



**SOUTHLAND HUMAN SERVICES**

**LEADERSHIP COUNCIL**

---

*Connecting nonprofits across  
South Suburban Cook County*

**October 15, 2023**

## **COUNCIL NEWS**

**If you have any community resources you would like to share, please send them to me in **PDF FORMAT ONLY** (jpeg, .gif, .png, etc., will not be included) prior to the 1st and 15th of every month.**

# PATHLIGHTS' OCTOBER 2023 COMMUNITY EVENTS

## STARTS THIS FALL!

### **Early-Stage Memory Loss Support Group, Orland Park Public Library**

In partnership with the Alzheimer's Association and Orland Park Public Library, Pathlights hosts an 8-week support group for those living with early-stage dementia or mild cognitive impairment and their care partners. Pre-screening & registration is required.

### **OCTOBER 18 AT 10 A.M.**

#### **Caregivers Connecting, Virtual via Zo**

Our monthly support group gives you a chance to talk with other family caregivers in similar situations, share experiences, advice, and words of encouragement.

### **OCTOBER 18 FROM 11:30 A.M. to 1 P.M.**

#### **The Path Ahead: Supporting Family Caregivers, Calvary Church of Oak Lawn**

It is said that everyone either is, will become, or will need a caregiver in their lifetime. The Oak Lawn Chamber of Commerce hosts this conversation on resources available to caregivers of older adults..

### **OCTOBER 23 AT 11 A.M.**

#### **Grandparents Raising Children Support Group, Virtual via Zoom**

Join grandparents and other relatives raising children for inspiration, encouragement, and education about local resources.

### **OCTOBER 25 AT 6:30 P.M.**

#### **Making Sense of Medicare, Evergreen Park Office of Citizen Services**

Our Senior Health Insurance Program (SHIP) counselors guide those approaching Medicare, current enrollees, and caregivers of enrollees through Medicare basics. Learn how they can help you navigate the Medicare system.



Events are open to all at no cost unless noted above. Registration required for some events. See details and registration at [pathlights.org](https://www.pathlights.org) or scan this code.



**Pathlights**

Enriched by experience.  
Empowered in life.

Call 708.361.0219  
Visit [www.pathlights.org](https://www.pathlights.org)



# Park Lawn's



## Queen of Hearts!

Name, Phone, and Card #  
IS REQUIRED ON EACH TICKET

Drawing every Wednesday at 7:00 pm  
Drawing LIVE on Facebook @ParkLawnCharity  
Visit [www.parklawn.com](http://www.parklawn.com) to PURCHASE ONLINE  
& for further details or call 708-425-6867

Purchase your tickets at these locations:

At the Office, 4901 Cal Sag Road, Crestwood

Park Lawn, 10833 S. Laporte, Oak Lawn (Mon—Fri 10AM—2PM)



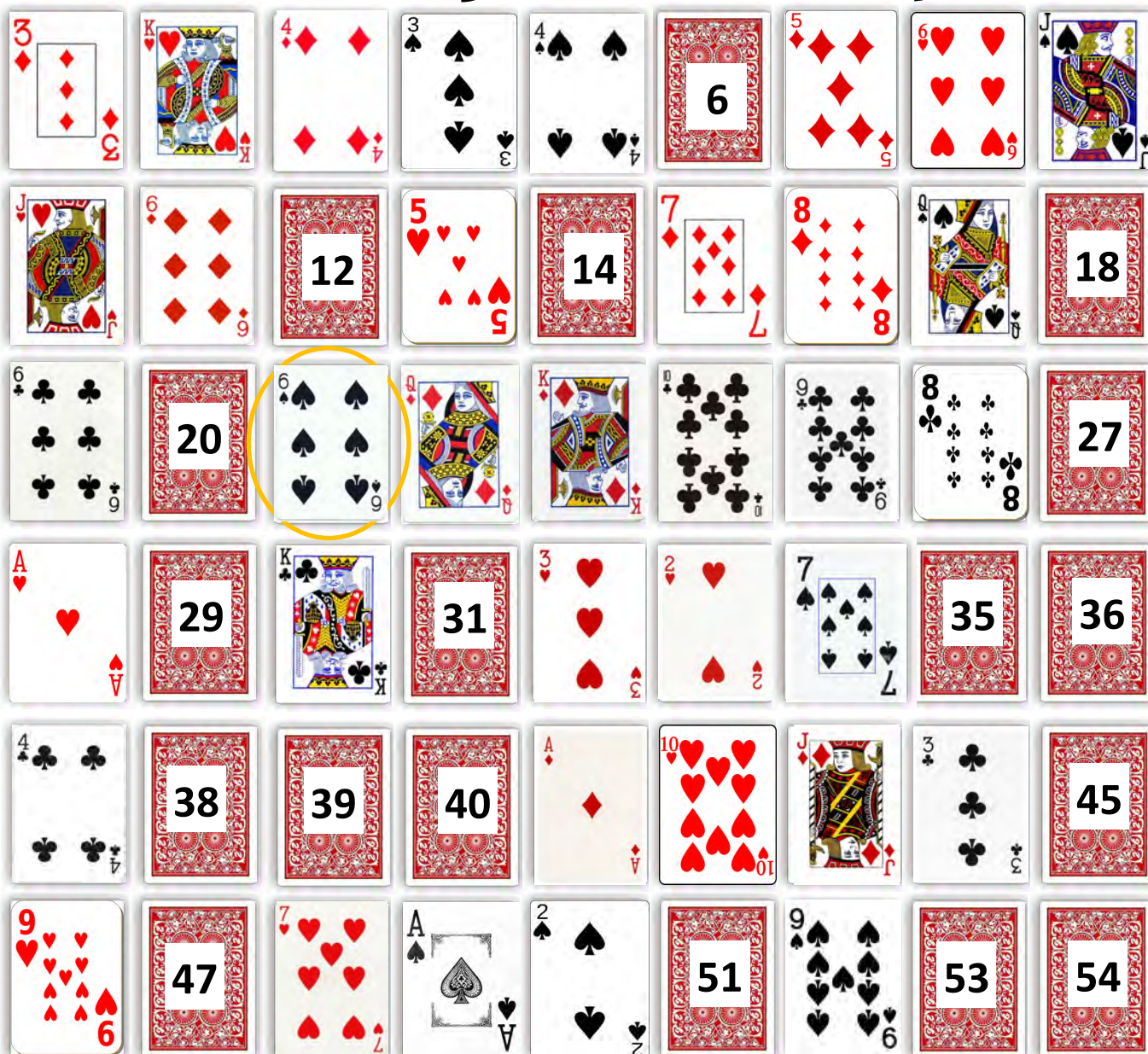
AT THE OFFICE  
*sports bar & grill*

# Next Drawing: 10/18/23

## \$114,000.00 +

PLEASE PRINT LEGIBLY!

**Tickets: 6 for \$5 12 for \$10 24 for \$20**



# Where Possibilities are Limitless



YOU ARE CORDIALLY INVITED TO A:

# CYBERSECURITY AWARENESS SEMINAR

Digital Privacy, Data Collection and You

In recognition of National Cybersecurity Month, this vital presentation is more than online "do's and don'ts". It will explore and explain how and when corporations and other data aggregators collect and use your information.....and what you can do to mitigate the potential damage.

Presented by :  
Shawn Davis  
Adjunct Professor, IIT  
CIO/Director of Technical Investigations  
Edelson PC

Sponsored by:  
Al Riley  
Former State Representative

**WEDNESDAY  
OCTOBER 18<sup>th</sup>**

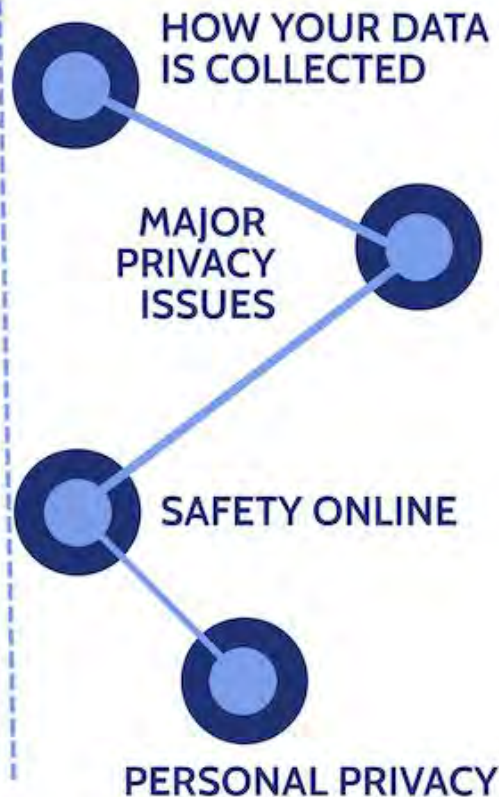
**6:30 - 8:00 pm**

**PARK FOREST VILLAGE HALL**

350 Victory Drive, Park Forest (Board Room)

Hosted by the Village of Park Forest Senior Citizens Advisory Commission.

For more info please contact (708) 748-2005 for more details





Carve out a  
new tradition.

**Give Blood!**



**American  
Red Cross**



**Village of Park Forest  
Community Health  
October 19<sup>th</sup>, 2023  
10am to 3pm  
Village Hall Board Room  
350 Victory Drive**

**Call Margaret @708-283-5663 to schedule  
your donation**

For an appointment, please visit [redcrossblood.org](https://redcrossblood.org)  
Or call 1-800-RED CROSS (1-800-733-2767).



## SAVE THE DATE!

Everyone's favorite Nature Fest and Fundraiser is BACK!

When: October 22nd, 10am-1pm

Where: Homewood Izaak Walton Preserve

We are excited to offer past favorite activities like Pond Biology, pumpkin decorating and spooky science. New this year, we will be joined by [Illinois Natural History Survey's Traveling Exhibit!](#)

Stay tuned for more updates!





**THURS., OCTOBER 26, 2023  
5-7 PM  
19900 GOVERNORS DRIVE  
SUITE 200  
OLYMPIA FIELDS, IL**

*Business After Hours Event!*

**Welcome to Chicago Southland!  
Just Beyond the City Limits**



**Presentation By:**  
Jim Garrett, President/CEO  
Chicago Southland Convention  
& Visitors Bureau



**The first 25 to register  
will receive a  
Visitors Guide!**

**REGISTER @ [WWW.SSSBA.ORG](http://WWW.SSSBA.ORG)**

All our best,

South Suburban Small Business Association



# Generating Hope: Social Justice Resource Fair



Governors State University, in collaboration with **REFORM Alliance** and **LIVE FREE Illinois** presents

## Generating Hope: Social Justice Resource Fair

Friday, October 27, 2023  
10am- 2pm

- Employers willing to hire people with records
- Free ready-to-wear interview and court attire available
- Know your rights, policies, and laws affecting justice in Illinois
- Healing and mental health information

*Free Admission, parking, continental breakfast, and lunch*



*Scan the QR code to  
register at Eventbrite*





## Social Justice Initiative **The Clothes Closet**

Generating Hope in collaboration with Silver Lining Solutions, LLC are

# Providing Ready-To-Wear

- Interview Attire
- Court Attire

Cleaned and on a hanger donations are due  
by Oct 20th at GovState office: G396

To schedule a donation, contact Andrea Jefferson at 708.534.4584,  
[ajeffer8@govst.edu](mailto:ajeffer8@govst.edu) or [pwest@govst.edu](mailto:pwest@govst.edu)

## Closet opens Oct 27th



**Governors State**  
UNIVERSITY





# **HALLOWEEN HAPPENINGS AT THE Y!**

**Friday, October 27  
7 PM – 9 PM**

**Pav YMCA, 2947 S Oak Park Ave, Berwyn, IL**

The community is invited for some indoor trick or treating, a photo booth, and a spooky movie! Businesses, organizations, and community groups will be here to pass out information along with treats! Children are encouraged to come in costume. There will also be concessions for sale.

**Scan the QR code to sign up as a vendor!**







# 2023 CHANGE THE NARRATIVE MENTAL HEALTH & WELLNESS SUMMIT

PANEL DISCUSSIONS & RESOURCE FAIR

> SATURDAY

10.28.23

9AM-1:30PM <

COLIN POWELL MIDDLE SCHOOL: 20600 Matteson Ave, Matteson, IL 60443

Join us and discover wellness strategies, explore a wealth of available resources, and empower yourself with the knowledge to craft your own wellness balance at our summit. In addition we're excited to announce interactive panel discussions featuring leading experts and passionate advocates in the field. **REMEMBER IT'S OKAY NOT TO BE OKAY.** Together, we'll support each other on the journey to mental well-being, a vital step toward transforming the way we approach mental health in our community.

## DISCUSSION TOPICS

Community Resource Support

Civil Mental Health Proceedings

Mental Health Provider Care

Faith-Based Support

Law Enforcement: Strategies & Support

Lived Experience

## MENTAL HEALTH & WELLNESS PANELIST



NAMI SOUTH  
SUBURBS OF  
CHICAGO

Marianne Bithos  
PRESIDENT



HONORABLE  
ASSOCIATE JUDGE

John A. Fairman  
STATE OF ILLINOIS  
CIRCUIT COURT OF  
COOK COUNTY



MENTAL HEALTH  
PROVIDER

Joyce Miller, MD  
SYSTEMS CHAIRMAN  
DEPARTMENT OF  
PSYCHIATRY COOK  
COUNTY HEALTH



FAITH-BASED  
COMMUNITY  
LEADER

Rev. Andrew D. Singleton Jr.  
CPA, M-DIV  
VICTORY APOSTOLIC  
CHURCH



LAW  
ENFORCEMENT



LIVED  
EXPERIENCE

RODNEY BULLOCK  
PROFESSOR, SOCIAL  
AND BEHAVIORAL  
SCIENCES OF JOLIET  
JUNIOR COLLEGE



## Office of Alumni Relations

1 University Parkway  
Room D34067  
University Park, IL 60484  
708.534.7892  
[www.govst.edu/alumni](http://www.govst.edu/alumni)

### You are invited to participate in the Family Fun Fair at Governors State University.

The Alumni Association and Governors State University are looking for community partners to participate in the Family Fun Fair on October 30th from 3:30-7pm.

The event is intended to provide activities for alumni and community members with young children to celebrate and visit the campus during Homecoming.

We offer this event to our community for free - making it a fun and accessible family engagement. A \$35 Table Partner fee helps us make this happen.

Table Partners can bring promotional items to hand out to the families and signage to display at the table. We will provide table and chair set up.

Our Alumni population and donors from the community are invited to the event through email and social media. Invites go out electronically at minimum 4 times to a population of roughly 40,000 individuals. Table Partners are highlighted in communications regarding this event as well as highlighted on the Alumni Association landing-page. Partners may submit a logo and website to be imbedded in eblast invitations.

### Table Partner

#### Benefits:

- 6ft table and chairs at event
- Space for signage (signage provided by table partner)
- Promotional space** in electronic communication regarding event to **40,000 recipients**.
- Opportunity to **socialize with community members** & alumni

#### Requirements:

- \$35 fee to register. Fee must be received at least 30 days prior to event date.
- Provide treats for up to 400 participants. This can be candy, snacks, small activities for kids to bring home, etc...
- Option to include a table activity in addition to treats/candy

[CLICK HERE](#) to register and pay to participate. Or Scan the QR Code.

After registering, send high-res logo to [cgonzalez6@govst.edu](mailto:cgonzalez6@govst.edu)

**Event:** Family Fun Fair

**Date:** Monday, October 30, 2023

**Time:** 3:30 p.m. – 7:00 p.m.

**Location:** Hall of Governors, Governors State University, 1 University Parkway, University Park, IL





# FAMILY FUN FAIR

## FOR HOMECOMING

OCTOBER 30, 2023

3:30 – 7 p.m.

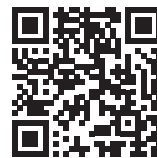


**Hall of Governors**  
at Governors State University  
1 University Parkway  
University Park, IL 60484

Join us at Governors State University for a Family Fun Fair filled with exciting activities and treats! Alumni of GovState and Community Members are welcomed.

Event includes trick or treat fun, activities, story telling, and more! This event is free. Registration is strongly encouraged.

Scan the QR code to register for free  
or visit [www.govst.edu/alumni-events](http://www.govst.edu/alumni-events)



Questions? Email

**AlumniRelations2@govst.edu** or call 708.534.7892



REP. WILLIAM DAVIS'  
**HALLOWEEN  
TRICK OR TREAT**

*Drive Through*



**CELEBRATE HALLOWEEN SAFELY**

**OCTOBER 31, 2023**

**4:00 - 7:00PM**

**AGE: PRE-K TO 8TH GRADE**

**DISTRICT OFFICE, 1912 W. 174TH STREET,  
EAST HAZEL CREST**





Congresswoman  
**Robin Kelly**  
working for Illinois families

## 2023 Congressional App Challenge

Hosted By Congresswoman Robin Kelly

### Background:

Established by Members of the U.S. House of Representatives in 2013, the Congressional App Challenge is a nationwide event that invites middle and high school students to compete by creating and exhibiting their original software application, or "app," for mobile, tablet, or computer devices on a platform of their choice. The competition is designed to inspire students to explore STEM, coding, and computer science through hands-on learning.

### Have Questions?

Visit: [www.congressionalappchallenge.us](http://www.congressionalappchallenge.us)

Email: [Mia.Carter@mail.house.gov](mailto:Mia.Carter@mail.house.gov)

### How to Participate

#### STEP ONE: REGISTER

- Students have until November 1st to register for the competition. Students can register by visiting [www.congressionalappchallenge.us](http://www.congressionalappchallenge.us).

#### STEP TWO: DEVELOP YOUR IDEA

- Think outside the box! This is an opportunity for students to learn and express their creativity.

#### STEP THREE: CREATE YOUR APP

- Students can either create their app solo or with a team of up to four students. Resources and guidance for designing an app are available at [www.congressionalappchallenge.us](http://www.congressionalappchallenge.us).

#### STEP FOUR: SUBMIT YOUR APP

- The deadline to submit an entry in the challenge is November 1st.



# BRIDGEVIEW COMMUNITY FAIR

BRIDGEVIEW COMMUNITY CENTER  
7900 S. OKETO AVE.  
BRIDGEVIEW ILLINOIS

COMMUNITY MEMBERS ARE INVITED TO  
JOIN US FOR A FAIR OF SERVICES AND  
RESOURCES

- FREE HEARING/VISION SCREENINGS
    - PROVIDED BY THE LIONS CLUB
  - IL SECRETARY OF STATE DRIVERS SERVICES
  - CITIZENS UTILITY BOARD
  - PUBLIC TRANSPORTATION SERVICES
    - RTA FIXED ROUTE
  - VILLAGE SERVICES
    - POLICE, FIRE, PARK DISTRICT AND LIBRARY
  - IL DEPARTMENT OF AGING RESOURCES
    - PATHLIGHTS AND AGE OPTIONS
- AND MANY MORE!

NOV 3

2023

10AM-1PM

ALL  
AGES

HOSTED IN  
PARTNERSHIP BY



**Pathlights**

Enriched by experience.  
Empowered in life.



**JourneyCare Hospice**

— AN ADDUS HOMECARE COMPANY —



State of Illinois  
Illinois Department on Aging

*in collaboration with Illinois Department  
on Aging (IDoA), invites you to...*

# **JOIN THE CONVERSATION!**

*A Regional Caregiver Roundtable Discussion*

DATE:

TIME:

Location:

IDoA will focus on identifying the needs and challenges faced by caregivers, both met and unmet, and explore additional support that can enhance your caregiving journey. Your valuable insights will help shape future policies and initiatives that address the specific concerns of caregivers like yourself.

Please RSVP to:

**to confirm your attendance.**

**We kindly request your response by**

**to ensure adequate arrangements for seating and materials.**

*Please inform staff when RSVPing if any accommodation or interpretation is needed.*

For those unable to join us in person, IDoA will have virtual options available at a later date to ensure inclusivity and accessibility. If you require a virtual participation option, please mention your preference when you RSVP.

Your voice matters, and we believe that by working together we can create a more supportive and caring environment for all caregivers in our state.



The Illinois Department on Aging does not discriminate against any individual because of his or her race, color, religion, sex, national origin, ancestry, age, order of protection status, marital status, physical or mental disability, military status, sexual orientation, gender identity, pregnancy, or unfavorable discharge from military service in admission to programs or treatment of employment in programs or activities. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call the Senior HelpLine: 1-800-252-8966; 711 (TRS)



# FRANCISCAN FEVER

*a '70s Soiree*

That Funky Vibe | A Foodie's Delight | The Right Cause



**FRIDAY, NOVEMBER 3**

CD & ME, 23320 SOUTH LA GRANGE  
ROAD, FRANKFORT, IL 60423

**Mark your calendars for a party to beat all parties featuring the look, the taste,  
the sounds, even the funk of a disco-obsessed era!**

Hustle on over and join us at **CD & ME in Frankfort** to raise funds for programs that address food insecurity in our community. Plus, many of your favorite area restaurants will be supplying the evening's binge-worthy bites. Couple that with a great DJ (of course), a sensational silent auction and all the colorful getups we're bound to see. **Sounds like THE PLACE TO BE!**



**CLICK**  
TO LEARN MORE

or call us at (708) 852-2430

SPONSORSHIP OPPORTUNITIES AVAILABLE  
**FranciscanHealthFoundation.org**

 **Franciscan** HEALTH FOUNDATION

The Franciscan Health Foundation is the philanthropic arm of Franciscan Alliance, Inc. The Foundation is responsible for the advancement, investment and management of all charitable giving to the hospitals, clinics, and mission programs of the Franciscan Health Hospitals.



# Join Aetna Better Health® of Illinois for a free Giving Thanks for your Health Resource Fair



## Each community event will include:

- Activity Zone for kids
- FREE giveaways
- FREE health screenings
- FREE well-being resources

## Where:

**South Shore Community Church**  
7401 S. Yates Blvd.  
Chicago, IL 60649

## When:

**Saturday, November 4, 2023**  
**10 AM to 4 PM**

Call Member Services at **1-866-329-4701 (TTY: 711)**

Connect at **AetnaBetterHealth.com/Illinois-Medicaid**

Follow us on    



**Aetna Better Health®  
of Illinois**

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-866-329-4701 (TTY: 711)**. Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-329-4701 (TTY: 711)**. Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-866-329-4701 (TTY: 711)**. Aetna Better Health of Illinois is part of the CVS Health® family of companies.



# VENDOR REGISTRATION FORM:



AETNA BETTER HEALTH® OF ILLINIOS

Event: **Give Thanks for Your Health  
(Health & Resource Fair)**  
Location of event: **South Shore Community Church**  
7401 S. Yates Blvd, Chicago IL 60649  
Date: **Saturday, November 4, 2023**  
Time: **10:00 am - 4:00 pm**  
Contact person: Geneva Fox, Outreach Coordinator  
(205) 899-3154 / FoxG2@aetna.com



Purpose: Health and resource fair designed to encourage healthy living, provide health education, health screenings, community resources, family-friendly activities, and holiday themed food boxes.

Name of your organization,  
address & telephone number:

Contact info of representatives  
**attending** the event:

Names:

Cell phone numbers:

Emails:

What type of resources,  
services and/or activities will  
you provide at event?

**Note: Health screenings are always needed and greatly appreciated!!**

**If your organization can offer any, PLEASE let me know! 😊**

Would your organization be  
able to provide a raffle gift?


Can your organization help  
promote the event on social  
media?

## Notes:

- There is a small parking lot for the few that arrive early, otherwise, the option will be street parking
- Set up can begin after **9:00 am**
- Tables & chairs **will** be provided 😊
- Plan for **100+** attendees 😊
- Please reach out if you have any questions



Your registration form will save your spot...Thank you for registering!



**homewoodsciencecenter.org**  
18022 Dixie Highway | Homewood, IL 60430

**HOMEWOOD  
SCIENCE  
CENTER**

Chicago Southland  
**STEM** Educator Open House  
Network

**November 9, 2023 • 4:30pm - 7:30pm**  
**@ Homewood Science Center**

Join us for a night of family fun and networking at our first ever Educator Open House!

- Children welcome!
- Explore our spaces: STEAM Studio, Makerspace, Little Learners Room, Imagination Playground
- Learn more about HSC outreach programs
- Network with other educators in our community
- Food will be provided

This event is open to families and children and anyone who works with them; such as childcare teachers, school district teachers, out-of-school time educators, etc.

Let's get together to improve STEM education in Chicago's south suburbs!

### Educator Open House

Join us for an Educator's Open House at the Homewood Science Center. Community educators are encouraged to visit the Center for a night out with their children. Spend the evening exploring our exhibits, while learning more about what we do and the programs we offer. Aurelio's pizza will be served at 5:30pm.

This event is open to families and children and anyone who works with them; such as childcare teachers, school district teachers, out-of-school time educators, etc. Registration is **REQUIRED** for this event.

[Register](#)

---



---

## Upcoming Events

Click on the pictures below to learn more!



**WALK  
WALTON**  
Nature Fest & Fundraiser

**Sunday October 22nd | 10am-1pm**  
**@ Homewood Izaak Walton Preserve**

sponsored by  
The Weglarz Company



**STEM** Educator Open House  
Network

**November 9, 2023 • 4:30pm - 7:30pm**  
**@ Homewood Science Center**

Join us for a night of family fun and networking at our first ever Educator Open House!

- Children welcome!
- Explore our spaces: STEAM Studio, Makerspace, Little Learners Room, Imagination Playground
- Learn more about HSC outreach programs
- Network with other educators in our community
- Food will be provided

This event is open to families and children and anyone who works with them; such as childcare teachers, school district teachers, out-of-school time educators, etc.

LEVEL3<sup>®</sup> PRESENTS

# VETERANS DAY

..... COMMUNITY EVENT

PARK FOREST ILLINOIS



OPEN TO THE PUBLIC .....  
**NOVEMBER 10TH**

## FREE HAIRCUTS

\*FOR OUR VETERANS

LEVEL3<sup>®</sup>

## PRODUCT GIVEAWAYS

## FREE MEAL

**11AM - 2PM**

**2250 WESTERN AVE PARK FOREST IL,**

FOR MORE INFORMATION / REGISTER A VETERAN

**EMAIL: JON@LV3.COM**







# Illinois Action For Children Early Learning Programs 2023-2024 Open House & Enrollment Fair Friday, November 10, 2023

## Serving Pregnant Women and Children From Birth to Five

Please join us at one of our Center  
Locations listed below from 2 PM - 4 PM:

### Harvey-South Holland

16515 South Park Ave. • South Holland, IL 60473

### Dolton

729 Engle St. • Dolton, IL 60419

### Chicago Heights- Prairie State Campus

202 S. Halsted St. • Building C • Chicago Heights, IL 60411

### Ford Heights

1055 Berkeley Ave. • Ford Heights, IL 60411

## Requirements for Enrollment:

- ★ Child's Proof of Age
- ★ Proof of Family Income
- ★ Proof of Residence
- ★ Child's Current Physical with Labs
- ★ Parent/Guardian Photo ID

### WE OFFER:

- ★ No-Cost for Eligible Families
- ★ High-Quality Early Education  
Family Support Services
- ★ Year-Round, Full-Day Programs
- ★ Transportation Available
- ★ Center & Home Visiting Options
- ★ Support for Children with  
Special Needs
- ★ Enrolled in Food Assistance?  
Your Child Now Qualifies for  
Head Start or Early Head Start!

# TOURS! FOOD! FUN!



SCAN ME

Let's Connect!  
@IAFC\_Cares



earlylearning.actforchildren.org  
708-365-1500



# Casa abierta y feria de inscripción de los programas de educación temprana de Illinois Action for Children 2023-2024

**Viernes, Noviembre 10, 2023**

**Sirviendo a mujeres embarazadas y niños hasta los cinco años de edad**

**Por favor acompáñenos en las ubicaciones enlistadas abajo 2 PM - 4 PM:**

## **Harvey-South Holland**

16515 South Park Ave. • South Holland, IL 60473

## **Dolton**

729 Engle St. • Dolton, IL 60419

## **Chicago Heights- Prairie State Campus**

202 S. Halsted St. • Building C • Chicago Heights, IL 60411

## **Ford Heights**

1055 Berkeley Ave. • Ford Heights, IL 60411

## **Requisitos para inscripción:**

- ★ Prueba de edad del niño
- ★ Prueba del ingreso familiar
- ★ Prueba de residencia
- ★ Examen físico actual con resultados de laboratorio
- ★ Identificación con foto del Padre/Guardián

## **OFRECEMOS:**

- ★ Sin costos para familias elegibles
- ★ Servicios de educación temprana y apoyo familiar de alta calidad
- ★ Programas de día entero todo el año
- ★ Transportación disponible
- ★ Opciones en el centro y visitas al hogar
- ★ Apoyo para niños con necesidades especiales
- ★ Inscrito en Ayuda Alimenticia? Su hijo ahora califica para Head Start o Early Head Start!

**RECORRIDOS!  
COMIDA!  
DIVERSIÓN!**



**ESCANÉAME**

**Comuniquémonos!**  
@IAFC\_Cares



**earlylearning.actforchildren.org**  
**708-365-1500**





## Check it out! New Partnership

We are so excited to announce these brand NEW events  
we will be hosting with our friends at **Homewood Public Library!**

**Expired** October 14: Solar Eclipse Event

November 11: Paper Circuits

December 9: Holiday Chemistry Fun



---

Warm regards,

A handwritten signature in blue ink, appearing to read "Edie Dobrez".

Edie Dobrez  
Executive Director

[edobrez@homewoodsciencecenter.org](mailto:edobrez@homewoodsciencecenter.org) | [www.homewoodsciencecenter.org](http://www.homewoodsciencecenter.org)

Presented by the Stonebridge Healthy Community Outreach Initiative

# 4th Annual Diabetes Awareness Seminar

Saturday, November 11th | 10 am – 1:30 pm



## Education Over Medication — Learn How to Achieve Successful Management of Type 2 Diabetes!

### Covering You Head to Toe!

**Lisa Angel Smith, MBA**  
*Plant-Based Health  
and Business Coach  
Mental Health*

**Dr. Terry Mason, MD**  
(Retired) *Urologist*  
*Sexual Health*

**Dr. Ansel Johnson, OD**  
*Optometrist*  
*Vision Health*

**Dr. April Kennedy, MD**  
*Nephrologist*  
*Kidney Health*

**Dr. Stephanie Spicer, DPM**  
*Podiatrist*  
*Foot Health*

November is  
**Diabetes Awareness Month**  
and no better time to  
take charge of your health!

Join us for a FREE, informative HYBRID seminar that will give you the tools you need to make the necessary changes to achieve successful diabetes management.

In person viewing hosted at—  
Grande Prairie Library  
3479 W. 183rd St.  
Hazel Crest, IL 60429



FREE Health Screenings  
available in Person by  
Family Christian Health Center

Register for our FREE seminar today at: <http://bit.ly/46bUyJB>  
After registering, you will receive a confirmation email with details about attending the meeting.





## GENERAL MEETING CALENDAR

FY24

**Standing Time:** The third Wednesday of every other month, beginning in July

**Time:** 2:00pm to 3:30pm

**All in person meetings held at:**

**South Suburban Council on Alcoholism and Substance Abuse**

**1909 Cheker Square, East Hazel Crest, IL 60429 – Hannig Room**

**All Zoom Meeting Information:**

**Meeting ID: 249 027 9746 Passcode when using your computer: shslcqm**

One tap mobile +13126266799,,2490279746#,,, \*4332323# US (Chicago) Dial by your location

+1 312 626 6799 US (Chicago) Meeting ID: 249 027 9746 Passcode when dialing in: 4332323

---

**November 15, 2023**

**January 17, 2024 (Via Zoom)**

**March 20, 2024**

**May 15, 2024 (Via Zoom)**

---

### Contacts:

#### **SHSLC Co-Chair - Bryan Dunlap**

CEO, Community Service Partners  
19015 S. Jodi Road, Suite A, Mokena, IL 60448  
708.995.5786, ext. 217  
[bdunlap@communityservicepartners.org](mailto:bdunlap@communityservicepartners.org)

Maya Hardy  
*SHSLC Secretary/Liaison*  
Regional Director of Development, United Way  
of Metro Chicago  
South-Southwest Suburban Region  
708.441.0178  
[maya.hardy@liveunitedchicago.org](mailto:maya.hardy@liveunitedchicago.org)

Rob Williams  
*Management Consulting Practice Leader*  
B2B Strategic Solutions Inc.  
630.234.0302  
[rwilliams@b2bssi.com](mailto:rwilliams@b2bssi.com)

#### **SHSLC Co-Chair - Jay Readey**

President, NeighborScapes  
3011 West 183<sup>rd</sup> Street, #257, Homewood, IL 60430  
312.404.2585  
[jreadey@neighborscapes.org](mailto:jreadey@neighborscapes.org)

Angelia Smith  
*SHSLC Treasurer*  
Executive Director, Cornerstone Community Development Corporation  
708.758.2565  
[afsmith@cornerstone-cdc.org](mailto:afsmith@cornerstone-cdc.org)

# UNITING FOR THE Holidays

United Way of Metro Chicago, in partnership with local community organizations, invites you to join us in Uniting for the Holidays as we celebrate the spirit of the season and come together to build a stronger, more equitable Chicago region.

You can make a difference this holiday season! Become a sponsor or make a gift online at [LIVEUNITEDchicago.org/Uniting-Holidays](https://LIVEUNITEDchicago.org/Uniting-Holidays)

## 6 Communities— One Great Cause!

**Thanksgiving  
Holiday Meals**   
Saturday, November 18  
**NAPERVILLE**

## December Holiday Meals

Friday, December 1

**BLUE ISLAND/ROBBINS**

Friday, December 8

**CHICAGO HEIGHTS/FORD HEIGHTS**

Wednesday, December 13

**ELGIN**

## SPONSORSHIP LEVELS

### Regional Presenting Sponsor

\$50,000

(limit 2)

#### *Includes benefits provided at the \$25,000 level, plus:*

- Premier logo recognition on day-of event signage and marketing materials
- Premier logo recognition on every reusable tote bag provided to families at the event
- Premier logo recognition on event webpage at [LIVEUNITEDchicago.org](https://LIVEUNITEDchicago.org)
- Two dedicated social posts highlighting sponsor's support of event (pre- and post-event)
- Logo recognition on LIVE UNITED branded t-shirts provided to event volunteers
- Name recognition in media release

### Presenting Sponsor

\$25,000

#### *Includes benefits provided at the \$10,000 level, plus:*

- Name recognition on two general social media posts promoting the event
- Name recognition in Winter monthly newsletter event listing, distributed to 100k+ subscribers

### Participating Sponsor

\$10,000

#### *Includes benefits provided at the \$5,000 level, plus:*

- Logo recognition on day-of event signage and marketing materials
- Logo recognition on every reusable tote bag provided to families at the event
- Logo recognition on event webpage at [LIVEUNITEDchicago.org](https://LIVEUNITEDchicago.org)

### Community Sponsor

\$5,000

#### *Includes benefits provided at the \$1,000 level, plus:*

- Name recognition on day-of event signage
- Name recognition on event webpage at [LIVEUNITEDchicago.org](https://LIVEUNITEDchicago.org)

### Family Sponsor

\$1,000

#### *Includes benefits provided at the \$250 level, plus:*

- Opportunity to send event volunteers\*
- All event volunteers will be provided with LIVE UNITED branded t-shirts

### Small Business Donor

\$250

- Name on sponsor flyer inserted into all distribution boxes

For sponsorships of \$10,000 and above, submit your name and logo to [MarketingCommunications@LIVEUNITEDchicago.org](mailto:MarketingCommunications@LIVEUNITEDchicago.org) by October 18. For additional event information, please visit [LIVEUNITEDchicago.org/Uniting-Holidays](https://LIVEUNITEDchicago.org/Uniting-Holidays).



# UNITING FOR THE Holidays

United Way of Metro Chicago, in partnership with local community organizations, invites you to join us in Uniting for the Holidays as we celebrate the spirit of the season and come together to build a stronger, more equitable Chicago region.

You can make a difference this holiday season! Become a sponsor or make a gift online at [LIVEUNITEDchicago.org/Uniting-Holidays](https://LIVEUNITEDchicago.org/Uniting-Holidays)

## 6 Communities— One Great Cause!

**Thanksgiving  
Holiday Meals**   
Saturday, November 18  
**NAPERVILLE**

## December Holiday Meals

Friday, December 1

**BLUE ISLAND/ROBBINS**

Friday, December 8

**CHICAGO HEIGHTS/FORD HEIGHTS**

Wednesday, December 13

**ELGIN**

**Thank you for supporting United Way of Metro Chicago's 2023 Uniting for the Holidays.** Your support will help ensure thousands of families across the region receive a meal and gifts to brighten their holiday.

**YES!** I will support the 2023 Uniting for the Holidays event. Please reserve the following for me:

- ☐ **Regional Presenting Sponsor** \$50,000
- ☐ **Presenting Sponsor** \$25,000
- ☐ **Participating Sponsor** \$10,000
- ☐ **Community Sponsor** \$5,000
- ☐ **Family Sponsor** \$1,000
- ☐ **Small Business Donor** \$250

**Total Financial Contribution \$** \_\_\_\_\_ **Signature** \_\_\_\_\_  
(BY SIGNING, I COMMIT TO PAY THE AMOUNT INDICATED ABOVE.)

**Please select your method of payment:** ☐ Check ☐ Credit Card ☐ Wire Transfer

(United Way of Metro Chicago is a 501(c)(3) organization. The amount of your contribution is 100% tax deductible as provided by law.  
Donation does not apply towards goods or services. Tax ID Number 30-0200478)

To give via **check**, make checks payable to "United Way of Metro Chicago" and mail to:

United Way of Metro Chicago  
ATTN: Uniting for the Holidays  
231196 Momentum Place  
Chicago, IL 60689

To give via **credit card** or **stock or wire transfer**, email [donorhelp@LIVEUNITEDchicago.org](mailto:donorhelp@LIVEUNITEDchicago.org)

Contact Name (for questions) \_\_\_\_\_

Contact Email \_\_\_\_\_ Contact Phone \_\_\_\_\_

Preferred Listing in Printed/Digital Materials (i.e. John Doe, XYZ Company) \_\_\_\_\_

☐ Check here to **waive sponsorship benefits**, and simply have your company/name listed on the website.

**For sponsorships of \$10,000 and above, submit your name and logo to [MarketingCommunications@LIVEUNITEDchicago.org](mailto:MarketingCommunications@LIVEUNITEDchicago.org) by October 18. For additional event information, please visit [LIVEUNITEDchicago.org/Uniting-Holidays](https://LIVEUNITEDchicago.org/Uniting-Holidays).**

# 2024 COMMUNITY HEALTH WORKER (CHW) SUMMIT

CHWs: INNOVATORS IN SOCIAL JUSTICE,  
PUBLIC HEALTH AND HEALTH DISPARITIES



## REGISTER

[thehapfoundation.org/chw-summit](https://thehapfoundation.org/chw-summit)

### South Shore Cultural Center

7059 S. South Shore Dr. | Chicago, IL 60649

January 24, 2024 8:30 a.m. to 5 p.m.

**Ticket** \$20

We are gathering all Community Health Workers (CHW), public health strategists, health care leaders, and community activists to join us for a day of learning, networking, and celebration of the achievements of CHWs across the region. Our keynote speaker will be Rev. Dr. Otis Moss III, senior pastor of Trinity United Church of Christ in Chicago, who will discuss public health and social justice reform.

**JANUARY 24**  
**SAVE THE DATE**

*If you are interested in hosting a free resource table, email [chw@thehapfoundation.org](mailto:chw@thehapfoundation.org)*

[thehapfoundation.org](https://thehapfoundation.org) | [info@thehapfoundation.org](mailto:info@thehapfoundation.org) | 312-741-1283



# INAUGURAL COMMUNITY HEALTH WORKER SUMMIT | Wednesday, January 24th, 2024

## JOIN US

Community Health Worker Summit  
Innovators in Social Justice, Public Health and Health Disparities

South Shore Cultural Center, 7059 S South Shore Dr, Chicago, IL 60649

Wednesday, January 24th, 2024

8:30am – 5:00pm

**Registration - \$20.00**

8:30 a.m. – 9:30 a.m. | Registration and Check In (Welcome Continental Breakfast)

9:45 a.m. – 11:00 a.m. | Opening Keynote by Rev Dr Otis Moss III followed by CHW Informational Video

11:15 a.m. – 12:15 p.m. | CHW Panel Education Session

12:15 p.m. – 1:00 p.m. | Networking Lunch

1:00 p.m. – 2:00 p.m. | Education Session on the Benefits of CHWs in the Cancer Space

3:00 p.m. – 3:30 p.m. | Education Session on REACH

3:30 p.m. – 4:00 p.m. | Education Session on the Benefits of CHWs in the Serious Illness Space

4:00 p.m. – 5:00 p.m. | Networking and Closing remarks

The HAP Foundation is excited to convene an inaugural event for Community Health Workers (CHWs) and professionals. This event will bring together CHWs from across the region to network, learn, and celebrate their achievements. We are delighted to have **Rev. Dr. Otis Moss III**, senior pastor of Trinity United Church of Christ in Chicago, as our keynote speaker.

At this conference, attendees will have access to educational programs, networking opportunities, and updates on the latest CHW news. Additionally, CHWs will have the chance to showcase their work and the impact they have made in the community through **exhibit/tabling opportunities**.

Sponsoring The HAP Foundation's CHW Summit provides your company with valuable benefits. It offers branding opportunities, positions your company as a community leader, provides exposure within the industry, and grants access to an influential audience.



# SPONSORSHIP OPPORTUNITIES

## Keynote - \$15,000

- Customized number of tickets/registrants to event
- Exclusive sponsor of keynote speaker: company name and logo on signage for keynote speaker
- Opportunity to provide company branded materials to registrants at check-in
- Exclusive acknowledgement as keynote sponsor in HAP e-news
- Acknowledgement at welcome breakfast
- Logo on event website, signage at event and exclusive social media shout out

## Networker - \$10,000

- Customized number of tickets/registrants to event
- Sponsor of lunch: company name/logo on signage for lunch
- Acknowledgement as sponsor in HAP e-news
- Acknowledgement at welcome breakfast
- Logo on event website, signage at event and exclusive social media shout out

## Collaborator \$5,000

- 12 tickets to event
- Sponsor of registration: company name/logo at registration area
- Acknowledgement as sponsor in HAP e-news
- Acknowledgement at welcome breakfast
- Logo on event website, signage at event and social media shout out

## Friend - \$3,000

- 8 tickets to event
- Company name/logo on event website and signage at event
- Acknowledgement as sponsor in HAP e-news
- Acknowledgement at welcome breakfast and social media shout out

## Supporter- \$1,000

- 6 tickets to event
- Company name/logo on event website and signage at event
- Acknowledgement at welcome breakfast and social media shout out

## Guest - \$500

- 4 tickets to event
- Company name/logo on event website and signage at event
- Acknowledgement at welcome breakfast

## Community Engager - \$250

- 2 tickets to event
- Company name/logo on event website and signage at event

**Molly Conley - [mconley@thehapfoundation.org](mailto:mconley@thehapfoundation.org) or 312-741-1288**  
**custom sponsor packages and questions**



Blue Door Neighborhood Center<sup>SM</sup> at Morgan Park Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Register for all classes and programs at [BlueDoorCenterIL.com](http://BlueDoorCenterIL.com)  
or on site at 11840 S. Marshfield Ave., Chicago, IL 60643. Phone: 872-760-8090.







Blue Door Neighborhood Center<sup>SM</sup> at Pullman Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Register for all classes and programs at [BlueDoorCenterIL.com](http://BlueDoorCenterIL.com)  
or on site at 756 E. 111th St., Chicago, IL 60628 Phone: 773-253-0900.







# LV3<sup>®</sup>



## Is looking for **seasonal** warehouse **positions** this fall!

- Are you looking for a part time job for a few days a week?
- Work schedules are weekdays from 9:00am - 5:00pm
- Interviews will take place the second week of October. Hiring takes place shortly after.

**Please send all inquiries  
and resumes to**

[Jon@LV3.com](mailto:Jon@LV3.com)



# Make the holidays brighter for our youngest clients!

Our Santa's Workshop program helps fill holiday wishes for hundreds of children and teenagers in the south suburbs every year.

## Donate today

Monetary donations received before **December 1st** will enable our "volunteer elves" to go shopping for the very items kids are hoping to receive.

We also buy warm pajamas and some small extras to make the holiday bright. Your support makes it happen!



## Do you want to do the shopping yourself?

### Here's our 'wish list' of favorites:

#### CLASSICS

Board games, stuffed animals, cars and trucks, dolls and doll clothes, story books, Play-Doh, coloring books, Fisher-Price pre-school toys, art sets, Legos, basketballs, footballs, craft kits.

#### TEEN FAVORITES

Flannel sleep pants, Axe toiletries, wallets & purses, makeup, costume jewelry, nail care kits, t-shirts, hats & gloves, body wash, lotion, cologne, hair accessories, boot socks, Chicago sports teams hats.

#### GIFT CARDS

iTunes, Subway, McDonald's, Portillo's, movie theaters, Target, Walmart, Buffalo Wild Wings, Wendy's, Wingstop, GameStop, Simon Mall, Dunkin', Starbucks, Ulta.

## Dropping off toys at Together We Cope

Bring new toy donations by **December 1st** to 17010 South Oak Park Avenue in Tinley Park from 9 am to 3 pm weekdays except Thursday, when the agency is open from 2 to 6 pm.

**Questions? Contact Trina Arvetis at 708-633-5040 ext. 7217 or via email at [tarvetis@togetherwecope.org](mailto:tarvetis@togetherwecope.org). Online credit card donations can be made at [togetherwecope.org](http://togetherwecope.org).**

# Together We Cope

Serving 27 south suburban communities

17010 South Oak Park Avenue  
Tinley Park, IL 60477  
**[www.togetherwecope.org](http://www.togetherwecope.org)**





## A prevention agency based in Tinley Park, Illinois, **Together We Cope** provides resources to families in temporary crisis, enabling them to stay in their homes

Since 1982, we have been bridging the gap for south suburban residents in 27 communities by supplying food, shelter, clothing and referrals, empowering them to return to self-sufficiency.

With 200 volunteers, generous community donations of food, clothing and household goods, and groceries purchased from the Greater Chicago Food Depository, TWC serves more than 1,400 families each month.

## Who We Help

- Recently unemployed workers
- Elderly and disabled people on fixed incomes
- Grandparents raising children
- Victims of fire and other disasters
- Single parents trying to make ends meet
- People facing catastrophic medical expenses
- Underemployed workers without benefits

## How We Help

### Financial help

Making emergency payments of rent, mortgage and utilities to prevent homelessness

### Clothing

Helping clients purchase needed clothing with credit vouchers for Nu2u, our resale shop



### Food assistance

Giving a week's worth of groceries every day, Monday through Friday



### Santa's Workshop holiday program

Making Christmas brighter for hundreds of children by distributing holiday gifts and warm clothing



### Back-to-School program

Sending hundreds of children back to school with a new backpack full of school supplies

### Families First program

A multifaceted program that provides both housing and guidance in learning basic life skills that enables homeless parents to succeed at raising and supporting their families



## How You Can Help

### Write a check

Unrestricted donations help us provide assistance wherever clients need it most.

### Donate food

Help us feed 5,000 people each month.

Contact pantry services manager Tony Roman at [troman@togetherwecope.org](mailto:troman@togetherwecope.org) or call 708.633.5040 for details.

### Donate clothing and housewares

New and gently-used clothing and household items help clients and raise funds that support our programs. Warm coats of every size are welcome year-round. Contact Nu2u manager Trina Arvetis at 708.633.9180 or [tarvetis@togetherwecope.org](mailto:tarvetis@togetherwecope.org).

### Volunteer

Share your time and talents in the pantry, resale store, or at one of our special events. Contact volunteer coordinator Cathy Trongeau at [ctrongeau@togetherwecope.org](mailto:ctrongeau@togetherwecope.org) or 708.633.5040.

### Join us for an event

Our dinner dance, pasta event and golf outing draw hundreds of supporters and provide sponsorship opportunities at every level. Contact Mandi Williams at 708.263.0302, ext. 6106 or [mwilliams@togetherwecope.org](mailto:mwilliams@togetherwecope.org).

### Shop at Nu2u

With donations coming in daily, the store has become a popular destination for collectors, bargain hunters and smart shoppers.

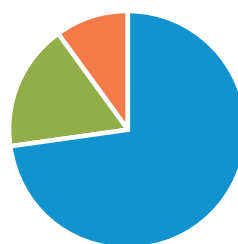
Find Nu2u shopping hours and donation information at [nu2uresale.org](http://nu2uresale.org).



## Of every dollar donated to Together We Cope, 89 cents goes to client programs and services

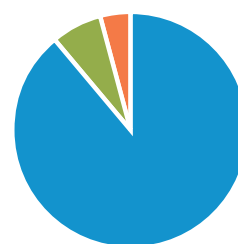
### Fiscal year ending June 30, 2018

Sources of Income



73% Public support  
17% Government grants  
10% Resale shop

Expenditures



89% Programs and services  
7% Administration  
4% Fundraising

**Together We Cope is a 501(c)3 non-profit charitable organization**

Make an online donation, in any amount you wish, by clicking the 'Donate Now' button on our home-page at [www.togetherwecope.org](http://www.togetherwecope.org).

## If you live in one of these communities in Bremen, Orland, Palos or Worth townships, we have helped your neighbor:

Alsip, Blue Island, Bridgeview, Chicago Ridge, Country Club Hills, Crestwood, Evergreen Park, Garden Homes, Harvey, Hazel Crest, Hickory Hills, Hometown, Homewood, Markham, Merrionette Park, Midlothian, Oak Forest, Oak Lawn, Orland Hills, Orland Park, Palos Heights, Palos Hills, Palos Park, Posen, Robbins, Tinley Park, Worth

# Got a group? Host a coat drive.



It's an easy way for your business, school, church or civic group to make a big difference in the community.

For additional information call Trina Arvetis, our resale shop manager, at 708-633-9180, ext. 7217.

## Items always needed:



**hats • gloves • mittens • socks • scarves • coats**

---

To donate online click the 'Donate Now' button at [togetherwecope.org](http://togetherwecope.org)

---

# Together We Cope

17010 South Oak Park Avenue, Tinley Park, Illinois 60477

**If you live in one of these towns, we have helped your neighbor:**

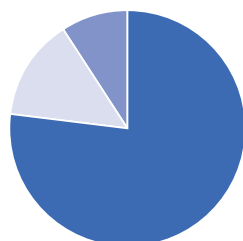
Alsip, Blue Island,  
Bridgeview, Chicago Ridge,  
Country Club Hills,  
Crestwood, Evergreen Park,  
Garden Homes, Harvey,  
Hazel Crest, Hickory Hills,  
Hometown, Homewood,  
Markham, Merrionette Park,  
Midlothian, Oak Forest,  
Oak Lawn, Orland Hills,  
Orland Park, Palos Heights,  
Palos Hills, Palos Park,  
Posen, Robbins, Tinley Park,  
and Worth

**Of every dollar donated to Together We Cope, 92 cents goes to client programs and services.**

Sound fiscal management has earned us five consecutive four-star evaluations from Charity Navigator, a level of recognition granted to only 7 percent of U.S. charities. We also have received a Gold Level rating from GuideStar Exchange.

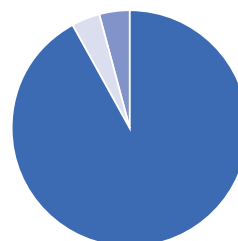
### **Fiscal year ending June 30, 2015**

Sources of Income



77% Public support  
14% Government grants  
9% Resale shop

Expenditures



92% Programs and services  
4% Administration  
4% Fundraising

**Together We Cope is a 501 (c) (3) non-profit charitable organization.**

#### **Client & Pantry Services**

17010 S. Oak Park Ave.  
Tinley Park, IL 60477  
708.633.5040

#### **Administration**

17728 S. Oak Park Ave.  
Tinley Park, IL 60477  
708.263.0302



[togetherwecope.org](http://togetherwecope.org)



## A prevention agency based in Tinley Park, Illinois, **Together We Cope** provides resources to families in temporary crisis, enabling them to stay in their homes.

Since 1982, we have been bridging the gap for south suburban residents in 27 communities by supplying food, shelter, clothing and referrals, empowering them to return to self-sufficiency.

With 200 volunteers, generous community donations of food, clothing and household goods, and groceries purchased from the Greater Chicago Food Depository, TWC serves more than 1,400 families each month.

### Who We Help

- Recently unemployed workers
- Elderly and disabled people on fixed incomes
- Grandparents raising children
- Victims of fire and other disasters
- Single parents trying to make ends meet
- People facing catastrophic medical expenses
- Underemployed workers without benefits

Learn more at  
**[togetherwecope.org](http://togetherwecope.org)**

### How We Help

#### Financial help

Making emergency payments of rent, mortgage and utilities to prevent homelessness

#### Food assistance

Giving a week's worth of groceries every day, Monday through Friday

#### Clothing

Helping clients replenish their wardrobes with credit vouchers for Nu2u, our resale shop

#### Back-to-School program

Sending hundreds of children back to school with a new backpack full of school supplies

#### Adopt-a-Child holiday program

Making Christmas brighter for hundreds of children by distributing holiday gifts and warm clothing

#### Families First program

A multifaceted program that provides both housing and guidance in learning basic life skills that enables homeless parents to succeed at raising and supporting their families



### How You Can Help

#### Write a check

Unrestricted donations help us provide assistance wherever clients need it most.

#### Donate food

Help us feed 5,000 people each month. Contact pantry services manager Gordon Collins at [gcollins@togetherwecope.org](mailto:gcollins@togetherwecope.org) or 708.633.5040 for details.

#### Donate clothing and housewares

New and gently-used clothing and household items help clients and raise funds that support our programs. Warm coats of every size are welcome year-round. Contact Nu2u manager Cori Scanlan at 708.633.9180 or [cscanlan@togetherwecope.org](mailto:cscanlan@togetherwecope.org).

#### Volunteer

Share your time and talents in the pantry, resale store, or at one of our special events. Contact volunteer coordinator Cate Dietz at [cdietz@togetherwecope.org](mailto:cdietz@togetherwecope.org) or 708.633.5040.

#### Join us for an event

Our dinner dance and golf outing draw hundreds of supporters and provide sponsorship opportunities at every level. Contact fundraising coordinator Katlin Bewley at 708.263.0302 or [kbewley@togetherwecope.org](mailto:kbewley@togetherwecope.org).

#### Shop at Nu2u

With donations coming in daily, the store has become a popular destination for collectors, bargain hunters and smart shoppers.

You can find information about shopping at and donating to Nu2u, our resale shop, at [Nu2uResale.net](http://Nu2uResale.net).



## STAY SAFE. STAY UP TO DATE.



Protect your health and people you love, Vaccines are safe, effective, save millions of lives and are the best defense against many infectious diseases. If you are 65+ or have a compromised immune system, you may be more vulnerable to certain diseases, so get vaccinated today.



**The best time to get  
vaccinated is now!**

### Flu

The flu vaccine is very important for older adults and people with chronic health conditions. Please get your seasonal flu (influenza) vaccine by the end of October or soon after.

### COVID-19

If you have not gotten a COVID-19 vaccine since last fall, you can get one now. If you are over age 65 or are immunocompromised you may want an extra shot about 4 months after getting your last one.

**Get your FREE Flu and COVID-19 vaccination today!**

**Call AgeOptions at:  
708-383-0258**

**Visit our website at:  
[www.ageoptions.org/covid](http://www.ageoptions.org/covid)**

# Get your **FREE** **Covid-19 or Flu** **Vaccine at home!**



**AgeOptions is working with CIMPBAR to administer in-home Flu and Covid-19 Vaccines for People 60+ and persons with Disabilities living in Suburban Cook County.**



## **Do you Qualify?**

**Do you live in Suburban Cook County?**  
**Are you 60+, Person with Disabilities**  
**or a caregiver?**  
**Have trouble getting out of the house?**

**If you answered **YES** to the questions above, you qualify for an in-home vaccine.**

**Call or go online today to schedule yours!**

**Call AgeOptions at:**  
**708-383-0258**

**Visit our website at:**  
**[www.ageoptions.org/covid](http://www.ageoptions.org/covid)**





Dear Friends,

This has been a sobering week in Washington. While House Republicans are fighting amongst themselves, House Democrats continue to prioritize serving our constituents and putting people over politics.

---

## **Motion to Vacate the Speaker**

After months of catering to the most extreme, right-wing elements of his party, Kevin McCarthy was removed from his post as Speaker of the House. I remain dedicated to fulfilling my Constitutional responsibility to govern responsibly for the people of Illinois' Second Congressional District, and our entire nation.

This was a solemn week in Washington, House Republicans have been driven by disruption, dysfunction, and extremism. Alongside my Democratic colleagues, I remain committed to prioritizing the interests of the people over politics, seeking common ground, and effectively serving you. The responsibility to resolve their internal conflicts and extremism now falls upon House Republicans. I will continue to work hard and deliver for the people of Illinois. While it is unclear who the next Speaker will be, my priority is always you, my constituents.

---

## **Promoting Access to Broadband Act of 2023**



I introduced the Promoting Access to Broadband Act of 2023 in the House of Representatives alongside Senator Dick Durbin, who introduced this legislation in the Senate. The legislation will make grants available to states to inform Medicaid enrollees, Supplemental Nutrition Assistance Program (SNAP) participants, and low-income residents of their potential eligibility for the Federal Communications Commission's (FCC) Lifeline program and Affordable Connectivity Program (ACP).

The Lifeline program and ACP provide free or low-cost wireless service and internet-capable devices to qualifying individuals. Affordable internet connection increases opportunities for education, employment, health access, and community building. The Promoting Access to Broadband Act of 2023 will provide states with resources to increase awareness of these programs amongst eligible populations and increase usage of the Lifeline program and ACP.

---

## October Hiring Event



On October 27th from 9:00AM-12:00PM, join my office for our annual IL-02 Hiring Event. Employers in attendance will cover a diverse range of industries and are looking to help residents of IL-02 start new careers or build on existing ones. You can pre-register [HERE](https://bit.ly/2023IL-02HiringEvent).

---

If you would like to share your thoughts with me, feel free to visit my website, at <https://robinkelly.house.gov/>. You can also keep in touch through [Facebook](#) and [X](#) (formerly Twitter).

Please know that my door is always open to you.

Sincerely,

Robin L. Kelly  
Member of Congress

---

## OFFICE LOCATIONS

Chicago District Office | 1642 E. 56th Street, Suite 110 | Chicago, IL 60637 | Phone: (773) 321-2001  
Danville District Office | 425 N. Gilbert Street, Suite 5 | Danville, IL 61832 | Phone: (217) 516-4556  
Matteson District Office | 600 Holiday Plaza Dr. Suite 505 | Matteson, IL 60443 | Phone: (708) 679-0078 | Fax: (708) 679-0216  
Washington DC Office | 2329 Rayburn HOB | Washington, DC 20515 | Phone: (202) 225-0773 | Fax: (202) 225-4583





Challenging Limits...Changing Lives

#### Board of Directors

**George Fetcho**  
Evergreen Park, IL

**Marchelle Goens**  
Flossmoor, IL

**Al Haraf**  
Dyer, IN

**Ned Horney**  
Lexington, IL

**Tom Kallai**  
Lemont, IL

**Daniel Letizia**  
Elmhurst, IL

**Mary Mayer**  
Chicago, IL

**Mike Michau**  
Crestwood, IL

**Rebecca Nagle**  
Crete, IL

**Larry Owens**  
Oak Forest, IL

**Mike Ryan**  
Palos Park, IL

**Bob Straz**  
Palos Heights, IL

**Rick Thiernau**  
Crete, IL

**Kara Zilis**  
Oak Forest, IL

**Dan Strick**  
President/CEO

**Gus van den Brink**  
Executive Director

CQL Accredited  
CARF Accredited

#### For more information, contact:

Patricia Trebe  
Chief Development Officer  
(708) 888-7418  
ptrebe@sertomastar.org

#### FOR IMMEDIATE RELEASE:

##### Sertoma Centre and New Star to Merge

*The merger will create a large alliance for individuals with intellectual/developmental disabilities and those living with mental illness.*

The Boards of Sertoma Centre, Inc. and New Star, Inc. announced today that they will merge the two organizations, effective October 3, 2023. After completing a thorough assessment of the organizations and receiving approval from state agencies, both boards agreed that combining resources will have a greater impact in serving individuals with intellectual/developmental disabilities and those living with mental illness.

The merged organization will be renamed Sertoma Star Services.

Both Dan Strick and Gus van den Brink will continue in leadership roles in the merged organization. Dan will be the President/CEO of the agency and Gus will remain as Executive Director until his eventual retirement. The new Sertoma Star Services board will consist of seven members from each agency's board. The new Leadership Team has been chosen and is finalizing other staff positions for the new organization.

Strick praised the boards and staff of both organizations for thoughtfully managing the merger discussions and for keeping the needs of the individuals the two agencies serve top of mind.

--more--

ALSIP OFFICE	ALSIP MARTHA POLACEK FACILITY	CHICAGO HEIGHTS OFFICE	CRETE OFFICE	MATTESON MENTAL HEALTH & COUNSELING	MERRILLVILLE OFFICE
4343 W. 123rd Street Alsip, IL 60803 T: 708.371.9700 F: 708.371.9747	4100 W. 127th Street Alsip, IL 60803 T: 708.371.9700 F: 708.389.3984	1005 West End Ave. Chicago Heights, IL 60411 T: 708.755.8030 F: 708.755.8047	25930 S. Cottage Grove Crete, IL 60417 T: 708.755.8030 F: 708.755.8047	4331 W. Lincoln Hwy. Matteson, IL 60443 T: 708.748.1951 F: 708.748.1962	8674 Broadway Merrillville, IN 46410 T: 219.440.7430 F: 219.440.7112



Challenging Limits...Changing Lives

“Combining Sertoma Centre and New Star, Inc. into one organization allows us to deliver the best practices of each organization and share them across all of our services,” Strick said. “Together, we will have a stronger impact on people with intellectual/developmental disabilities and those living with mental illness throughout much of northeast Illinois and northwest Indiana by providing individuals with a full array of comprehensive services, choices, and opportunities.”

The move is expected to create more innovative programs for people with disabilities, improve the organization’s position for securing grants, save administrative costs, and expand service areas across northeast Illinois and into northwest Indiana, providing services to more people.

“This alliance will better position us to continue investing in our incredible staff and the quality programs we have created and fostered these past 70-plus years,” Strick said.

“The two agencies share complementary services and a common mission to enrich the lives of individuals with intellectual/developmental disabilities. By combining the two agencies, we are able to be a more powerful voice in the state and have a greater impact,” he added.

Sertoma Centre and New Star have a collective 120-plus years of supporting people with intellectual and developmental disabilities. Each organization provides unique services that will benefit the consumers/members. Sertoma Centre has strong mental health services, providing opportunities that empower individuals living with mental illness to achieve personal success throughout the south suburbs. New Star provides unique recreation services, supports people in Indiana, and has a strong person-centered model. Both organizations are committed to community-integrated employment and smaller facility-based day services.

Gus van den Brink commented, “Sertoma Centre is excited to be a part of an effort which both strengthens and expands critical services and supports to the community of people with intellectual/developmental disabilities and those living with mental illness. The staff of Sertoma Star Services will ensure the delivery of state-of-the-art services by the very best professionals this field has to offer.

“Additionally, the new and improved organization will be directed by a dynamic team of leaders in the field with a focus on delivering the best services today, and a constant eye on the future and how to improve and guarantee services for generations to come,” he added.

###

**ILLINOIS HELPLINE FOR OPIODS AND OTHER SUBSTANCES**

1-833-234-6343 or text “HELP” to 833234

**MENTAL HEALTH SERVICES**

**American Foundation for Suicide Prevention**

Chicago Chapter Number (312) 890-2377

National Office (888) 333-2377

**Anixter Center** – Behavioral Health Needs (773) 973-7900

**Cicero Family Services** (708) 656-6430

**Erika's Lighthouse** (847) 386-6481

**Ian's Place for Bereaved Parents**

Clarendon Hills, IL (630)-912-9426

**Metropolitan Family Services**

Palos Hills, IL (708) 974-2300

**NAMI National Alliance on Mental Illness**

**NAMI DuPage County** (630) 752-0066

**NAMI South Suburbs of Chicago**

Marianne Bithos (708) 852-9126

**Riveredge Hospital**, Forest Park, IL (708) 209-4181

**Sertoma Centre, Inc. LIVING ROOM** (708) 748-1951

**St. Damian Church** Maria Connolly (708) 284-6511

**Stepping Stones**, Joliet, IL (815) 744-4555

**The Loft at Eight Corners**

**A Place for Teen Mental Wellness**

9049 Monroe, Brookfield, IL. 60513 (708) 883-3300

**The South Suburban Council on Alcoholism**

**and Substance Abuse** (708) 647-3333

**The Cognitive Clinic** Palos Hills, IL (708) 586-9050

**Thresholds** (773) 572-5500

**Trilogy Inc.** (773) 508-6100

**Trinity Services, Inc** (815) 717-1700

**THE LIVING ROOM** The Living Room is a non-clinical setting, comfortable alternative to a hospital emergency room that provide a calming atmosphere where someone experiencing an increase in mental health symptoms can talk with a peer counselor.

**LOCATIONS**

**Broadview Living Room** (708) 498-0200

1pm – 9pm, 7 days a week

**LaGrange Living Room** (708) 582-6434

1pm – 9pm, 7 days a week

**Metropolitan Family Services**, Palos Hills, IL

(708) 974-2300 Monday and Friday, 1pm – 4pm

Tuesday, Wednesday, Thursday 1pm – 7pm

**NAMI - National Alliance on Mental Illness**

**DuPage Living Room**

(630) 752-0066 Monday – Friday, 3pm – 8pm

**Oak Park Drop In Center** (708) 524-2582

Monday-Saturday 3pm – 7pm

**The Josselyn Center**, Skokie, IL

(847) 441-5600, Monday – Friday, 10am – 3pm

Saturday, 9am – 2pm

**The Living Room at Turning Point**, Skokie, IL

(847) 933-9202, 24-hour crisis line at (847) 933-0051

**CHILD SERVICES**

**ASD Life ABA Therapy**, Worth, IL (866) 273 8060

**All Our Children's Advocacy Center**, Justice, IL (708) 233-1176

**All Our Kids (AOK)** (312) 793 2748

**BACA-Bikers Against Child Abuse**

Help Line (630) 448-7991

**CASA of Cook County** -Court Appointed Special

Advocates for Children (312) 433-4928

**CASA of River Valley** (815) 730-7072

**Chicago Children's Advocacy Center** (312) 492-3700

**Family Focus** (630) 844-2550

**Maryville Crisis Nursery** 24 Hours(773) 205-3637

**Mercy Home for Boys and Girls** (312) 738-7560

**Mooseheart Child City and School** (630)-859-2000

**Safe Families for Children** (773) 355-5577

**Stride Autism Centers** Hickory Hills, IL

(312) 554-5578

**HOMELESS SUPPORTIVE SERVICES**

**A Safe Haven Foundation** (773) 435-8300

**Alliance To End Homelessness** (708) 236-3261

**Almost Home Chicago** (708) 789-2911

**Beds Plus Care** La Grange, IL (708) 354-0858

**Beds Plus Summit Service Center** (708) 354-0858

**Bridge Communities** Glen Ellyn, IL(630) 545-0610

**Breakthrough Urban Ministries** (773) 722-1144

**Care for Friends** (773) 932-1010

**Chicago Coalition for the Homeless**

(312) 641-4140

**Chicago Dream Center** (773) 384-2200

**Chicago HOPES for Kids** (312) 690-4240

**Connections for the Homeless** (847) 475-7070

**Cornerstone Community Outreach** (773) 271-8163

**Covenant House-Homeless Teens** (312) 759 7888

**Deborah's Place** (773) 722-5080

**Entry Point – Suburban Cook County Homeless**

**Prevention Call Center** (877) 426-6515

**Hesed House** (630) 897-2156/Aurora, IL

**Daybreak Center** (815) 774-4663/Joliet, IL

**Facing Forward to End Homelessness**

(773) 265-1207

**Housing Forward** (708)-338-1724

**Ignite, Homeless Youth** (312)568-5700

**JOURNEYS / The Road End** (847) 963-9163

**La Casa Norte/Youth and Families**

(773) 276-4900

**Lambs Fold Center for Women and Children**

(815) 723-5262/Joliet, IL

**Lazarus House** Main Number/Emergency Shelter (630)

587-2144/St. Charles, IL

**Matthew House** (773) 536-6628

**Morning Star Missions** Joliet, IL (815) 722-5780

**Primo Center for Women/Children** (773) 722-0544

**Respond Now** (708) 755-4357

**ReVive Center** (312) 997-2222

**Sarah's Circle Serving Women** (773) 728-1014

**Streetwise Inc** (773) 334-6600

**The Harbour Park Ridge**, IL (847) 297-8540

**The Night Ministry** (773) 784-9000

**You Can Make It Inc.** (773) 890-9681

**PREGNANCY SERVICES**

**Aid for Women** (312) 621-1107

24 Helpline (312) 621-1100 Text (312) 880-9840

**Avenue Women's Center**

Call: (630) 793-0337 Text: (630) 455-0300

**Birthright of Joliet** (815)-725-3411

**Caring Network** (630)-493-1340

**Caris** (312) 229-5700

**Catholic Charities** Pregnancy Helpline

24-Hour Intake Hotline:

(800) CARE-002 or (312)454-1717

**Nativity House** (815) 524-4964

**Save Abandoned Babies Foundation**

(312) 440-0229

24-hour hotline, 888-510-BABY (2229)

**Southside Pregnancy Center** (708) 346-9070

**Southside Women's Services** (708) 229-0092

Text (708) 325-8765

**The Courage Program** (708) 636-8001

**The Cradle** (847) 475-5800 (800) 272-3534

**The Women's Center** (773) 283-1400

**Waterleaf Women's Center, Aurora, IL**

Call (630) 701-6270 or text (630) 360-2256

**Well of Mercy** (773) 274-4227

**Women's Care Center of La Grange** (708) 352-5000

helpline 1-877-908-2341

**POST ABORTIVE HEALING**

**Project Rachel** (888) 456-HOPE

**Rachel's Vineyard**

(877) HOPE 4 ME (877) 467-3463

Contact: In Polish:

Sr. Maksymiliana Kaminska (773) 656-7703

**Restore After Abortion**

Call or Text (630) 599-0043

**International Helpline for Abortion Recovery**

(866) 482-5433 **Option Line** (800) 712-4357

**DEAF COMMUNITY**

Through the National Deaf Domestic Violence Hotline (NDDVH), a partnership with the **Abused Deaf Women's Advocacy Services** (ADWAS)

**https://www.thehotline.org/get-help/domestic-violence-deaf-services/**

**Video phone:** 855-812-1001

**Instantmessenger:** DeafHotline

**Email:** [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)

**Chicago Hearing Society** (773) 248-9121

Video Phone (773) 904-0154

Email:[CHSCOA@anixter.org](mailto:CHSCOA@anixter.org)

**Domestic Violence/Sexual Violence services to the Deaf.**

**Deaf Blind and Hard of Hearing (DDBHH)**

For assistance after-hours, please contact Rob

at [RNyczaj@anixter.org](mailto:RNyczaj@anixter.org) or text: (312) 485-7975

**National Suicide Prevention Lifeline** – go to

**988lifeline.org** and select For the Deaf and Hard of

Hearing scroll down to "ASL Now" button and click on it

- ASL callers can call **1-800-273-TALK (8255)**

**The Deaf Hotline** <https://thedeafhotline.org/>

**COMMUNITY OUTREACH RESOURCES**

- CHILD ABUSE
- DEAF COMMUNITY
- DOMESTIC VIOLENCE
- MENTAL HEALTH
- SEXUAL ASSAULT
- HUMAN-SEX TRAFFICKING
- HOMELESS SUPPORTIVE SERVICES
- PREGNANCY SERVICES

**HELP LINES-HOTLINES**

**Aunt Martha's Youth 24 Hour Crisis Line**

(708) 679-8100 Cook County

**Statewide Crisis Hotline** (877) 870-2663

**Chicago Rape Crisis Hotline** (888) 293-2080

**Child Abuse Hotline** at (800)-25-ABUSE

(800)-252-2873 or TTY 1-800-358-5117

**Crime Victims Assistance Line**

(800) 228-3368 Voice/ (877) 398-1130 (TTY)

**Elder Abuse** 24 Hour Hotline (866) 800-1409

**Homeless 24-Hour Hotline** (800) 654-8595

**Homeless Shelter Directory**

**https://www.homelessshelterdirectory.org/**

**Illinois Child Abuse Hotline**

(800) 25-ABUSE (800) 252-2873

**NAMI - National Alliance on Mental Illness**

**1-800-950-NAMI (6264)**, text "HelpLine" to **62640**

**National Domestic Violence Hotline** (800)799–7233 or

TTY (800) 787–3224

**National Hotline for Crime Victims**

(855) 4-VICTIM (855) 484-2846

**National Human Trafficking Hotline**

(888) 373-7888 Text "BEFREE"or"HELP" to 233733

**National Hotline for Missing and Exploited Children**

(800) 843-5678

**National Mental Health Helpline** (855) 995-9489

**Mental Health Crisis Lifeline** (800)273 TALK (8255) to reach a 24-hour crisis center, or text MHA to 741741 at the Crisis Text Line.

**National Runaway Safeline**

24/7 LiveText 1-(800) RUNAWAY or 1- (800) 786 2929

**National Sexual Assault**

(800) 656-4673 [24/7 Hotline]

**National Suicide Prevention Lifeline** - 988 Call/Text

**Crisis Lifeline** (1-800-273-8255)

**National Teen Dating Abuse Helpline**

(866) 331-9474 or (866) 331-8453 (TTY)

**The Network: Advocating for Domestic Violence**

**Illinois Domestic Violence 24-Hour Hotline**

(877) 863-6338 TTY (877) 863-6339

**Veterans Contact Line Illinois** (800) 437-9824

**Veterans Crisis Line** (800) 273-8255 Text 838255

**YWCA Rape Crisis Hotlines:** Chicago: (888) 293-2080

South Suburban: (708) 748-5672

West Suburban: (630) 971-3927



DOMESTIC VIOLENCE AGENCIES

\*SHELTER FACILITY  
CHICAGO

\*Apna Ghar (773) 334-4663 (800) 717-0757  
Text (773) 899-1041

Catholic Charities Community Casework  
And Counseling and Domestic Violence

General Intake: (312) 655-7700

Augustus Tolton Peace Center (312) 655-7106

\*Connections for Abused Women and  
Children Greenhouse Shelter (773) 278-4566

\*Family Rescue (773) 375-8400 or  
24-Hour Crisis Line (800) 360-6619

\*House of the Good Shepherd  
(773) 935-3434 or (773) 251-7641

\*Neapolitan Lighthouse  
24-Hour Crisis Line at (773) 722-0005

The Network: Advocating for Domestic Violence  
(312) 527-0730

YWCA Metropolitan Chicago (312) 372-6600

NORTH

\*A Safe Place Hot Line (800) 600-SAFE

24-Hour Crisis Line: (847) 249-4450

Between Friends (773) 274-5232

24-Hour Crisis Hotline (800 603-help (4367)

\*Community Crisis Center  
(847) 697-2380 TTY (847) 742-4057

SHALVA 24/7 Help/Crisis Line  
1-773-583-HOPE (4673)

\*Turning Point  
Crisis Line Phone: (815) 338-8081

\*WINGS 24 Hour Hotline (847) 221-5680

YWCA \*Mary Lou's Place (847) 864-8780 or  
24-Hour Crisis Line (877) 718-1868

COMMUNITY SERVICES

Affordable Recovery Housing 708) 299-0758

Aunt Martha's, Olympia Fields, (708) 747-7100

Aunt Martha's South Holland Community Health  
(877) 692-8686

Emergency Housing Joliet (815) 768-8750

Chicago Suburbs. (708) 679-8000

Kankakee (815) 937-0100

Christian Community Health Center Chicago Clinic  
Calumet City Clinic, South Holland (773) 233-4100

Guardian Angel Community Services, Joliet, IL  
(815)-729-0930

Adult Protective Services Program

24-hour Hotline (866) 800-1409 TTY (815) 741-4643

Grundy County Satellite Office (815) 941-2261

Pathlights - formerly PLOWS Council on Aging  
(708) 361-0219

Together We Cope, Tinley Park, IL (708) 633-5040

DOMESTIC VIOLENCE AGENCIES

\*SHELTER FACILITY  
SOUTH

A New Direction/WINGS -Beverly Morgan Park  
(773) 253-7226

\*Anew: Building Beyond Violence and Abuse  
(708) 794-2140 24-Hour Hotline (708) 335-3028

Break the Silence Foundation (773) 780-0065

Center for Advancing Domestic Peace  
(312) 265-0206

\*Crisis Center for South Suburbia

24 Hour Hotline (708) 429-7255

Metropolitan Family Services

Palos Hills (708) 974-2300

Chicago (773) 884-3310, (773) 371-3600

\*Pillars Community Health

Constance Morris House (708) 485-5254

Sarah's Inn (708) 386-3305 (708) 792-3120 Text

24-Hour Crisis Line (708) 386-4225

WEST

Burden Undone Ministries (815) 703-1497

\*Family Shelter Service (630) 221-8290

24-Hour Hotline (630) 469-5650

\*Guardian Angel (815) 729-0930

24-Hour Hotline (815) 729-1228

Harbor House Kankakee (815) 932-5800

\*Hamdard Center Crisis Line (866) 305-3933

\*Mutual Ground (630) 897-0084

24-Hour Hotline (630) 897-0080

Safe Passage DeKalb (815) 756-5228

ARAB AMERICAN FAMILY SERVICES

(AAFS) WORTH, IL (708) 599-2237

Crisis Hotline: (708) 945-7600

KHALIL CENTER – SOUTH CHICAGO, IL

Chicago, Lombard IL (630) 474-4414

ASIAN AMERICAN COMMUNITY

KAN-WIN - Chicago (773) 583-1392

Park Ridge - (847) 299-1392

24 Hour Hotline (773) 583-0880

POLISH RESOURCES

Polish American Association

North Side (773) 282-8206

South Side (773) 767-7773

SPANISH RESOURCES

Casa Central (773) 645-2300

Guardian Angel Community Services

(815) 729-0930 ex 1439

Mujeres Latinas en Acción

(773) 890-7676 Hotline (312) 738-5358

CARE FOR PETS

Noah's Rest - Sheltering your pets from the  
storm of domestic violence. (847) 764-6624

CATHOLIC CHARITIES

Southwest Region, Blue Island, IL (708) 430-0428

Counseling Support Line (312) 948-6951

Homeless Service Chicago (312) 948-6817

Suburban Cook County (877) 426-6515

Immigration Services - Cook (312) 427-7078

Lake County (847) 782-4225

Supportive Services for Veterans Families

Chicago (312) 655-7525

South/Southwest Suburban Cook: (708) 586-1351

The LOSS Program - Loving Outreach to

Survivors of Suicide (312) 655-7283

HUMAN-SEX TRAFFICKING

A Safe Place 24-Hour Crisis Line: (847) 249-4450

Or (800) 600-SAFE

Love Outreach Center (815) 651-8564

Magdalene House

info@magdalenehousechicago.org

Naomi's House

Amanda Bagnall (630) 480-1697

New Name (630) 254-8756

Rahab's Daughters (224) 333-0911

24 Hour Emergency Hotline 1 (833) 463-9329

Reclaim 13 (630) 209-4554

24/ 7 Crisis Hotline (312) 462-3306

Refuge for Women (708) 380-7419

Restoration 61 Business line (312 )550-0811

Intake Line (773) 550-7239

Selah Freedom (888) 8FREEME (888) 837-3363

Stepping Stones

(224) 789-3054-24/7-leave vm, will call back

The Dreamcatcher Foundation (773) 936-9898

24 Hour Hotline 1844-wedream

The Salvation Army – STOP IT PROGRAM

HOTLINE (877) 606-3158

SEXUAL ASSAULT

CAASE-Chicago Alliance Against Sexual Exploitation

(773) 244-2230

Clove Alliance, Kankakee, IL (815) 932-7272

Watseka Office (815) 432-2779

Hotline (815) 932-3322

Community Crisis Center, Inc. (847) 742-4088

Crisis Hotline (847)697-2380 Spanish (847)697-9740

Guardian Angels Community Services

(815) 729-0930 24-hour hotline (815) 730-8984

Mujeres Latinas En Accion

(773) 890-7676 Hotline (312) 738-5358

Mutual Ground (630) 897-0084

24-Hour Hotline (630) 897-8383

Northwest Center Against Sexual Assault

(847) 806-6526 24-hour hotline (888) 802-8890

Pillars Community Health (708) 745-5277

24 Hour Sexual Assault Hotline (708) 482-9600

Resilience (312) 443-9603

Zacharias Sexual Abuse Center

24 Hour Support Line (847) 872-7799

STATE'S ATTORNEY'S OFFICE

NUMBER/LOCATIONS

Domestic Violence Division

555 W. Harrison, Chicago

(312) 325-9220

Juvenile Justice Bureau

1100 S. Harrison Avenue, Chicago

(312) 433-7000 (773) 433-4781 TDD

Chicago (First Municipal District)

555 W. Harrison

(312) 325-9200

Skokie (Second Municipal District)

5600 Old Orchard Road

(847) 470-7300 (847) 470-5970 TDD

Rolling Meadows (Third Municipal District)

2121 Euclid Avenue

(847) 818-2326 (847) 818-2838 TDD

Maywood (Fourth Municipal District)

1500 Maybrook Avenue

(708) 865-6080 (708) 865-6402 TDD

Bridgeview (Fifth Municipal District)

10220 S. 76th Avenue

(708) 974-6250 (708) 974-6380 TDD

Markham (Sixth Municipal District)

16501 Kedzie Avenue

(708) 232-4040 (708) 232-4190 TDD

Victim/Witness Assistance Unit

2650 S. California Avenue, Chicago

(773) 674-7200 (773) 869-7494 (TDD)

LEGAL ASSISTANCE ORGANIZATIONS

Administer Justice (847) 844-1100

Ascend Justice Emergency Services (312) 325-9155

Extended Services (312) 971-5932

Catholic Charities Legal Assistance Department

(312) 948-6821

CAASE-Chicago Alliance Against Sexual Exploitation

(773) 244-2230 X204

Chicago Legal Clinic (773) 731-1762

First Defense Legal Aid (800) 529-7374

Life Span (312) 408-1210

Legal Aid Chicago (312) 341-1070

Metropolitan Family Services (312) 986-4200

North Suburban Legal Aid Clinic

(847) 737-4042

Thomas More Society (312) 782-1680

ORGANIZATIONS HELPING MEN AND

WOMEN COMING OUT OF PRISON

The Bridge (708) 771-8007 main office number/1-  
800-DA-BRIDGE (24-hour information hotline for ex-  
offenders)

St. Leonard's Ministries (312) 738-1414

**EVERGREEN PARK**

**Village Pantry Coalition**

2700 W 98th Pl, Evergreen Park, IL 60805  
(708) 422-8776, CONTACT: Jerry Lindquist  
HOURS: Friday: 9:30 am - 1:30 pm  
SERVICE AREA: Zip Code 60805 within Village of Evergreen Park

**HICKORY HILLS**

**St Patricia Community Services**

Hickory Hills, IL - Contact Melissa at St Patricia Rectory (708) 598-5222.

Food delivery to Hickory Hills resident

**JOLIET**

**The Joliet Hope Center**

511 Oak Leaf Ct, A, Joliet, IL 60436  
630-886-1553

The Joliet Hope Center is not a food bank or food pantry but a private non-profit 501(c)(3) community assistance program allowing people both working and not working to obtain food and household items that have been greatly discounted. It offers a long-term self-sufficiency solution to individuals and families struggling to fulfill their basic needs.

**LA GRANGE**

**St. Cletus Food Pantry**

600 W 55th St, La Grange, IL 60525  
(708) 215-5418, CONTACT: Kendall Grant  
HOURS: Thursday: 6:00 pm - 8:00 pm  
Emergency Hours: By appointment only  
SERVICE AREA: Lyons Township

**St. Francis Xavier Food Pantry**

124 N Spring Ave, La Grange, IL 60525  
(708) 352-0168, CONTACT: Mary Freeman  
HOURS: Tuesday: 10:00 am - 11:30 am  
SERVICE AREA: Zip Code: 60525 and 60526

**Second Baptist Church Food Pantry**

26 Washington Avenue, La Grange, IL - 60525  
Phone: (708) 354-5907

**LEMONT**

**Bethany Lutheran Church**

500 Lemont St, Lemont, IL 60439, (630) 257-7953

**Lemont United Methodist Church**

25 W Custer St, Lemont, IL 60439  
(630) 257-5210 - Open Hours: Tues., Wed., & Thurs. between 9:30 am – 12:30 pm. To certify to utilize the pantries, please call Deborah Schmitt, Human Service Director, at Lemont Township (630) 257-2522, ext. 19

**OAK FOREST**

**St. Damián Church Food Pantry**

5300 W. 155<sup>th</sup> Street Oak Forest, IL  
The SDFP services Oak Forest residents who are in need of food regardless of religious denomination. Residents can call the hotline at 708-802-0484 for assistance.

Food Pantry Delivery Dates:

3<sup>rd</sup> Saturday of every month at 7:30 am

**YKMI Hattie B. Williams Food Pantry**

5217 149th St, Oak Forest, IL 60452  
(708) 331-3511 - CONTACT: Annie R. Hill  
HOURS: - Every Friday 9:15 a.m.- 12:15 p.m.  
SERVICE AREA: South Suburbs

**OAK LAWN**

**Faith Ev. Lutheran Church**

9701 S Melvina Ave, Oak Lawn, IL 60453  
(708) 424-1059 - Food is given only to residents of Worth Township who are able to prove their residency. Food is distributed on the first and third Saturdays of every month, from 9 to 10:30 AM

**Pilgrim Faith United Church**

9411 S 51st Ave, Oak Lawn, IL 6045  
(708) 422-4200 - Proof of address by Photo ID is requested along with a piece of mail that shows your current address. The Pantry provides emergency food for families and individuals in: Oak Lawn / Hometown / Worth / Burbank Chicago Ridge / Alsip Pantry Hours 10:00 a.m. to 12:00 p.m. Tuesday & Fridays. Families may receive assistance once a month. 12 times in a 12-month period. Where do I go to get food? 9411 S. 51st Avenue, Oak Lawn.  
Enter through the courtyard on 51st Avenue.

**St. Paul's Lutheran Church**

4660 W. 94<sup>th</sup> St., Oak Lawn, IL 60453  
(708) 423-1040 1<sup>st</sup> & 3<sup>rd</sup> Wednesday 2:00-4:00 pm. Available once per month.

**The Church of the Living God**

9841 S 55th Ave, Oak Lawn, IL 60453, USA  
(773) 443-1521 - CONTACT: Joseph A. Nyarko  
HOURS: Tuesday: 4:00 pm – 6:00 pm  
SERVICE AREA: Zip Codes: 60453, 60655, 60805, 60459, 60455, 60415

**PALOS HILLS**

**Elsie's Pantry Savior Divine Lutheran Church**

10040 S 88th Ave, Palos Hills, IL 60465  
(708) 598-4435 - CONTACT: Beth Heinrich  
HOURS: Thursdays 3pm-5pm

**PALOS HEIGHTS**

**Palos United Methodist Church Food Pantry**

12101 S. Harlem Ave., Palos Heights, IL  
(708) 448- 0798 Service boundaries are: 79th St. to the north, 135th St. to the south, Cicero Ave. to the east, and LaGrange Rd. to the west. Open every Tuesday from 9-11 a.m. and 4-6 p.m.  
You need to always have a picture ID with you when you visit the pantry. Clients are able to come twice a month as long as they continue to live within our boundaries. We are a client choice pantry – you get to choose what you would like.

**PARK FOREST**

**St. Irenaeus - Catholic Charities**

207 S Orchard Dr, Park Forest, IL 60466  
708-748-6891

**ROBBINS**

**Good Shepherd Lutheran Church**

13939 Claire Blvd, Robbins, IL 60472  
(708) 388-2506  
CONTACT: Melina Land  
HOURS: Every 1st Thursday: 10:30 am - 12:30 pm  
SERVICE AREA: Cook County

**SUMMIT**

**St. Blase-Catholic Charities**

7438 W 61st Pl, Summit, IL 60501  
(708) 563-2407  
CONTACT: Sr Animaria Sfentec  
HOURS: Monday, Thursday, and Friday:  
9:00 am - 12:00 pm and 1:00 pm - 4:00 pm  
SERVICE AREA: Cook County

**TINLEY PARK**

**Tinley Park Food Pantry**

6875 173rd Pl, Tinley Park, IL 60477  
(708) 614-7739, CONTACT: Chuck O'Kresik  
HOURS: Wednesday: 8:00 am - 1:30 pm  
SERVICE AREA: Tinley Park and Orland Hills  
**Together We Cope**  
17010 Oak Park Ave, Tinley Park, IL 60477  
(708) 633-5040 x7215

CONTACT: George Rumbaugh

HOURS: Mon, Tues, Wed, and Fri: 9am - 3pm.  
Thur: 2pm - 7pm SERVICE AREA: Townships:  
Bremen, Orland, Palos and Worth or S: 183rd - N:  
87th and E: Western Ave - W: Will Cook Rd

**WESTCHESTER**

**Westchester Food Pantry**

10300 Roosevelt Rd, Westchester, IL  
(708) 927-4826 CONTACT: Amanda Grant  
HOURS: Friday: 5:30pm- 7:30pm – SERVICE AREA:  
Westchester, Bellwood, Berkeley, Broadview, Hillside,  
LaGrange Park, Western Springs

# FOOD PANTRIES

**Bloom Township Food Pantry Inc**

425 South Halsted Street, Chicago Heights, IL 60411  
(708) 754-9400 CONTACT: Leticia Johnson  
HOURS: Monday: 3:00 PM - 7:00 PM and Wednesday:  
10:00 AM – 2:00 PM SERVICE AREA: Bloom Township  
**Bremen Township**

16361 Kedzie Ave, Markham, IL 60428  
(708) 333-9530 x19 CONTACT: Rondal Jones  
HOURS: Every 2nd Friday: 10:00 am - 12:00 pm  
SERVICE AREA: Cook County

**Calumet Park Township Senior Center**

12633 S Ashland Ave, Calumet Park, IL 60827  
(708) 388-6606 ext. 5 CONTACT: Paul Hollock  
HOURS: Bi-Monthly Thursdays: 1:00 pm-3:00 pm  
SERVICE AREA: Cook County

**Justice Village Hall**

7800 Archer Rd, Justice, IL 60458  
(708) 458-2520 CONTACT: Janet Cervantes  
SERVICE AREA: Cook County

**Orland Township Food Pantry**

14807 S Ravinia Ave, Orland Park, IL 60462  
(708) 403-4222 - CONTACT: Robin Kassis  
HOURS: Monday - Friday: 9:00 am - 4:00 pm  
SERVICE AREA: N: 135th St - S: 183rd St,  
E: Harlem - W: Will-Cook Rd

**Palos Township Emergency Food Pantry**

10802 S. Robert Rd., Palos Hills, IL 60465  
(708) 598-4418

**Rich Township Food Pantry**

22013 Governors Hwy, Richton Park, IL 60471  
(708) 228-5033 - CONTACT: Odette Gueringer  
HOURS: Monday – Friday: 1:30pm-3:30pm  
SERVICE AREA: Rich Township borders: 183rd St to the North, Western Ave to the East, Steger Rd to the South and Harlem Ave to the West

**Thornton Township Food Assistance Center**

15340 Page Ave., in Harvey, Ill. 60426  
(708) 596-6040 ext. 3180 Food Assistance Center  
Hours Of Operation Monday and Friday: 10:00 a.m. – 12:00 noon and 1:00 p.m. – 3:00 p.m. Wednesday: 10:00 a.m. – 12:00 noon and 4:30 p.m. – 6:00 p.m.

**Worth Township Food Pantry**

11601 South Pulaski Road, Alsip, IL 60803, USA  
(708) 371-2900 CONTACT: Amy M. Hughes  
HOURS: Monday, Tuesday, and Thursday: 11:30 am - 3:30 pm, Wednesday: 11:30am-5:30pm and Friday: 11:30am-2:30pm SERVICE AREA: 87th Street - 135th Street, Western – Harlem (Worth Township – does not include City of Chicago residents)

**ALSIP**

**Christ UM Church – Alsip**

3730 W 119th St, Alsip, IL 60803  
(708) 385-8034, CONTACT: Derrick Hughes  
HOURS: Tuesday: 12:45 pm - 2:45 pm  
SERVICE AREA: Alsip, Garden Homes, Robbins, Merrionette Park, and Blue Island  
**Lighthouse Church of All Nations**  
4501 W 127th St, Alsip, IL 60803  
(708) 385-6020 CONTACT: Barbara Gatewood  
HOURS: Tuesday: 3:00pm-5:45pm  
SERVICE AREA: Zip Codes: 60406, 60426, 60428, 60445, 60453, 60463, 60469, 60472, 60482, 60803, 60805, 60628, 60643, 60655, and 60827 (Riverdale)

**Operation Blessing – South**

4901 W 128th Pl, Alsip, IL 60803  
(708) 597-6326, CONTACT: Steve Bailey  
HOURS: Tuesday, Thursday, Friday: 9:00 am - 12:00 pm; Wednesday: 12:00 pm - 3:00 pm  
SERVICE AREA: N: 79th St - S: 175t St and E: Halsted - W: La Grange Rd

**BLUE ISLAND**

**Blue Cap**

2155 Broadway Street, Blue Island, IL, USA  
(708) 389-6578 Ext. 403  
CONTACT: Regina Brown-White - Pantry HOURS: Tuesday 9:30 am - 1:30 pm - Pantry SERVICE AREA: Blue Island, Calumet Park and Robbins

**TSA: Blue Island**

2900 W Burr Oak, Blue Island, IL 60406  
(708) 332-0104, CONTACT: Ada Lepellere  
HOURS: Wednesday: 9:00 am - 12:00 pm and 1:00 pm - 4:00 pm - SERVICE AREA: Zip Codes: 60803, 60827 (Calumet Park only), 60445, 60469,60655, 60406 and 60472

**St. Benedict Parish Food Pantry**

2339 York St , Blue Island, IL 60406  
(708) 385-8510, CONTACT: Juan Limon  
HOURS: Friday: 9:15 am - 11:15 am  
SERVICE AREA: Zip Codes: 60406 and 60472

**BROOKFIELD**

**Share Food Share Love Food Pantry**

3801 Madison Avenue, Brookfield, IL 60513, (630)-347-5390, CONTACT: John Dumas  
HOURS: Tuesday 7:00pm-9:00pm and Saturday 10:00am- 12:00pm -SERVICE AREA: Brookfield, LaGrange Park, Riverside, North Riverside, Lyons, Hodgkins, McCook, Stickney, Forest View, Summit, LaGrange, Countryside, Western Springs

**BRIDGEPORT**

**Benton House**

3052 S Gratten Ave, Chicago, IL 60608, (773) 927-6420

**BRIDGEVIEW**

**Mosque Foundation**

9851 S. 76<sup>th</sup> Avenue, Bridgeview, IL 60455  
(708) 581-3182, CONTACT: Jeanean Othman  
HOURS: Tuesday: 9:00 am - 1:00 pm

**Oak Lawn Community Church**

7902 S Oketo Ave, Bridgeview, IL 60455  
(708) 599-4025, CONTACT: Alice Bruce  
HOURS: Wednesday: 12:00 pm - 2:00 pm  
SERVICE AREA: Zip Codes: 60632, 60629, 60638, 60655 and 60652; Selected South Suburbs

**St Fabians St Vincent DePaul**

8300 Thomas Ave, Bridgeview, IL 60455  
(708) 232-7895  
Must live in the parish boundaries. An I.D. required. Food pick up is the 4<sup>th</sup> Monday of every month, 10:00 am to 11:00 am.

**BROADVIEW**

**Broadview Service Center**

2000 W. Roosevelt Road, Broadview, IL 60155  
708-945-4942, CONTACT: Judy Brown-Marino  
HOURS: Tuesday 6:00 PM-7:30 PM and Wednesday 11:00 am – 1:00 pm (Call for service)  
Service Area: Broadview and Hines Area – 60141 and 60155

**BURBANK**

**Our Saviors Lutheran Church**

8607 Narragansett Ave, Burbank, IL 60459  
(708) 599-4780  
CONTACT: Darlene Marquart  
HOURS: Tuesday: 9:00 am - 11:00 am and Thursday: 1:00 pm - 3:00 pm  
SERVICE AREA: Burbank plus N: 103rd St., S: 87th St., W: Pulaski, E: Harlem

**CALUMET PARK**

**Community Covenant Church PY**

12446 S Loomis St, Calumet Park, IL 60827  
(708) 385-7477, CONTACT: Sharol Jackson  
HOURS: Wednesday: 10:00 am - 12:00 pm  
SERVICE AREA: N: 119th St - S: Vermont St; E: Halsted - W: Western

**CHICAGO HEIGHTS**

**Respond Now**

1439 Emerald Avenue, Chicago Heights, IL 60412  
(708) 755-4357

**CHICAGO**

**Greater Chicago Food Depository**

4100 W. Ann Lurie Place, Chicago, IL 60632  
Phone: (773) 247-3663  
<https://www.chicagosfoodbank.org/>

\*Go to Find Food for Shelter Locations.

\*In Different Languages.

\*Many Programs and Services.

**Albany Park Food Pantry**

3253 W Wilson Ave, Chicago, IL 60625  
(773) 478-7941

**Breaking Bread Ministries**

1111 N Wells St Ste 500, Chicago, IL 60610  
(312) 573-8836

**Care for Friends**

530 W Fullerton Pkwy, Chicago, IL 60614  
(773) 932-1010

**Care For Real**

5341 N Sheridan Rd, Chicago, IL 60640  
(773) 769-6182

**Catholic Charities Emergency Assistance Program**

721 N La Salle Dr, Chicago, IL 60654  
(312) 655-7518

**Chicago Dream Center Manna for Life**

2704 W North Ave Chicago, IL 60647  
(773) 384-2200

**Chicago Hope Food Pantry**

2505 N Kedzie Blvd, Chicago, IL 60647  
(773) 499-9763

**Common Pantry**

3744 N Damen Ave, Chicago, IL 60618  
(773) 327-0553

**Cornerstone Community Outreach**

4626 N Clifton Ave, Chicago, IL 60640  
(773) 271-8163

**European American Association**

2827 W Division St, Chicago, IL 60622  
(773) 342-5868

**Grace Evangelic Covenant Church**

4201 N Monticello Ave, Chicago, IL 60618  
(773) 478-0208

**Irving Park Community Food Pantry**

4256 N Ridgeway Ave, Chicago, IL 60618  
(773) 283-6296

**La Casa Norte's Fresh Market**

3533 West North Avenue, Chicago, IL 60647  
(773) 525-1777

**Lakeview Pantry - Sheridan**

3945 N. Sheridan, Chicago, IL 60613  
(773) 525-1777

**Mccormick Tribune-YMCA**

1834 N Lawndale Ave, Chicago, IL 60647  
(773) 235-2525

**New Life Community Church - Albany Park**

3729 W Leland Ave, Chicago, IL 60625  
(312) 489-8861

**New Seed Pantry**

4716 N Malden St, Chicago, IL 60640  
(312) 569-9917

**North Shore SDA Church**

5220 N California Ave, Chicago, IL 60625  
(224) 707-7874

**Ravenswood Community Services**

4332 N Paulina St, Chicago, IL 60613  
(773) 769-0282

**Ravenswood Community Services**

1757 W Wilson Ave, Chicago, IL 60640  
(773) 769-0282

**SVDP: Center Food Pantry**

2145 N Halsted St, Chicago, IL 60614  
(312) 278-4130

**Soup Kitchen At Congregation K.I.N.S.**

2800 West North Shore Avenue, Chicago, IL 60645  
(773) 761-4000

**St. John UC Food Pantry**

2442 W Moffat St, Chicago, IL 60647  
(773) 331-4170

**St. Mark Church Food Pantry**

1048 N Campbell Ave Chicago, IL 60622  
(773) 342-1516

**St. Sylvester Parish**

2915 W Palmer St, Chicago, IL 60647  
(773) 235-3646

**St. Teresa of Avila Parish**

1950 N Kenmore Ave, Chicago, IL 60614  
(773) 528-6650

**St. Thomas of Canterbury**

4827 N Kenmore Ave, Chicago, IL 60640  
(773) 878-5507

**The Friendship Center**

2711 W Lawrence Ave, Chicago, IL 60625  
(773) 907-6388

**The Holy Order of Cherubim and Seraphim**

**Movement**

4850 N Sawyer Ave, Chicago, IL 60625  
(773) 383-0276

**The Lord's Table**

4332 N Kedzie, Chicago, IL 60618  
(773) 866-9461



# kickstart Your New Career in 6 Weeks

E-commerce &  
Digital Marketing

**OAI** *Building Careers.  
Changing Lives.*

Governors State UNIVERSITY **iIN** ILLINOIS  
SUPPLY CHAIN INNOVATION CENTER & BUSINESS INCUBATOR



4343  
ASCENDING  
HOUSE



## Why Choose E-commerce?

According to LinkedIn, There are currently **288,000** unfilled jobs for "digital marketing" and **87,000** jobs for "e-commerce". Back in 2016, this number was 80,000 and 30,000 respectively. In the last two years, the need for digital marketing and e-commerce talents has **skyrocketed**.

## Do you want to

- +** Start your own business?
- +** Stand out in job market?
- +** Work as a digital marketing specialist?



**Tuition is on us!**  
& Free Chromebook



**Support Service**  
Gas cards & training stipends



**Credential & Job**  
Governors State University Badges,  
Job placement support

## SIGN UP NOW!



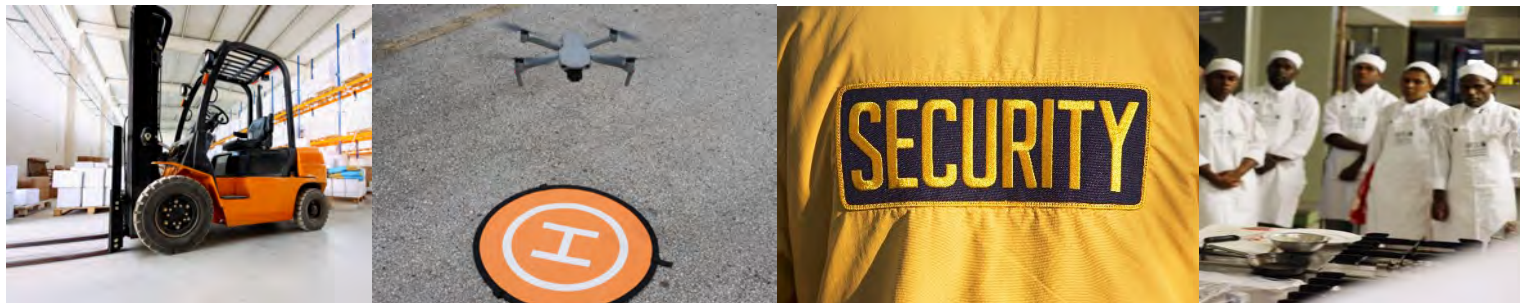
Scan the QR code  
OR go to:  
[oaiinc.org/application](http://oaiinc.org/application)

**CONTACT NOW**

(708) 283-5020

[oaisouthland@oaiinc.org](mailto:oaisouthland@oaiinc.org)

This project is being supported, in whole or in part, by federal award number SLT-3381 awarded to the State of Illinois and by federal award number ALN 21.027 awarded to Cook County by the U.S. Department of the Treasury.



# Join Securing Opportunities for Success (SOS)

All services offered at no cost!!

## *Types of Available Certifications:*

Construction Flagger  
 Construction Forklift  
 First Aid/CPR  
 OSHA Safety Trainings  
 Part 107 Drone Pilot Training  
 Hospitality & Food Service Certification  
 Heavy Construction Equipment Operator  
 Residential Wiring  
 Armed & Unarmed Security  
 Scaffolding  
 Window Capping

*and more...Additional Benefits Include:*

*Job Readiness Training & Employment Opportunities*

All services & trainings are **FREE** to individuals interested in Employment and Career Pathways.



**FOR MORE DETAILS & ENROLLMENT ASSESSMENT**  
 Contact (708) 251-4965 or email [lnoble@cornerstone-cdc.org](mailto:lnoble@cornerstone-cdc.org)

*Stabilize. Sustain. And Empower!*

**CORNERSTONE COMMUNITY DEVELOPMENT CORPORATION**  
 943 EAST LINCOLN HIGHWAY | FORD HEIGHTS, IL 60411  
[WWW.CORNERSTONE-CDC.ORG](http://WWW.CORNERSTONE-CDC.ORG)

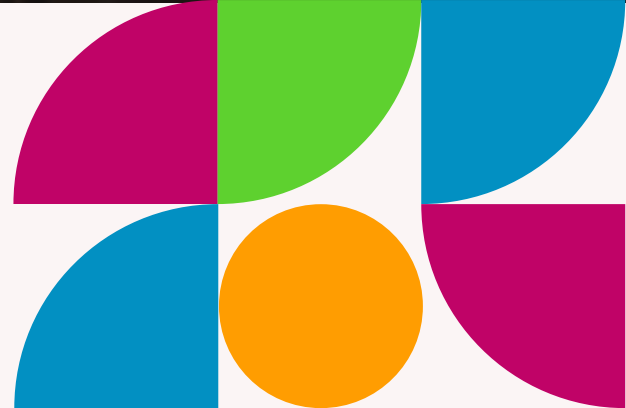


# COMMUNITY ADVISORY BOARD



## JOIN OUR TEAM!

Are you a South Suburban resident who wants to make a difference in your community? Join our Community Advisory Board at Proactive Community Services! Members will help identify community needs and support the development of new services. Members will receive a stipend of \$125 per meeting. Apply now by completing our interests form at <https://bit.ly/pcscabform> to express your interest.



Proactive Community Services  
19740 Governors Hwy., Suite 118  
Flossmoor, IL 60422  
Phone: (708) 248-6166  
Email: [info@pcsil.org](mailto:info@pcsil.org)



# Become a Community Health Worker



## What are Community Health Workers?

Community Health Workers (CHWs) are frontline healthcare workers who are trusted members – and/or have a close understanding – of the communities they serve. To improve culturally-competent delivery of services and resources, CHWs serve as liaisons between health and social services and the community.

### The Community Health Worker Program

The CHW Program includes:

- Two, 8-week semesters of CHW coursework at South Suburban College, which awards a certificate for completion and contributes toward an associates degree.

#### AND/OR

- One 1-week CHW-Intensive through Sinai Urban Health Institute.

#### PLUS:

- Advanced training opportunities with the University of Illinois Chicago (UIC).
- Access to the Community Health Worker Learning Collaborative, which includes knowledge-sharing, networking, and professional development opportunities.
- Access to virtual resources that support community health work, including webinars, videos, training, job readiness support, internship and mentorship opportunities.



**Apply** for Training Program  
[bit.ly/44RCASW](https://bit.ly/44RCASW)

### Program Participant Requirements

- No pre-requisites, diploma or degree required.
- No more than an Associates Degree, unless already employed as a CHW.

Must be:

- **A resident of Suburban Cook County** (not a resident of Chicago).
- **At least 18 years of age.**
- **Willing to work as a Community Health Worker in suburban Cook County**, upon completion of either certification program.
- **Willing to provide feedback to CCDPH** about your experience with the CHW program.

### Training Scholarship Available

In partnership with South Suburban College (SSC) and Sinai Urban Health Institute (SUHI), Cook County Department of Public Health invites you to join our Community Health Worker Training Program (CHWTP), which includes multiple Basic Certification training options **FREE** of cost:

- Two semesters of CHW training through South Suburban College
- One week CHW Intensive through Sinai Urban Health Institute



Cook County  
DEPT. of  
Public Health



SOUTH  
SUBURBAN  
COLLEGE

*South Suburban College is a proud partner of Cook County Department of Public Health's Building Healthy Communities initiative that advances community solutions for racial and health equity. This training program is supported by funds made available from the Centers for Disease Control and Prevention (CDC), Center for State, Tribal, Local and Territorial Support, under award numbers 1 NH75OT000024 and 5 NU58DP006993.*



# There's lots to learn

*You've got this!*  
**with a free personal nurse**

that can give you the support, advice and information  
you need as a new mom, pregnant with your first baby.

Contact Us  
CALL (708) 974-5123  
TEXT (844) 637-6667



# CHILD & FAMILY PROGRAM



**All children deserve to grow up feeling safe and loved.**

We are dedicated to ending the cycle of sexual abuse and exploitation through long-term support and meaningful connection.

Children who have experienced sexual trauma, and their families, are paired with specialized professionals in order to enhance healing, build resilience, and prevent re-victimization.

## Learn More:



[reclaim13.org/child-family](https://reclaim13.org/child-family)



[info@reclaim13.org](mailto:info@reclaim13.org)

## Need Help?

(312) 462-3306

**24/7 Crisis Hotline**



# THERAPY CLINIC



**Childhood trauma results in deep wounds that adversely affect the trajectory of people's lives.**

We help individuals take courageous steps forward in their healing journeys.

Our therapists specialize in working with survivors of childhood trauma. We use evidence-based therapy to assist survivors and their loved ones to work through challenges such as depression, attachment disorders, anxiety, PTSD and more.

## Learn More:



[reclaim13.org/therapy](https://reclaim13.org/therapy)



[therapy@reclaim13.org](mailto:therapy@reclaim13.org)

## Interested?

(630) 209-4554

**Mon-Fri 9am-5pm**

# Medication Assistance Program

If you know someone who is HIV-positive and need help paying for HIV medications and care, contact our Benefits Specialist, Roberta Coleman, for help with obtaining support services. Email her at: [rcoleman@pcsil.org](mailto:rcoleman@pcsil.org)



**At Proactive Community Services we can help you:**

- **apply for the AIDS Drug Assistance Program (ADAP) to cover the cost of HIV medications.**
- **enroll in comprehensive medical insurance**
- **apply for assistance paying for health insurance premiums**
- **provide referrals to case management, medical transportation, nutrition education, and more**

**Visit [www.pcsil.org](http://www.pcsil.org) for more info and on getting free testing and safe-sex kits**

Proactive Community Services  
19740 Governors Hwy., Suite 118  
Flossmoor, IL 60422  
Phone: (708) 248-6166  
[www.pcsil.org](http://www.pcsil.org)

# HIV Case Management

If you or someone you know is HIV+,  
contact our Medical Case Manager,  
Ulandous Lewis, for help with obtaining  
support services. Email her at:  
[ulewis@pcsil.org](mailto:ulewis@pcsil.org)

## CASE MANAGERS HELP PEOPLE LIVING WITH HIV OBTAIN:

- MEDICAL AND HOME HEALTH CARE
- DENTAL SERVICES
- ASSISTANCE ENROLLING INTO  
MEDICATION ASSISTANCE PROGRAMS
- ASSISTANCE PROCESSING THE PAYMENT  
OF HIV RELATED MEDICAL OUT OF  
POCKET COSTS FOR ELIGIBLE CLIENT
- SUBSTANCE ABUSE AND MENTAL HEALTH  
TREATMENTS
- LEGAL SERVICES
- ACCESS TO FOOD PANTRIES
- PUBLIC BENEFITS
- HOUSING OPTIONS
- OTHER SUPPORT PROGRAMS
- ADDITIONAL SERVICES THROUGH SPECIAL  
PROGRAMS

VISIT [WWW.PCSIL.ORG](http://WWW.PCSIL.ORG) FOR MORE  
INFO ON GETTING FREE TESTING



---

Proactive Community Services  
19740 Governors Hwy., Suite 118  
Flossmoor, IL 60422  
Phone: (708) 248-6166  
[www.pcsil.org](http://www.pcsil.org)



## HIV PREVENTION

The best way to prevent HIV is to be abstinent. However, if you are having sexual relations the best thing to do is to limit the number of partners and use protection. It's a good idea to know your status and the status of your partners as they may also have multiple partners.

**Our Priority  
is Quality**



## WE STRONGLY BELIEVE IN HEALTHY FAMILIES

### WHAT WE DO

#### JOB READINESS

PCS training participants are given the opportunity to obtain higher education, training and support services needed to secure positions that have opportunity for advancement and sustainability, ultimately leading these individuals on a pathway to financial self-sufficiency.

#### COMMUNITY HEALTH & WELLNESS

Comprehensive HIV/AIDS/STI (Sexually Transmitted Infection) service delivery includes: Health Education and Risk Reduction Linkages to HIV Testing, Hepatitis C Screening, Counseling, and Referrals to care services.

#### CHRONIC DISEASE PREVENTION

Linking our community with public health services, social service organizations, hospitals and health care providers to promote ensure wellness promote healthcare events and chronic disease prevention activities by making them widely available in disadvantaged communities.



**Our Priority  
is Your Health**



[WWW.PCSIL.ORG](http://WWW.PCSIL.ORG)



**Our Priority  
is Compassion**

## ABOUT US

Proactive Community Services (PCS) is a 501(C) (3) human service organization in Flossmoor, Illinois, founded 18 years by CEO Eula Burge, an African American female from Robert Taylor Homes on the south side of Chicago. She founded PCS because of her lived-experience, with the mission to improve health, social, and economic inequalities for disadvantaged communities. Her vision is to empower individuals, regardless of their zip code, to take action to increase the quality and years of healthy life and eliminate health and social disparities.

The geographic service area includes communities in Southern Cook County, Illinois.

## OUR SERVICES

If you recently found out that you have HIV, or if you have been living with HIV for any part of your life, we offer support services to those in need.



MEDICAL CASE MANAGEMENT



FREE HIV/STI TESTING



HOUSING ASSISTANCE



ADAP DRUG ASSISTANCE/340B PROGRAM

## CONTACT

(708) 248-6166  
19740 Governors Hwy., Suite 118  
Flossmoor, IL 60422  
[info@pcsil.org](mailto:info@pcsil.org)  
[www.pcsil.org](http://www.pcsil.org)

## Our Priority is **YOU**

More than 36.7 million people are infected with the human immunodeficiency virus, also known as its acronym HIV.

It can be detected by a specific blood test or a test in which the skin inside the mouth is rubbed.

**GETTING TO  
ZERO ILLINOIS  
(GTZ-IL)**



**WWW.PCSIL.ORG**



Proactive  
Employment  
Solutions  
Program

Still haven't

found that job yet?

Let us help!  
Register for free!

Tell us what type of job you are looking for and let us help you find the job for you!

Our Job Search/Resume Experts will assist you free of charge with finding a job and with creating or updating your resume and cover letter.



REGISTER AT  
[HTTPS://BIT.LY/RESUME-EXPERT-HELP](https://bit.ly/resume-expert-help)



19740 Governors Hwy., Suite 118  
Flossmoor, IL 60422  
Phone: (708) 248-6166  
[www.pcsil.org](http://www.pcsil.org)



# PROACTIVE COMMUNITY SERVICES 340B PROGRAM



**ENROLL TODAY!**

**Huge Savings  
on Prescription  
Medication**



## Program benefits include:

- Bus Cards
- Gas Cards
- Grocery Cards
- Gift Cards
- FREE Unlimited Smart Phone
- Prescription Co-Pay Payments

**TO ENROLL: CALL FOR DETAILS**

**ROBERTA COLEMAN, LEAD CARE COORDINATOR**

**PHONE: (708) 252-5311**

**TALISHA BURGE, DIRECTOR OF HEALTH AND WELLNESS**

**PHONE: (708) 654-1149**

**WWW.PCSIL.ORG**





Energy  
Efficiency  
Program

## Elevate Your Skills and Grow Your Career



Energy efficiency is one of the fastest growing industries and we want to build the next generation of skilled contractors to tackle the demand. Nicor Gas has developed the **Workforce Training and Employment (WTE)** program to provide free hands-on training and development for people who may not traditionally have access to these opportunities.

The **WTE** program will introduce participants to the energy efficiency industry and guide them toward employment avenues with trade allies, utilities and other enterprises. The program is designed to support individuals from traditionally underrepresented and marginalized communities.

### During the intensive training session, participants will get:

- ⌚ Hands-on classroom and field instruction
- ⌚ Training on topics that include energy principles, air leakage, HVAC, insulation and more
- ⌚ Certification guidance for industry programs including Building Science Principles

### In addition to providing invaluable industry knowledge, the WTE program will also provide:

- ⌚ A stipend for the hours spent in training
- ⌚ Access to free community partner services
- ⌚ Connection to employers looking to hire program graduates
- ⌚ Childcare support
- ⌚ Transportation assistance

## Let us support your successful journey!

To get more information and apply,  
visit [nicorgas.com/WTE](https://nicorgas.com/WTE)

Scan the QR code  
for more information





# GOVERNORS STATE UNIVERSITY

# LEGAL CLINIC

## Who We Are

The GSU Self-Help Legal Assistance Clinic (GSU-LC) provides free legal information and non-legal resources to low-income Illinois residents using the court system without legal representation, understand and navigate the legal system. At the clinic, a team of attorneys, social workers, and volunteers work together under the supervision of a licensed attorney and social worker to increase access to legal services in underrepresented communities.

## Services

Pro se and free legal information in the areas of family law, immigration, housing, and expungement. We can assist with:

- Understanding legal rights and laws
- Assist with filling out legal forms
- Review and explain court orders, procedures, and filings



708-235-7553



[legalclinic@govst.edu](mailto:legalclinic@govst.edu)



[govst.edu/legalclinic](http://govst.edu/legalclinic)

### Hours of Operation

Friday- 12pm to 6pm

Saturday- 10am to 3pm

### Location:

GSU Library

1 University Pkwy

University Park, IL. 60484



Scan the QR code to  
learn more



**Governors State**  
UNIVERSITY  
[www.govst.edu](http://www.govst.edu)

Funded in part by  
<https://iejf.org/>







## Secure and Responsible ELECTRONIC WASTE RECYCLING



PCs for People is a 501(c)(3) nonprofit and national leader in IT Asset Disposition (ITAD) offering certified data destruction and recycling services.



**SOCIALLY  
RESPONSIBLE**

**CONVENIENT  
PICKUP**

**ZERO  
LANDFILL**

## Schedule a Pickup Today!

Convenient white-glove pickup services are available in Illinois, Minnesota, Ohio, Colorado, Missouri, Maryland, Georgia, and neighboring states with nationwide shipping logistics support available.

We generally schedule 1-2 weeks out and can set up recurring pickups to meet your needs.

Online: [www.pcsforpeople.com/schedule-a-pickup](http://www.pcsforpeople.com/schedule-a-pickup)  
Email: [recycle@pcsforpeople.org](mailto:recycle@pcsforpeople.org)



### Your Account Manager:

Loren Williams  
Account Executive, ITAD Services  
(773) 988-6908  
[lwilliams@pcsforpeople.org](mailto:lwilliams@pcsforpeople.org)



# Service Overview



Asset Pickup  
and Removal



Asset Label/Tag  
Removal



Certified Drive  
Removal and  
Data Sanitization



Environmentally  
Responsible  
Recycling or  
Refurbishing



Detailed  
Reporting w/  
Certificates of  
Destruction

## Accepted Electronic Waste

We typically accept all functioning and non-functioning IT-related electronics. Recycling is free unless noted.

### COMPUTERS AND ACCESSORIES

Laptops | Tablets | Desktop PCs | Monitors | Cables & Accessories | Circuit Boards/Cards | Computer Mice | Computer Power Supplies | Gaming Devices | Hard Drives | Keyboards | Media Speakers | Network Devices | CRT/Tube Monitors and Televisions (\$.55/lb)

### HOME ENTERTAINMENT

Cable Set Top Box (analog, digital, satellite) | Accessories & Cables | Plasma & LCD TVs | Stereo Equipment | Hi-Fi Speakers | Video Players | Digital Cameras | DVD Players | Video Cameras | Game Consoles | Large Screen TVs (\$.55/lb)

### SERVERS & DATA CENTER

Servers | Storage Arrays | Network Related Equipment | Power Distribution Units | Routers and Switches | Cabling | Switchgear | Panelboard | Mainframe Equipment | Server Racks

### MOBILE DEVICES

Cell Phones/Smart Phones | Personal Digital Assistants | MP3 Players

### OFFICE ITEMS

Phones and Communication Devices | Ink & Toner Cartridges | Fax Machines | Video & Audio Equipment | PBX Systems | Projection Equipment | Security Equipment | Receivers and Transmitters | Desktop Printers | Large Format Printers and Copiers (\$.25/lb) | Smart Boards (\$.25/lb)

If you have items that are not on this list and would like to inquire about recycling, please contact your account manager or [recycle@pcsforpeople.org](mailto:recycle@pcsforpeople.org).

## Community Impact

PCs for People does more than securely recycle your electronic waste; we are a nonprofit social enterprise with a mission to end the digital divide.



**520,000**  
people supported



**267,000**  
devices distributed



**9 million**  
pounds of e-waste recycled



**77,000**  
homes connected to internet



### Our Work Supports:

**Digital Equity:** Recycled computers are refurbished and distributed back into the community to support equal access to technology for low-income families.

**Workforce Development:** Our recycling warehouses employ adults from diverse backgrounds and with disabilities.

**The Environment:** If items are not reusable, we recycle every component, keeping millions of pounds of e-waste out of landfills.

# Are you pregnant or parenting and looking for your community?

WE HAVE A **GROUP** FOR YOU!

---

We're hosting a free virtual weekly peer support group to help you get to know others in your area who are sharing a similar experience. It will be a space to talk about the good, bad, hard, and happy moments of your pregnancy and early parenting journeys.

If you want to join us  
complete this form.

Link: <https://bit.ly/peermeet>



Pregnanting®

PREGNant and ParentING Peer Support Group





# Domestic Violence Support Group

---

**An open support group for domestic violence survivors to learn about domestic abuse and share experiences with other survivors**

---

Wednesdays  
7pm to 8pm

8201 W. 183rd Street, Suite L, Tinley Park

---

**To sign up, call our hotline:  
708-429-7255**

## Rotating Topics

- Power and Control Wheel
- Equality Wheel
- Cycle of Violence
- Boundaries
- Why People Stay
- Impact of Abuse on Children
- Coping Skills
- Dealing with Triggers
- Red Flags vs. Green Flags
- Safety Planning
- Self-Care
- Goals

# Summer Youth Job Training

**Apply  
Today!**

## Employment Opportunity!



### ARE YOU LOOKING FOR SUMMER EMPLOYMENT?

You will have the opportunity to:

- Earn Cash
- Make New Friends
- Learn New Skills
- Receive Hands-On Training

**AGES 16-24**

Interested? Enroll online:  
[www.aaydyouthworkers.org](http://www.aaydyouthworkers.org)

### CONTACT US

16335 S. Harlem Avenue, 4th Floor  
Tinley Park, IL 60477

(708)897-7685

(708)325-4251





# COVID-19 WALK-UP TESTING

**Park Forest**  
Live Grow Discover

## FIND OUT YOUR COVID-19 STATUS

**when**

**EVERY 4TH TUESDAY**  
**FROM 10:00AM-02:00PM**  
at Village Hall, 350 Victory Dr.  
Board Conference Room



## What you need to know

- No appointment necessary
- Open to the general public
- Show Your Valid ID
- Can test for RSV & Flu if symptomatic
- Results returned in 24-48 hrs
- Nasal and Saliva testing available

**Contact us  
for more info**

**708.748.2005**  
mlewis@vopf.com



**STOP THE  
SPREAD**

[www.villageofparkforest.com](http://www.villageofparkforest.com)



# ARE YOU LOOKING FOR EXCELLENT EMPLOYEES?



## Introducing **EMPLOYMENT SERVICES** at Sertoma Centre

Sertoma's Employment Services equips participants with the skills necessary to achieve and maintain successful employment at your organization. We provide a robust Job Readiness Program, one-on-one career counseling, and training in resume and cover letter writing, job searching, and interview preparation. When you hire through Sertoma Centre, you are getting an employee ready and able to do an excellent job while helping an individual with a disability achieve personal success.

### Why choose Sertoma for your workforce needs?



#### **No Cost**

We provide our employment services and support at no cost to you



#### **Job Matching**

We take the time to understand your workplace needs and match you with candidates that have the skills and qualities required for success.



#### **Quality Candidates**

Our applicants want to work! We assist our participants in finding jobs they enjoy because satisfied workers perform the best.



#### **Ongoing Support**

We will provide ongoing support, including job coaching, to you and your new hire, as long as needed and desired.

**We'll find the BEST candidate to fit your business needs!**



To find out more, contact:  
Markisha Broomfield, Job Developer  
☎ 708-983-3860  
✉ [mbroomfield@sertomacentre.org](mailto:mbroomfield@sertomacentre.org)

 **Sertoma  
Centre, Inc.**

Discovering the  
potential in all of us

[sertomacentre.org](http://sertomacentre.org)



## CRISIS • SUPPORT • CARE



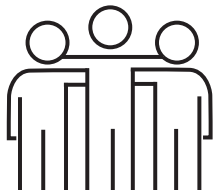
### WHAT IS THE LIVING ROOM?

A safe space for anyone needing emotional support. Trained staffed are available to listen, offer support, and connect you with appropriate resources.



### WHO CAN VISIT?

- Anyone who feels overwhelmed by life stressors or just needs someone to talk to
- Walk-ins welcome
- **No insurance is required as services are free**



### WHAT TO EXPECT

- Comfortable and welcoming atmosphere
- Peer Support Specialist to provide support through listening and relating to your story
- Mental Health Professional to determine most appropriate support

## CONVENIENT ACCESS

Open Monday-Friday, 4:00 to 8:00pm

Support is available in person at our Matteson location or virtually via our telehealth link. You will receive the same emotional support from a trained staff member with either type of visit and never any charge for services.

### Virtual Visit

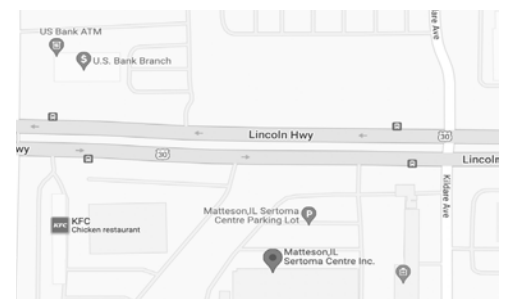
To start a telehealth visit with The Living Room, go to

[DOXY.ME/SERTOMALIVINGROOM](https://DOXY.ME/SERTOMALIVINGROOM)

Sessions are anonymous, secure, and free

### On-site Visit

The Living Room  
4331 W. Lincoln Hwy,  
Matteson, IL



For more info, call (708) 400-7163 or visit [sertomacentre.org/livingroom](https://sertomacentre.org/livingroom)

The Living Room is completely free and there will be no charge for services.



# Mental Health Services for Youth

Individual Counseling | Family Counseling | Group Therapy | Psychosocial Education



Sertoma Centre is an experienced provider of mental health services in the South Suburbs that can help youth in your community get the support they need.

Sertoma's programs offer support, resources, and individualized care tailored to each individual and their family. We blend therapy, education, and research to address specific needs and inspire leadership in their own journey.

We offer counseling and support services to youth experiencing:

- ADHD
- Anxiety
- Bullying
- Conduct disorders/ODD
- Depression
- Eating Disorders
- Emotional or Behavioral concerns
- Mood Disorders
- Self Esteem/Identity Difficulties
- Substance use
- Suicide prevention
- Transition Difficulties
- Other Mental Health Diagnoses

**\*Child must be 5 years or older to qualify**

If someone you know is affected by mental illness, find help by calling:

**708-748-1951 ext. 455**

**We are a proud Medicaid provider and accept traditional Medicaid as well as Managed Care Plans such as:**

- Aetna
- Illini Care
- Molina
- Blue Cross and Blue Shield
- Meridian
- Beacon
- County Care

**Call to ask about other insurance!**

**Appointments offered from 8:00am-6:00pm**



Community Mental Health  
and Counseling

4331 W. Lincoln Highway, Matteson, IL 60443

For more information

**708-748-1951**

**[sertomacentre.org/cmhc](http://sertomacentre.org/cmhc)**



# EXECUTIVE DIRECTOR



**Tutoring Chicago**

[tutoringchicago.org/](http://tutoringchicago.org/)

**Reports to: Board of Directors**

**Location: Chicago, IL**

## VISION

Brighter future for all of Chicago's children

## MISSION

Delivering the power of education to children facing economic barriers through one-to-one tutoring and high-quality programming





# COVID-19 WALK-UP TESTING

**Park Forest**  
Live Grow Discover

## FIND OUT YOUR COVID-19 STATUS

**when**

**EVERY 4TH TUESDAY  
FROM 10:00AM-02:00PM**  
at Village Hall, 350 Victory Dr.  
Board Conference Room



## What you need to know

- No appointment necessary
- Open to the general public
- Show Your Valid ID
- Can test for RSV & Flu if symptomatic
- Results returned in 24-48 hrs
- Nasal and Saliva testing available

**Contact us  
for more info**

**708.748.2005**  
mlewis@vopf.com



**STOP THE  
SPREAD**

[www.villageofparkforest.com](http://www.villageofparkforest.com)

## SUBURBAN COOK COUNTY

**EMPLOYMENT BARRIER  
REDUCTION PROGRAM (BRP)****WHAT IS IT?**

BRP helps people gain or keep employment by funding supportive services to remove financial roadblocks. This program assists SNAP recipients and people at risk of losing housing.

**HOW DOES IT HELP? YOU CAN GET...  
PAYMENTS****For Rental Assistance****DO I QUALIFY?**

You must live in suburban Cook County. You also need to be employed, seeking employment, or enrolled in an employment/vocational training program and:

Receive SNAP benefits or part of an active SNAP household,

Were removed from SNAP due to benefit time limits within the past 9 months

Household Size	1	2	3	4	5	6	7	8
30-Day Income	\$2,265	\$3,052	\$3,838	\$4,625	\$5,412	\$6,198	\$6,985	\$7,772
Annual Income	\$27,180	\$36,620	\$46,060	\$55,500	\$64,940	\$74,380	\$83,820	\$93,260

**WHAT DO I NEED TO DO? PRE-APPLY TODAY!**

Email BRP prescreening application@[BRPrental@cedaorg.net](mailto:BRPrental@cedaorg.net)



Sign up for news and updates! [CEDAorg.net/GetHelp](https://CEDAorg.net/GetHelp)







**Need help paying utility bills?**



**CEDA can help pay your electric, gas, water bills and repair or replace your furnace**

- No past due balance needed to apply
- Reconnection Assistance available
- Available in Chicago AND Suburban Cook County



**APPLY FOR ASSISTANCE TODAY!**

**(800) 571-2332**  
**CEDAorg.net/Bills**

FREE HOME LEAD  
INSPECTIONS AND REPAIRS



HOUSEHOLDS  
WITH CHILDREN  
UNDER 6 YRS OLD

# LEAD EXPOSURE AND CHILDREN



**AVAILABLE THROUGHOUT  
SUBURBAN COOK COUNTY**

**APPLY ONLINE TODAY**

**For more information  
contact:  
312-515-0366**

## LEAD EXPOSURE AFFECTS

- BRAIN DEVELOPMENT
- LEARNING ABILITY
- BEHAVIOR
- CONCENTRATION



[www.leadfreecookcounty.com](http://www.leadfreecookcounty.com)



**Cook County** DEPT.  
of  
**Public Health**

Promoting health. Preventing disease. *Protecting you.*



# Is seeing a local doctor too expensive? ¿Es demasiado caro ver a un médico local?

Lost your job & access to a doctor?  
Need your prescriptions filled?  
Don't qualify for Medicare/Medicaid?

¿Perdió su trabajo y acceso a un médico?  
¿Necesita surtir sus recetas?  
¿No es elegible para Medicaid/Medicare?

## Access to Care can help!

Member Benefits Include:

### \$5 Co-pays for:

- Unlimited visits with a local doctor
- X-rays, lab tests & mammograms
- Counseling sessions (up to 8 sessions)

### Prescriptions:

- Affordable prescription plan (\$15-40)
- Fill Rx at a local pharmacy

### FREE:

- Diabetic test strips
- Flu & pneumonia vaccines
- Health & wellness information
- Help with non-medical services
- Screening for Medicaid eligibility



## ¡Access to Care puede ayudar!

Beneficios Para Miembros Incluyen:

### Copagos de \$5 por:

- Visitas ilimitadas con un médico local
- Rayos X, pruebas de laboratorio y mamografías
- Sesiones de asesoramiento (hasta 8 sesiones)

### Recetas:

- Plan de recetas más baratas (\$15-40)
- Surtir recetas en una farmacia local

### GRATIS:

- Tiras de prueba para diabéticos
- Vacunas contra la gripe y la neumonía
- Información de salud y bienestar
- Ayuda con servicios afuera de lo médico
- Evaluación de elegibilidad para Medicaid

[www.accesstocare.org](http://www.accesstocare.org) | 708-531-0680

No Fees  
Apply  
Online



No Cuotas  
Aplique en  
Línea



**Access to Care & the Cook County Department of Public Health work together to educate & protect communities against COVID-19 and flu.**

*Like sharing life's most meaningful moments, show your family and friends you love them. Help them (and yourself!) stay up to date on free COVID-19 and flu vaccines. Vaccination continues to be our best weapon against COVID and flu.*



Everyone 6 months and older is eligible to receive a COVID vaccine (1st, 2nd and 3rd doses) & a flu shot. You can be vaccinated or boosted for COVID & vaccinated for flu at the same time. Visit [www.BoostUpCookCounty.com](http://www.BoostUpCookCounty.com) or call 833-308-1988.

**Access to Care y el Departamento de Salud Pública del Condado de Cook trabajara juntos para educar y proteger a las comunidades contra COVID-19 y la gripe.**

*Además de compartir los momentos más importantes en la vida, muéstrale a tu familia y amigos (¡y a ti mismo!) que los amas. Ayúdelos a mantenerse al día con las vacunas gratuitas contra el COVID-19 y la gripe. La vacunación sigue siendo nuestra mejor arma contra el COVID y la gripe.*



Todas las personas mayores de 6 meses son elegibles para recibir una vacuna contra el COVID (primera, segunda y tercera dosis) y una vacuna contra la gripe. Puede vacunarse o reforzarse contra COVID y la gripe al mismo tiempo. Visite [www.BoostUpCookCounty.com](http://www.BoostUpCookCounty.com) o llame al 833-308-1988.



**Cook County** DEPT.  
of  
**Public Health**  
Promoting health. Preventing disease. **Protecting you.**

833-308-1988  
[healthycook@cookcountyhhs.org](mailto:healthycook@cookcountyhhs.org)  
[cookcountypublichealth.org](http://cookcountypublichealth.org)

**Access to Care**  
FILLING THE GAP FOR THE UNINSURED

708-531-0680  
[info@accesstocare.org](mailto:info@accesstocare.org)  
[accesstocare.org](http://accesstocare.org)



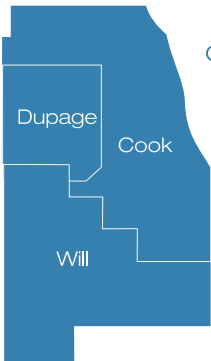
When to Call Hospice

Hospice care is available at any stage during the illness once a terminal diagnosis is received. At the point when the medical goal changes from cure to comfort, it is time to call Oasis Hospice for a consultation. We will compassionately work and walk with our patients and their families on the journey.

How is Hospice Care Paid For?

Hospice is provided regardless of the patient's ability to pay. Hospice is paid for by Medicare Part A, Medicaid and most private insurers. If there is no insurance coverage, Oasis Hospice will work with the patient and their family to ensure that services can be provided.

Oasis Hospice does not discriminate against any persons on the basis of race, color, national origin, religion, disability, sex, marital status, parental status, sexual orientation, gender identity and/or expression and status as a veteran in the admission of treatment, or participation in its programs, services and activities, or in employment whether carried out by Oasis Hospice directly or through a contractor or any other entity with whom Oasis Hospice engages to carry out hospice programs and activities.



Oasis Hospice compassionately serves Cook, Will and DuPage counties in Illinois.



Contact Us  
Oasis Hospice  
& Palliative Care, Inc.

10010 W. 190th Place  
Mokena, IL 60448

P: (773)941.4838  
F: (773)941.4324

www.oasishospice.us



Our Philosophy of Care

It's heavy but also  
it's sort of the  
philosophy of Hospice  
that it's not about death.  
It's about life.  
When you're able  
to confront the  
realities of death,  
you're able to live life  
as long as you can.

~Landon Adams



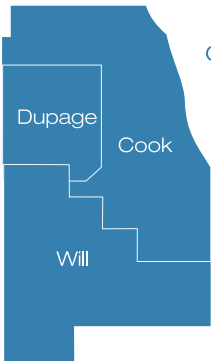
When to Call Hospice

Hospice care is available at any stage during the illness once a terminal diagnosis is received. At the point when the medical goal changes from cure to comfort, it is time to call Oasis Hospice for a consultation. We will compassionately work and walk with our patients and their families on the journey.

How is Hospice Care Paid For?

Hospice is provided regardless of the patient's ability to pay. Hospice is paid for by Medicare Part A, Medicaid and most private insurers. If there is no insurance coverage, Oasis Hospice will work with the patient and their family to ensure that services can be provided.

Oasis Hospice does not discriminate against any persons on the basis of race, color, national origin, religion, disability, sex, marital status, parental status, sexual orientation, gender identity and/or expression and status as a veteran in the admission of treatment, or participation in its programs, services and activities, or in employment whether carried out by Oasis Hospice directly or through a contractor or any other entity with whom Oasis Hospice engages to carry out hospice programs and activities.



Oasis Hospice compassionately serves Cook, Will and DuPage counties in Illinois.



Contact Us  
Oasis Hospice  
& Palliative Care, Inc.

10010 W. 190th Place  
Mokena, IL 60448

P: (773)941.4838  
F: (773)941.4324

www.oasishospice.us

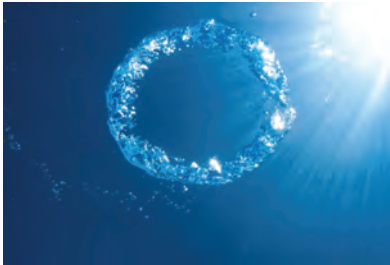


Our Philosophy of Care

It's heavy but also  
it's sort of the  
philosophy of Hospice  
that it's not about death.  
It's about life.  
When you're able  
to confront the  
realities of death,  
you're able to live life  
as long as you can.

~Landon Adams



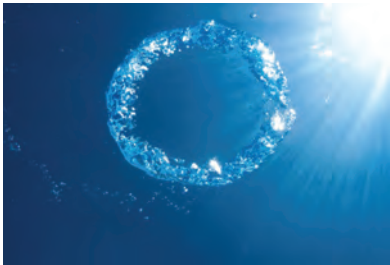


### Quality of Life

When given the news of a life-limiting illness, we have the choice of continuing to live with dignity, while remaining pain and symptom free. We are able to achieve this in the comfort of our own home (or, indeed, anywhere else that we call home) surrounded by those we love, those who mean the most to us.

When medical care cannot offer a cure, hospice provides care, comfort and support for persons with life-limiting conditions as well as their families. The hospice team works to make the patient comfortable while relieving their symptoms and pain for the entire length of the illness.

At Oasis Hospice, we believe in affirming life and exist as a refuge for our patients and their families. We aim to improve the quality of life for our patients as they deal with life-limiting illnesses.



### Quality of Life

When given the news of a life-limiting illness, we have the choice of continuing to live with dignity, while remaining pain and symptom free. We are able to achieve this in the comfort of our own home (or, indeed, anywhere else that we call home) surrounded by those we love, those who mean the most to us.

When medical care cannot offer a cure, hospice provides care, comfort and support for persons with life-limiting conditions as well as their families. The hospice team works to make the patient comfortable while relieving their symptoms and pain for the entire length of the illness.

At Oasis Hospice, we believe in affirming life and exist as a refuge for our patients and their families. We aim to improve the quality of life for our patients as they deal with life-limiting illnesses.

### Services

**Routine Care:**  
This is provided in the patient's residence by our team of hospice professionals, staff and volunteers.

**Inpatient Care:**  
Available as needed and approved by the hospice team, general inpatient care may be required for procedures which, practically, cannot be provided in any other setting. Such procedures may be necessary for pain control, acute or chronic symptom management.

**Continuous Care:**  
This is a more intense level of care in the home during brief periods of crisis to control unmanaged symptoms. The hospice interdisciplinary team will review the need for such care.

**Respite Care:**  
Limited to five-day intervals, respite care is available as needed and approved by the interdisciplinary team to provide a caregiver with short-term relief.

### Services

**Routine Care:**  
This is provided in the patient's residence by our team of hospice professionals, staff and volunteers.

**Inpatient Care:**  
Available as needed and approved by the hospice team, general inpatient care may be required for procedures which, practically, cannot be provided in any other setting. Such procedures may be necessary for pain control, acute or chronic symptom management.

**Continuous Care:**  
This is a more intense level of care in the home during brief periods of crisis to control unmanaged symptoms. The hospice interdisciplinary team will review the need for such care.

**Respite Care:**  
Limited to five-day intervals, respite care is available as needed and approved by the interdisciplinary team to provide a caregiver with short-term relief.

### Team Approach

**Physician:**  
The primary care physician remains an important part of the patient's care. With their input, the hospice medical director and the hospice team will coordinate care.

**Nursing:**  
The registered nurse case manager is responsible for assessing and managing a patient's care.

**Social Work:**  
The hospice social worker has in-depth knowledge and expertise in ethnic, cultural and economic diversity; including liaising with family and support networks.

**Spiritual Support:**  
The hospice chaplain is available to provide counsel and spiritual support for our patients and their families. They are able to request the assistance of all faith clergies to meet the unique needs of a patient and their family.

**Music Therapy:**  
Using music to professionally address physical, emotional, cognitive and social needs, music therapy can be used to attend to goals for the hospice patient in a non-threatening manner. Such hospice specific goals can be to alleviate pain, decrease anxiety, enhance memory and encourage self expression.

**Hospice Aide:**  
Hospice aides provide personal care under the direction of a registered nurse. Care includes assistance with activities of daily living such as bathing, hair and mouth care.

Additional Team members are **Dietitians, Pharmacists, Volunteers, Physical, Speech and Occupational therapists.**

### Team Approach

**Physician:**  
The primary care physician remains an important part of the patient's care. With their input, the hospice medical director and the hospice team will coordinate care.

**Nursing:**  
The registered nurse case manager is responsible for assessing and managing a patient's care.

**Social Work:**  
The hospice social worker has in-depth knowledge and expertise in ethnic, cultural and economic diversity; including liaising with family and support networks.

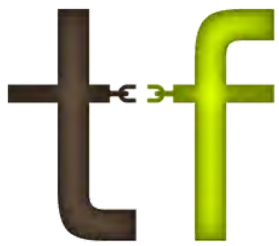
**Spiritual Support:**  
The hospice chaplain is available to provide counsel and spiritual support for our patients and their families. They are able to request the assistance of all faith clergies to meet the unique needs of a patient and their family.

**Music Therapy:**  
Using music to professionally address physical, emotional, cognitive and social needs, music therapy can be used to attend to goals for the hospice patient in a non-threatening manner. Such hospice specific goals can be to alleviate pain, decrease anxiety, enhance memory and encourage self expression.

**Hospice Aide:**  
Hospice aides provide personal care under the direction of a registered nurse. Care includes assistance with activities of daily living such as bathing, hair and mouth care.

Additional Team members are **Dietitians, Pharmacists, Volunteers, Physical, Speech and Occupational therapists.**





# TRAFFICKFREE

## MISSION & VISION

To raise awareness of human trafficking through **education** and **community outreach**. We accomplish this by equipping professionals and community members to better identify human trafficking in their everyday lives and provide resources to assist victims, survivors, and those who are at risk.

## FREE TRAININGS

We provide free **in-person or virtual** trainings. Each training can be modified to best meet the needs of your audience.

### **A typical training includes:**

- An overview of human trafficking, globally and locally
- Discussion of vulnerable populations
- Common tactics of traffickers
- Ways to identify a potential victim
- Tools & resources to assist victims, survivors, and those at risk
- How to become involved in the fight against human trafficking

## CONTACT US

To learn more or request a speaker, visit us online at **[traffickfree.org](https://traffickfree.org)**  
or email **[gina@traffickfree.org](mailto:gina@traffickfree.org)**.

# GRADUATE CERTIFICATE PROGRAM IN **RESTORATIVE JUSTICE**

at Governors State University

The **Graduate Certificate Program in Restorative Justice** (CRJ) at Governors State University combines faculty expertise in restorative justice with a multidisciplinary approach to justice in theory and practice.

Students who complete this certificate—whether on its own or in conjunction with a master's degree program in Education, Criminal Justice, or Political & Social Justice Studies—build a philosophical foundation in justice, learn best practices of restorative justice, and apply their skills and training toward more effective work in their local communities.

Students will investigate a range of topics in the classroom and in the field, including restorative justice in legal, educational, urban, environmental, local, and global contexts.

## Certificate Requirements

To fulfill the requirements for the Certificate in Restorative Justice, a student must complete 15-18 total credit hours, including 12 credits for required courses and 3-6 credits for elective courses, with a grade of C or better in each course:

### Required Courses (12 Credit Hours)

- CJUS 6500: Restorative Justice Practices
- CJUS 8400: The Justice System and Community
- PSJS 6250: Community Justice
- PSJS 8150: Contemporary Theories of Social Justice

### Elective Courses (3-6 Credit Hours)

- CJUS 6340: Restorative Justice in Education
- PSJS 6440: Environmental Justice
- PSJS 6650: Empowering Community

# Admission Requirements

In addition to university [admissions requirements](#), applicants to the Graduate Certificate in Restorative Justice (Program Code: RESJ.GR.CERT) must submit:

1. A letter of application, including a statement of personal interest in pursuing a Certificate in Restorative Justice. This statement should include the applicant's short- and long-term goals and how this certificate might help to achieve them.
2. At least one confidential letter of recommendation from a professional reference (current or former faculty members, current or former work supervisors, or community leaders) speaking to the applicant's interests and abilities relevant to the Certificate in Restorative Justice.

Prospective students not already enrolled in a GSU graduate program should submit a completed application by June 1 for full consideration (late applications will also be accepted). Additional material such as a scholarly writing sample may be requested by the admissions committee or submitted voluntarily by an applicant toward admission consideration. The admissions committee takes into consideration strong letters of recommendation from professional references that attest to the applicant's writing and communication skills and examples of their leadership ability.

[International students](#) interested in the Certificate in Restorative Justice should contact the [Office of International Services](#) for assistance with both university admission and US immigration documentation.

Students already enrolled in the Education, CJUS, PSJS, or other GSU graduate degree programs interested in pursuing the Certificate in Restorative Justice must simply meet with their academic advisor to formally indicate their interest in doing so.

**Transfer Credits:** providing that university policies regarding transfer of graduate credits are met, transfer credits will only be accepted for graduate courses taken at accredited institutions. At most six (6) hours of transferable credits can be put toward the Certificate in Restorative Justice.

---

## Contact Information

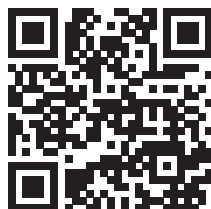
Questions? Feel free to reach out to Dr. Almassi or Dr. Salm for more information about the Certificate in Restorative Justice program. We look forward to hearing from you!



**Ben Almassi**  
[balmassi@govst.edu](mailto:balmassi@govst.edu)



**Joao Salm**  
[jsalm@govst.edu](mailto:jsalm@govst.edu)



**For further information, scan the QR code with your smartphone**

or go to:

<https://www.govst.edu/resj/>





## It is important to know and believe:

- It is not your fault.
- You do not deserve this kind of treatment.
- You have the right to be safe.

**You are not alone!**  
**There is hope, there is help.**



**Anew promotes people and communities beginning anew with a deeper perspective of domestic violence and a rejuvenated focus on teaching peace and compassion.**

## What are the signs of an unhealthy relationship?

*The person in control may:*

- Not allow their partner to work.
- Control their finances.
- Take away keys to the car.
- Isolate their partner from seeing friends and family.
- Be extremely jealous.
- Prevent their partner from seeing a doctor.
- Threaten to take away the children.
- Threaten to leave, kill, or hurt their partner and/or children.
- Threaten to commit suicide.
- Hurt family pets.
- Slap, punch, drag their partner.
- Hurt or threaten their partner with weapons.
- Demand sex without consent or is hurtful or humiliating during sex.
- Threaten to "out" their partner's sexual orientation.
- Threaten deportation to Immigration and Customs Enforcement (ICE).

## In a healthy relationship you have the right to:

- Set your own priorities.
- Express feelings and opinions without fear of retribution.
- Be listened to and taken seriously.
- Ask for what you want and need.
- Say "no" without feeling guilty.
- Change and grow.
- Have loving, respectful, and equal relationships.
- Be free of fear.



# **Anew: Building Beyond Violence and Abuse is a safe place to get help.**

*All services are available in English and Spanish. Victim/Survivor services are free of charge.*

## **24 Hour Hotline and Emergency Shelter 708.335.3028**

*Providing crisis intervention, resources, and short-term emergency shelter for victims/survivors seeking immediate safety.*

## **Community Education- 708.794.2140**

*Promoting empowerment through education and engagement via violence prevention education for pre-k through secondary school students, outreach presentations, and professional trainings.*

## **Counseling Services- 708.798.7737 x236**

*Master's level clinicians specializing in empowering, supporting, and educating adult victims/survivors and child witnesses of domestic violence. Services available in the south suburbs and Chicago Ashburn Community.*

## **Court Advocacy- 708.331.7253**

*Providing increased safety and awareness through assistance with protective orders, support, and advocacy in the 6th Municipal District Markham Courthouse for victims/survivors.*

## **Domestic Violence Advocacy- 708.794.2140**

*Providing domestic violence education, survivor empowerment, and community support. The advocates also provide education, assessments, and emotional support to patients visiting our healthcare partner locations.*

## **Partner Abuse Intervention Program (PAIP) 708.794.2140 x301**

*Facilitating change through education and accountability with adult men and women who use violence and abuse with an adult intimate partner.*

## **Housing Program- 708.283.1421**

*Assisting with housing options for at risk victims/survivors leading to sustainable safety and preventing future homelessness.*



## **CONTACT US**

**24 Hour English/Spanish  
Domestic Violence Hotline:  
708.335.3028**

PO Box 937

Homewood, IL 60430

**[www.anewdv.org](http://www.anewdv.org)**



**Anew: Building Beyond Violence and Abuse provides comprehensive, coordinated services to families impacted by domestic violence without imposing any one solution.**





## Domestic Violence Services

All services are available in English and Spanish.

*Victim/Survivor services are free of charge.*

---

### 24 Hour Hotline and Emergency Shelter

Providing crisis intervention, resources, and short-term emergency shelter for victims/survivors seeking immediate safety. **708-335-3028**

### Community Education

Promoting empowerment through education and engagement via violence prevention education for pre-K - secondary school students, outreach presentations, and professional trainings.

**708-794-2140 x304** or Email: [kerry.h@anewdv.org](mailto:kerry.h@anewdv.org)

### Counseling Services

Master's level clinicians specializing in empowering, supporting, and educating adult victims/survivors and child witnesses of domestic violence. Services available in the south suburbs and Chicago Ashburn Community. **708-798-7737 x236**

### Court Advocacy

Providing increased safety and awareness through assistance with protective orders, support, and advocacy in the 6th Municipal District Markham Courthouse for victims/survivors. **708-331-7253**

### Domestic Violence Advocacy

Providing domestic violence education, survivor empowerment, and community support. The advocates also provide education, assessments, and emotional support to patients visiting our healthcare partner locations. **708-794-2140**

### Partner Abuse Intervention Program (PAIP)

Facilitating change through education and accountability with adult men and women who use violence and abuse with an adult intimate partner. **708-794-2140 x301**

### Housing Program

Assisting with housing options for at risk victims/survivors leading to sustainable safety and preventing future homelessness. **708-283-1421**

---

**P.O. Box 937 Homewood, IL 60430**

**[www.anewdv.org](http://www.anewdv.org)**

**[info@anewdv.org](mailto:info@anewdv.org)**







## **Anew's Partner Abuse Intervention Program (PAIP)**

IDHS certified since 1998 to provide services to individuals charged with domestic violence offenses in Cook and Will counties and other surrounding communities.

We offer the program "Creating a Process of Change for Men Who Batter" in English and Spanish. A program for women is also available.



708.794.2140 tel  
708.794.2145 fax  
[ruben.g@anewdv.org](mailto:ruben.g@anewdv.org)



PAIP is designed to work with people who  
need to complete a program for  
Intimate Partner Abuse or Violence.

Our participants meet once a week for about 2 hours.

Costs: \$75 for intake/assessment.

A minimum of \$30 per group session - costs  
based on a sliding scale.

Anew's PAIP works with the community and authorities  
to provide research supported interventions that  
increase the safety of our community.

**Contact us to sign up today!**



708.794.2140 tel  
708.794.2145 fax  
[ruben.g@anewdv.org](mailto:ruben.g@anewdv.org)







**Anew: Building Beyond Violence and Abuse** has been a Safe from the Start agency for more than 14 years. Safe from the Start is funded by the Illinois Criminal Justice Information Authority (ICJIA) dedicated to addressing and reducing trauma of exposure to violence in children from birth to five years. Anew provides counseling services free of charge and available in English and Spanish, for children and their families. We focus on the child's exposure to trauma through specialized therapeutic techniques. For more information or to make an appointment for yourself or your child, contact Safe from the Start at (708) 798-7737.

## SAFE FROM THE START (SFS)

A State funded research based intervention program that began in January 2001. Anew joined this project in the third year of operations (2004). The program is funded by the Illinois Criminal Justice Information Authority (ICJIA).

## THE GOAL

To develop, implement, and evaluate comprehensive and coordinated community based models to identify, assess and provide services to children ages 0-5, as well as to their caregivers, who have been exposed to violence in their home and/or community.

## THE IMPACT

624 children were referred to Anew SFS, assessed, and offered a range of services from July 1, 2004 to June 30, 2020.

## THE STATS

The average child served at Anew was exposed to approximately six different risk factors. The top 5 highest percentage of risk factors include: single parent, unplanned pregnancy, father in jail, child having serious medical problems, poverty.

The symptoms most frequently reported by caregivers about their children were clinging behavior (55%), aggression towards siblings (55%), anxiety (44%), and fearfulness/phobias (44%).



**Do you know  
where you  
are sleeping  
tonight?  
Need help?**



Entry Point is a way for people experiencing homelessness or at risk of experiencing homelessness to get the help they need.



**ENTRY POINT**



**CALL**

**1.877.426.6515**

8:30am-4:30pm Mon & Fri

8:30am-7:00pm Tue, Wed & Thur



**ONLINE**

**MyEntryPoint.org**

The Entry Point Call Center can connect you with a housing provider or homelessness prevention services such as housing problem-solving, legal services, eviction prevention, or financial assistance, if available.

**If you are fleeing domestic violence, sexual assault, or human trafficking:**

- Call 911 if you are in immediate danger
- Call the National Domestic Violence Hotline for free and confidential services. Call 1-800-799-SAFE (7233) or text 1-800-787-3224 or visit [www.thehotline.com](http://www.thehotline.com)

# علم رأيك وف تنام بيلة؟ تحتاج إلى مساعدة؟



إن "Entry Point" هو المكان الذي يمكنك فيه المشركين والمُعرضين لخطر التشرد للحصول من خ ل ه غي ما  
يتجهون إليه.



ENTRY POINT



ينوال جمعة  
ع اوال خميس

نصل لي هاتف رقم

1 877 426 6515

8:30 ص - 4:30م أيام

8:30 ص - 7:00م



نت

MyEntryPoint.org

يملك  
التابع ل- Entry Point (توصيل لكب أحد مُزودي خدمات اسكان أو خدمات الوقاية  
من التشرد مثل حل شرك اسكان، وخدمات القلوي، وخدمات ا خ ء، وخدمات املية حيا  
يكون نحا).

إذا كنت من الهادين من حوادث العنف اسري و ا عداات الشخصية أو اتجار البشر

- اتصل على 911 إذا كنت في خطر مُحدد
- اتصل على الخط الساخن الوطني لمناهضة العنف اسري مَجَلًا مُنفصلة لى غير لك من الخدمات.
- اتصل على (7233) 1-800-799-SAFE أو أرسل لوس القصة إلى 1-800-787-3224 أي مكانك  
زىارة الموقع لكترونى [www.thehotline.com](http://www.thehotline.com)

# ¿Sabe dónde dormirá esta noche?

## ¿Necesita ayuda?



Entry Point es el medio a través del cual las personas que están sin hogar o se encuentran en riesgo de estarlo reciben la ayuda que necesitan.



**ENTRY POINT**



LLAME AL  
**1.877.426.6515**

8:30 a.m. - 4:30 p.m., lunes y viernes  
8:30 a.m. - 7:00 p.m., martes, miércoles  
y jueves



EN LÍNEA  
**MyEntryPoint.org**

El centro de atención telefónica Entry Point puede ponerlo en contacto con un proveedor de vivienda o con los servicios de prevención contra la carencia de vivienda, tales como solución para los problemas de vivienda, servicios legales, prevención del desalojo o asistencia financiera si está disponible.

### **Si está huyendo de la violencia doméstica, del abuso sexual o de la trata de personas:**

- Llame al 911 si se encuentra en peligro inminente
- Llame a la línea nacional directa contra la violencia doméstica (National Domestic Violence Hotline) para recibir asistencia gratuita y confidencial. Llame al 1-800-799-SAFE (7233) o envíe un mensaje del texto al 1-800-787-3224 o visite [www.thehotline.com](http://www.thehotline.com).



# Czy wiesz, gdzie będziesz spać tej nocy?

## Potrzebujesz pomocy?



"Entry Point" to sposób na uzyskanie potrzebnej pomocy przez ludzi doświadczających bezdomności lub narażonych na jej ryzyko.



### ENTRY POINT



### ZADZWOŃ

1.877.426.6515

8:30-16:30 pn.-pt.

8:30-19:00 wt., śr. i czw.



### ONLINE

[MyEntryPoint.org](http://MyEntryPoint.org)

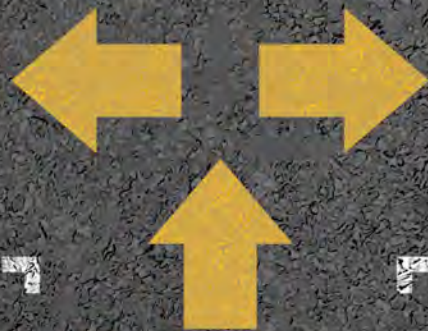
Infolinia punktu dostępu(Entry Point) może Cię połączyć z organizatorem zakwaterowania lub służbami zapobiegania bezdomności, które rozwiązują problemy mieszkaniowe, zapewniają pomoc prawną, pomagają zapobiec eksmisji i oferują wsparcie finansowe, o ile jest dostępne.

**Jeśli uciekasz przed przemocą domową, molestowaniem seksualnym albo handlem ludźmi:**

- Zadzwoń pod numer 911, jeśli grozi Ci bezpośrednie niebezpieczeństwo
- Zadzwoń na krajową infolinię dla ofiar przemocy domowej, aby skorzystać z bezpłatnych i poufnych usług. Zadzwoń pod numer 1-800-799-SAFE (7233), wyślij SMS na numer 1-800-787-3224 albo odwiedź witrynę [www.thehotline.com](http://www.thehotline.com)

**HELP MY  
NEIGHBORS**

**PAY TAXES**



**WHAT  
DIRECTION  
WILL YOU  
CHOOSE?**



**United Way  
of Metro Chicago**

# Use your Traditional IRA to Make your Charitable Gifts In 2022.

## Why use your IRA to donate?

- ✓ IRA distributions to charity are tax-free.
- ✓ Donations count toward your Required Minimum Distribution.
- ✓ You can make your annual gift or satisfy multi-year pledges.
- ✓ You can even create an endowed fund.

## Here's the fine print:

- ✓ You must be at least 70½ years of age.
- ✓ Up to \$100,000 can be transferred each year.
- ✓ Gifts must come from an IRA, but funds can be transferred from a 401(k) or 403(b) to an IRA and rolled over.
- ✓ Charitable rollovers are not counted as income for federal taxes.
- ✓ Ask your IRA administrator to make the rollover directly to United Way of Metro Chicago (Tax ID/EIN# 30-0200478) or write an IRA check.

If a current IRA rollover is not possible for you, please consider making United Way the beneficiary of the IRA in your estate plan.

## For more information, please contact:

Mary Pat Rooney, Major Gifts Officer  
312.906.2238 | [MaryPat.Rooney@LIVEUNITEDchicago.org](mailto:MaryPat.Rooney@LIVEUNITEDchicago.org)



**United Way  
of Metro Chicago**

333 S. Wabash Avenue, 30th Floor  
Chicago, IL 60604