding area enrolled in a nursing or other health related career program. Applications are available January 1 - April 1 annually and must be submitted online at www.ahealthycommunity.org. For questions call 309.344.8898.
- **Galesburg Public Library** — Lends resources on test prep, career planning and educational success. Has dedicated research computers for the public that can be used for resume building, online coursework and educational database usage. Provides access to the Learning Express Library (LEL) online centers for elementary school, middle school, high school, college prep and college students,

as well as adult learners and job prep. The LEL provides practice tests, exercises and skill-building courses. 40 E. Simmons St., Galesburg. 309.343.6118.

- **ISACorps** – Outreach branch of the Illinois Student Assistance Commission (ISAC), the agency that distributes financial aid to Illinois students and whose mission is to make college affordable and accessible to all Illinois students. ISACorps helps with career planning, college planning, and assisting with applying for financial aid.
<http://www.isac.org/students/before-college/isacorps/>.
- **Knox County AmeriCorps VISTA Program** – serves as a resource for Knox County establishing and maintaining contacts and resource information, as well as assisting anyone from preschool age to senior citizens with their educational needs. Email vista2@sandburg.edu.
- **Knox County Workforce Investment Office** – Offers educational assistances and support services. Adult & Dislocated Worker and Youth Career (ages 17-21) Programs. Must meet eligibility requirements. Application required. Funds dependent upon availability. 311 East Main St., Suite 612, Bondi Bldg., Galesburg. 309.343.9832.

Food Assistance

Fish Food Pantry of Galesburg – Provides food baskets in Galesburg and the surrounding Knox County area. Hours of operation are 10 a.m. to 3 p.m. Monday through Friday. Walk-ins accepted although appointments are preferred. 688 Hawthorne Ct, Galesburg. Or call 309.343.7807.

- **Galesburg Rescue Mission Food Pantry** – 435 E. Third St., 9 a.m. to 11:30 a.m. and 1 p.m. to 3 p.m., Monday through Friday. 309.343.4151.

- **Growing Together** – Local garden project that affords individuals and families the opportunity to grow and harvest organic produce. Participants, while helping support a local NGO who is trying to increase the growing and consumption of local food, learn valuable agricultural skills and can even receive discounts on produce in exchange for volunteer time. For more information, contact Peter via email: peter@growingtogether.us

For additional information, contact the Galesburg High School Counseling Department at 309.973.2001.