**Counseling Services/Mental Health**

**Aunt Martha’s**
1536 Vincennes
Chicago Heights, IL 60411
877-My-Aunt-M

**Barr-Harris Center**
122 South Michigan Ave, Suite 1300
Chicago, Illinois 60603
312-922-7474
Grief Services for any type of loss, including divorce, abandonment, and foster care. Services available for children 2-18. Parents groups related to loss, crisis intervention and follow up care available. Sliding fee scale, no Medicaid accepted.

**Emergency Behavioral Healthcare Center**
67 E. 34th St.
Steger, IL 60475
708-331-0500
Emergency mental health situations...Medical Card and Private insurance accepted

**Family Christian Health Center**
31 W. 155th Street
Harvey, IL 60426
708-596-5177
Counseling services are provided for both children and adult

**Grand Prairie Services**
16278 Prince Drive
South Holland, IL 60473
877-477-8632
Anger Management, coping skills/social skills group, psychiatric services available through crisis situations, family counseling, and case management services......medical card and private insurances accepted. Spanish speaking staff is available

**Leave a message for the Intake Coordinator – 866-477-8632**

**Ingalls Hospital**
Felicia Houston; Executive Behavioral Health Professional
1 Ingalls Drive
Harvey, IL 60426
708-333-2300
Metropolitan Family Services
13136 Western Ave
Blue Island, IL 60406
312-986-4000
708-974-5800
General counseling services for children, adolescent, and adults. Adult mental health case management and psychiatric services for Medicaid clients. New appointments are accepted during the first week of the month. Medical card, sliding fee scale and some private insurance available. Spanish speaking available.

Screening Assessment and Support Services-SASS
800-345-9049
Cares 24 hour crisis hotline will provide screenings and psychiatric hospitalizations and/or intensive outpatient services. Agency families with Medicaid, no insurance or DCFS wards residing in the Southwest Suburban Catchment Area

South Suburban Family Shelter
708-798-7737
PO Box 937
Homewood, IL 60430
Counseling for victims of domestic violence and their children; legal and medical advocacy intervention programs for perpetrators of violence. Short term emergency shelter available through the 24 hour emergency hotline. Serves for victims of domestic violence are free of charge. Spanish speaking staff is available.

South Suburban Council of Alcoholism and Substance Abuse
708-647-3333
1909 Checker square
East Hazel Crest, IL 60429
Drug testing, assessments, basic alcohol/substance abuse/abuse counseling, individual and group services and intensive adolescent outpatient. Medical card and private insurance accepted. Sliding scale also available. Spanish speaking staff is available

Thornton Township Youth Services
708-596-6046
333 E. 162nd Street
South Holland, IL 60473
Counseling and related services are provided through Youth and family services at no additional cost for residents of the township. Services include short term family counseling for children, adolescents, and their families; short term individual counseling for adults and youth; short term marriage and couple counseling; therapeutic groups; and evaluation and referral when appropriate. Also, presentations and workshops and provided by the youth and family services department including such topics as substance abuse, teen suicide and other issue-focused subjects. Support groups, teen discussion groups, as well as self-help groups, are offered and are open to all township residents. All services are FREE if you live in township.
Medical Services/Hospitals/Dental

Advocate South Suburban Hospital.................................................................708-799-8000
17800 Kedzie Ave
Hazel Crest, IL 60429

Advocate Christ Medical Center.................................................................708-684-8000
4440 W. 95th Street
Oak Lawn, IL 60453

Aunt Martha’s Medical.................................................................................877-MY-Aunt-M

Community Christian Health Services.......................................................708-596-4111
901 E. Sibley
South Holland, IL 60473

Community Christian Health Services.......................................................708-868-9457
364 Torrence Ave
Calumet City, IL 60409
Medical Clinic and also provides specialty services as HIV/AIDS testing and holistic care

Cook County Department of Public Health.................................................708-232-8400
15900 S. Cicero Ave.
Oak Forest, IL 60452
Provides prenatal care, WIC, dental, immunizations, STD testing, and family planning

Dental Dreams...............................................................................................708-385-3700
12200 W. Western Ave
Blue Island, IL 60406
Medical card is accepted and has bi-lingual staff. $95.00 for exam and x-rays if families do not have insurance. All ages welcomed! Open Monday through Friday 10:00 a.m. to 5:30 p.m. and Saturdays from 9:30 a.m. to 3:00 p.m.

Family Christian Health Center....................................................................708-596-5177
31 W. 155th street
Harvey, IL 60426
No appointments are necessary. Most insurance is accepted

Franciscan St Margaret Health.....................................................................219-932-2300
5454 Homan Ave
Hammond, IN 46320

Physician Referral St. Margaret.................................................................708-891-9111
Ingalls Hospital
1 Ingalls Drive
Harvey, IL 60426
708-333-2300

Ivanhoe Dental
61 W. 144th Street
Riverdale, IL 60827
708-849-8627
Offers a full range of general and cosmetic procedures and services. Offers payment plans and accepts multiple insurances.

Metro South Hospital
12935 Gregory Street
Blue Island, IL 60406
708-597-2000

PASS Pregnancy Care Centers
3116 Ridge Road
Lansing, IL 60438
708-418-5309

Pass Pregnancy Care Centers
613 E. 162nd Street
South Holland, IL
Pregnancy testing and ultrasounds are available. Additional services include prenatal and parenting classes, hope and healing program, and advocacy programs. No charge.

Planned Parenthood
11250 S. Halsted
Chicago, IL
773-468-1600

Planned Parenthood
14470 S. Lagrange Road
Orland Park, IL 60462
708-349-2227
Provides pregnancy and STD testing and contraceptive consultation

Smiles for tomorrow
Their mission is to provide professional dental services to school-aged children and oral health education to children and their families. Accept All Kids, Medicaid, MI children or private insurance.

Eyes Specialist Center
10436 Southwest Highway
Chicago Ridge, IL 60415
708-423-4070
Agency provides eye care for young children. Accepts All Kids, Medicaid, or private insurance.
Housing Services/Emergency services

Cornerstone Community Outreach.................................773-506-4904
4628 North Clifton Avenue
Chicago, IL 60667
Primary women and family shelter
HUB.............................................................................708-966-9482

www.findhelpsouthcook.org
Varity of resources such as shelters and food pantries

Homeless Prevention Call Center.................................877-426-6515
Provides rent, utility and security deposit assistance for struggling families. Call for a referral/a referral does not guarantee assistance. Several requirements will determine assistance.

Catholic Charities........................................................312-655-7700
721 N. LaSalle
Chicago, IL 60640
Provides housing/food assistance, emergency services such as behavioral health, crisis interventions, employment services, rape/sexual assault services, referral services, transition from shelter to homes, self-help/support groups, and substance abuse

Respond Now..................................................................708-755-4357
1439 Emerald
Chicago Heights, IL 60411

Chicago Department of Human Services
Connect individuals to shelters in Chicago land area

South Suburban Pads.....................................................708-754-4357
414 W. Lincoln Hwy
Chicago Heights, IL 60411
Providing warm, secure overnight lodging, meals and hospitality at 23 local churches and synagogues on a rotating basis. Shelter is provided between 7 p.m. to 7 a.m. from mid-October to mid-April. Free emergency overnight shelter
South Suburban Housing Center ................................................................. 708-957-4674
18220 Harwood
Homewood, IL 60430
Provides Housing Counseling, pre and post purchase buyer counseling, foreclosure assistance,
rental referral: Fair housing enforcement assistance; financial assistance, referral for homeless
CEDA ............................................................................................................ 312-782-2332
567 W. Lake Street
Chicago, IL 60661
Energy Assistance Program, Housing Services, counseling services to homebuyers/homeowners,
very low to moderate income renter’s support
Bremen Township ....................................................................................... 708-333-9530
16361 Kedzie Ave
Markham, IL 60428
Provides emergency assistance in utilities (gas, electric, water...etc.) Assistance during hardship.
Office hours Monday thru Friday 9:00 a.m. to 5:00 p.m.
Thornwood Apartments ............................................................................. 708-756-0248
19440 Glenwood Rd
Chicago Heights, IL 60411
Low income housing
Olympic Village ......................................................................................... 708-747-9660
31 Olympic Villages
Chicago Heights, IL 60411
Low income housing
Roseland Christian Ministries ................................................................. 773-264-5665
Kisha Pleasant
10858 S. Michigan Ave.
Women and children transitional housing. Opening May 1, 2019.
12 month program. Infant-13 yrs. (4 child limit)
For mothers interested in attending school, work and permanent housing. Families are out by 6am
and in by 6pm
Food Services/Food Pantries

Bremen Township ......................................................................................................................................... 708-333-9531
16361 Kedzie Ave
Markham IL. 60428
Food Pantry every 2nd Friday of the month from 10:30 until all food is gone

Department of Human Services ............................................................................................................................. 708-239-4700
3301 Wireton Road
Blue Island, IL 60406
Department of Human Services can help families with their basic need including food, housing and health and medical. Can apply online or in person

New Zion/BOC Joseph Store .................................................................................................................................. 708-849-3237
14200 Chicago Road
Dolton, IL 60419
Food Pantry: Wednesday 12:00-1:00pm and from 10:00 a.m. to 1:00 p.m. every Saturday 10:00 a.m.-1:00 p.m.

St. Benedicts Church Food Pantry ............................................................................................................................. 708-385-8510
2339 York Street
Blue Island, IL 60406
Services Blue Island and Robbins. Open Fridays from 9:00 a.m. to 11:00 a.m. Food pantry can be accessed, and proof of residency required Office hours Monday- Thursday 9:00 a.m. to Thursday 4:00 p.m.

Thornton Township ................................................................................................................................................. 708-596-6040
15340 Page Avenue
Harvey, IL
Food Assistance Centers of Operations: Monday and Friday 10:00 a.m. until 12:00 p.m. and 1:00 to 3:00 p.m. and Wednesday 10:00 a.m. until 12:00 p.m. and 4:30a.m. Until 6:00 p.m.

Together We Cope ..................................................................................................................................................... 708-633-5040
17010 S. Oak Park Ave
Tinley Park, IL 60477
The pantry distributes food from 9:00 a.m. to 3:00 p.m. Monday, Tuesday, Wednesday, and Friday and 2:00 p.m. until 7:00 p.m. on Thursdays
St. Anne Parish Hall
16801 Dixie Highway
Markham, IL 60426
Food Pantry available on Monday’s at 6:00 p.m.
Woman Infant and Children Supplemental Nutritional Programs/WIC/Doula Information

Community and Economic Development Association of Cook County ................................. 708-371-5728
12940 S. Western Ave
Blue Island, IL 60406
Open Monday through Friday 8:30 a.m. until 5:00 p.m. Bilingual services provided

Community and Economic Development Association of Cook County ................................. 708-754-5901
233 W. Joe Orr Road
Chicago Heights, IL 60411
Entrance through Aunt Martha’s Open Monday through Saturday 8:00 a.m. until 4:30 p.m. Bilingual services provided

Catholic Charities (Chavonne Parker, Supervisor of Doulas) ...................................................... 773-995-1737
11255 S. Michigan
Chicago, IL 60628
Provides Doula services must be 7 months or less, also provides case management.

The Ounce of Prevention (contact Michelle Brown) ................................................................. 708-268-1979
Doula Services

Low Cost Car Seats

Stroger Hospital ........................................................................................................................... 312-864-2016
1969 W. Ogden
Chicago, IL 60612
Car seat program operates from 1:00 pm to 4:00 pm on Mondays, Tuesdays, Thursdays, Fridays, and Saturdays. Must watch a short video about car seat (about 20 minutes) before receiving car seat.
$30-$40 each seat.
Illinois Action for Children/Early Intervention
Easter Seals Early Head Start/Head Start ............................................... 708-434-2525 or 708-330-4490
Children and Family Connections # 12/Easter Seals ........................................ 708-429-8231
17300 S. Ozark Ave
Tinley Park, IL 60477
Free in home screenings for children under the age of 3 who are experiencing delays
Illinois Action for Children .................................................................................. 312-823-1100

Unemployment Assistance
Department of Employment Security .................................................................... 708-596-2325
16845 Halsted Street
Harvey, IL 60426
Unemployment and Employment Services ......................................................... 800-244-5631
Legal Assistance

Centro Romero........................................................................................................................................773-508-5300
6216 N. Clark Street
Chicago, IL 60680
Non-for-profit organization that provides assistance to immigrants. Services are provided in the
following areas: immigration and citizenship public benefits. Domestic violence and housing
counseling are also available. 30.00 donation for consolation and then a set-fee. Spanish speaking
staff available.

Chicago Bar Association Lawyer Referral Service...........................................................................312-554-2001
321 S. Plymouth Ct.
Chicago, IL 60604
Referral to private attorneys who will charge initial interview fee of 30.00; further fees subject to
negotiation

Chicago Legal Clinic................................................................................................................................773-731-1762
2938 E. 91st street
Chicago, IL 60617
Low cost or pro bono. Depending on family income, legal aid available in the area of bankruptcy,
guardianship, adoption, domestic violence and immigration

Legal Assistance of Foundation of Metro Chicago............................................................................708-271-4950
120 S. LaSalle 9th Floor
Chicago IL 60603
Fax Number- 312-341-1041
Legal Assistance Foundation is legal assistance to low income residents of cook county in CIVIL
(bankruptcies, unfair sales practices, Medicaid/Medicare, unemployment, landlord/tenant matters)
cases only

Equip For Equality..................................................................................................................................312-341-0295

Helpline......................................................................................................................................................866-543-7046
20 N. Michigan Ave. Suite 300
Chicago, IL 60602
Free legal help, IEP advice, self-advocacy assistance and legal representation.
Parents should call our helpline and leave a message. An attorney or law student intern will call them
back within 3 days
Educational Resources

District 148
Candice Sherman Parent Coordinator..................................................................................708-841-2602
Coordinates activities for parents and helps children transition into preschool

Lincoln School/District 156
Xochitl Muñoz
Parent Liaison ..........................................................................................................................708-832-4260
Assists in helping with open houses, recruitments and transitions into preschool

Thornton High School Infant Care Center
15001 Broadway Ave
Harvey, IL 60426..................................................................................................................708-225-4036
Childcare center for District 205 and South Suburban College

Adult Education Resources

Prairie State College
Opportunity Works....................................................................................................................708-709-3582
Brian Stanley
Bstanley1@prairiestate.edu
202 South Halsted Street
Chicago Heights, IL 60411

Moraine Valley Community College........................................................................................708-974-5657
TRIO-Student Support Services
The Thornton Fractional South High School Community Resource guide was adapted from the following source: