

# AOK Family Resource Guide

<b>General Information &amp; Referral to Community Services:</b>	
<b>AOK-Adams County All Our Kids Network Coordinator</b>	<b>(217)222-8440 Ext. 107</b>
<b>United Way Helpline</b>	<b>(217) 224-1223</b>
<b>General Assistance</b>	<b>(217)223-4970</b>
<b>Crisis Hotlines:</b>	
<b>AIDS-HIV-STD Hotline</b>	<b>(800) 243-2437</b>
<b>American Red Cross</b>	<b>(217) 222-2477</b>
<b>Child Abuse/Illinois</b>	<b>(800) 252-2873</b>
<b>Consumer Product Safety Commission (Recalls)</b>	<b>CPSC.gov</b>
<b>Elder Abuse</b>	<b>(800) 252-8966</b>
<b>Illinois Hunger Hotline</b>	<b>(800) 359-2163</b>
<b>Illinois Tobacco QUIT LINE</b>	<b>(866) 784-8937</b>
<b>National Center for Exploited or Missing Children</b>	<b>(800) 843-5678</b>
<b>National Runaway Hotline</b>	<b>(800) 786-2929</b>
<b>National Suicide Hotline</b>	<b>(800) 273-8255</b>
<b>Poison Control</b>	<b>(800) 222-1222</b>
<b>Quanada Domestic Violence/Sexual Assault Hotline</b>	<b>(800) 369-2287</b>
<b>Transitions of Western Illinois Mental Health Crisis Line</b>	<b>(217) 222-1166/(800)779-4357</b>
<b>Non-Emergency Numbers:</b>	
<b>Adams County Sheriff's Department</b>	<b>(217) 277-2200</b>
<b>Adams County Animals Shelter</b>	<b>(217)222-2133</b>
<b>Child Support Enforcement</b>	<b>(800) 447-4278</b>
<b>Consumer Product Safety Commission CPSC-Recalls</b>	<b>CPSC.gov</b>
<b>Crime Stoppers</b>	<b>(217) 228-4474</b>
<b>Diamond Cab Co.</b>	<b>(217) 222-6700</b>
<b>Humane Society</b>	<b>(217)223-9471</b>

## AOK Family Resource Guide

Illinois Department of Employment Services	(217) 222-1560
Land of Lincoln Legal Assistance	(618) 394-7300
Quincy Police Department	(217) 228-4470
Quincy Senior & Family Center	(217) 592-3746
Quincy Transit Line	(217) 228-4550
Social Security Administration	(217) 224-8902/(800)772-1213
U.S. Postal Service Information	(800) 275-8777
United Way Helpline	(217) 224-1223
West Central Illinois Area Agency on Aging	(217) 223-7904
<b>Abuse/Family Violence:</b>	
Advocacy Network for Children	(217) 223-2272
Child Abuse Hotline	(800) 252-2873
Department of Children & Family Services	(217) 221-2525
Elder Abuse Hotline	(800) 252-8966
Prevent Child Abuse Illinois	(309) 693 5415
Quanada Domestic Violence Program	(217)222-0069/(800)369-2287
Quanada Sexual Assault Program	(217)223-2030/(800)369-2287
Victim and Witness Program	(217) 277-2229
Violence Intervention Services-	
The Eve Project	(217) 242-8896
The Men's Group	(217) 228-0126
<b>Assessments/Screenings: Developmental</b>	
Ages and Stages Developmental Screenings (ASQ and ASQ-SE)	(217)222-8440
Chaddock	(217) 222-0034
Child and Family Connections (0-3 Screenings)	(217) 222-9592
Clarity Healthcare (Behavioral)	(217) 222-6277

## AOK Family Resource Guide

<b>Cornerstone: Foundation for Families</b>	<b>(217) 222-8254</b>
<b>Early Childhood and Family Center (Pre-School).</b>	<b>(217)228-7121</b>
<b>Quincy Medical Group</b>	<b>(217)222-6550 ext. 3418</b>
<b>Parents as Teachers (0-3 Program)</b>	<b>(217) 223-0413</b>
<b>SIU Center for Family Medicine – Quincy</b>	<b>(217)224-9484</b>
<b>Counseling/Support Groups:</b>	
<b>24/7 Dad - Care Net</b>	<b>(217) 223-8200</b>
<b>Blessing Hospital</b>	<b>(217)223-1200</b>
<b>Addicts Victorious Inc.</b>	<b>(217) 223-1388</b>
<b>Chaddock</b>	<b>(217) 222-0034</b>
<b>Cornerstone: Foundation for Families</b>	<b>(217) 222-8254</b>
<b>Family Solutions</b>	<b>(217) 223-7492</b>
<b>First Baptist Church/Dad’s Matter</b>	<b>(573) 684-3298</b>
<b>Hetzler and Associates</b>	<b>(217) 257-8262</b>
<b>Lutheran Child and Family Services</b>	<b>(217)222-0106</b>
<b>Madison Park Christian Church</b>	<b>(217) 222-2529</b>
<b>New Start Rescue Mission</b>	<b>(217)223-2100</b>
<b>Preferred Family Healthcare</b>	<b>(217)222-3711</b>
<b>Quincy Catholic Charities</b>	<b>(217) 222-0958</b>
<b>Quincy Medical Group</b>	<b>(217)222-6550 ext. 3418</b>
<b>SIU Center for Family Medicine – Quincy</b>	<b>(217)224-9484</b>
<b>SHARE Support Group for Grieving Parents</b>	<b>(217)223-1200 ext. 6825</b>
<b>Transitions of Western Illinois</b>	<b>(217) 223-0413</b>
<b>Food/Clothing Assistance:</b>	
<b>Adams County Health Department- WIC</b>	<b>(217) 222-8440</b>
<b>Camp Point Community for Christ Assistance Program</b>	<b>(217) 593-7052</b>

## AOK Family Resource Guide

Crossing 929	(217) 214-0929
General Assistance of Adams County	(217) 223-4970
Horizons Food Pantry	(217)224-5530
Illinois Department of Human Services/Public Aid DHS	(217) 223-0550
Ladies of Charity	(217) 222-3541
Lutheran Church of St. John	(217) 222-8579
Madison Park Christian Church	(217) 222-2529
Meals for the Needy-Salem Church	(217) 222-0601
My Brothas My Sistas Keeper	(217) 316-0628
Quanada	(217) 222-0069
Quincy Catholic Charities	(217) 222-0958
Sleep in Heavenly Peace (beds for kids 3-17)	(309) 232-8604
Salvation Army Family Services	(217) 222-2087
Two Rivers Regional Council of Public Officials	(217) 224-8171
United Way Helpline	(217) 224-1223
<b>Housing/Shelters:</b>	
Habitat for Humanity	(217) 223-4224
Homeless Youth Program	(217) 223-0413
Housing Authority of Adams County	(217) 894-7022
Quanada Domestic Violence Shelter	(217) 222-0069
Quincy Housing Authority	(217) 222-0720
Salvation Army Family Services	(217) 222-2087
Two Rivers Regional Council of Public Officials	(217) 224- 8171
United Way Helpline	(217) 224-1223
Well House for Women in Transition/Shelter	(217) 617-2312
YWCA	(217) 221-9922

## AOK Family Resource Guide

<b>Medical/Dental Services:</b>	
Adams County Health Department- Immunizations	(217)222-8440
SIU Center for Family Medicine-Quincy Dental Clinic	(217) 222-8440
Blessing Hospital	(217) 223-1200
Blessing Physician Services	(217) 223-8400
Blessing Care Coordination	(217) 277-5560
Clarity Healthcare	(217) 222-6277
Community Outreach Medical Clinic (adults)	(217) 223-8400 ext. 4257
Quincy Catholic Charities Med Assist Program	(217)222-0958
Quincy Medical Group	(217) 222-6550
SIU Center for Family Medicine – Quincy	(217) 224-9484
<b>Family Planning/Pregnancy Services:</b>	
Adoption Information	(800) 572-2390
Birthright of Quincy	(217)224-1277/(800)550-4900
Care Net Pregnancy Services	(217) 223-8200
Pathway Health Clinic	(217) 224-6877
First Steps-Cornerstone	(217)222-8254
<b>Child Development/Public Schools:</b>	
Central Pre-K Program	(217) 593-7795
Child and Family Connections (0-3 EI Screenings)	(217) 222-9592/(888)222-9592
Division of Specialized Care for Children	(217) 524-2000
First Steps: Cornerstone	(217) 222-8254
Liberty Pre-K Program	217) 645-3263
Parent and Child Together (PACT) for West Central Illinois	(217) 773-3903
Parents as Teachers –Transitions (0-3 Program)	(217) 223-0413
Payson Pre-K Program	(217) 656-3439

## AOK Family Resource Guide

Preschool Screenings	(217) 228-7121
Quincy Early Childhood Pre K/Head Start	(217) 228-7121
Quincy Public Library - quincylibrary.org	(217) 223-1309
Quincy Public Schools - Special Education District	(217) 223-8700
Regional Office of Education	(217) 277-2080
SIU Center for Family Medicine – Quincy	(217) 224-9484
Unity Preschool Screening	(217) 936-2111
<b>Child Care Resources/After School Programs:</b>	
10 <sup>th</sup> Street Children’s Academy	(217) 214-1095
Adams County Substance Abuse Coalition	(217) 222-8440
Adams County Teen REACH	(217) 740-6643
Becoming A Mom Classes	(217) 222-8440
Catholic Youth Organization	quincycyo@gmail.com
Cheerful Home Daycare	(217) 223-0084
Make-A-Wish	(800) 978-9474
MOPS (Moms of Preschoolers)	(217)222-5085
Parsons Kids Center	(217)224-2315
Salvation Army Kroc Center	(217) 222-5762
Tri-State Educators Association of Christian Homeschools (TEACH)	(217)316-0172
West Central Child Care Connection	(217) 222-2550
WQEC/PBS Quincy - Channel 27	(866) 498-5561
YMCA	(217) 222-9622
<b>Parent Support/Education:</b>	
Adams County All Our Kids Network	(217) 222-8440 ext. 107
Becoming A Mom Classes	217)222-8440
Big Brothers/Big Sisters	(217) 223-5452

## AOK Family Resource Guide

Breast Feeding Support Group	(217) 222-8400
CareNet Pregnancy Services	(217)223-8200
Chaddock (foster parent)	(217)222-0034
Consumer Product Safety Commission CPSC-Recalls	<a href="http://CPSC.gov">http://CPSC.gov</a>
Cornerstone: Foundation for Families	(217) 222-8254
DCFS Licensing & Recruitment (foster parent/family & daycare)	(217) 221-2525
Hobby Horse House	(217) 243-7708
Keepers Project	(217) 316 0628
Lutheran Child and Family Services	(217) 544-4631
Make A Wish Foundation	(800) 918-9474
Moms Uplifting Moms (MUMS) Madison Park Church	(217) 222-2529
MOPS (Moms of Preschoolers) Luther Memorial Church	(217) 222-5085
Parents as Teachers-Transitions (0-3 Program)	(217)-223-0413
Parent Help Line	(888) 727-5889
Quincy Catholic Charities Intact Family Services Program	(217) 222-0958
Quincy Area Autism Support Group	(217) 222-6550 ext. 3418
Quincy Public Library	(217) 223-1309
Ready Set Grow	<a href="http://readyssetgrowwci.org">http://readyssetgrowwci.org</a>
Safe Kids Worldwide (Safety/Injury Prevention)	<a href="http://safekids.org">http://safekids.org</a>
Text4baby: Pregnant & New Moms (app)	<a href="http://text4baby.org">http://text4baby.org</a>
Ultimate Car Seat Guide	<a href="http://ultimatecarseatguide.org">http://ultimatecarseatguide.org</a>
University of Illinois Extension/4-H	(217) 223-8380
VROOM (app)	<a href="http://vroom.org">http://vroom.org</a>
WQEC/PBS Quincy Channel 27	(866)-498-5561
Young Life/Mentoring Moms	(217) 223-5470
SIU Center for Family Medicine	(217) 224-9484
<b>Adult Education/Job Training:</b>	

## AOK Family Resource Guide

GED Program	(217) 641-4951
Gem City College	(217) 222-0391
Illinois Employment and Training Center	(217) 222-1560
Illinois Office of Rehabilitation Services	(217) 223-0550
John Wood Community College	(217) 224-6500
Manpower Temporary Services	(217) 224-0018
Quincy Area Safety Council	(217)224-0149
Quincy Public Library	(217) 223-1309
Quincy University	(217) 222-8020
Regional Superintendent of Schools	(217) 277-2080
Transitions of Western Illinois/CRC	(217) 224-2194
University of Illinois Extension	(217) 223-8380
Workforce Investment Program	(217) 222-1560 ext. 230
YWCA	(217) 221-9922
<b>Recreation:</b>	
Boy Scouts of America	(217) 224-0204
Casino Lanes	(217) 222-1512
Catholic Youth Organization	<a href="mailto:quincycyo@gmail.com">quincycyo@gmail.com</a>
Legacy Martial Arts	(217) 221-0700
Indoor Playground	(217) 223-7703
Girl Scouts of Central Illinois	(217) 222-1030
Great River Martial Arts	(217) 257-9000
Illinois Veteran's Home- War Museums & Deer Park	(217) 222-8641
Indian Mounds Pool	(217) 228-9219
K & L Arena	(217) 228-0960
Knights of Columbus Driving Range	(217) 222-1000
Kroc Center	(217) 222-5762



## AOK Family Resource Guide

Jackson Lincoln Swimming Complex	(217) 228-1705
My Brothas My Sistas Keeper	(217) 316-0628
Network Knowledge WQEC/PBS TV Channel 27	(866)-498-5561
Quincy Art Center	(217) 223-5900
Quincy Bike Rental	(217) 214-3700
Quincy Convention and Visitors Bureau	(217) 214-3700
Quincy Gems Baseball	(217) 223-1000
Quincy Gymnastics Center	(217)224-8491
Quincy Mall	(217) 223-8713
Quincy Museum	(217) 224-7669
Quincy Park District/Indoor Playground	(217) 223-7703
Quincy Public Library	(217) 223-1309
Quincy Raceways	(217) 224-3843
Special Olympics	(217)322-7451
Scotties Fun Spot	(217) 222-3868
Siloam Springs State Park	(217) 894-6205
Tangerine Bowl	(217) 222-8270
University of Illinois Extension/4-H	(217) 223-8380
Upper Moorman Park (Batting Cages, Miniature Golf, Paddle Boats)	(217) 228-1261
Villa Kathrine	(217) 224-3688
Westview Golf Course	(217) 223-7499
World Aero Space Museum	(217) 885-3800
WQEC/PBS Quincy Channel 27	(866)-498-5561
YMCA	(217) 222-9622