Resources UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Community Resources

Illinois Department of Employment Security

1307 N. Mattis Ave Champaign, IL 61821 (217) 558-0401 Website: https://ides.illinois.gov/

Local office processes unemployment benefits and their free public employment service provides job referrals and placements. Online career services and listings of Illinois job fairs and special events. Illinois Skills Match (ISM) database matches job seekers and employers, no fee to register. Specific services also available for veterans https://ides.illinois.gov/jobs-workforce/veterans.html.

Illinois Job Board

Illinois Human Resources (IHR) has created a new, streamlined approach to applying for positions at the University of Illinois at Urbana-Champaign. Click below. https://jobs.illinois.edu/

O*NET Resource Center

Website: www.onetcenter.org

An online resource site that contains assessment tools and an occupation database to assist those who are choosing or changing careers.

Parkland Career Center

2400 W. Bradley, Room A175 Champaign, IL 61821 (217) 351-2219 Website: https://www.parkland.edu/Main/About-Parkland/Department-Office-Directory/Counseling-Services/Career-Services

Career services available to Parkland students as well as district residents. Career counselors can assist with tasks such as job searches, career decisions, and resume and cover letter reviews. Call or email <u>careercenter@parkland.edu</u> to set up an appointment.

University of Illinois Career Center

715 S. Wright Street Champaign, IL 61820 (217) 333-0820

Website: http://www.careercenter.illinois.edu/

Career services (career counseling and advising, resume and cover letter reviews, mock interviews, workshops, job fairs) available only to current U of I students and alumni. However, tools and resources are available on their website for anyone's use.

- To locate popular online job/career databases such as Monster.com and Indeed.com through UI's ٠ Career Center's homepage, select "Job/Internship" on upper-left hand side of webpage. Next, select "Job and Internship Databases." Finally, select "Meta-Job Sites." Each database is followed by a brief description of the types of jobs located through its searches.
- See sample cover letters and resumes on website.
- Look at interview preparation tips and interview strategies on website.

Work 4 Illinois—Champaign Office

State Regional Office Building 2125 South First Street Champaign, IL 61820 (217) 278-3435

Website: http://work.illinois.gov/carsrvcs.htm

Career counseling services available for individuals seeking State of Illinois employment. Call to schedule an appointment.

Drug And Alcohol Resources

Al-Anon Family Group

This is a mutual support group that is comprised of members who share the same problem and support each other voluntarily as they work through the recovery process of living with someone who is chemically dependent.

Website: http://www.al-anon.org/al-anon-in-illinois

Alcoholics Anonymous (AA)

(217) 373-4200 Email: <u>aa-ecior@aa-eci.org</u> Website: <u>http://www.aa-eci.org/</u> Call or email for local AA meetings and events in your area.

Canaan Development Foundation S.A.F.E. (Substance Abuse Free Environment) House

404 W Main Street
Urbana, IL 61801
(<u>217</u>) <u>344-7233</u> (crisis phone)
Email: <u>cbc@canaanurbana.org</u> (general information)
Website: <u>www.canaansafehouse.org</u>
Separate 12-month live-in Men's SAFE House and Women's SAFE House programs that incorporate a structured daily regimen of GED and/or adult education, devotion, group therapy, personal counseling, volunteer work projects, evening community-wide personal enrichment courses, and weekly workship services.

Carle Addiction Recovery Center

204 West University Avenue Urbana, IL 61821 (217) 383-6039 Website: <u>https://carle.org/Services/Addiction-Recovery</u> Services provided include assessment and treatment development, intensive outpatient substance abuse treatment services medication management, group therapy, adolescent treatment family support progra

treatment services, medication management, group therapy, adolescent treatment, family support programs, and referrals to outside providers for long-term/inpatient care.

Narcotics Anonymous (NA)

(800) 539-0475 Email: <u>request@centralillinoisna.org</u> Website: <u>https://illinoisna.org/</u> Call or email for local NA meetings and events in your area.

The Pavilion New Choice Center for Addiction Recovery

809 West Church Street Champaign, IL 61820 (217) 373-1700 Website: <u>http://www.pavilionhospital.com/</u> Alcohol and drug treatment services available. Services include residential treatment, medical detoxification, day programs, dual diagnosis treatment, and outpatient services such as individual counseling, family counseling, and continuing care support. Free, confidential assessments are provided 24 hours/day, 7 days/week.

Rosecrance

Website: https://rosecrance.org/

- Rosecrance on Moreland in Champaign <u>https://rosecrance.org/locations/rosecrance-moreland/</u> <u>(866) 330-8729</u> for new clients <u>(217) 356-7576</u> for existing clients
- Rosecrance in Urbana <u>https://rosecrance.org</u> (217) 328-4500
- Rosecrance Danville <u>https://rosecrance.org/locations/rosecrance-danville/</u> (217) 328-4500

Emergency Resources C-U at Home Austin's Place—Emergency Shelter for Single Women

First United Methodist Church 504 N. Market Street Champaign, IL 61820 Website: <u>https://www.cuathome.us/austins-place-womens-shelter/</u> (217) 356-9078

Provides overnight shelter for homeless single women in Champaign County from December 31 – March 31 only.

City of Urbana-Transitional Housing Program for Homeless Families

400 South Vine Street Urbana, IL 61801 (217) 384-0200

Website: http://urbanaillinois.us/terms/transitional-housing

This program is by application only and available to homeless families with dependent children who have been residents of Champaign County for at least three months. Applications are available only when there are vacancies.

Courage Connection

508 East Church Street Champaign, IL 61820 (217) 352-7151 (main office) (217) 384-4390 or (877) 384-4390 (24 hour, domestic violence hotline) Website: <u>http://courageconnection.org/</u>

Provides emergency shelter services for individuals and families experiencing homelessness or who are victims of domestic violence. Individuals can either call the 24-hour hotline to speak with a counselor about options or show up at the Courage Connection office. Legal advocacy and individual counseling services are also offered.

Crisis Nursery

1309 West Hill Urbana, IL 61801 (217) 337-2731 (main office) (217) 337-2730 (crisis line)

Website: www.crisisnursery.net

Provides emergency child care services for children ages zero to five years old whose families are experiencing a crisis situation. Emergency childcare services are available 24 hours a day, 7 days a week. It is strongly recommended to call in advance to see if space is available for your child; however, walk-ins are also accepted. Crisis nursery also offers parent-child interaction groups, perinatal depression support services, home visits, and respite care.

Emmanuel Episcopal Church

208 West University Champaign, IL 61820 (217) 352-9827 (church) Website: www.emmanuelmemorialepiscopal.org Sack Lunch: https://www.emmanuelmemorialepiscopal.org/sack-lunch-ministry.html Grocery Delivery: https://www.emmanuelmemorialepiscopal.org/grocery-deliveries.html Sack lunches given out to adults, homeless, and low income. 9 a.m. Monday through Friday until lunches are gone. Only two dozen lunches available per day.

Empty Tomb

301 North Fourth St. Champaign, IL 61820 (217) 356-2262

Website: www.emptytomb.org

Free food provided by local church congregations, free donated furniture delivered by volunteers, free clothing on site, limited cash assistance funds for emergencies, and health and home maintenance services for those who qualify.

First Call For Help

Family Service of Champaign County 405 South State Street Champaign, IL 61820 (217) 352-0099 Email: info@familyservicecc.org Website: www.famservcc.org

A free information and referral service that provides callers with assistance in locating community resources and services throughout Champaign County.

Restoration Urban Ministries

1213 Parkland Court Champaign, IL 61821-1825 (217) 355-2662 Website: https://www.restorationurbanministries.org/

Operates a food pantry from 10 a.m. – 1 p.m. on Mondays, Tuesdays, Thursdays, and Fridays. They also have a clothing pantry on those days from 10 a.m. – 3 p.m. Walk-ins are welcome. Call to see if space is available for emergency housing.

Salt & Light Ministry

1512 West Anthony Drive Champaign, IL 61821 1819 S Philo Rd Urbana, IL 61802 (217) 355-5654 Email: info@saltandlightministry.org

Website: www.saltandlightministry.org/

Operates a free food pantry on Wednesdays from 1 – 5 p.m. as well as a free clothing and furniture closet on Mondays from 1 – 5 p.m. Also provides free financial counseling by appointment to address budget concerns.

Salvation Army

2212 North Market Champaign, IL 61820 (217) 373-7832 Facebook: https://www.facebook.com/CUSalvationarmy/ Website: https://centralusa.salvationarmy.org/champaign/

Operates an emergency men's shelter to provide temporary and transitional housing for homeless men ages 18 years and older on a nightly basis (picture ID required). Evening and breakfast meals are available. Scheduled evening intake begins at 7 p.m. Other household assistance (clothing, utility) is available through their social services program. Please call their social services department for more information.

C-U Men's Shelter

70 E. Washington Street Champaign, IL 61820 (217) 819-4569 Website: <u>https://www.cuathome.us/c-u-mens-shelter/</u>

Soup kitchen serves hot meals twice a day from 12 – 12:30 p.m. and 6 – 6:30 p.m. Showers are also available during these times. Anyone is welcome, no documentation required. Transitional housing also available for up to one year for men 18 years of age and older. Call or stop by office for more information.

Vineyard Food Ministry

Hope Center 1802 N Lincoln Ave Urbana, IL 61801 (217) 607-5654 Email: marti.pearson@tvc.us Website: https://tvc.us/vineyard-care Food pantry is open to walk ins on Wedge

Food pantry is open to walk-ins on Wednesdays from 10 a.m. – 12 p.m. Individuals will receive one bag of food as well as two items of their choice. This service may be utilized once per month.

Wesley Evening Food Pantry

1203 West Green Street Urbana, IL 61801 (217) 729-7418 Email: <u>info@wesleypantry.org</u> Website: <u>www.wesleypantry.org/</u>

Food pantry operates the third Thursday of every month from 3:30 – 7:30 p.m. Doors open at 3:30 p.m., registration begins at 4 p.m., and distribution begins at 5 p.m. Distribution is based on a lottery system, so no need to arrive before 3:30 p.m. Walk-ins are welcome, and no documentation is required.

Emotional Resources Center for Youth and Family Services 1315A Curt Drive Champaign, IL 61821-1168 (217) 352-5179 Website: www.cyfsolutions.org Provides counseling services on a sliding fee scale for individuals, couples, and families. This agency, formerly known as Catholic Charities, also has a variety of other services to assist with adoption, crisis situations, family preservation and foster care, pregnancy planning and education, and programs for seniors.

Rosecrance on Walnut Street

https://rosecrance.org/locations/rosecrance-walnut-street/ (217) 398-8080 Faculty/Staff Assistance and Well-Being Services (217) 244-5312 (main office)

(217) 244-7739 (24-hour crisis line)

Email: fsas@illinois.edu

Website: www.humanresources.illinois.edu/FSAWS

Provides free, confidential, short-term counseling for UI employees and members of their household as well as retirees and members of their household. FSAWS staff is also able to provide clients with referrals to mental health providers in the community. Additional services include assessments, family and couples counseling, supervisory consults and trainings for supervisors, and outreach to campus units.

Family Service of Champaign County

405 South State Street Champaign, IL 61820 (217) 352-0099 Email: <u>info@familyservicecc.org</u> Website: <u>www.famservcc.org</u>

Provides individual, couples, and family counseling services on a sliding fee scale. Family Service also has a variety of other services such as programs for divorcing parents, grandparents raising grandchildren, families taking care of senior family members, homecare and outreach services for individuals 60 and older, meals on wheels, and information and referral services for access to other community resources.

International Women's Connection

Twin City Bible Church 806 West Michigan Avenue Urbana, IL 61801 (217) 344-0641 Website: https://iwc-tcbc.weebly.com/

The IWC is an informal gathering of American and international women from around the world. Meetings take place on Wednesday mornings from 9 – 11 a.m. during the school year in the TCBC Fellowship Hall. The schedule includes a one hour conversational English class, a half hour coffee time, followed by an hour of programs that could include anything from cooking classes to introductory Bible discussions and even an annual free garage sale. IWC was established in 1987 as a place where international women could form friendships and share and learn from one another. Any woman is welcome to attend!

The Pavilion Behavioral Health System

809 W. Church Street Champaign, ll 61820 (217) 373-1700 Toll Free: <u>1-800-373-1700</u> Website: <u>www.pavilionhospital.com</u>

Mental health programs for adults, youth, and their families. Both inpatient and outpatient services available. The Pavilion also offers group therapy and support groups. Free, confidential assessments 24 hours/day, 7 days/week.

Rape Advocacy Counseling & Education Services (RACES)

145A Lincoln Square

Urbana, IL 61801-3442 (217) 344-6298 (main office) (217) 384-4444 (24-hour crisis line) Email: info@cu-races.org

Website: <u>www.cu-races.org</u>

Provides counseling services for sexual assault survivors and their significant others or loved ones. RACES also has legal and medical advocates to assist with legal proceedings and accompanying survivors to the hospital if they wish. All services are free.

Financial Resources

Consumer Credit of the Quad Cities

Website: www.toomuchdebt.com

Toll Free: <u>1.800.838.8830</u>

Provides free budget counseling and free debt management analysis. Certified credit counselors will review your financial situation and suggest options to help you resolve your debt. Financial counseling services are provided over the phone.

Navicore Solutions

Website: <u>https://navicoresolutions.org/</u> Toll free: <u>1-800-99-BILLS</u>

Provides a variety of financial services including budgeting, financial education, debt management plans, housing counseling, bankruptcy counseling, and a credit report review service. Financial counseling services are provided over the phone.

Salt & Light

1512 West Anthony Drive Champaign, IL 61821 (217) 355-5654 Email: info@saltandlightministry.org Website: www.saltandlightministry.org/

Provides free financial counseling services to individuals and families to address budget concerns, paying off debt, and other financial issues. Contact their office to set up an appointment or for further information.

University of Illinois Employees Credit Union

2201 South 1st Street Champaign, IL 61820-7402 (217) 278-7700 Email: info@uiecu.org Website: www.balancepro.net/partners/uiecu/index.html Website: https://www.uoficreditunion.org/

UIECU's website identifies relevant programs and services for assisting customers in tough financial times. See their BALANCE program for resources on money management counseling, debt management, credit report review, housing counseling, identity theft solutions, and financial education.

University of Illinois Extension

Website: <u>www.toughtimes.illinois.edu</u>

UI Extension's website on "Getting Through Tough Financial Times" has information readily accessible on the following topics: managing finances, controlling spending, dealing with foreclosure, and using credit wisely. Select "other web resources" for information on choosing a financial professional, financial security, credit card smarts, thrifty living, and retirement.

Health Care Resources All Kids Health Insurance

P.O. Box 19122 Springfield, IL 62794-9122 (866) 468-7543 [All Kids Hotline] (877) 204-1012 [TTY only]

Website: http://www.illinois.gov/hfs/MedicalPrograms/AllKids

State health insurance plan that provides health care coverage to children through age 18 and pregnant women.

The easiest way to apply is using the Internet. You can fill in and submit an <u>ABE</u> Application online. You can also download and print a copy of the <u>application</u> from the website. There are All Kids Application Agents all over Illinois that can help you apply. To find an application agent near you, visit the <u>All Kids Application Agents</u> website or call in. All Kids Health Insurance can also send you an application in the mail. Just call <u>1-866-All-Kids</u> (1-866-255-5437). If you use a TTY, call <u>1-877-204-1012</u>. The hotline has translation services available. Eligibility is based on family size and income. In Champaign County, the following agencies distribute and assist with filling out All Kids applications: Illinois Department of Human Services, Developmental Services Center, Frances Nelson Community Health Center. Planned Parenthood enrolls pregnant women and their children. C-U Public Health District enrolls pregnant women and their children.

American Cancer Society

Phone: (217) 356-9076 Website: https://www.cancer.org/

A Patient Support Coordinator is available for assistance with resources, including financial assistance to families who are battling cancer. There is a wig boutique for women. All services are free.

Champaign County Christian Health Center

507 S. 2nd Street Unit 1-A Champaign, IL 61820 (217)402-5683 (to schedule an appointment) Main Office: (217) 398-2914 Website: https://www.ccchc2003.org/ Email: ccchc2003care@gmail.com

Clinic Hours: Tuesday 5:30 – 9 p.m. and first Wednesday of the month 6 – 8 p.m.

A non-profit corporation formed by healthcare professionals and social workers to provide free healthcare and social services to uninsured families. Services include general medical care, school physicals, basic psychiatric healthcare, medication management, screening for common diseases, health education, and healthcare advocacy. To make an appointment, call (217) 766-6666, or leave a detailed message including your contact information after business hours.

Champaign-Urbana Public Health District

201 West Kenyon Rd Champaign, IL 61820 (217) 352-7961 [Main Office] Website: http://www.c-uphd.org/

Offers a full spectrum of disease prevention programs, health screening, and referrals. Services include dental care for children; testing for HIV, tuberculosis, and sexually transmitted diseases; screenings for lead poisoning, high blood sugar and cholesterol levels; school physicals; immunizations and vaccinations; food, sewage, and other environmental inspections; communicable disease surveillance; health education; smoking cessation; emergency preparedness; health visits to homebound adults; Medicaid applications and medical screenings; services and education to pregnant women, new mothers, and families.

Promise Healthcare - Francis Nelson

819 Bloomington Road Champaign, IL 61820 (217) 356-1558 [Receptionist will answer] (217) 383-4993 [After Hours]

Provides primary medical services, prenatal program, immunizations, health education, Smile Healthy Dental, and social services to medically under-served and uninsured adults and children of Champaign County. Priority is given to pregnant women, infants, children, adults, and children with chronic health conditions (diabetes, hypertension, asthma, heart disease, etc.). Patients must complete the intake process to establish care. A sliding-fee scale is offered to clients without insurance with verification of financial status. Spanishspeaking staff is available to assist patients.

Mesothelioma Guide

Is an advocacy organization dedicated to helping patients diagnosed with asbestos illnesses. We want to bring mesothelioma awareness to as many people as we can as it is often a misdiagnosed cancer. Mesothelioma is a rare cancer and very few treat it. We specialize in connecting patients with doctors and treatment options that are best suited for them. Our services and resources are 100% free to patients and family members. https://www.mesotheliomaguide.com/

Office of Financial and Professional Regulation

Illinois Division of Insurance 320 West Washington Street Springfield, IL 62767 Toll Free: <u>1-888-473-4858</u> Website: <u>http://www.idfpr.com/About/About.asp</u>

Explains rights to health care consumers, answers questions about health insurance, helps consumers understand coverage provisions of specific health care plans, and assists with problems or complaints.

State of Illinois Health & Wellness—Illinois Healthcare Portal

Website: http://www.illinois.gov/hfs/MedicalClients/health

The Healthcare Portal can help parents sign up their children for our affordable health insurance program (All Kids), help seniors sign up for one of our affordable prescription drug programs, and help women find free breast and cervical cancer screenings. Also provides links to other affordable health insurance programs and comprehensive programs for individuals living in the State of Illinois.

Walmart's \$4 Prescriptions Program

Website: http://www.walmart.com/cp/1078664

Walmart offers a 30-day supply of certain generic drugs at commonly prescribed dosages for \$4 as well as a 90day supply of certain generic drugs for \$9. See their website for more information, including a complete list of the medications covered.

Housing Resources Champaign County Regional Planning Commission

1776 East Washington P.O. Box 17760 Urbana, IL 61803 (217) 328-3313

Website: www.ccrpc.org

• The Emergency Rent Assistance Program provides rent assistance to homeless or near-homeless households who have steady income to pay future rent but are unable to pay first month's rent or past-due rent. Contact Dawn Rear at (217) 384-1226 for more information or a program application.

- The Community Action Program provides grants and loans for housing rehabilitation in rural areas of Champaign County, housing counseling to low-income households, and help for homeless or near homeless persons with first month rental payments. The program may also help with past due rent.
- The Low-Income Home Energy Assistance Program (LIHEAP) provides winter heating assistance (from Sept. 1st May 31st), and assists with up to 150% of the Federal poverty guideline with payment towards gas and electric bills. Please call the RPC office in the Brookens building in Urbana to schedule appointments Monday Friday 8 a.m. 4 p.m. Clients may also be seen at the Salvation Army and the Community Center in Rantoul.
- The Tenant-Based Rent Assistance Program is a program that improves household self-sufficiency for low-income or homeless households over a two-year period. Preference is given to applicants living or working in the City of Champaign or who are near homeless and/or living with a relative or a friend. Household median income must be near or less than \$27,400 for a single person or \$39,100 for a family of four. Participants work with case managers to develop and implement goals that may include budget and credit management, completing educational classes, and improving employment. Contact Nicole Martin at (217) 328-3313 for more information on this program.

Champaign-Urbana Tenant Union

44 E Main Street, Suite 208 Champaign, IL 61820 (217) 352-6220 Website: <u>http://cutenantunion.org/</u> The Tenant Union provides free service

The Tenant Union provides free services including lease review, landlord complaint records, assistance locating housing, and help with landlord problems.

City of Champaign Neighborhood Services Department

102 North Neil Street Champaign, IL 61820 (217) 403-7070 E-mail: <u>neighborhoodservices@champaignil.gov</u> Website: <u>https://champaignil.gov/neighborhood-services/</u>

Develops and manages programs to address neighborhood needs, including rental and home ownership programs in the city, and has income restriction eligibility requirements.

Illinois Foreclosure Prevention Network

Website: <u>whttps://www.ihda.org/my-community/foreclosure-programs/</u> This website provides helpful facts and information on how to cope with foreclosures. The site also includes a link that provides a comprehensive listing of HUD approved counseling agencies throughout the state of Illinois.

Illinois Housing Development Authority (IHDA)

Website: <u>https://www.ihda.org/</u>

Mortgage assistance program for Illinois residents who are unemployed or underemployed but are working to regain sufficient income to keep their home.

Navicore Solutions

<u>1-800-99-BILLS</u>

Website: https://navicoresolutions.org/

This non-profit agency provides assistance with the following services: home equity conversion mortgage counseling, homebuyer education programs, loss mitigation, money debt management, mortgage delinquency and default resolution counseling, post-purchase counseling, predatory lending, pre-purchase counseling, and renter's assistance.

Legal Services

Illinois Legal Aid Online

Website: https://www.illinoislegalaid.org/

Provides free referrals to free and low-cost legal aid offices, as well as forms and instructions for representing yourself.

Land of Lincoln Legal Assistance Foundation

302 N First Street Champaign, IL 61820 (217) 356-1351 Website: <u>www.lollaf.org</u>

Provides free civil legal services to low-income persons and senior citizens. This office serves the counties of Champaign, Clark, Coles, Crawford, Cumberland, DeWitt, Douglas, Edgar, Effingham, Ford, Jasper, Moultrie, Piatt, and Vermilion.

LGBT Resources

UP (Uniting Pride) Center of Champaign County 202 South Broadway Avenue, Suite 102 Urbana, IL 61801 (217) 550-4248 Website: <u>www.unitingpride.org</u> A multi-service agency for youth and adults that provides support and resources for the LBGT community.

Office Inclusion & Intercultural Relations

Website: https://oiir.illinois.edu/lgbt-resource-center/resources/community-resources

Senior Resources

<u>Champaign County Regional Planning Commission</u> (217) 819-4097 Website: <u>http://www.ccrpc.org/community-services/programs-services/senior-services/</u> Assistance with applying for resources, advocacy with other agencies, and home visits.

Family Service of Champaign County

Senior Resource Center 405 South State Street Champaign, IL 61820 (217) 352-5100 Website: http://www.famservcc.org/senior-transportation/ Website: https://www.famservcc.org/senior-counseling Resource center for seniors age 60 and older and their caregivers providing counseling, advocacy, homecare services, transportation, and meals. There are also resources for grandparents age 55 and older who are raising a dependent who is 18 years of age or younger.

Illinois Department on Aging

Website: http://www.state.il.us/aging/ Serving Champaign, DeWitt, Douglas, and Piatt Counties Cumberland Associates, Inc. Cumberland Associates Senior Programs 304 North Maple Urbana, Illinois 61802 <u>1-800-252-8966</u> <u>1-888-206-1327 (TTY)</u> Fax: (217) 384-3380

Cumberland Associates Senior Programs will assess seniors to determine if they qualify for free in-home, nonmedical services; an Emergency Home Response system; or Adult Day services. The senior must qualify for services. Assets and needs will be assessed.

Support Group Information

Family Service of Champaign County Self-Help Center Website: <u>https://www.famservcc.org/selfhelp-center</u> Provides a local listing of support groups and contact information.

Veteran Resources VA Illiana Health Care 1900 East Main Street Danville, IL 61832 Phone: (217) 554-3000, (800) 320-8387 Mental Health Phone: (217) 554-4664 Website: www.danville.va.gov

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